



Bulletin



The Right Spirit



Volume 1 Issue 3 Dec 1998

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Today's Navy

**It's Your
 Responsibility**
It's YOUR Navy
**Get the
 Right Spirit**

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“The Holidays are a joyous and happy time for everyone. Health, safety and quality of life for you and your family are of the utmost importance.



The Right Spirit attitude, which includes responsible use and deglamorization of alcohol, is even more important through the holiday season. During this time, I want you to step forward and enthusiastically promote the principles of the Right Spirit Campaign.

Personal responsibility and moderation must guide our actions. This bulletin will provide ideas for getting the Right Spirit attitude into your holiday plans.

I wish you all a happy and safe holiday.”



RADM J. B. Hinkle
Assistant Commander, Navy Personnel Command,
Personal Readiness and Community Support

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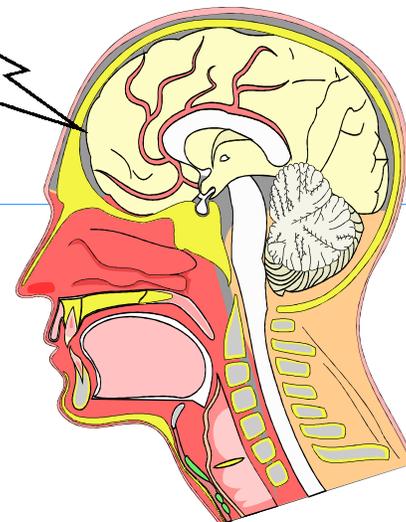
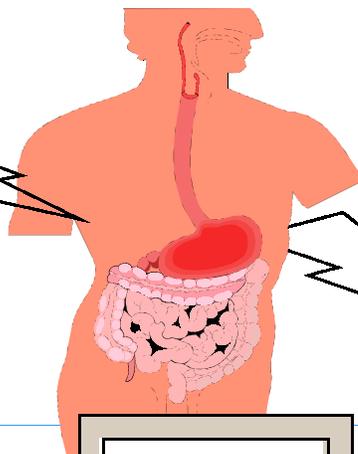
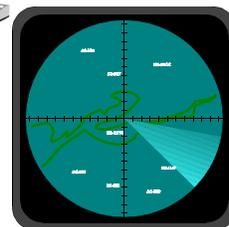


A CRITICAL

Any alcohol that is not absorbed and digested like food moves quickly into the bloodstream, unaltered. More than 80% of the alcohol you drink is absorbed by the small intestine; the rest passes directly from the stomach to the bloodstream.

Once in the bloodstream, alcohol is carried to all the tissues in your body.

Your liver does the bulk of the work to eliminate alcohol – but it has a standard rate of elimination: about 15mg per hour or about ONE drink.



From your stomach

TO YOUR
BRAIN

Alcohol —

gets a free ride

IT'S **ok** NOT TO DRINK

LEADERSHIP AND ALCOHOL USE

Leaders in Navy organizations today have more responsibilities than ever before. Establishing direction, aligning, motivating and inspiring people while institutionalizing a leadership-centered culture takes much time, energy and dedication.

Everyone in a leadership role has a part in guiding the direction of the organization toward its goal and mission accomplishment.

Navy policy is **responsible use** of Alcohol. Compliance with the policy is every member's responsibility but leaders have additional responsibilities to educate, train and motivate personnel on misuse of alcohol.

So, does alcohol use have a negative impact on accomplishment of the Navy's mission?.

Statistics tell us that alcohol use is a factor in the following:

- **Suicide**
- **Motor vehicle – injuries and fatalities**
- **Recreation & Home accidents**
- **Crimes against persons**
- **Property crimes**
- **Spouse and Child Abuse**

All of these things affect the unity of the command and are a detriment to combat



“So, does alcohol use have a negative impact on accomplishment of the Navy's mission?”

Navy Teams in Action

readiness.

Navy leaders at all levels can impact this issue through observation, training, enforcement, early intervention, treatment and aftercare.

In support of the Navy policy of responsible use of alcohol, leaders must set strong personal examples of responsible conduct to motivate others to follow suit.

DRINKING AGE VS ABUSE RISK

“ This study adds new evidence about the need to regard underage drinking as the serious problem that it is”

The younger the age of drinking onset, the greater the chance that an individual at some point in life will develop a clinically defined alcohol disorder, according to a study by the National Institute on Alcohol Abuse and Alcoholism.

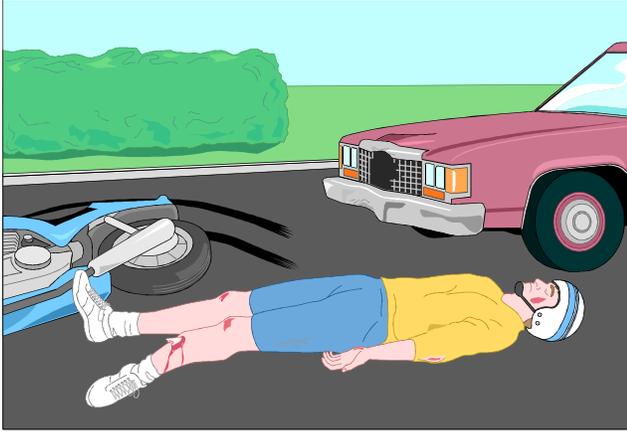
Young people who begin drinking before age 15 were found to be **FOUR** times more likely to develop alcohol dependence than those who began drinking at age 21. Health & Human Services Secretary, Donna E. Shalala responded, “This study adds new

evidence about the need to regard underage drinking as the serious problem it is.”

For us in the Navy, we must share a similar concern. Although we do not get young people at age 15, we should be aware that a pattern of drinking may already be established by the time the person reaches recruit training.

Issues like this emphasize the need for support of the Navy's Core Values and to ensure the **Right Spirit** campaign continues to drive the message home - Alcohol is a Drug and misuse can jeopardize health, career and lifetime prospects.

MOTOR VEHICLE FATALITIES



In the last FIVE YEARS,
45% of Navy
Fatal accidents involved
Alcohol

COMMAND CLIMATE AND ALCOHOL

Command climate drives day-to-day activities, actions and behavior. It is how people feel about how the command and their divisions operate. It reflects everyone's willingness to accept or not accept shared values.

Deeper than command climate is the underlying culture. The elements of a com-

mand culture that influence the command climate are people, relationships, activities and values.

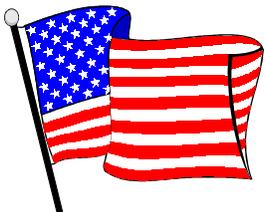
All leaders, especially the Commanding Officer, have significant impact on command climate.

Improving Command
climate and quality of life
for members is everyone's
responsibility.

Example: A particular command's culture may reflect that foul language will not be tolerated. Everyone is aware and comfortable with that element of the command.

The Right Spirit Campaign can have an effect on command climate.

A positive and productive command climate will result when leaders and members alike support responsible use of alcohol and the fact that it's OK not to drink.



NOW AVAILABLE!!!



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NSN 0506LP0110280



NSN 0506LP0110250



NSN 0506LP0110270

THESE POSTERS ARE NOW AVAILABLE THROUGH SUPPLY CHANNELS FROM:

NAVY PUBLICATIONS CENTER, 5450 Carlisle Pike,
Mechanicsburg, PA 17055-0789.

Order by stock number.



Knowledge Test

1. True False A 12 oz beer, a 4 oz glass of wine and a 1 oz shot of whiskey contain the same amount of alcohol.
2. True False You are likely to sleep better if you have a couple of drinks before going to bed.
3. True False It's a good sign when people learn to handle alcohol better than they could when they first started to drink.
4. True False Women react to alcohol differently than men and generally expect greater impairment from the same quantity of alcohol.
5. True False Younger people can't become alcoholics because they haven't been drinking long enough.
6. True False A person can die from drinking too much alcohol at one sitting.
7. True False In a bad car accident, the more alcohol you've consumed, the less likely you are to be seriously injured.
8. True False If you had a biological parent who was alcoholic, chances are you won't become an alcoholic because the gene is likely to skip your generation.
9. True False There is less alcohol in "lite" beer than in regular beer.

(Answers on page 14)



"At the Ready"

Party Drinks

Make your party fun and safe
for everyone!

Here are some non-alcoholic drinks
that can make your evening FUN.



MILD EYED MARGARIETA

2 Cups lemon or lime soda
2 T. sugar
Juice of 1/2 lime
Salt
Crushed ice



Pour soda into ice cube tray or shallow pan, freeze. Place frozen soda in blender, add lime juice and sugar. Blend until well-mixed. Rub lime around rim of glass and then dip glass into salt. Pour mixture over crushed ice and then into salted-rimmed glasses. Garnish with lime slices.

VIRGIN STRAWBERRY DAIQUIRI

24 Oz Frozen strawberries – in syrup
8 Oz Fresh lime Juice
8 tsp Sugar
Cracked ice
Orange slices

Fill bowl with ice, add lime juice, frozen strawberries and sugar. Shake and strain into chilled cocktail glass. Garnish with orange slice.

“RIGHT SPIRIT” PUNCH

4 Cups white grape juice
1 Cup pink grapefruit juice
1 T. Lime juice
Pink grapefruit slices
1 bottle Club soda



Combine grape, grapefruit and lime juices, refrigerate. Just before serving, add soda water and grapefruit and lime juices. Makes 12 servings.

COWBOY PUNCH

**Tastes like
Champagne**

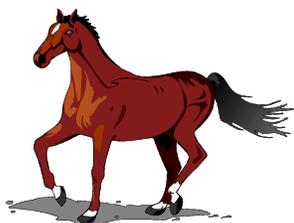
2 bottles White grape juice
1 large bottle Club soda
2 lg bottles 7-UP

Mix all ingredients. Serve well chilled.

KENTUCKY DERBY

(Mock mint Julep drink)

4 –5 Mint sprigs
1 1/2 Cups Sugar
2 Cups Cold water
3/4 cup Lemon juice
1 1/2 Qts Ginger ale
Rinse mint, discard stems.



Place sugar, water and lemon juice in bowl, mix in mint. Let stand 30 min. Strain over ice and add ginger ale.

SPICY TOMATO COCKTAIL

1 Cucumber
6 Cups canned tomato juice
3 Green onions, chopped
2 T. Lemon juice
1 Dash Tabasco sauce
1 tsp Worcestershire sauce
1 T. Prepared horseradish

Peel & grate cucumber and add it to tomato juice and remaining ingredients. Cover and refrigerate for 2 hours. Strain before serving.



PLANNING A PARTY ?



MAKE IT A RIGHT SPIRIT PARTY



As a **HOST**, you want your guests to enjoy themselves. Here are a few pointers to ensure that they have fun.... and live to remember it!

- ◆ Make sure everyone knows you support **“It’s OK Not to Drink”** and that drinking at your party is not mandatory to have fun.
- ◆ Remember, plenty of **FOOD**, so your guests will not drink on an empty stomach.
- ◆ Offer a variety of **non-alcoholic drinks**. (See page 8)
- ◆ Serve them in a prominent place. Keep alcohol in the background.
- ◆ Plan lots of group activities – party games. Plan the event so people have something to do besides talk and drink.
- ◆ Avoid salty snacks, which make people thirsty and drink more.
- ◆ Let everyone know that drinking and driving is unacceptable.
- ◆ Never ever serve alcohol to someone underage.
- ◆ **CLOSE** the bar at least 90 minutes before the party ends. Serve a great dessert with coffee.

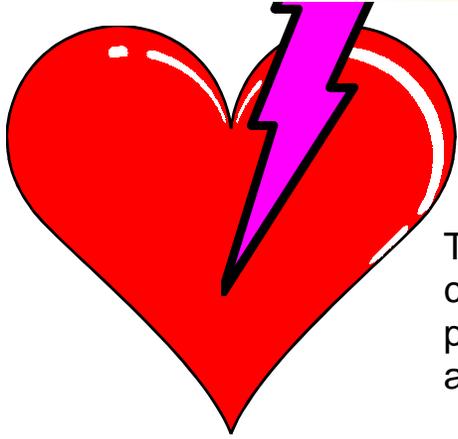


Question: *Can I be held responsible if one of my guests is involved in a crash?*

Laws vary from state to state, but YES, you could be held responsible for costs associated with the crash including medical bills and property damage and be sued.



Alcohol



AND

Heart Disease

There is a complex relationship between alcohol and coronary heart disease. This advisory provides recommendations for **responsible use** of alcohol.

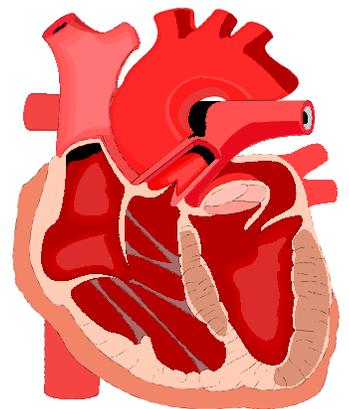
You may have heard that a couple of drinks a day may reduce the risk of coronary heart disease (CHD). The American Heart Association (AHA) reported observational studies that link moderate drinking with reduced incidence of heart disease. However, the AHA warns that there have been no clinical trials to test the relationship of alcohol to CHD. Although observational studies have shown some protective effect of moderate consumption of alcohol, these studies must be interpreted cautiously. Between the event and the cause, other factors confuse the picture – such as the influence of cigarette smoking and diet.

It is unlikely there will ever be controlled trials of alcohol consumption that will establish a Direct link between alcohol consumption and reduction in CHD.

What About YOU?

decision to drink is a **personal one**.

The de-



If you think there may be benefits to moderate drinking you should:

- Consult a physician for an assessment of the benefits and risks for you personally.
- Remember, some people should not drink alcohol at all.

HOW DRUNK IS DRUNK?

Currently, in most states, a blood alcohol level of .10% or **less** is considered under the influence for driving purposes.

Remember, **blood alcohol levels vary** with people and circumstances.



You know that someone cannot safely drive a car at .10%, but you should be aware that even at **.04%**, a person can be significantly impaired.

What is worse, is that when judgement is impaired, most believe they are driving better than ever.

Did you Know.....

American bluejackets were without official medals or other visible signs of their overseas service or combat for the first 120 years of the Navy's existence since medals were seen as the trappings of royalty at the founding of our country.

In 1908 a directive established a system of service medals recognizing service by Navy personnel in the far-flung corners of the world that continues today.



You probably recognize the **Southwest Asia Service Medal** ESTABLISHED in March of 1991 for service in the Middle East during Operation Desert Storm and Desert Shield. Also pictured is the **Kuwait Liberation Medal**, presented by the King Fahd Bin Abdul Aziz of Saudi Arabia.



THIS MEDAL IS:

1. Vietnam Service Medal
2. Navy Expeditionary Medal
3. Armed Forces Expeditionary Medal
4. National Defense Service Medal

What About These ?



THIS MEDAL IS:

1. Humanitarian Service Medal
2. Civil War Medal
3. Philippine Campaign Medal
4. Navy Occupational Service Medal

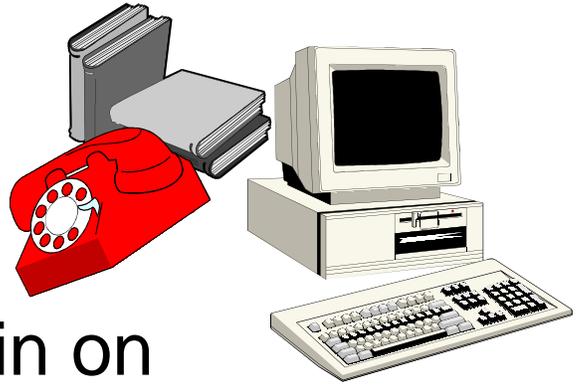
(Answers on page 14)

Resources

More information is available



Drop in on
these Sources



COMNAVPERSCOM Prevention Network

DAPMA San Diego DSN 522-4964
DAPMA Norfolk DSN 564-8190

Navy Drug Web Site—

www.nprdc.navy.mil/navdweb

National Clearinghouse for Alcohol and Drug Information

www.health.org

Library of Drug Policy

www.druglibrary.org

Mothers Against Drunk Driving

www2.madd.org

The Coalition for Consumer Health and Safety

www.healthandsafety.org/alcohol

Naval Safety Center

www.norfolk.navy.mil/safecen

Someone YOU Know – Drinks and Drives



17,000 people die in alcohol-related crashes yearly.

950,000 people are injured in alcohol-related crashes yearly.



If you care about someone who abuses alcohol or drugs – you are not alone. They probably drive when drinking and risk many people. You may be a friend, supervisor or spouse and feel sad, isolated, tired and frustrated with the situation. You **CAN** do something.

A great starting point is your local DAPA.

Get the Right Spirit

Drug Program NEWS

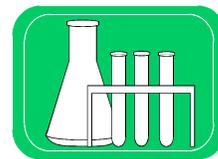
People in The SPOTLIGHT.....

Tommie L. Young
NAVPERSCOM DET
Drug & Alcohol Program Management Activity (DAPMA)
SAN DIEGO

“People don’t care what you know, they want to know that you care. When you take care of your Sailors...you are taking care of our Navy.”

Mr. Young is the Mobile Training Programs Department Head. After 28 years in the U.S. Navy, he returned to work in the program. He has facilitated Drug Abuse Managers/Supervisors (ADAMS) and Urinalysis Program Coordinator (UPC) courses for many years and is a highly respected professional. Mr. Young is commended for his service and dedication to improving the quality of life of Sailors and their families.

One significant accomplishment of Mr. Young has been the development of the UPC course with NPC-60. This course is now a part of DAPMA training available to the fleet and provides comprehensive information for Urinalysis Program Coordinators to effectively manage a command urinalysis program.



The Navy’s Urinalysis Program and Anti-Drug Education and Training Programs are the centerpiece of the Navy’s efforts for a drug free Navy. Both programs are largely responsible for the tremendous success the Navy has experienced in reducing drug abuse. In FY-98 less than 1% of 830,000 samples submitted tested positive for illegal drugs. The widespread support for the Navy’s drug testing program at all levels is the result of increased education of junior sailors on the consequences of illegal drug use, the development of the Urinalysis Program Coordinator (UPC) Training Course, and the impressive accuracy of the Navy Drug Screening Laboratories (NDSLs).

The Navy’s Urinalysis Program and Anti-drug Education and Training Programs impact on the lives and careers of all our Sailors and their families. Mr. Young’s efforts are thorough and innovative promoting individual leadership and shipmate responsibility.

ZERO TOLERANCE



Get the "Right Spirit"

The *Right Spirit Bulletin* is designed to communicate the goals of the Right Spirit Campaign. To do this right, we need your help. Your comments, ideas, articles, and photos are greatly welcomed. The Right Spirit Bulletin has a new look and a new approach to emphasize education, leadership, deglamorization, intervention and accountability. Let us hear from you. E-mail the editor, Mike Beech NPC-602C, P602C@persnet.navy.mil.



Bring Home the Right Spirit

Have a Safe Holiday and a

Answers to knowledge test on page 7:

1. TRUE You can get just as drunk with each.
2. FALSE A drink will have an adverse effect on quality of sleep.
3. FALSE An increasing tolerance means that more alcohol is required to produce a "buzz". This may lead to alcoholism.
4. TRUE Women are more susceptible than men to the harmful effects of alcohol.
5. FALSE Anyone of any age can develop alcoholism.
6. TRUE This is known as alcohol poisoning and can occur with an overdose of alcohol.
7. FALSE Alcohol induced "relaxation" interferes with the body's natural responses to injury, possibly contributing to the seriousness of the injury and even death.
8. FALSE People with a family history of alcoholism, if they drink, are 2 to 5 times more likely to develop alcoholism.
9. FALSE "Lite" beer has fewer calories than regular beer, but both contain near the same amount of alcohol.

Answers to the medal questions on page 11: Left – 3. Armed Forces Expeditionary Medal
Right – 2. Civil War Medal

NAVY ACROSS THE WORLD



Your personal time is
Valuable!

Use it to **YOUR** Advantage!

You can get more
Education



Be
FIT!

Your **Community** Needs YOU!

Whatever
You DO



It's Your Time

It's Your Career

It's Your Decision

REMEMBER

IT'S OK NOT TO DRINK



TARGET ALCOHOL ABUSE

Get the Right Spirit!

