



Smoke-free News

VOLUME 1, ISSUE 4

JULY 27, 2006

Monthly Meetings In Zumbrota

The second Thursday evening every month.

Next Meeting:

No August Meeting In Zumbrota

Come to the Red Wing meeting or Join us at our booth at the County Fair.

(see: Sign Up Today!)

Monthly Meetings In Red Wing

The first Wednesday morning every month.

Next Meeting:

August 2, 2006

8:00 AM: Meeting starts

9:00 AM: Meeting ends

(Coffee and pastry provided)

**Goodhue County Public Health Service
512 West 6th Street
Red Wing, MN**

New Logo + New Web Site = New Look for Newsletter

We hope you like the new look for our newsletter. The change was necessary to coordinate with the design of our new logo and Web site.

Thank you to those who attended our meetings in June and gave us their input on the logo. Our new logo lets people know who we are and that we are advocating for smoke-free environments. It also communicates graphically that we are a county-wide organization.

The logo set the color scheme for our new Web site. If you haven't seen it yet, log on to www.smokefreegc.org and

take a look!

The website is our virtual office. One important feature is an on-line sign up form. New supporters can sign up while they are visiting our site. You will also find our smoke-free dining guide. Please help us keep this guide up to date - let Susan Johnson know about changes at restaurants in your community.

We have registered two domain names. The other name is: www.smokefreegoodhuecounty.org. Either name takes you to our Web site.

Sign Up Today!

Fairs: There are two more events where we will have a booth. These are great opportunities to increase our membership, but it takes a large group of volunteers for each event to make it work. Our people are what make our booth effective - sign up today!

Goodhue County Fair - August 8-12, 2006.

Red Wing Diversity Festival - September 16, 2006.

Parades: These are the remaining parades. To have the strongest impact, your friends and neighbors need to see your face in the parade. Come and help us pass out our cool fans. Don't miss out on the fun!

Red Wing River City Days Parade - August 6, 2006 - 1:00 PM.

Kenyon Rose Fest Parade - August 19, 2006 - 6:00 PM

Be sure to check our site on a regular basis for updates about meetings and events. We will be adding more pictures of our summer activities in the coming weeks.

Southeast MN Smoke-free Communication Workshop

Don't miss this great opportunity! The *grassroots solutions Smoke-free Technical Assistance Team* will present a regional workshop on August 24, 2006 from 9:30 AM-noon. The workshop will focus on communication skills and tactics for discussing smoke-free issues. Take a short drive to Rochester to improve your effectiveness as a supporter of smoke-free workplaces.

To register for this free workshop, go to the home page on our Web site and follow the links to the workshop registration site, or call *grassroots solutions* at (612) 465-8566 and ask for Martin or Dana.

Hope to see you there!

HOW TO CONTACT US

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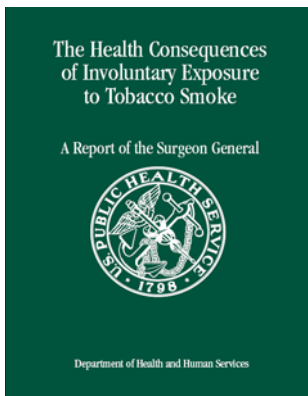
is a group of concerned citizens who believe that everyone deserves smoke-free air at work. Many people here in Minnesota still have to breathe secondhand smoke while they are at work. Our current state law, the Minnesota Clean Indoor Air Act, is outdated. It gives protection from secondhand smoke to some kinds of workplaces, but gives no protection to others. This is especially true for people who work in restaurants and bars.

Local governments in cities and counties across Minnesota have taken the lead to protect their citizens from secondhand smoke in the workplace. It is time for our county to take action and ensure everyone is protected from this well documented public health hazard. Everyone's health is important.

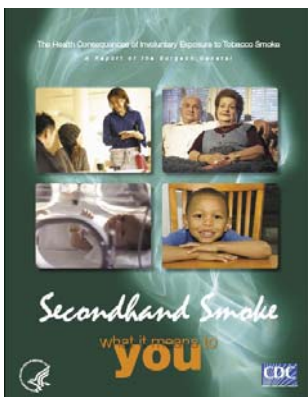
Citizens for a Smoke-free Goodhue County has partnered with the Goodhue County Public Health Service, Blue Cross Blue Shield of Minnesota, the American Cancer Society, and the Minnesota Partnership For Action Against Tobacco. Our goal is a smoke-free workplace ordinance for Goodhue County.

We're on the Web
www.smokefreegc.org

New Surgeon General's Report on Secondhand Smoke



The cover of the full report (above) and the "The People's Piece" illustrated booklet (below).



The Surgeon General of the United States, Richard H. Carmona, the top public health doctor for our nation, released a new Surgeon General's report on June 27, 2006. It has been 20 years since the last Surgeon General's report on secondhand smoke. The Health Consequences of Involuntary Exposure to Tobacco Smoke announces some powerful new conclusions.

1. Secondhand smoke causes heart disease and lung cancer in adults, and sudden infant death syndrome and respiratory problems in children.
2. There is no risk-free level of secondhand smoke exposure. Even brief exposure adversely affects the cardiovascular and respiratory systems.
3. Only smoke-free environments effectively protect nonsmokers

from secondhand smoke exposure in indoor spaces.

4. While great strides have been made in recent years, millions of Americans continue to be exposed to secondhand smoke in their homes and workplaces.

Equally important, the Surgeon General emphasized that, "... the debate is over. The science is clear: secondhand smoke is not a mere annoyance, but a serious health hazard that causes premature death and disease in children and nonsmoking adults."

Smoke-free workplace advocates have read the scientific research over the last 20 years and were already well aware of these facts. It is significant that the Surgeon General and his staff at the Centers for Disease Control and Prevention (CDC) have reviewed all of the scientific research on the health risks of secondhand smoke

and summarized it in this one report.

The Surgeon General wants to raise the "health literacy" of all Americans on this serious public health issue. In addition to the full 727 page report, he has created an 18 page booklet, *Secondhand Smoke - What It Means To You*, that summarizes the key findings of the report in language that all Americans can easily understand.

All of us should read this booklet. We should also view the Press Conference Web cast, which contains a short film that puts a personal face on the issue of secondhand smoke. You can find these by going to our Web site and clicking on the link to the Surgeon General's report at the bottom of our home page. You can also contact us for a copy of the booklet.