



Knowledge is Prevention

Preventing substance abuse by sustaining & strengthening a safe and healthy community, together.



Greetings!!!



The Royal Oak Community Coalition is busy preparing for another year of working with our many members, partners and other community friends to continue our efforts against the abuse of alcohol and other drugs, through education, community action and involvement.

Please consider joining the ROCC for the 2011-2012 year and be part of the caring, supportive energy that makes us one of the leading coalitions in the state.

One of our key responsibilities is to communicate the message of substance abuse prevention. We solve the problem of substance abuse by promoting healthy and fun alternatives for our youth adults and others who live, work or visit Royal Oak.

Membership is a great way to show you care about this issue and to give your family, organization or business a positive exposure to the community. By logging onto our website at www.ci.royal-oak.mi.us/rocc, you can see all of the activities and events the ROCC is involved in to make the community a strong and healthy environment for our families, businesses, and organizations.

A membership application is included with this newsletter for your review. Please note there are also several levels of sustaining financial sponsorships available as well as in-kind or gift opportunities. As a 501(c)3 organization, your donation is tax-deductible.

For more information on the Royal Oak Community Coalition, please contact us at 248-546-7622. We hope to have you join us, both as a member and as a participant at some of our events including our monthly THIRD THURSDAY meetings. On behalf of the 2011-2012 ROCC Membership Committee and the Royal Oak Community Coalition, we thank you for your support.

If you cannot afford the full \$10.00 for an individual/family membership, a \$5.00 donation goes a long way



The Royal Oak Community Coalition is thankful for the many partners that we have with the same focus of preventing substance abuse. We are thankful for the many volunteers who devote their time, energy and talents to do the valuable work that you do in prevention.

The work of the Coalition centers on the dedication of those who contribute to the efforts of creating and sustaining a safe and healthy community. There are many young people who are choosing to stay substance free and they need our support. The question we ask ourselves is, "what are the community conditions that strengthen our children and what are the community conditions that weaken them?"

When we take a look at the social environment we create at home, our schools, our workplace, our community, are we providing a safe, healthy and nurturing support system? This is a question to ask your children. It will be interesting to hear their response. If you would like to share with us their answers- where we are doing well and where we can do better- send us a e-note at ddovico@royaloakcommunitycoalition.com. This quick anecdotal survey will help us learn about our collective selves through the eyes of our young people and will serve as catalysis to addressing risk factors or enhancing the positive building blocks all our kids need to success.

Illegal Prescription Drug Use on the Rise

Local data reveals our young people are using. Young adults too!
There are actions we all can take to protect our community.

On January, 2012 the Michigan Opiate Prevention Alliance invites you to attend the

**Opiate Epidemic Conference, at Concorde Inn
44315 Gratiot, Clinton Twp.**

Topics covered are: RX Drugs and Drug Addiction, Project Opiate, Chasing the Dragon, and presentations by Prosecuting attorneys, Police officers, DEA and more.

For registration information contact Francie Sumner at: fsumner@co.livingston.mi.us



December is National Drunk and Drugged Driving Prevention Month, a time to raise awareness about the consequences of driving under the influence of alcohol and drugs.



Mothers Against Drunk Driving “TIE ONE ON FOR SAFETY®” Holiday Campaign

Tie One On For Safety is MADD’s longest running and most visible public awareness project. You can participate in *Tie One On For Safety*, this holiday season by demonstrating your commitment to eliminate drunk driving in several ways:

- ⇒ Display a red ribbon in a visible location on your vehicles. The red ribbons represent drivers’ pledges to drive safe, sober and buckled up, reminding other drivers and passengers to do the same. Red ribbons and red ribbon window decals are available through local MADD affiliates.
- ⇒ Host parties responsibly by offering mock-tails and other non-alcoholic beverages. Delicious MOCKTAIL recipes are provided on page four.
- ⇒ Provide alternate transportation or accommodations for guests who have been drinking. [Click on MADD.org/safe party guide.](http://MADD.org/safe_party_guide)
- ⇒ Designate a sober driver before drinking begins.
- ⇒ And most important, if you see signs of an impaired driver, Do Your PART - Prevent Alcohol Related Tragedies - by calling 911.

Some other tips:

- ⇒ An impaired person has impaired thinking.
- ⇒ Coffee does not sober up a person, it only wakes them up. Time is the only remedy to sober up.
- ⇒ A rule of thumb is no more than three drinks per occasion, spaced one hour apart.
- ⇒ Make food the center piece of your gathering and have plenty of it for your guests to enjoy.

*****Third Thursdays*****

THIRD THURSDAYS, is when the Coalition hosts a month community meeting to discuss and implement approaches to reduce substance abuse and curb illegal access.

This month, Thursday, December 15; at 7:30 – 8:30 p.m., parents may be especially interested to attend, as Jack Salter, a 17 ½ year probation officer from the 44th District Court will be discussing the dangers of teen age drinking and drugs and the devastating effect it has on their future once they get picked up for, a (MIP), Minor In Possession of Alcohol, (OWI) Driving While Impaired, or Possession of Marijuana. The financial costs are staggering and the legal ramifications will have a negative impact on them for years.

In addition, probationers are required to take drug and alcohol tests, attend counseling sessions and participate in other mandatory programs. One community service program, in partnership with the Boys & Girls Club of SOC is called TROOPS and allows the probationers to fulfill their obligations to society while giving them something positive to hold on to.

Parents attending will leave with a new appreciation of the seriousness of these violations and may want to bring their teen to hear what the financial and social costs are for a

"One Night of Indulgence."

THIRD THURSDAY meetings are held at the Coalition office, 1500 N. Stephenson Hwy., just south of 12 Mile Road.

*****Spotlight*****

For the past four years the Coalition has been partnering with local businesses to offer free MOCKTAIL (tasty non-alcoholic beverages) samples to encourage people to make safe and healthy decisions this holiday season. This year as well as last year, ROCK on Third provided all the ingredients to make delicious beverages fit for the holiday season.

Our location for the taste sampling was held at the Royal Oak High School Holiday Craft show last week sponsored by the Royal Oak PTSA.

The "Be the Change" youth group staffed the table and collected needed donations for their future service projects. We heard many positive and delighted comments from our 200 beverage tasters: "This is a good idea". "I never thought of this before". "I never thought about serving drinks like this." "I did not know how good mixing different fruit juices were".

All and all, everyone had a good time and many people thought about making non-alcoholic available at their holiday parties.

The Coalition is very appreciative of Carrie O'Neil owner of ROCK on Third, student servers from "Be the Change" youth group, their youth advisor Carrie Lawrence and our gracious host for the day, the Royal Oak High School PTA!

This is a fantastic example of how different groups and people can combine their resources, talents and energy to make a change.



Gifts That Keep Giving All Year Long

Need a quick and easy gift to give to a loved one, relative or co-worker. Do you need 12 ideas for gifts to give throughout the year? Look no further! Just pick up your cell phone and call English Gardens to join the, Flower of the Month Club. For \$35.00 you get 12 flower bouquets or potted plants! You will get something seasonal and different each month. Flowers brighten spirits, lift hearts and bring beauty in our homes and offices.

There are 3 ways to order your 12 Months of Flowers where the Royal Oak Community Coalition gets credit! Please reference the Coalition when ordering! See order form attached or call Lynn at (313)308-0500.



Please share this newsletter. You are encouraged to reprint, copy, disseminate, recycle—the more you help get the word out, the more people are aware because

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“Mocktails”

Schumacher's Sun Splash

3 oz orange juice
2 oz cranberry juice
2 oz pineapple juice
1 oz grape juice
Splash 7-up
Float of Grenadine

Makes 1 serving. Blend ingredients and pour over ice. Garnish with pineapple rim and a cherry.



Berry Apple Blitz

2 oz strawberry mix
1 oz cranberry juice
1 oz apple juice

Mix ingredients in a shaker and pour over ice into a tall Collins glass. Top with soda water. Garnish with a lime wedge.

Shirley Temple

4 oz ginger ale
1 ½ oz of grenadine syrup
2 oz of orange juice

Mix ingredients and pour over ice. Garnish with a lime, Lemon, or orange wedge. Add a maraschino cherry!



Appletini

2 oz apple juice
1/2 oz green apple syrup
1/4 oz lemon juice
granulated sugar
apple slice

Add apple juice, syrup and lemon juice to a shaker filled with ice. Shake well. Strain into a chilled Cocktail glass rimmed with granulated sugar. Garnish with an apple slice.



Baby Bellini

2 oz peach nectar
chilled sparkling cider

Pour the peach nectar into a glass or flute and slowly add the sparkling cider.



Blue Curacao Mocktail

cup blue curacao
1 cup pineapple juice
1 tbsp sweet lime juice
½ tbsp lime juice
¾ cup club soda
1 pinch salt
1 pineapple slice
2 maraschino cherries

Mix all the above. Pour in a martini glass serve with pineapple slice and cherries.

