



Civil Air Patrol's Finger Lakes Group Drug Demand Reduction Newsletter



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Civil Air Patrol Drug Demand Reduction Vision: *To be a leading force in America's drug demand reduction strategy through the Development of tomorrow's leaders in volunteer community service for a drug free world*

Dear Cap Colleagues:

I am honored and delighted that the Group Commander has appointed me as Drug Demand Reduction Officer for Finger Lakes Group.

This duty assignment dovetails with my professional interests and responsibilities. I was first credentialed as an Addiction Counselor in 1994, and have continued to work in the field since that time.

Our visibility in our communities and work with young people give us an unparalleled opportunity to positively impact drug abuse.

It would be an honor and pleasure for me to offer instruction and or training for you and those in your unit on prevention, signs and symptoms, intervention and treatment. I can also assist in screening assessment and referral if you believe that anyone is facing drug and/or alcohol issues personally or in his or her family.

Please let me know how I can be of help and support to you in your mission.

Yours sincerely,

D. K. Kellerhouse, CASAC, ICCS
SM, CAP
Drug Demand Reduction Officer



“Stigma is an enormous obstacle to more effective drug abuse treatment. Widespread perceptions that addiction strips individuals of basic human qualities lead to self-fulfilling predictions that those who are addicted cannot recover or ever play positive and productive social roles.”

*Nora D. Volkow, M. D.
Director
National Institute on Drug Abuse*

The Cage Screening ...

The Cage (from the first letter of the words in bold type) is a simple four question screening that you can use with yourself or others. Two or more “yes” answers would indicate that further assessment of a possible alcohol problem would be helpful:

- ⇒ Have you ever felt that you need to **cut** down on your drinking?
- ⇒ Has anyone ever become **angry** with you about your drinking?
- ⇒ Have you ever felt **guilty** about your drinking?
- ⇒ Have you ever had an **“eye-opener”** in the morning?

CAP Drug Demand Reduction Mission Statement

The Civil Air Patrol Drug Demand Reduction Program assists squadrons, groups, wings, and regions to instill an aggressive, positive, drug-drug-free attitude in Civil Air Patrol members, Air Force families, DoD civilians, and school-age children through a comprehensive program that :

- ◆ **Promotes** CAP 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

AMERICA'S FIRST WOMAN TO EARN A PILOT'S LICENSE; FLY THE ENGLISH CHANNEL

DDRO Note: An important part of Drug Abuse Prevention is to instill a positive self image and offer appropriate role models. The CAP DDRO Curriculum uses biographies of important aviators to that end.

Harriet Quimby was born in 1875, in the state of Michigan. In her younger years, Harriet aspired to be an actress. However, she ended up as a journalist working for the San Francisco Bulletin. In 1905, Harriet set out for New York and eventually got a job with a prestigious publication called Leslie's Illustrated Weekly. Her work also included interviews of many "unusual" people and on one assignment, she was invited to visit the Vanderbilt automobile race track. She was given a ride in a race car. After several 100 miles per hour laps around the track, she became "hooked" on high speed.

In 1910, Harriet covered the Belmont Park International Aviation Tournament. Harriet became determined to learn to fly and in the summer of 1911, she started training. She tried to keep it a secret by showing up for her early morning flights wearing a long duster coat and a helmet. Eventually, the word got out and she became "headline news" This was during a time when women were supposed to be "at home" and, certainly, not out driving fast motorcars or flying. On July 31, 1911, Harriet passed her ground and flights tests and became the first American woman to receive an internationally-

"On July 31, 1911, Harriet ... became the first woman American to receive [a] ... pilot's license"

recognized pilot's license.

In 1909, Louis Bleriot, a well-known French aviator and airplane builder, became the first human to fly across the English Channel. Bleriot became an international celebrity and inspired Harriet to become the first woman to make the flight. She sailed to England in March of 1912 and eventually met and became friends with Louis Bleriot. In the early morning hours of April 16th, 1912, Harriet flew into the history books by becoming the first woman to fly across the English Channel to France. The flight took 59 minutes. When she landed, local fishermen gave her a champagne welcome and carried her on their shoulders to an awaiting crowd. Unfortunately, Harriet did not receive the recog-

nition she deserved in the press because, the great ocean liner, Titanic, had sunk days before, and this information dominated the world news.

There are many ways to define courage, especially when going by examples. Harriet Quimby was by all definitions courageous. At a time when flying was still in its infancy, and so much was still to be learned, Harriet chose to explore this challenging world of the unknown. Flying was incredibly dangerous because so little was known. Planes were really very crude and simple in design- much of it flawed- especially by today's standards.

"Flying was incredibly dangerous because so little was known. Planes were

That did not discourage her in the least. Instead, she sought out new challenges, and there were many, as noted here. She could have chosen to use drugs and alcohol to calm her fears, or to overcome any hesitancy she might have felt. But she didn't. She was far too smart to do something so stupid, or to allow it to interfere with her effort to add still more accomplishments to her significant list of achievements. How else might one describe courage? Harriet lived by self-imposed standards of excellence, commitment and determination, including a determination to be drug-free. Now there's a standard we can all live with. Drug-free! Way to be!

After returning to the States, Harriet hired a publicity manager. One of the events on her calendar was the Third Annual Boston Aviation Meet near Quincy, Massachusetts. She was scheduled to fly a new two-seat Bleriot that had been shipped from France. The event organizer, William Williard, was given the privilege of making a promotional flight with Harriet. History describes him as being overweight and excitable. At an altitude of approximately 1500 feet, Williard apparently unbuckled his seatbelt and leaned forward in an attempt to communicate with Harriet. Apparently Harriet had unbuckled her seatbelt to answer him and it was at that point that the Bleriot pitched downward throwing Williard out of the aircraft.



Did you know

- ⇒ **Marijuana** remains the most widely used illicit substance in the United States
- ⇒ Marijuana dependence (addiction) can be demonstrated by diagnostic, epidemiological, laboratory and clinical studies
- ⇒ Adults seeking treatment for marijuana abuse or dependence average more than 10 years of daily use, and more than six serious attempts at quitting
- ⇒ Commonly cited problems are
 - ◆ Relationship and family problems
 - ◆ Guilt associated with use
 - ◆ Financial difficulties
 - ◆ Low energy and self esteem
 - ◆ Sleep and memory problems
 - ◆ Low life satisfaction
- ⇒ Approximately half of the individuals who enter treatment for marijuana use are under 25 years of age. They are at enhanced risk for adverse health and psychological consequences including
 - ◆ Sexually transmitted diseases
 - ◆ Pregnancy
 - ◆ Early school dropout
 - ◆ Delinquency and legal problems
 - ◆ Lowered educational and occupational aspirations

Source: A. Budney et al. "Marijuana Dependence and its Treatment" in *Addictive Science Clinical Practice* published by the National Institute on Drug Abuse, December 2007

FINGER LAKES GROUP, CML Air Patrol

LTC Diane Wojtowicz, Commanding