

*Teens Against
Drinking & Driving
(TADD)
START-UP
MANUAL*



TEENS AGAINST DRINKING & DRIVING (TADD) START-UP MANUAL

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Chapter 1

Introduction

Dear TADD Member:

Teens Against Drinking and Driving (TADD) and Manitoba Safe Grad has a positive influence throughout Manitoba. The role of your school and your own individual role is limited only by the effort you want to make. Your effort in your school and community will save lives and make many people think before they drive impaired or be a passenger with someone who has been drinking.

The work done by TADD is not easy and many in your school will challenge your decision to change some current attitudes. You need to lead by example and eventually more will follow your leadership. Keep in mind that other TADD members are doing similar things in their communities and together TADD will make a difference.

Welcome to TADD and I wish you luck in working towards eliminating drinking and driving.

Yours truly,

Keith Thomas

Chairperson TADD/Manitoba Safe Grad



Dear Reader,

I hope this manual will be of assistance to you and your group in combatting Drinking and Driving.

If you have any material(s) that you would like me to add, please send them to me, Marion Thomas by:

E-mail: kthomas@mast.mb.ca

Snail mail: TADD

c/o MAST, 191 Provencher Blvd.

Winnipeg, MB

R2H 0G4

Thank you for your interest.

Marion Thomas

Editor



Chapter II

Letters to TADD members

The efforts of TADD are well received by our provincial leaders. Many of them have written to us and expressed their appreciation for the work we have done. Some of those letters are included so that you can understand how important our work is.





PREMIER OF MANITOBA

Legislative Building
Winnipeg, Manitoba, CANADA
R3C 0V8

MESSAGE FROM THE PREMIER

On behalf of the citizens and government of the Province of Manitoba, I am pleased to have this opportunity to extend our strong support for the Teens Against Drinking & Driving (TADD) program.

It is great to see the next generation of leaders in our province taking such an active interest in the health and safety of those in our community. Your government, like you, realizes the dangers of impaired driving and has taken certain steps on the legislative level to address this serious issue.

But to properly address the challenge of reducing the number of accidental deaths attributable to drinking and driving, we must work together. Through the active community involvement of groups like TADD, individuals who may be under the mistaken impression that impaired driving is cool or acceptable are sent a clear message: this kind of reckless behaviour cannot and will not be tolerated.

Fortunately, the way young people look at drinking and driving in the past 15 or 20 years has changed. I feel that the work being done by Manitoba teens in promoting sober driving to parents, peers and community has had a lasting effect and contributed to this change in attitude.

On behalf of all Manitobans, I say congratulations. Good luck in the future with developing solutions and strategies that can make our streets and highways the safest in Canada.

Gary Doer





**ATTORNEY GENERAL
MINISTER OF JUSTICE**

Room 104
Legislative Building
Winnipeg, Manitoba, CANADA
R3C 0V8

A Message from the Attorney General and Minister of Justice for Manitoba

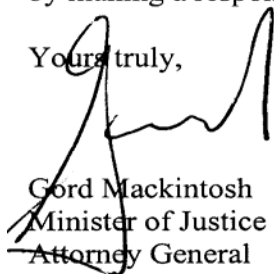
For more than a decade, TADD (Teens Against Drunk Driving) has been asking Manitoba teens to make a strong commitment not to drink and drive. Manitoba Justice strongly supports this new manual as an important way to motivate and mobilize people of all ages to learn to take a personal stand against drinking and driving.

Alcohol and drug-related tragedies on our streets and highways must end. Death or injury is too high a price to pay for a lapse of judgement. When energetic young people rally behind a cause like TADD, the influence among their peers can be as effective as any penalty the criminal justice system can impose. TADD actively discourages the behaviour that contributes to injury and death in the first place; it focuses on prevention rather than reaction to a tragedy.

I commend the parents, teachers and community business people who directly support TADD. I also commend the young people who volunteer their time and energy to spread the word and promote TADD in their communities.

Most of all, I commend the young people who have taken seriously the message that TADD has delivered—that young adults can save their own lives and the lives of others by making a responsible decision not to drink or take drugs and drive.

Yours truly,



Gord Mackintosh
Minister of Justice
Attorney General





MINISTER OF EDUCATION, TRAINING AND YOUTH

Room 168
Legislative Building
Winnipeg, Manitoba, CANADA
R3C 0V8

August 20, 2001

Mr. Keith Thomas
Risk Manager
The Manitoba Association of School Trustees
191 Provencher Boulevard
Winnipeg MB R2H 0G4

Dear Mr. Thomas:

It is my pleasure to extend greetings from Manitoba Education, Training and Youth to members of the Teens Against Drinking and Driving program.

The work being done by Manitoba students in promoting the sober driving message to their peers, parents and communities is contributing to an increased awareness and social responsibility.

Please accept my encouragement as you continue your work keeping Manitobans safe.

Yours sincerely,

Honourable Drew Caldwell





Royal Gendarmerie
 Canadian royale
 Mounted du
 Police Canada

Commanding Commandant
 Officer divisionnaire

February 12, 2002

The Manitoba Association of School Trustees
 Attn: Mr. Keith Thomas, Risk Manager
 191 Provencher Boulevard
 Winnipeg, Manitoba
 R2H 0G4

Dear Mr. Thomas:

Re: Teens Against Drinking & Driving (TADD)

It is my pleasure to extend the support of the Royal Canadian Mounted Police, "D" Division to the TADD program in Manitoba. We share a common goal -- to educate young Canadians, indeed all Canadians, about the dangers of drinking and driving in an effort to reduce related fatalities and personal injury collisions. Our traffic services mission statement emphatically states, *"We are committed to improving public safety on our roadways."*

Students will be surprised to learn that in Manitoba impaired driving is the most significant contributor to fatal and personal injury collisions. That is consistent with causation nationally and, consequently, is the focus of our Traffic Services Program in "D" Division. One in three drivers killed in motor vehicle accidents in the year 2001 was impaired.

Engaging and supporting youth in positive initiatives such as this helps them to become active partners and leaders who can help move communities forward, providing opportunities for them to show they care -- about others and about society. Our youth are our nation's most important resources and assets to our communities. They are our future decision-makers.

I commend TADD Manitoba on their pro-active approach, their commitment and dedication to reduce impaired driving.

Sincerely,

T.W. (Tom) Egglestone, Assistant Commissioner
 Commanding Officer
 "D" Division

P.O. Box 5650
 Winnipeg, Manitoba
 R3C 3K2

Canada





MINISTER OF TRANSPORTATION
AND GOVERNMENT SERVICES

Room 203
Legislative Building
Winnipeg, Manitoba, CANADA
R3C 0V8

Mr. Keith Thomas, Risk Manager
The Manitoba Association of School Trustees
191 Provencher Boulevard
Winnipeg, Manitoba R2H 0G4

Dear Mr. Thomas:

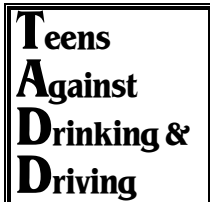
As Minister of Transportation and Government Services, I would like to extend my best wishes and sincere appreciation for the continuing work of MAST and Teens Against Drinking & Driving to eliminate alcohol-related accidents on Manitoba's roads.

Statistics prove the success of your important work, but this issue simply cannot be expressed in numbers. As a parent, there is no greater fear than seeing a child killed or injured; it is even more painful when such events are unnecessary. Nobody has to, and nobody should, be lost due to drinking and driving. Every Manitoban has a role to play in the responsible and safe use of vehicles and highways, and I am sure the continuing efforts of MAST and TADD will further eliminate these completely unnecessary losses.

I'm sure I speak for all Manitobans in thanking you for your important work.

Sincerely,

Steve Ashton
Minister of Transportation and
Government Services



September 2001


Manitoba Public Insurance applauds the efforts of Teens Against Drinking & Driving (TADD) Manitoba and the Manitoba Association of School Trustees in producing this timely manual that encourages high school students to get active in combating drinking and driving.

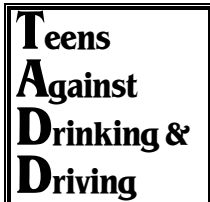
I am confident this publication will be a useful tool for TADD groups in communities throughout the province as they raise awareness among their peers about a dangerous activity that killed 39 people in Manitoba last year.

Drinking and Driving continues to be the number one safety priority of Manitoba Public Insurance. The best way to combat this social problem is to prevent it before it happens. That is why MPI has been a strong supporter of TADD and other community organizations that work to educate and improve public awareness of the danger of drinking and driving. In particular, TADD's work in high schools complements our own approach to education as a lifelong process, with road safety programs on different topics aimed at varying age groups.

I commend you on your desire to make your community a safer place to live and offer my best wishes to all involved in producing this manual. I look forward to the continued success of our partnership on this vital social issue.

Sincerely,


J. W. Zacharias
President and Chief Executive Officer
Manitoba Public Insurance





July 16, 2001

Mr. Keith Thomas
Manitoba Safe Grad/TADD Coordinating Committee
c/o The Manitoba Association of
School Trustees
191 Provencher Boulevard
Winnipeg MB R2H 0G4

Dear Mr. Thomas:

It is with great pleasure that I extend the support and encouragement of the Manitoba Liquor Control Commission to the very worthwhile and rewarding Teens Against Drinking & Driving (TADD) organization.

Staff of the Commission have served on the Safe Grad/TADD coordinating committee for a number of years, and we are constantly amazed at the resourcefulness and energy of Manitoba's teens when it comes to promoting their message of responsibility. TADD's goals and objectives are commendable, and educating students about the dangers of drinking and driving certainly complements the provincial government's recent initiatives to curb impaired driving.

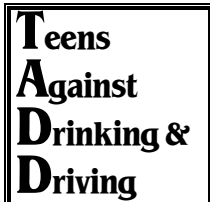
Thank you for allowing us the opportunity to show our appreciation for a job well done by the TADD organization. The MLCC will continue to offer our help in any way we can as we strive for a balance between the responsible sale, consumption, and service of beverage alcohol.

Sincerely,

Carmen Neufeld
Chair

:mll

Please Drink Responsibly—Moderation Tastes So Much Better • "Avec l'alcool, la modération a bien meilleur goût"



Chapter III

START UP

How to Start a TADD Chapter at Your School

TADD is based on the philosophy that drinking and driving are a dangerous combination.

Remember parties are fun and part of life, however, they need to be enjoyed at the appropriate place and time and should not cause unhappiness for other people.

Step 1 – Form your group

TALK – Get the students involved. Get a commitment from some students to start up the group. Discuss who would be the best choice for president. The remaining students would take on other responsibilities.

Step 2 – The School Principal

Next meet with the school principal and get his/her approval on the start up. Ask the principal for any special procedures or rules to follow. Also ask the principal who might be the best staff advisor. Remember, the person who meets with the principal should have a good rapport with him/her.

Step 3 – The Staff Advisor

If you do not have an idea who the Staff Advisor should be, discuss this with the principal. If you have someone in mind, discuss this possible choice with your principal.

Step 4 – “The First Meeting”

Give each member of your core group a task. Have each of them ask 5 students to the first meeting. There may be other interested students; so advertise by way of posters and P.A. announcements. Also invite students who can offer talent to your group; e.g. artists, student newspaper writers, etc.

People like to be asked. Your best advertising is word of mouth.



Step 5 – An informal FIRST MEETING

The first meeting should be an ice breaker and brainstorm session. Have name tags. Allow time for everyone to meet each other. Have music playing and serve some refreshments. Once everyone has met, turn off the music and have the president give his/her remarks. Thank all for coming and explain the objective is to raise awareness among students as to the dangers of drinking & driving.

Question – How can this be done?

Ask the group for ideas. Some of the group may have connections to someone who can help the group; e.g. a celebrity, connections to a company who can help. Use whatever resources available to further your cause.

Step 6 – Using the Ideas

Whatever the idea, write it down, even if it doesn't sound good. By letting everyone have a say, it will make them feel they are contributing.

The ideas could be divided into groups:

- (1) Ones that are workable,
- (2) Ones that may work; and
- (3) Ones that will not work.

You will be surprised how many resources are available if enough people are included in your

Brainstorming Session Tips

- (1) Express your ideas, even if they seem a little odd.
 - (2) Jot down all of the ideas.
 - (3) Everyone should have a turn to speak and encourage those who are shy to give their ideas.
 - (4) Don't be critical of other's ideas.
 - (5) Keep focused on the task.
 - (6) Use your time wisely.
- A. Choose a person to read the questions listed below.
- B. Choose a person to record the ideas generated by the group.



Questions/Discussion Starters

- (1) What is our goal?
 - What do you really want to do?
 - *to stop impaired driving
 - *to raise awareness
 - *to provide alternatives to driving impaired
 - *to enhance TADD image as cool
 - *to raise money
 - *all of the above

- (2) Who is your focus group?
 - The people you are trying to reach.
 - *students in your high school
 - *students at a party
 - *the community
 - *your parents

- (3) Image
 - How do you want the campaign to be perceived?
 - *serious
 - *fun
 - *mysterious
 - *hard hitting
 - *weird

- (4) Time
 - The best time to hold an event.
 - *in conjunction with other school or community events
 - *at lunch hour

- (5) Size
 - how big is the campaign?
 - *an annual, monthly or one time event
 - *a contest
 - *the whole community, the whole school or a few grades



- (6) Location
 - where will the event be held?
 *classroom
 *auditorium/cafeteria
 *in the community
 *other
- (7) Materials
 - what supplies are needed?
 *how much?
 *where do we get them from?
 *who will get them and when?
- (8) How many jobs do we share to put on the event?
- (9) Has this event been done before?
 Does it conflict with other similar events?
 Is it legal?
 Has anyone done a similar event so they can share their ideas?
- (10) What is your goal?
 - Is it still the same as question 1?
- (11) Get feedback during and after the event.

Goal planning may seem time consuming, but every minute of goal planning is worth it.

Step 7 – Plans for the next meeting

Before the meeting adjourns, advise the group of the next meeting date, time and place. It would be a good idea if this were done verbally and on a piece of paper to be handed out to each person. Thank them all for being there and hopefully they will be at the next meeting so that some of the ideas can be put into motion.

How to Motivate and Lead

- (1) ASK – People like to be asked. It indicates that you are sincere and would appreciate their help.
- (2) SAY - Everyone should have a say in what happens.



- (3) **EXECUTIVE COMMITTEE** – A good way to run a group. The responsibilities of getting things done by having a decision making body can assist in managing your chapter’s business.

President – Should have a good rapport with the principal, be likeable and a team player.

Vice President – Should be from a younger grade. This person will represent the younger grades and may take over when the president has graduated.

Secretary – Should be an organizer, good listener and able to keep track and record what has transpired during the meeting.

Treasurer – Should be trustworthy, good at math and budgeting.

If people feel they are not participating, they will slowly lose interest in the group.

Meetings

Use the Time Wisely! Don’t let them be a gab session. It is a good way to lose participating members. Have an agenda, appoint a chairperson and secretary. The chairperson is usually the president.

- (1) Be consistent with date, time and place of meeting.
- (2) Have an Agenda. The agenda could also contain the date and time and be circulated to each member prior to the meeting.
- (3) Keep to the topics on the agenda. The chairperson is to direct the meeting and keep the discussion on each topic within the time frame allotted.
- (4) The secretary is to record the minutes of the meeting.
- (5) Everyone should be encouraged to speak and give their view point. The discussion should be balanced.
- (6) Keep the meeting interesting and constructive. This will make the members feel they have completed a task.
- (7) Inform the members who are not at the meeting what occurred. This is done by way of minutes prepared by the secretary.
- (8) At the next meeting, the minutes of the previous meeting should be read and a copy handed out to each member.



Working Towards Your Objective

It is important that your Chapter has an objective. What is the objective?

Teens Against Drinking and Driving (TADD) is committed to:

- assisting in the elimination of drinking and driving;
- educating students about the dangers of drinking and driving; and
- promoting awareness of alcohol's effect on your mind and body.

(1) Set objectives

Take the ideas from your first session. Put the ideas to work. Plans should be made for the entire year and not meeting to meeting.

(2) Time Limit

Give yourself deadlines for each objective. Try and stick to the time.

(3) List

Have a list of materials needed and the date needed. Make sure the materials are there before the event.

(4) Resources Required

Before an event, decide on how many people are required to make it a success.

(5) Task Responsibility

Have a list of all the tasks required to prepare for an event, from start-up to clean-up. Ask for members and/or volunteers to be responsible for each job. You may also need others who have talent in posters, art work, etc. Try to have all the positions filled. If there are any not filled, someone in the group may know of someone willing to help.

*Remember by getting someone new involved, they may become interested and join the Chapter.

(6) Feedback

With the objective in mind, decide on how you can get some feedback.

Evaluate other students to see if they know about your program and if it is making a difference.



Suggested TADD Activities

Manitoba TADD would like to hear from its chapters on any newsworthy items. The next time that your chapter plans a fundraiser, social event or workshop, let us at the TADD head office know. Tell us WHO, WHAT, WHEN, WHERE and HOW, so that we can print news about your events in a newsletter and put on our web site.

These ideas might get you started on your chapter's program and stimulate even better ideas from your members. You don't have to do any of the following activities, but they have worked for other groups.

- (1) Set up a TADD display in your town fair, festival or parade. Or, set up a display in your local shopping mall or in the junior high schools which send students to your school for their high school program. Or, set up a TADD display at a meeting of the school board, school staff or parent-teacher organization. Have members present to discuss TADD.
- (2) Place a billboard near your school showing your school's TADD involvement. A local business firm or social service club might be willing to assist you with this project. A sample message might be "(your school's) TADD chapter reminds you not to drink and drive – STAY ALIVE!"

You can generate membership by encouraging students with specific talents that their involvement would be helpful; i.e. artists, school athletes, resource people, journalists, band

- (3) Have a TADD poster contest in your school and pick the best one to enter in the TADD provincial poster contest. Or, organize a poster contest for students in neighbouring junior high schools. Local businesses might be willing to donate prizes.
- (4) Sell TADD key chains, T-shirts and other items to raise funds for your chapter. Use school colours in designing your T-shirt. If your school has a Junior Achievement program, perhaps one of the companies involved in the program would produce goods with TADD insignia on them for sale.



- (5) Have a TADD Day at your school to publicize the efforts of the chapter.
- (6) Use peer counseling to talk to teens at other schools and establish more chapters of TADD.
- (7) Ask the local Parent-Teacher Association to have a “community awareness night” in which information about organizations which promote healthy and responsible behavior are highlighted. Include a segment on TADD. Students could act out situations in which TADD is involved.
- (8) Work with local radio stations to develop public service announcements on drinking and driving. Television stations can also be involved in producing announcements for viewing. Use of the format used in “Crime Stoppers” public service announcements (that is, re-enacting a scene in which drinking and driving was involved) makes an effective TV announcement.
- (9) Place a car wreck in front of your school as a TADD initiative. Make sure that a sign is placed on or near the wreck indicating that it’s a TADD reminder of the consequences that can occur when drinking and driving.
- (10) Invite police officers, court officials, ambulance personnel and medical workers to your school to speak to the TADD chapter members or to a student assembly on the consequences of drinking and driving. Tape record a brief message from these people to use as an item for the weekly TADD message on your school’s morning announcements.
- (11) Ask the court officials, lawyers and police, along with your school’s drama teacher and/or drama club to help you stage a mock trial of an impaired driver who has caused a serious accident. This could be featured at a school assembly or as part of your school’s drama night.
- (12) Ask your local police department to show you how a breathalyzer works and how the A.L.E.R.T. Program works in your community. Consider showing the effects of alcohol consumption on a person as registered on a breathalyzer and their subsequent behaviour. This could be videotaped and shown at a TADD chapter meeting or a school assembly. A local media person or disc jockey might be asked to volunteer to show how alcohol affects performance in this video production.



- (13) Work with parents to sponsor a TADD social where parents are the guests and students take charge of food, music, beverages, etc. Make the emphasis on activities and fun. Parents could allow “designated drivers” to take them home.
- (14) Ask your favourite music man or band to announce TADD slogans during your school dance.
- (15) Arrange a special event for the first class in your school to have 100% participation in the “Contract for Life”. This could be a special lunch with pizza or burgers provided for the class. Ask local restaurants to assist you with this promotion. Or, draw from among the names of the first 10, 20, (or however many you decide) to have participated in the “Contract for Life” for prizes. Local merchants, restaurants, etc. may be willing to donate prizes for this purpose.
- (16) Ask local merchants to put up TADD signs in their stores or in their advertising in flyers or on shopping bags. Concentrate on places where young people like to spend their time and money for displays.
- (17) Organize a regional TADD workshop, inviting other schools from your school division or region. Invite some dynamic guest speakers. If possible, include people who have been involved in accidents in which drinking and driving was the cause of the accident. Show films or videos which portray the stories of people affected by drinking and driving. Share ideas on publicity and on TADD activities. Invite local news media to attend and report on the workshop.
- (18) Ask your school’s drama club to develop and stage a play based on a drinking and driving situation. Or, ask your English teachers or drama club to develop scenes or commercials regarding drinking and driving. Tape-record the best commercials to use on the weekly TADD morning announcements; or videotape the scenes to use at a meeting, presentation or workshop on TADD.
- (19) Involve TADD in your community events such as fairs and festivals. Have a pancake breakfast during fair or festival time or during Drug Awareness Week.
- (20) Place TADD posters at sporting events – hockey games, football games, volleyball and basketball games and tournaments, etc.; and ask the announcer to give a TADD message over the public address system.



- (21) Sponsor a car rally. The rally can be a “fun” one conducted as you would run a treasure hunt, rather than a seriously competitive one. Tie in a barbecue or other event at the end. Invite local media to participate, and/or local dignitaries such as the mayor, council members, principal, school board members and sports figures. Make sure that the rally is identified as a TADD project and use TADD themes wherever possible.
- (22) Write a “rap” or poem or song that has a TADD theme. You could stage a contest for the best of these. Tape-record and use these on school announcements for TADD.
- (23) Organize a tournament featuring a popular sport or activity and invite other TADD chapters to participate. Add a party, barbecue or other social event to follow.



TADD ACTION PLANNER EXAMPLE

ACTIVITY NAME: Guest Speaker DATE OF ACTIVITY: November 25

| Action Person(s) Responsible | Date to be Completed | People/Money/ Resources Needed | Materials/ Equipment |
|--|----------------------|--------------------------------|--|
| Step | | | |
| 1. book assembly Richard (speak with principal) | Oct. 6 | | |
| 2. research topic; James book speaker | Oct. 15 | 1 person | |
| 3. posters Julie, Kris, Max (announcements) | Oct. 17 | 3 people | paper, paint, tape |
| 4. audio set up contact A.V. Head Wendy, Matt etc. ... | Nov. 25 | 2 people | podium, video, projector, speakers music |



Photocopy for your use

TADD ACTION PLANNER

ACTIVITY NAME: _____ DATE OF ACTIVITY: _____

| Action Person(s) Responsible | Date to be Completed | People/Money/ Resources Needed | Materials/ Equipment |
|------------------------------|----------------------|--------------------------------|----------------------|
| | | | |
| | | | |
| | | | |
| | | | |



TADD

CERTIFICATE REQUEST FORM

Mail to: TADD
c/o Manitoba Association of School Trustees (MAST)
191 Provencher Blvd.
Winnipeg, Manitoba
R2H 0G4

**WE REQUEST A CERTIFICATE OF MEMBERSHIP FOR THE TADD
CHAPTER AT:**

(Name of School)

School address: _____
Postal Code: _____
School Phone Number: _____
Name of Teacher Advisor: _____
Name of Parent Advisor: _____
Name of President: _____
Name of Vice-President: _____
Name of Secretary: _____
Name of Treasurer: _____
Name of Public Relations Director _____

Events planned for the Future:

DATE

EVENT



Chapter IV

Getting the Message Out

“In a School”

(1) School Presentation

Without preaching, use powerful words to inform your fellow students on the dangers of impaired driving.

1. Posters

Use posters that will catch their attention. Advertise throughout the school a contest where anyone with a bit of sketching or artistic talent can show it off. Have 3 top prizes. Give the students a deadline for the due date.

Prizes are often donated by local merchants. It is free advertising for them. Good places to use are record stores, sport shops, fast food places or the mall for a gift certificate.

Judging should be done by local dignitaries; such as community police. Once the final decision is made, advertise the winners and name them over the P.A. system, in order of 3, 2 and 1. Thank all the students for their participation.

2. Wrecked car

A wrecked car in front of the school. Contact MPI.

3. Fatal Vision Glasses

Fatal vision glasses. Using the glasses, have a tricycle ride around pylons.

Remember, it is
against the law to
serve alcohol to
anyone under age.



4. Day of the dead
A number of students are selected to act as ghosts. They sit quietly throughout the school day and do not respond or talk to anyone. They represent the victims killed by drinking drivers. At a special assembly these people are recognized and the significance of their silence.
5. P.A.R.T.Y. Program
Visit the various hospitals (such as Health Sciences Centre, Rehab Hospital) where the students will observe the injuries and tragedies that are a result of impaired driving.
6. Banners
The use of an “original” banner to be displayed at various events. Encourage the students to sign the banner saying they will not drink & drive.
7. P.A. Message
Using the P.A. System at your schools to inform all the students of upcoming events.
8. Dance Message
Have a school dance. This will give you an opportunity to promote the program. Advertise on the tickets. Also where drinks and chips are sold that fun can be had without drinking.
9. Mock Trial
Have a mock trial with police, lawyers, judge, etc. Establish an accident scene and put the occurrence on trial.
10. Mall Displays
Also mall displays can help get the message across. Hand out material and respond to questions.



“In The Community”

1. Community

The people in your community are pleased to see students in confident situations. Your chapter can portray this picture if proper procedures are followed.

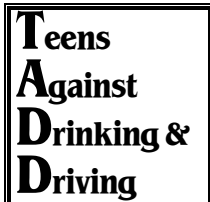
2. Parents

Parents can also be encouraged to participate. It is rewarding to a parent to see what their son/daughter is doing to prevent drinking and driving.

3. Media

Print a media list. The media loves to print positive news too. Use TV stations, cable companies, radio stations, school web pages and community paper to inform public of anything relevant to the community. Make sure they are informed one week prior to the event.

Don't be discouraged if your media contact tells you they are sending a reporter and they don't show. Reporters can be side tracked by other stories.



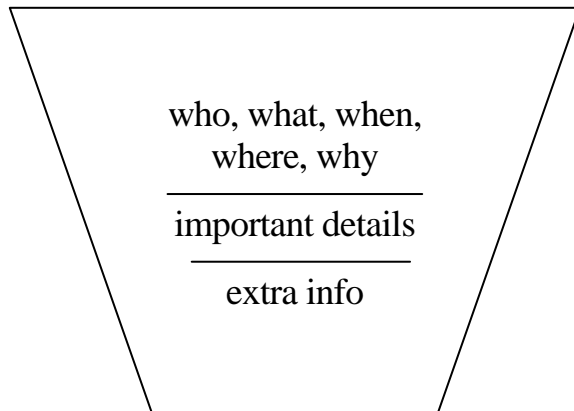
Chapter V

Writing a Press Release

The important things when writing a press release are:

WHO, WHAT, WHEN, WHERE, WHY & HOW.

1. The most important information should be at the beginning and should summarize the news.
2. The following information should be in a declining importance.
3. Be brief. Do not make the release more than one page double space.
4. Offer the name of more than one contact person, with phone number and address.
5. Wording should be simple.
6. Journalists call this structure an inverted pyramid.
7. e.g.



The press release should be short, less than 200 words, relevant to your activity.

BE SHORT

Chapter VI

Fund Raising

Fund Raising Sources

Tips for getting sponsors and/or donations:

- (1) A list of organizations and the “right person” to speak to. Suggest to them a presentation can be made by representatives of TADD. Show them you are sincere.
- (2) Suggest to them you can offer in return their logo on posters, T-shirts or in the program for the event.
- (3) Once a reply is received, send a thank you note even if the decision is a no. This may work to your benefit in the future. Remember to be polite and neat.
- (4) Some of the places to go to for donations are businesses where students of your school go, i.e. restaurants, music, clothing stores, sport companies, yearbook companies and soft drink companies.
- (5) Be willing to accept what they offer.

Make sure you follow up any donation with a THANK YOU letter!!

DON'T FORGET!



Fund Raising Events

TADD groups frequently want to raise money, but it is important for everyone to know exactly where the money raised is going.

Why Do You Want to Raise Money?

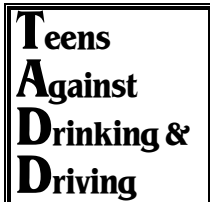
- Your Chapter may decide to bring in a well known speaker for a school assembly and/or workshop. Many speakers have travel costs and fee.
- You may wish to attend a provincial or national conference. Costs to attend such a conference, especially if it is national, could range as high as \$700.00 per person.
- You may decide to sell apparel, such as; T-shirts, sweatshirts, or hoodies with the TADD logo prominently displayed. Initially this project will cost money, but you should realize a definite profit once selling is underway.

The Budget

It is important to draw up a budget listing income and expenses for your TADD group. It is much easier to know where you are going and how you are going to get there, if you have a budget plan.

See below for a typical budget for TADD groups. Also remember that school based financial activities are audited every year, so it is important to keep proper financial records, such as; bank statements and financial receipts.

Remember, you should never have to pay for advertising. Local newspapers, TV and radio stations should give you free time, provided your message is professional looking



Example Budget:

Income:

| | |
|----------------------|-------------------------------|
| Donations | \$200.00 (Local Service Club) |
| Dry Bar sales | \$65.25 |
| B.Y.O.B. | \$110.75 |
| Sober Suds™ Car Wash | \$206.00 |



Expenses:

| | |
|--------------------|---------------------------------|
| Conference | \$480.00 (Three registrations) |
| B.Y.O.B. material | Free - donated from local store |
| Pizza meetings | \$51.69 |
| Dry bar material | Free - donated from local store |
| Resource Materials | \$20.00 for shipping & handling |

Activities

Examples of what can be done to raise money.

(1) Car Wash

Invite some well known people, such as; Mayor and/or councilors, athletes, media, entertainers to come help “wash a car.” Remember they are busy people and may be only able to stay a short while, but their presence should add to your success.

**See section at the end on how to set up and run a successful activity.*

(2) B.Y.O.B. (bring your own banana)

The purpose of this is to show people you don’t need alcohol to make this event fun. Most people like Banana Splits and this is a good way to make money. Advertise your event and encourage people to bring a loonie and banana. (\$1.25 for those who don’t supply their own banana).

(3) Candy Theme

For each month of the school year have a different kind of candy. These could be packaged in small bags tied with a colourful tie or ribbon. Have a peppy message attached to the tie.

Example: use mints, candy kisses, candy canes, smarties, candy hearts, jelly beans, gummy bears, green mints, Easter eggs.

(4) Sporting Event

For this event the media, teachers, parents, etc. could be challenged to a game, such as; hockey, baseball, volleyball, basketball. Publicity of this type is good for your TADD chapter. You could sell tickets for a 50/50 draw (i.e. 1 for \$1 or 3 for \$2) or have a silver collection.

(5) Let’s Eat

As a rule all young people like food events such as a pancake breakfast, hot dog or pizza lunch. To help make this a success you could solicit the help of well known individuals, such as radio, media, sports celebrity to help cook.



(6) Safe Grad in Reverse

The Chapter could have a social evening for the parents. The students make all the necessary arrangements to drive the parents home. Remember to play music that would be suitable for the parents (oldies, country).

(7) Sell Hams and Turkeys

Easter and Christmas time is an excellent time for this type of fund raising. Contact can be made with a meat processing plant. Inquire as to the cost to TADD and determine your profit margin. Establish deadline dates to order and pay, as well as pick up date.

(8) Dance

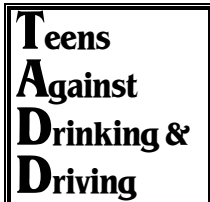
Make sure students are aware of the dance. Announce it on the PA system and display posters. Plan to sell pop, chips, etc. Make sure to hire a music man who will play a good variety. Chaperones are also needed. These can be parents, teachers, etc.

Everyone in the Chapter should be assigned to work a designated area. Never leave cash boxes unattended.

Please send any news coverage of your events to the TADD Head Office at:

Manitoba Association of School Trustees
(MAST)
191 Provencher Blvd.
Winnipeg, MB
R2H 0G4

e-mail address: safegrad@mast.mb.ca



How To Set Up and Run A Successful Event

- (1) Plan the events for the whole year.
- (2) Organize the group and assign jobs to group members. Remember everyone in the group should help out.
- (3) Pick a location for the event.
- (4) ADVERTISING is a definite must.
 - a) Wherever possible, display posters giving basic information.
 - b) Announce the upcoming event on the PA System well in advance and repeat daily.
 - c) Inform the newspaper and media of the event, giving them all details of where, when, etc.
 - d) Where possible, publish the event in your community paper.
- (5) On the day of the event, where applicable, have a sign or poster directing people to the event location.
- (6) Make sure that everyone knows what their jobs are.
- (7) Have all supplies and/or materials pre-ordered.
- (8) Have one of two key people in charge of money and be sure to have a float available to make change.
- (9) After the event, be sure to send thank you notes to everyone who contributed to the event.

Remember:

Just because you sent a poster to the local newspaper does not mean that they will cover the event.

Make sure they get the press release as well.

How To Run A Successful Car Wash

- (1) Publish the date, time and location of the car wash. Most important, publish the reason for the car wash – “to prevent drinking and driving in youth.”
- (2) Organize your group, assign jobs, pick a location close to traffic, school, mall, or plaza. Also make sure there is access to a water hose outlet and drainage.
- (3) GOOD ADVERTISING is the route to success:
 - a) Put posters around the location at least 2 days prior to the event.
 - b) Announce the car wash over the PA system frequently on days leading up to the event.
 - c) Put up posters in locations where they will be seen, such as; store or mall bulletin boards, staff room, school billboard, etc.
 - d) Issue a news release to local or community newspaper.
 - e) Notify local radio and TV station.
- (4) Contact local dignitaries and get them involved.
- (5) On the day of the car wash, make sure all posters and signs are visible.
- (6) Have all pails, hoses, cloths, soap, sponges and squeegees ready in advance.
- (7) Make sure everyone has a job and knows what it is. Rotate the jobs.
- (8) Most of all, be professional – smile and say thank you.



Chapter VII

Safe Grad

Most high schools in Manitoba celebrate Safe Grad.

Please see “How to Plan Your Safe Grad” manual on our website at www.mast.mb.ca.

Prior to the commencement of Safe Grad in 1980, there were a number of drownings and tragic car crashes in Manitoba. June was a time of great celebration but often darkened by the loss of life at an impromptu bush party.

With the spread of Safe Grad throughout Manitoba, the last twenty years have seen a complete turn around with well-planned grad parties.

“Everybody Gets Home Alive.”



Safe Grad

Copy of a letter to your local newspaper

June is Safe Grad Month

Parents, Educators, and concerned members of the Community: Please help our youth in a dialogue about the dangers of underage drinking during this month of celebration for teens.

To the Editor:

It's that time of the year again. A time when high school seniors are celebrating their transition into the "real world." The culminating events are, of course, high school prom and graduation. Unfortunately these celebrations are all too often marred by the devastation caused by a teen's decision to drink and then drive. Given the very real threat that our teens will be faced with making a decision to drink or not drink alcohol, there is no better time for parents, educators, and other concerned members of the community to engage our youth in a dialogue about the dangers of underage drinking.

In an effort to help our kids make the right choices concerning alcohol, TADD, a not-for-profit organization dedicated to fighting drunk driving and underage drinking, has designated June as Safe Grad Month. Working together with organizations such as MAST, this initiative seeks to not only raise awareness during this critical time of the year, but also provide parents and educators with the tools to keep our youth safe. Among the several components of the initiative is the Safe Grad Program available at the MAST website at www.mast.mb.ca.

The level of illegal underage drinking is disturbing. Surveys show the majority of high school students drink and many get involved in "binge" drinking. By working together, we can prevent our high school students from making the wrong decision.

THE BEST GRAD IS A SAFE GRAD.





Grad Night Tips for Parents

- Make sure your child has a plan for the evening and that you know it.
- Work with the school to have food served during the grad.
- Know all of the “hot spot” destinations.
- Take stock of the alcohol in your home.
- Know who is driving – if it’s a limo, check their policy on allowing alcohol in the vehicle.
- Discuss the school’s grad rules with your child and the consequences for violating them.
- Encourage seatbelt use – the best accessory!
- Do not rent hotel rooms for grads.
- Communicate with other parents and school officials.
- Stay up for grad’s return home.

**Teens
Against
Drinking &
Driving**



Chapter VIII

Facts / Myths

FACTS

- (1) Drinking coffee after alcohol consumption may make you feel more awake, but you're **NO LESS IMPAIRED**.
- (2) A bottle of beer 355 ML =
a shot 45 ML =
A glass of wine 150 ML
- (3) Designate a Driver
BEFORE the Party Begins!
- (4) Alcohol actually increases your susceptibility to cold and hypothermia.
- (5) Alcohol slows your reaction time ...**STAY SHARP!**
- (6) Over half of the snowmobile fatalities in Manitoba involved alcohol!
- (7) Eating while drinking slows the absorption of alcohol; **IT DOES NOT** stop the process of intoxication.
- (8) Only time will overcome the effects of alcohol. Fresh air and dancing **DO NOT** change the rate at which alcohol is metabolized by the liver.
- (9) In general, 40% of all fatalities, 20% of all injuries and 10% of all vehicle and property damage resulting from motor vehicle crashes in Manitoba are found to be **ALCOHOL RELATED!**

IMPAIRED DRIVING FACTS

- (1) On average, 4.5 Canadians are killed and over 125 Canadians are injured DAILY in alcohol related crashes. (*Transport Canada*)
- (2) Direct and indirect costs of alcohol related crashes are estimated to be \$7.52 billion annually. (Research Report – *Addiction (1998) 93(7) 991-1006*)
- (3) 70,587 charges of impaired driving were made in 1998. (*Canadian Centre for Justice Statistics, 1998*)
- (4) Approximately 40% of all traffic fatalities are alcohol related. (*Traffic Injury Research Foundation*)
- (5) The Traffic Injury Foundation estimates there are 4.5 million impaired drivers on Canada's roads every month.
- (6) Impaired driving is the single leading criminal cause of death in Canada.



**MOTOR VEHICLE
DEATH RATES
CANADA - 1997**



**MOTOR VEHICLE
INJURY RATES
CANADA - 1997**



COMMON ALCOHOL MYTHS

- ⊙ ***People get drunk from switching drinks.***
FALSE! It is the ethanol content of drinks that causes intoxication, regardless of the type of beverage.
- ⊙ ***Some people drive better after a few drinks.***
FALSE! Impairment of driving ability starts with the first drink. Because judgment is also affected, people may think they are driving better.
- ⊙ ***A serving of regular beer is weaker than a highball.***
FALSE! Water-based mixes may dilute the alcohol, but the same amount of alcohol will eventually be absorbed into the bloodstream.
- ⊙ ***Fresh air and exercise will sober you up.***
FALSE! They do not change the rate in which alcohol is metabolized by the liver.
- ⊙ ***Coffee will sober you up.***
FALSE! The caffeine in coffee may make you more awake, but you're no less impaired.
- ⊙ ***You can drink as much as you want as long as you eat a lot.***
FALSE! Food slows down the absorption of alcohol, but the alcohol will still be absorbed. Your body eliminates alcohol at a fixed rate.
- ⊙ ***A cold shower will sober you up.***
FALSE! A cold shower will make you a more alert intoxicated person for a few minutes, but you are no less intoxicated.

For more information please read our occasional permit pamphlet "What You Need to Know" or check out our web site: www.mlcc.mb.ca



Teen's car-crash essay in demand for reprint

DEAR Ann Landers: Years ago, you printed an essay about a high school student who was killed in a driving accident. My 16-year-old son just got his driver's licence, and I want him to see that essay. It made a big impression on me, and I'm hoping it will do the same for him. — Dallas Mom

Dear Dallas: Not a day goes by that I don't receive a letter asking me to reprint that column. It's one of the most requested ever, and I'd like to think it has saved some lives. Here it is: Dead at 17 by John Berrio

Agony claws my mind. I am a statistic. When I first got here I felt very much alone. I was overwhelmed by grief, and I expected to find sympathy.

I found no sympathy. I saw only thousands of others whose bodies were as badly mangled as mine. I was given a number and placed in a category. The category was called "Traffic Fatalities."

The day I died was an ordinary school day. How I wish I had taken the bus! But I was too cool for the bus. I remember how I wheedled the car out of Mom. "Special favour," I pleaded. "All the kids drive." When the 2:50 p.m. bell rang, I threw my books in the locker... free until tomorrow morning! I ran to the parking lot, excited at the thought of driving a car and being my own boss.

It doesn't matter how the accident happened. I was goofing off — going too fast, taking crazy chances. But I was enjoying my freedom and having fun. The last thing I remember was



Ann Landers

Write to Ann Landers care of the Winnipeg Free Press, 1355 Mountain Avenue, R2X 3B6.

passing an old lady who seemed to be going awfully slow. I heard a crash and felt a terrific jolt. Glass and steel flew everywhere. My whole body seemed to be turning inside out. I heard myself scream.

Suddenly, I awakened. It was very quiet. A police officer was standing over me. I saw a doctor. My body was mangled. I was saturated with blood. Pieces of jagged glass were sticking out all over. Strange that I couldn't feel anything. Hey, don't pull that sheet over my head. I can't be dead. I'm only 17. I've got a date tonight. I'm supposed to have a wonderful life ahead of me. I haven't lived yet. I can't be dead.

Later I was placed in a drawer. My folks came to identify me. Why did they have to see me like this? Why did I have to look at Mom's eyes when she faced the most terrible ordeal of her life? Dad suddenly looked very old. He told the man in charge, "Yes, he's our son."

The funeral was weird. I saw all my relatives and friends walk toward the casket. They looked at me with the saddest eyes I've ever seen. Some of my buddies were crying. A few of the girls touched my hand and sobbed as they walked by.

Please, somebody — wake me up! Get me out of here. I can't bear to see Mom and Dad in such pain. My grandparents are so weak from grief they can barely walk. My brother and sister are like zombies. They move like robots. In a daze. Everybody. No one can believe this. I can't believe it, either.

Please, don't bury me! I'm not dead! I have a lot of living to do! I want to laugh and run again. I want to sing and dance. Please don't put me in the ground! I promise if you give me just one more chance, God, I'll be the most careful driver in the whole world. All I want is one more chance. Please, God, I'm only 17.

— Creators Syndicate

**Teens
Against
Drinking &
Driving**



Chapter IX

DWI Objective Quiz

There are many misconceptions about alcohol and its effect on people in our society. The following quiz will test how much you actually know about alcohol.

Alcohol Knowledge Inventory Test

- | | | | |
|-----|--|---|---|
| 1. | Alcohol acts as a stimulant on the body. | T | F |
| 2. | Alcohol increases mental and physical abilities. | T | F |
| 3. | There are ways to sober up quickly. | T | F |
| 4. | A person's view of his performance may be altered by drinking. | T | F |
| 5. | Alcohol is a stimulant. | T | F |
| 6. | Drinking is a sexual stimulant. | T | F |
| 7. | Black coffee is able to sober a person up. | T | F |
| 8. | Cold showers will help to sober a person. | T | F |
| 9. | Nearly half the fatal highway accidents involve drinking. | T | F |
| 10. | When you're out in the hot sun, you don't have to worry about drinking. Perspiration takes care of the drinking. | T | F |
| 11. | You can drink as much as you want, just so long as you eat enough. | T | F |
| 12. | A few drinks tend to improve one's skills. | T | F |
| 13. | There is evidence that frequent and large intake of alcohol may affect the brain cells. | T | F |
| 14. | Because the brain has a high concentration of blood, which is 90% water, the effect of alcohol on the central nervous system is apparent very soon – usually within minutes. | T | F |
| 15. | As a person drinks more, his reactions become slower. | T | F |
| 16. | Alcohol reduces the eye muscles' ability to control the amount of light which enters the eye. | T | F |
| 17. | If a drinking-driver tries very hard, he/she will not make driving errors. | T | F |
| 18. | The combination of alcohol and another drug greatly impairs one's driving ability. | T | F |



Answers to Quiz

1. **FALSE.** Alcohol is a depressant. The feeling of stimulation experienced by the drinker is caused by an initial loss of inhibitions that result when the brain's higher learning centers are impaired. Like any other depressant drug, as the dosage increases, the depressant action on the brain and the central nervous system increases.

Heavy drinking reaches dangerous levels as the individual finds it increasingly difficult to assess the effects of the alcohol. Eventually, if the heavy drinking pattern is continued, the depressant action will induce sleep. In some cases, alcohol has depressed the central nervous system to the extreme – the point where vital life functions, such as breathing and heartbeat, have been endangered resulting in coma and death.

2. **FALSE.** The depressant action of alcohol decreases the mental and physical functions of the brain and central nervous system. Therefore, an individual's ability to perform complex tasks, such as driving, is impaired as alcohol intake increases.
3. **FALSE.** Your body oxidizes alcohol at a steady rate and nothing can hasten this process. The average person's liver oxidizes about one drink per hour. Time is the only way to sober up.
4. **TRUE.** Alcohol affects the brain by depressing its functions. One of the first areas of the brain to be affected are the higher learning centres. They control a person's judgment, their ability to make decisions, and predict certain actions. As a result the person has difficulty judging his own performance when he is drinking. He may think he is sober enough to drive while he may very well be incapable of safely operating a motor vehicle.
5. **FALSE.** Alcohol is a depressant, like ether. It acts as a depressant on the central nervous system.
6. **FALSE.** As Shakespeare once said, "It increases the desire but decreases the performance."



7. **FALSE.** The liver metabolizes alcohol – at the approximate rate of one drink per hour. Coffee is a stimulant – it may wake the person up but not sober him up.
8. **FALSE.** A cold shower may wake a person up, but not sober him up. (You now have a wide-awake drunk.)
9. **TRUE.**
10. **FALSE.** The liver metabolizes the alcohol. Perspiration might account for 1 per cent.
11. **FALSE.** Food only delays the absorption rate.
12. **FALSE.** Alcohol increases one's confidence because of the effect on the brain. Judgment actually decreases.
13. **TRUE.** In some cases causing irreversible damage.
14. **TRUE.**
15. **TRUE.**
16. **TRUE.** Like camera film, too much or too little light spoils the picture.
17. **FALSE.** Because the brain and central nervous system are under the influence of alcohol.
18. **TRUE.** There is a potentiation effect, $1 + 1 = 4$. This means there is a greater effect as the drugs interact. The combination effect is greater than the sum total of the two if they were to act independent of each other.

You have reason to celebrate!

Your hockey team won the local tournament!

Your best friend just got engaged!

Your entire office received a sales bonus!

Instead of going out, you have decided to throw a party at your house and serve alcohol. Your decision has important legal implications.

YOUR PARTY - YOUR PROBLEM

You want your party to be a good time – an opportunity for you and your guests to unwind. However, when alcohol is involved, things can get out of hand. The risks of death and injury rise sharply with your guests' level of intoxication. Did you know that alcohol is involved in about 42% of fatal traffic crashes and that alcohol-related crashes are the leading killer of Canadians under 40.

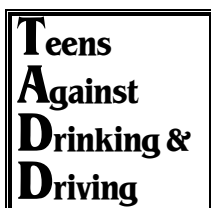
The risks are not limited to driving. A large percentage of pedestrian, fire, drowning, boating, and snowmobile deaths involve alcohol. In fact, alcohol-related falls put more people in the hospital, for more days, than impaired driving.

You can be held liable for these deaths and injuries on two separate bases. First, you can be sued as a provider for serving alcohol to intoxicated guests who later injure themselves or others. Second, if the event is on your property or a property under your control, you may be sued as an occupier.

Provider liability does not prevent you from being a gracious host in serving alcohol. Rather, it means that you cannot continue to serve guests who are becoming, or who are already, intoxicated.

With respect to hosting events, all occupiers are required to take reasonable steps to prevent injuries from occurring on their property. Your liability as an occupier is separate from your liability as a provider. Therefore, you can incur liability as an occupier even if you do not serve a single drop of alcohol. Simply allowing alcohol-related events on your property gives rise to some legal responsibility.

Published by MADD (Mothers Against Drunk Driving) Canada



Chapter X

Resources

Contacts for information on drinking and driving:

- (1) Manitoba Liquor Commission
1555 Buffalo Place
Winnipeg, MB
R3C 2X1
Telephone: 284-2501
- (2) Manitoba Public Insurance
824- 234 Donald Street
Winnipeg, MB
R3C 1M8
Telephone: 985-7199
- (3) Addictions Foundation of Manitoba
1031 Portage Avenue
Winnipeg, MB
R3G 0R8
Telephone: 944-6200
- (4) Mothers Against Drunk Driving (MADD)
1031 Portage Avenue
Winnipeg, MB
R3G 0R8
Telephone: 944-6321
- (5) Manitoba Head Injury Association



- (6) Department of Attorney General
Legislative Building - 450 Broadway
Winnipeg, MB
R3C 0V8
Telephone: 945-3728
- (7) Department of Highways
- (8) Winnipeg Police Dept.
151 Princess Street
Winnipeg, MB
R3B 1L1
986-6222
- (9) Brandon Police Dept.
- (10) Royal Canadian Mounted Police
1091 Portage Avenue
Winnipeg, MB
R3G 0S6
Telephone: 983-5420
- (11) Local Health Units/Nursing Stations
- (12) Manitoba Safety Council
700 – 213 Notre Dame
Winnipeg, MB
R2H 0C4
Telephone: 949-1085
- (13) P.A.R.T.Y. Program (Manitoba Head Injury)
Telephone: 788-8480
- (14) Operation Red Nose



(15) Speakers and Presentations:

- a) Mitch Dorge
- b) John Wylie – former ambulance operator 284-0370
- c) MPI Road Safety 985-7199
- d) Keith Thomas – MAST 233-1595
- e) Rex Virtue 832-5100
- f) Local Fire Department 986-6380
- g) Ambulance Service 986-6336
- h) Motivational Media Assemblies (Canada Inc.)

(16) Funeral Directors
(See Yellow Pages for listing).

(17) Workers Compensation Board
333 Broadway
Winnipeg, MB
R3C 4W3
Telephone: 954-4321

(18) Judicial System (judges, lawyers, crown attorneys)
See Justice under Government of Manitoba

(19) Local Sport Celebrities



A CONTRACT FOR LIFE

between people who care;
a teenager & a parent

I, _____ agree to call you for assistance
 and/or transportation at any time, from anywhere, if I have been drinking
 or am otherwise impaired, or if I am with a friend in the same condition.

X
 date

X

signature



I, _____ agree
 to assist you at anytime, anywhere, or pay
 for a taxi to bring you home safely. This is
 with the understanding that we will talk
 about this situation at a later time.

Also, I agree as a parent, to seek safe transportation home
 if I have been drinking or am otherwise impaired, or if
 I am with a friend in the same condition.

X
 date

X

signature

Drink. Drive. Spill.



**Teens
 Against
 Drinking &
 Driving**





REGIONAL WORKSHOPS

One of the best ways to connect with other TADD people is to host or attend a regional workshop. This workshop in Minnedosa brought together students from Neepawa, Brandon and Minnedosa. The students enjoyed Anders the Magician and Fatal Vision with Constable Hay of the RCMP. Contact Keith Thomas at MAST to see about a possible workshop in your area.

