

# COALITION CHRONICLE

JUNE 2008



[www.pactprevention.org](http://www.pactprevention.org)

## Lock the Liquor Cabinet!



Nationwide, the place teens get alcohol most often is home and St. Johns County is no exception. While most parents would not serve their child alcohol, some do and many teens simply steal their parents' supply. What they are getting from home and how they are using is changing along with the times. As recently as 2001, beer was cited as the typical choice of underage drinkers. Further, beer was the choice of underage and adult binge drinkers. However, in 2007, researchers from the U.S. Centers for Disease Control and Prevention (CDC) said that while beer is easier for adults to obtain, teens can often raid their parents' liquor cabinets without being noticed.

The same study showed that girls were more likely to choose liquor over beer, possibly because of taste. As the trend for drinking to get drunk continues to rise, liquor has become more popular in part because a smaller amount will cause intoxication faster.

Teens can conceal the theft of liquor more easily than beer because of the many ways the alcohol can be 'replaced' so that its absence goes virtually undetected. Liquor can also be mixed with other liquids such as juice and soda and taken out of the house for consumption.

With the arrival of summer, the kids home and the alcohol unsupervised, it is important for parents to take measures to ensure that it is not easily accessible. If you have a liquor cabinet, lock it or move the liquor to a room they can be locked out of. For refrigerated alcoholic beverages such as beer, count the number of beers in the refrigerator and let your teen know you are keeping track. Teens who know they are being monitored at home are less likely to take liquor from home.

## PACT in Ponte Vedra: A monthly meeting

On Tuesday, June 3, at Landrum Middle School, a presentation on binge drinking by Ms. Nickie Gorce, Director of Prevention for EPIC Community Services opened the June meeting. Using an interactive format that included "pre-tests" and "post-tests" to help the group gauge their level of knowledge, she shared the latest research on this misunderstood and extremely dangerous behavior.

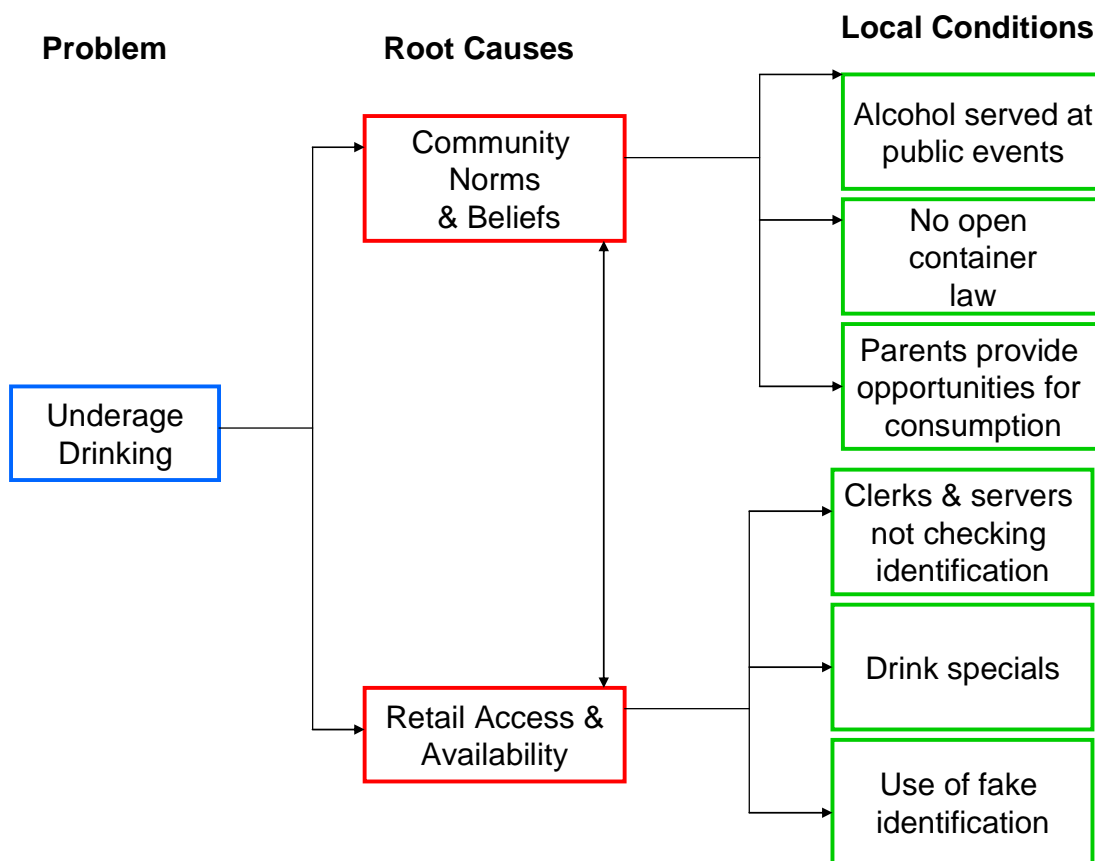
K-9 Deputy Doug Koweiski of the St. Johns County Sheriff's Office followed Ms. Gorce's

*(Continued on page 3)*

# National Coalition Academy



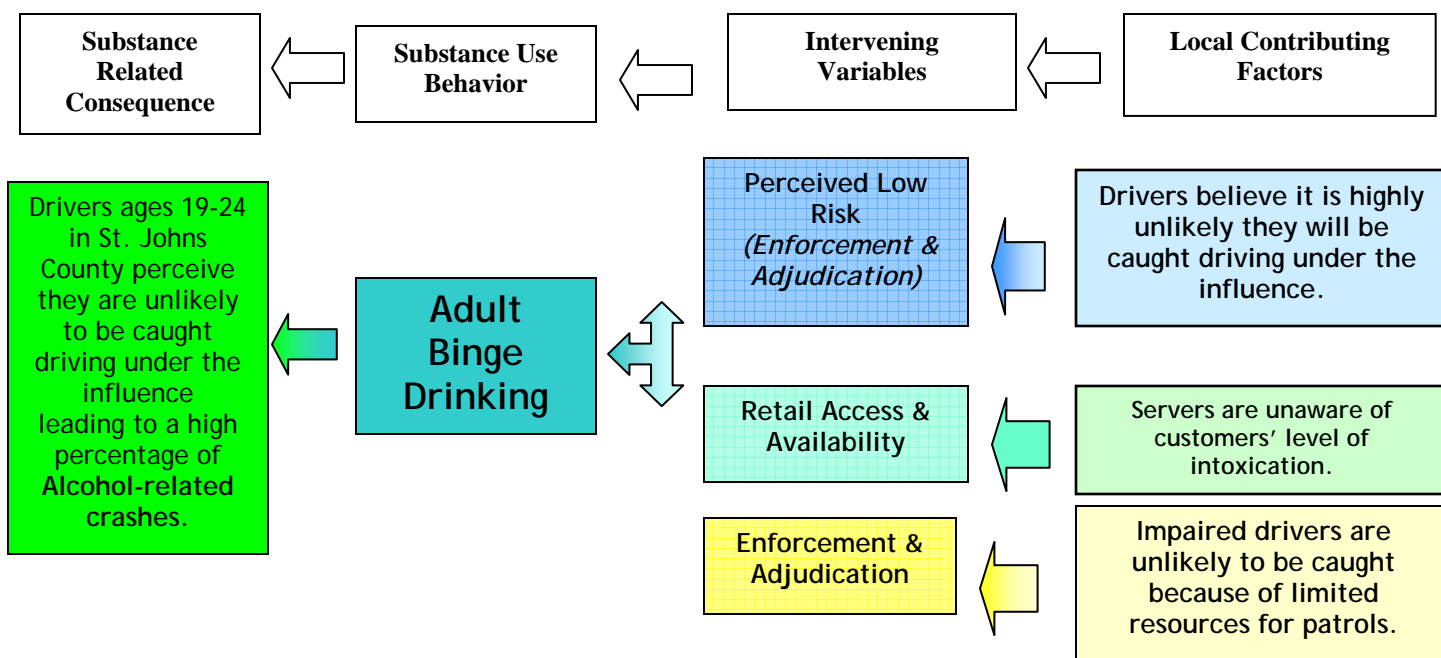
The final draft of the logic model was developed by those who attended the meeting held on June 5 at the PACT office. Below is the version that was approved in committee and will be voted on at the June membership meeting. This version, with any revisions, will be taken to the Week Two training in Pennsylvania which will expand the logic model to include initiatives to be implemented that address the local conditions identified here.



Upon the return from the Pennsylvania training, Strategic Planning Workshops will be held in order to develop a plan to submit to the Board of Directors for their input and approval. They will be held Thursday, July 10 at 10:30am and Monday, July 14 at 3:30pm. Please try and attend at least one of the meetings to ensure as much member input as possible. This logic model, will be combined with the state-approved model from SARG to create the model for the Coalition. A vote on the final product will be held at the General Membership meeting on July 15, 2008. The approved plan will be sent to the Board of Directors for their approval at their fourth quarter meeting, scheduled in August.



The logic model which resulted from the SARG project has gone to FSU for approval. Revisions have already been recommended and on Wednesday, June 18th, it will be reviewed by the lead researcher from the Southeast Center for the Application of Prevention Technologies. This is the current model and will change based on the recommendations of the lead researcher. The results of the call and revised model will be shared at the July meeting.



*(Continued from page 1)*

presentation with a special fathers-only session titled: "The Importance of Being a Proactive Parent with Your Teens and Pre-Teens". The rest of the group discussed plans for the summer and strategies for becoming more engaged with the schools. The next meeting is scheduled for July 22 @ 6:30, location to be determined. If you would like more information on the Ponte Vedra meetings, please contact the office to be added to the Ponte Vedra parents email list.

## Cool Summer Drinks

When the mercury rises, along with the humidity, nothing is better than a tall, cold drink. Think for just a moment how refreshing a glass of real lemonade is if you have just come in from the outdoors. After awhile, that lemonade may not seem so refreshing and you would like something a little different. Here are a few recipes for summer drinks that you can serve at the family barbeque or after a long day at work.

### Citrus Berry Blush

Servings: 8

#### Ingredients:

2 pints Strawberries  
4 cups vanilla ice cream  
2 lemon peels, grated  
1 cup fresh squeezed lemon juice  
1 cup freshly squeezed orange juice  
2/3 cup sugar  
2 cups crushed ice  
1 lemon, sliced into rings

Directions: Puree the berries in a blender to yield about 2 cups. In the blender, combine strawberry puree and the remaining ingredients except for the lemon rings. Blend until smooth. Pour into glasses and garnish with lemon rings.

### Sparkling Peach Pick-Me-Up

Servings: 1

#### Ingredients:

1 large peach  
10 oz. club soda

Directions: In a food processor, blend peach until smooth. Pour peach puree into tall glass. Add soda water and stir gently.

### Lemon Delight

Servings: 1

#### Ingredients:

1-6 oz. can frozen lemonade  
6 oz. water  
6 oz. milk  
1 teaspoon vanilla  
10-12 ice cubes

Directions: Combine all ingredients in blender; blend until frothy.

## Youth Advisory Board: An Ad Hoc Group

The purpose of assembling this advisory group is to get a much-needed message out to youth in our community about the dangers of underage drinking. During those meetings, the youth will generate a message for their peers on underage drinking, develop a plan to spread that message during the 2008/2009 school year, and create message-supporting materials. Professionals from throughout the community will present information on their area of expertise to help youth learn about such issues as advocacy and social marketing. The group is made up of youth who have been involved with PACT in the past, the Youth Advocacy Council, and SWAT. The meetings will be held on Friday mornings from 10:00-12:00pm beginning July 11<sup>th</sup> at the PACT office.

## Get ready for Coalition Elections!

The 2007-2008 fiscal year ends on September 30, 2008 and while it seems like a long time away, it is not too early to be thinking about General Membership elections. History has shown that the sooner people know about the process, the easier the process runs.

There are three officers in the General Membership: Chair, Vice Chair and Past Chair. Both Chair and Vice Chair are elected positions. The Past Chair is automatically filled by the former chair provided they were not removed from office. The Chair and Past Chair also sit on the Coalition's Board of Directors as representatives of the General Membership.

The following descriptions come from the current bylaws. While the bylaws are in the revision process, a new version should be approved before September. No major changes in these job descriptions is anticipated.



### Section 4.06: Duties of the General Membership Chairperson

- a. The Chairperson will preside over all General Membership meetings.
- b. He/she is responsible for the committee assignment and organization of the General Membership.
- c. He/she will be a member of the Board of Directors Executive Committee.
- d. The Chairperson will meet monthly with the Coordinator to ensure cooperation in the attainment of Coalition goals and objectives.
- e. The Chairperson must have served on the PACT Prevention Coalition for a minimum of one year.

### Section 4.07: Duties of the General Membership Vice Chairperson

- a. The Vice Chairperson shall have like duties and authority with the Chairperson in case of vacancy in the office of Chairperson or in the absence of the Chairperson or in case of his/her inability to act.
- b. He/she shall perform such other duties as may be assigned by the Board of Directors or General Membership.

### Section 4.08: Duties of the General Membership Past Chairperson (not elected)

- a. He/she shall perform duties as may be assigned by the Board of Directors or General Membership.
- b. He/she will be a member of the Board of Directors Executive Committee.

Elections will take place at the September General Membership meeting. Only active members are eligible to vote. Active members are defined as those who are actively participating on at least one committee and have missed fewer than 3 times over the past year (October to September).

If you have never thought about being an officer before, you are strongly encouraged to consider the opportunity to contribute to the leadership of the Coalition in an even more meaningful way. If you have any questions, please contact Julia Kelly for more information. Nominations for the positions will be accepted from August 19-September 16.

# Elementary to Middle School

Parents at Osceola Elementary School closed out the elementary chapter of their student's life and ushered in the middle school years when they attended PACT's Elementary to Middle School Program at the elementary school on June 4. Throughout the evening, several PACT members, drawing from their own area of expertise, educated parents on issues they can expect encounter as their students goes through their middle school years. Topics included puberty, social life, changes in their student's behavior, warning signs of possible high risk behavior and ways to prevent them. Parents were given a chance to ask questions toward the end of the program as well as visit tables afterwards of PACT members with information they could take home.



## Calendar

- June 22-27: CADCA Institute in Indiantown Gap, PA
- June 27: Visit from US Health and Human Services Project Manager, Fred Volpe
- July 1: 6:00 – 8:00pm St. Johns County School Board Meeting (Main Office)
- July 8: 10:30–11:30am Ponte Vedra committee meeting (Ponte Vedra Library)
- July 10: 10:30–12:00pm Strategic Planning Workshop (PACT Office)
- July 11: 10:00–12:00pm Youth Advisory Board (PACT Office)
- July 14: 3:30–5:00pm Strategic Planning Workshop (PACT Office)
- July 15: 3:30–5:00pm General Membership Meeting (St. Augustine Record)
- July 18: 10:00–12:00pm Youth Advisory Board (PACT Office)
- July 22: 6:30–8:00pm Ponte Vedra monthly meeting (TBD)
- July 25: 10:00–12:00pm Youth Advisory Board (PACT Office)
- July 28–August 1: CADCA Mid-Year Conference (Palm Springs, CA)