



DRUG DEMAND REDUCTION

Newsletter



Volume 1 Issue 2 February 2008

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

Send articles and photos to:

***Maj Lynn Stuart
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ARE YOU PREPARED?

By Lt Col Jett Mayhew
National DDR Team Leader

As I watch TV and see all the weather reports for snow, fog, tornadoes, and floods I think of the communities that aren't prepared. Many times we hear over the radio and television of ways to be prepared. But we still aren't.

It is the same with a loved one, friend, neighbor, coworker, etc. Are you prepared when someone comes to you with drug related problem or question? Are you prepared when they are injured in a fatal accident caused by alcohol or drugs?

We, as members of CAP, can make a difference through education and training. We need to prepare ourselves in what we have to do to protect ourselves and the future for our cadets. We in the DDR Program invite you to join our fight against the use and abuse of illicit drugs. If you would like to be part of this team contact your DDRA/O

To assist us in creating new ideas on how we can educate our members please contact me at ddrideas@verizon.net. I welcome all ideas. YOU can be the POWER OF ONE!

FLWG DDRA TAKES DDR INTERNATIONAL

DDRA Capt Tim Medeiros from FLWG ventures on to a college course in the Antarctic. While ringing in 2008 a non-alcoholic party took place. He witnessed someone giving a student some over-the-counter medication for sea-sickness. When asked if she had taken this before, her response was "no but my roommate has some and had no problem on the Drake Passage so it can't hurt me." At that point, Medeiros' DDR training kicked in and a conversation took place. He informed the group about how each person will react to substances differently and even after the first use you can have an allergic reaction to just about anything. He suggested alternative measures to handle the seasickness problem such as; peanut butter crackers, toast, ginger snaps, or gingered candies. He also explained that seasickness would generally resolve itself after two to three days without any intervention. The students arrived in Antarctica for an eventful excursion of the continent without any adverse reactions and a new understanding of the effects of seemingly harmless substances. Everyone thoroughly enjoyed the journey.

COLORADO WING DDRA RECOGNIZED WITH POINTS OF LIGHT AWARD

The Points of Light Foundation selected Chaplain Gordon Rourk, COWG DDRA, as the Points of Light Daily Winner for January 24, 2008.

This award is to honor recipients who exemplify the best of volunteerism, a sense of caring and responsibility for others that connects citizens and solves community problems.

**Congratulations to
Chaplain Rourk!**



From the Points of Light Website:

“There is a War on Drugs and Chaplain Gordon Rourk is preparing the people of Colorado for battle by delivering the anti-drug message to thousands of adults and youth in Colorado. Over the last year, Chaplain Rourk spent more than 650 volunteer hours delivering over 150 presentations to an audience of over 100,000 people. “

To read the full text go to:

<http://www.pointsoflight.org/awards/dpol/winner.cfm?AwardNum=3646>

ABUSE OF PRESCRIPTION AND OVER THE COUNTER DRUGS HIGHLIGHTED DURING SUPER BOWL

By Maj Lynn Stuart

National DDR Assistant Team Leader

I must admit, I was one of the 97.5 million people watching the Super Bowl. In addition to watching the much anticipated football game of the year, many people were looking forward to seeing those famous Super Bowl Commercials.

This year, there were the usual (and unusual) ads for a number of consumer products and we all have an opinion of which one was the best. Personally, I loved *T-Mobile Fave 5* but what really caught my attention were a couple of Public Service Announcements (PSAs) highlighting the abuse of prescription and over the counter drugs.

According to the National Survey of Drug Use and Health, conducted by the U.S. Dept of Health and Human Services, there are more teenagers abusing prescription and over the counter drugs than any other illicit drug, except marijuana.

You can view and even download these and other PSAs from PARENTS, THE ANTI-DRUG website for use in DDR presentations. The site also provides great information on a variety of drugs and drug related issues.

DDR RESOURCE SITE OF THE MONTH:



www.theantidrug.com

ANTI-DRUG PODCAST REACHES OUT TO YOUTH

By Sarah Mullenax 2Lt CAP
Public Affairs Officer
Morgantown Composite Squadron

Morgantown, WV, February 1, 2008 – Morgantown Composite Squadron of Civil Air Patrol hosts a syndicated monthly podcast to reach out to youth around the nation with an anti-drug message in an unconventional manner.

Podcasting technology enables users of personal audio players to receive broadcasts of audio media via an Internet feed to which users can subscribe. The term is derived from iPod and broadcast because the syndicated shows are often loaded and played on the vastly popular portable media player.

The podcast name is a play on words with the Internet telephony technology, VOIP. The podcast is called DDROIP and stands for Drug Demand Reduction Over Internet Protocol. The initiative is dedicated to keeping youth off drugs and helping current drug users find help in recovering their lives.

For listeners without iPods or iTunes, you may listen to the show directly from the DDROIP.com website where you will find the current episode as well as a complete archive of past shows.

Civil Air Patrol's Drug Demand Reduction Officer for Monongalia County and full-time WVU student, First Lieutenant Mark Shatzer developed the DDROIP concept and hosts the show under the alias "LT." Cadet Rayanna Wolfe, alias "CW," is the show's co-host and is a junior at Morgantown High School. Cadet Wolfe is the Cadet DDR Officer for the county.



PRODUCED BY MORGANTOWN COMPOSITE SQUADRON
CIVIL AIR PATROL

"Too often anti-drug programs are too hokey to be taken seriously or they exaggerate so much that youth don't trust them," Shatzer said. "We're leading the pack in a new approach to delivering the anti-drug message to the masses. MySpace and iTunes provide us with a direct connection with our audience!"

By using technologies popular with youth such as iTunes, MySpace and SayNow, DDROIP aims to proactively engage youth about drugs in a familiar environment. The show encourages listeners to interact with the hosts through its website, DDROIP.com, and its home on MySpace Music. Listeners are also engaged with anti-drug related contests in which listeners may compete for prizes.

The podcast has thus far received such acclaim as earning its cast and crew such awards as MER ITO of the Year 2007 and WVWG DDRO of the Year 2007. The show has a known listener base in five states and is growing in popularity.

Subscribing to the podcast is free and easy. DDROIP can be found in the iTunes store or at the show's official website, www.ddroip.com. For more information, please visit www.ddroip.com.

WHAT IS A DDR ACTIVITY?

A DDR Activity is defined as a unit, wing, or individual performing the mission of the Drug Demand Reduction Program. This includes an activity, event, formal or informal discussion or class about a Drug Demand Reduction related topic. Guest speakers or even a CAP member who addresses Drug Demand Reduction concerns, tours, demonstrations, or events that are related to substance abuse education and prevention is a DDR Activity/event. All of these types of activities should be reported to the Wings Drug Demand Reduction Administrator who will forward to the Drug Demand Reduction Coordinator on a CAP DDR Form 2. This form is located on the NHQ DDR site at www.cap.gov/ddr

MO. SQUADRON TEAMS WITH COMMUNITY ANTI-DRUG GROUP

Cass Co. Composite Promotes Drug Demand Reduction

Capt. Tammi L. Miller

Public Affairs Officer

Cass County Composite Squadron

Missouri Wing

MISSOURI -- The Cass County Composite Squadron has joined forces with the Harrisonville community anti-drug organization NETT --Networking and Educating for Today and Tomorrow.

Harrisonville NETT is a broad-based community group with the mission of reducing the use and abuse of alcohol and other drugs through a comprehensive communitywide approach.

The group consists of political leaders, business owners, law enforcement officials, ministerial members and concerned individuals from the community.

The group meets monthly to prepare and discuss events and activities to host throughout the community. And Cass County squadron senior member staff attend those meetings to promote the the unit's Drug Demand Reduction program.

When NETT hosted a free Parent and Community Dinner and Programm recently, the squadron's Honor Guard presented the colors.

Guest speakers attending the event were Rusty Cotton, special agent for the Missouri Division of Alcohol and Tobacco Control; Teresa Hensley, Cass County prosecuting attorney; and Joey Russell, the keynote speaker. Russell spoke on his arrest and conviction of drunk driving in 2004 after a fatal accident involving a friend's teenage brother



The Cass County Composite Squadron color guard -- (from left) Cadet 2nd Lt. Lucas Eggenberger, Cadet Chief Master Sgt. Jordan Hargis, Cadet 1st Lt. Kenna Eggenberger and Cadet Tech. Sgt. Karra Miller.

TICKETS TO SUCCESS

By Lt Col Jett Mayhew
National DDR Team Leader



Have you been TICKETED?

- T - TRAINING
- I - INTEGRITY
- C - COMMITMENT
- K - KISS PRINCIPAL
- E - ENTHUSIAM
- T - TEAM BUILDING
- E - ENRICHMENT IN THE PROGRAM
- D - DECISIVENESS

2007 PIEDMONT GROUP WINTER ENCAMPMENT

By Lt Col Pamela Landreth-Strug, MER-NC-801 DDRO



Cadets listen intently as Lt Col Landreth-Strug relays a personal story.

after drinking and driving coming home from a nearby party. Alcohol abuse is something a number of the cadets had witnessed first hand. Lt Col Landreth-Strug spoke about how drinking could change your future forever as she relayed how a ROTC cadet lost his scholarship and was kicked out of school for drinking. The cadets then discussed how alcohol had affected their lives and how they could make a difference.

What's one of the biggest challenges facing our cadets today?

Underage Drinking.

C/2d Lt Tyler Richardson presented a hard-hitting presentation to 45 cadets during the Piedmont Group (NC Wing) Winter Encampment on the dangers of drinking alcohol. He told them about teens being killed

NH WING CIVIL AIR PATROL PARTICIPATES IN DANIEL WEBSTER COUNCIL JAMBOREE

By Lt Col Mary Ann Croker, NH Wing DDRA

Members of New Hampshire Wing had informational exhibits at the 6000 scout jamboree at Gunstock Resort in Gilford, NH. The wing DDRA, Lt Col Mary Ann Croker had a table with the DDR display, 300+ Red Ribbons and literature about it, many, many promotional items and a laptop with the various DDR games loaded in it. It was a very popular site. Next to her was Capt Michael Hall with the wing recruiting display with literature and some more DDR promotional items, and 1st Lt John Stevens had the AE table with a video set up of wing AE activities and rockets built as part of past competitions. The most visited tent was that of the Emergency Services group, led by NH Wing Ground Team Operations and Emergency Services Preparedness Officer, Lt Col Mead Herrick-who also was the organizer of the wing participation. They had all their gear, a laptop and monitor that had SDIS pictures that could be seen and a communications corner. Many scouts and leaders had no idea what CAP can offer. As a result of this, scouts have joined wing squadrons and there is now sharing of aerospace knowledge between squadrons and scout troops.

SEACOAST SQUADRON HELPS MAKE A JOYFUL TIME FOR PEASE AIR NATIONAL GUARD DEPENDENTS

By Lt Col Mary Ann Croker, NH Wing DDRA

On Dec 2, 2008, Hanger 252 on the Pease Air National Base became a branch of the North Pole. All the 157th Refueling Wing Squadrons plus the base CAP squadron had different booths with games and other activities for the wing dependents. The Seacoast booth, with the new DDR information board as its background, had materials for making foam rockets that the dependents would build and fly. Soon the hanger had rockets flying all around. Around 100 rockets were built by dependents with the help of cadets and seniors.



REPORT FROM WYOMING SUBSTANCE ABUSE AND METH CONFERENCE

By Lt Col Susan McDonald, WYWG DDRA

The 5th Annual Substance Abuse and Meth Conference in Casper was attended by over four hundred people from around the State of Wyoming. Teachers, law enforcement and prison personnel, judicial personnel, therapy center personnel as well as volunteers such as Wyoming Wing's DDRA. It was an awesome chance to network with others in the field of DDR and be able to gather some new information to share with everyone within the CAP organization.

We attended seminars by doctors, Special Agents, and Education personnel. A lot of interesting information was shared and we learned much. The breakout sessions gave us tons of information. We learned that although the numbers of Meth busts are declining they have seen an increase in Prescription and OTC abuse. Our children are drinking cough medicine, popping Coricidin to get high. They are attending partying where everyone brings stuff from their parent's medicine cabinets and dumps them in a bowl and everyone gets high. This is dangerous to say the least. You have no idea what you get in your handful of pills. This is referred to as a Skittles Party or Pharm party. Everyone knows that combining some medicines is dangerous. This is playing russian roulette with their lives.

We continued to learn during lunch time. The first day luncheon speaker was Senator John Barasso, Wyoming Senator from Washington. He spoke about what he would like to accomplish in the rest of his term. He is looking at getting a Bill through Congress that would link all pharmacy databases to help curb the flood of bogus prescriptions being passed at multiple locations.

The second day's speaker was Joseph Califano, Jr. Mr Califano was advisor LBJ and Secretary of Health, Education and Welfare under President Carter and current president of CASA, The National Center on Addiction and Substance Abuse and author of "High Society: How Substance Abuse Ravages America And What to Do About It". In 1978 Mr Califano mounted the nation's first anti smoking campaign and declared smoking "Public Enemy Number One" his book is full of statistics and good ideas on what we can do about it.

Our closing speaker, David Moore, PhD CDP talked more on PREVENTION as the best way to target the problem in our state. All the therapy and penal system punishment will do nothing to curb the problem unless we start with the little ones believing in the dangers of this behavior. The following is a slide from Dr Moore's presentation:

"Brain Development

The brain chemistry allows the user to tolerate [tolerance] increasing dosages of a drug through altering the neuro chemical release process.

This change is at the heart of addiction, which is a chronic life-long change.

This adaptation happens most rapidly when the brain is developing.

Some of the major brain chemicals implicated in addiction are Dopamine, Serotonin and Endorphine."

The bolded statement is the scariest of all. Damage done to children and teens (yes teens brains are still developing) when their brains are growing is what has our society in such a strangle hold. The damage done to them is costing our education, health care and judicial systems untold hundreds of thousands maybe billions of dollars in 'after the fact' costs.

Why not start at the beginning, with Prevention! CAP has an awesome responsibility, I believe, to step up to the plate and provide that great volunteer spirit we are known for and show the world our program of prevention: our cadet program, the School Enrichment Program, the Junior Cadet program and the CAP DDR program. In our program of Citizenship, Aerospace Ed, Physical Training and Character development students will find total STEM skills immersion, what better skills to arm our students with. We would be remiss in our congressionally mandated mission of Emergency Services if we neglected to step forward. This plague that has a strangle hold on our children is nothing less than a State of Emergency.

PRAIRIE WIND COMPOSITE SQUADRON DDRO DELIVERS DDR MESSAGE TO HANDICAP

By Lt Col Susan McDonald, WYWG DDRA



Major Dennis Cornell, DDRO from Prairie Wind Composite Squadron took his zeal for getting out the message of DDR to his other volunteer positions.

Major Cornell works several times a month with handicapped skiers. He uses this opportunity to speak to his students about CAP and the problems associated with drug abuse.

CIVIL AIR PATROL – AMERICA’S BEST-KEPT SECRET

By Lt Col Eric M Schneider
Former DDRC, North Central Region

We’re all over the country, but people don’t “see” us. They read about our activities in the papers, but they don’t “notice” us. We have an important message, but people don’t “hear” us.

Why is this true? When we are part of a search, disaster relief effort, or placing flags on graves, people “see” the uniforms, but they don’t know who we are. When aircraft from several NER wings were searching for JFK Jr., people read about our efforts, but all they cared about was JFK Jr. If we are unable to be seen or noticed, how do we get “heard”?

The answer is simple. We have to talk about something that America cares about and America cares about DRUGS. Despite our uniforms, we’re not directly fighting the "War on Terror", which is taking place thousands of miles away. We are fighters in the "War on Drugs", which is taking place in the streets of every community in America

We have a message that young people need to hear. A message that parents, teachers, and community leaders want to have “heard”. We need to focus on delivering this message, on being seen, and noticed, and heard across America.

Only then will America want to know more about Civil Air Patrol. Only then will parents encourage their children to join our ranks. Only then will civic-minded individuals, who have time and talent to contribute, join us in the “War on Drugs”, which is part of “Performing Missions for America”.

Have a Happy Valentine's Day

Drinking an excess of alcohol or taking recreational drugs has a toxic effect on the heart, which increases your risk of developing heart failure.

Keep your heart healthy,
who knows
you may want to
give it away!

I KNEW THAT, BUT ...

By Lt Col Dominic Strug
MER Director of Operations

Some time ago, a "friend" decided to take some of his best buddies up for a flight around the local area at night. This friend arrived at the airport early to check on the plane and weather. While there, he met his old flight instructor and they began to talk about the early days when our friend when just beginning to learn how to fly. They both had some pretty good laughs. During the conversation, it became known to the flight instructor that this pilot had not flown in at least six months. Not to mention that he had done no night flying in over a year. They swapped a few more good laughs and went about their separate ways. That night, this friend flew his best buddies around the local area. I don't know what this particular flight instructor was thinking about, but as far as we can tell, he did nothing to stop the flight. He didn't even mention the FAR requirements to his old student. The flight was in VFR conditions and everything went fine until the end. There, their story ended.

This flight instructor was a very good instructor, but he did nothing to reinforce the early training of this pilot. Of course, I am assuming that he taught him correctly the first time. Oh yeah, it just so happened that an FAA inspector was also walking the ramp that evening before the flight. It was his turn to do some spot checking of pilots and he asked for this "friend's" license. Guess what? He had left it home. The FAA Inspector gave him the required admonishment, but this "friend" did not take head.

What is the point? This story is one of many that occur daily to varying degrees. It's called TOLERATION! The instructor tolerated his "friend's (?)" actions and probably laughed it off. He allowed someone else's life to be put on the line because he did not accept responsibility for the other person's actions/decisions. That kind of behavior in any walk of life is unacceptable—maybe deadly. The key point is responsibility.

At a recent seminar on flying, a flight instructor pointed out a little known fact. When teaching an individual to fly, it takes three repetitions to teach a habit (bad or good). If that was a bad habit, it will take 17 repetitions to correct it. What does that mean? It means we must learn the right way from the very beginning and the need to emphasize and reinforce that act throughout continuous, correct training.

Well, I don't fly you ask, so what? A driver in New York was arrested for DWI. You may remember him, Abraham Meyers, 55, the one with more than two dozen driving offenses, who hasn't had a driver's license since 1967, has 22 license suspensions and whose blood alcohol content was more than twice the legal limit—the one that killed three innocent family members and left the father in the hospital in very serious condition. It seems others tolerated his little forays on the streets and now three people are dead. Would you? I guess those people didn't feel like it was their responsibility.

So, are you a friend or accomplice? Do you tolerate or not? The choice is yours, be an asset, not a liability. I challenge you to make a difference. Fly Safe!

QUESTION OF THE DAY....

Does drinking make you an idiot?

Yes, those are a pair of sandals supporting the outlet.

Thanks goes to Maj Janeen Chazell, RMR DDRC, for submitting this photo.



ONE TEAM, ONE GOAL, ONE VISION, ONE PERSON CAN MAKE A DIFFERENCE

By Capt Tim Medeiros, FLWG/DDRA

The newly adopted motto of Florida Wing; *One Team, One Goal, One Vision*; was carried on at the Florida Wing Conference by the FLWG DDR Team on 2 February 2008.

The motto adopted by the team expanded the wing motto to include *One Person Can Make a Difference*. This was the key at the wings two DDR sessions, one held for cadets and another geared towards commanders. C/1st Lt Deborah Leach lead the cadets in an open discussion about the ever prevalence of drugs and alcohol in schools. The discussion included; points on friends and the use of drugs, a no questions asked agreement with parents and community leaders, such as chaplains and parents of friends, and possible excuses to leave a potentially hazardous situation. Advice from a non-member mother in the audience was welcomed. Her insights included some additional things that cadets can do when they find themselves in a potentially compromising situation and how a parent would feel if their child were either involved with drugs and alcohol or in a situation with drugs and alcohol present. After the discussion cadets were invited to participate in an activity called "DDR vs DDR" in which cadets would play the popular game "Dance Dance Revolution" while wearing Fatal Vision® Goggles. The cadets were quickly surprised at how their agility in playing the game changed with the goggles.



C/Capt Dunn plays Dance Dance Revolution while wearing Fatal Vision Goggles.

In the next session Capt Tim Medeiros, FLWG DDRA, with the support of Lt Col Jett Mayhew, NHQ/DDR Team Leader, talked to squadron and group commanders and their representatives about why the DDR program is important to our members and communities and why they as commanders should be supporting it. Of the 36 attendees, approximately half were squadron or group commanders, with the vast majority of Florida Wing's group commanders in attendance. An open question session from the attendees was available. Several

attention-grabbing videos were viewed. Many members stayed after the session to address individual issues.



Lt Col Jett Mayhew talks with a hotel employee about CAP while a hotel visitor looks in awe at the vehicle.

Feedback from the conference has been overwhelmingly positive. All seemed to see the relevance of the mission for all members. A highlight of the conference was the new DDR truck. All eyes migrated to it when Lt. Col. Mayhew arrived at the hotel. One unfortunate by-product of the colorfully wrapped vehicle is the extra time it takes to get to the event. This vehicle has certainly been a show stopper wherever it has gone, resulting in wonderful recruiting and discussion opportunities.

The Sweetest Things in Life are Drug Free

DDR LESSON OF THE MONTH

Next month is National Inhalant and Poison Awareness Month. There is a great lesson plan with slides on the NHQ DDR website that can be used to discuss the dangers of inhalants. Below is an activity that you can cut and paste to supplement the activity. Also, for additional information on inhalants visit www.inhalants.org.

INHALANT WORD SEARCH	<i>Street Names</i>	<i>Possible Effects</i>	<i>Causes damage to</i>	<i>Common Inhalants</i>
W C S G S T V I S I O N P H K C E Y H E H O P N S L N K S E S A G N O T S T E L I N R I S L S E I M I A A R I C L L A T P V A R R A L N M N U T R R H S L U R T P U Y E E B P A T E E E T L Y U E C T O I L P T P H T T B N C I O A S N C I P B N S A L P G H R A T N R R Y I I E F A A G I I A A I I P I L O P E L A A V F L N C O N D N H O O Y F S N O B F R R I P I R N T N S R N X O T D S S E B B E D I A E S E I P F E R N I A G L U E U N G T R A R D M L H M A K G N I K O H C R N A G M W A U O Q R W O R R A M E N O B I T A N A I L P O L I S H R E M O V E R H I I I D C E D I X O S U O R T I N R N T O H W Y R O T C E T O R P C I R B A F A N T C D E B U T A N E L I G H T E R H E S A B D H R E F R I G E R A N T P N E R V E K C A R C E I P P I H E A R I N G B P D A I R B L A S T Q U I C K S I L V E R D	aimies, air blast ames amys bagging bang bolt bullet glading hiagra in a bottle gluey highball hippie crack huffing, snappes, sniff snort snotballs spray quicksilver	mind-altering heart palpitations breathing difficulty dizziness headaches death convulsions coma choking	brain heart lungs liver kidneys vision hearing bone marrow nerve cells	paint thinners aerosol gasoline glue correction fluid markers butane lighters propane tanks whipping cream refrigerant gases spray paint hair spray deodorant sprays fabric protector chloroform nitrous oxide cyclohexyl nitrite nail polish remover rubber cement

DDR By The Numbers

The official tool for tracking DDR positions is e-services. It is important that all DDR personnel are reflected in e-services. Please verify that your DDR Officers have their Duty Positions updated in e-services and they are enrolled in the DDR Specialty Track. Having updated records in e-services allows NHQ DDR not only to track current data but also opens communications channels as well.

Region	DDRC	DDRA	DDRO	Total
GLR	0	5	43	48
MER	1	5	83	89
NCR	0	2	25	27
NER	0	1	54	55
PCR	1	2	52	55
RMR	1	2	39	42
SER	0	5	38	43
SWR	1	2	55	58
Total	4	24	389	417

Region	None	Technician	Senior	Master	Total
GLR	7	4	1	0	12
MER	20	4	2	4	30
NCR	8	5	0	0	13
NER	13	0	5	1	19
PCR	6	2	0	0	8
RMR	9	3	1	3	16
SER	8	6	0	0	14
SWR	6	5	0	0	11
Total	77	29	9	8	123

* As reflected in e-service 1 Feb 2008