



Smoke-free News

VOLUME 1, ISSUE 5

OCTOBER 5, 2006

Monthly Meetings in Zumbrota

The second Thursday evening every month.

Next Meeting:

October 12, 2006

7:00 PM: Meeting starts

8:30 PM: Meeting ends

**Zumbrota Public Library
100 West Avenue
Zumbrota, MN**

West Avenue is one block west of Main Street (State Highway 58).

Monthly Meetings in Red Wing

The first Wednesday every month at noon.

Next Meeting:

November 1, 2006

12:00 PM: Meeting starts

1:00 PM: Meeting ends

(Lunch is provided. Please RSVP to Tom Wolff.)

**Fairview Red Wing Professional & Community Center
1407 West 4th Street
Red Wing, MN**

The old hospital building.

Let's Celebrate Our Success

Come to the Smoke-free Celebration! A year ago we had about 150 supporters. We now have over 650 and are still growing.

How did this happen? Many people volunteered their time to help spread our smoke-free message. They talked to friends and neighbors. They worked at our booth at a fair. They walked in a parade and carried a sign or helped to pass out fans with our message.

Is all of this effort worth it? Our work will save lives right here in Goodhue County. Our

work will prevent needless suffering from disease.

Now is the perfect time to get together and celebrate our success in growing our organization. We need to say thank you to all of the volunteers for their hard work, and give a warm welcome to all the new members.

Won't you join us at the Smoke-free Celebration at Grandpa's Garage in Cannon Falls on Wednesday October 18, 2006, for an evening of fun with a purpose?

Volunteers Are The Key To Success

Many thanks to all of the volunteers who donated their time to help at a booth or walk in a parade this summer. All of the credit for our growth goes to them.

Cannon Valley Fair

Chris Allen, Emily Benson, Liz Brown, Hank Brummer, Steve Carroll, Mary Dalbotten, Bridget Dulek, Al Eastland, Laura Hemmah, Jesslyn Hendrickson, Ros Hjermstad, Kendra Boyle Hoban, Lorraine Nelson, Rhana Olson, Julie Phelps, Hannah Phelps, Shannon Phelps, Deb Pierce, Megan Ripley, Richard Samuelson, Jerrie Samuelson, Kathy Tilderquist, Dennis Wilcox.

Cannon Falls 4th of July Parade

Eric Card, Evan Carpenter, Zach Dulek, Cassandra Dulek, Ros Hjermstad, Aaron Hjermstad, Ryan Lee, Matt Shorter, Matt Von.

Vasa 4th of July Parade

Jessica Anderson, Brad Anderson, Mitch Anderson, Bryan Anderson, Krystin Anderson, Barb Ekstrand, Ros Hjermstad.

River City Days Parade

Hank Brummer, Oma McLaughlin, Char Smith, John Smith, Dana Syverson, Melanie Velasco, Nina Verin, Cyrus Wolff.

Goodhue County Fair

Janet Anfinson, Duane Anfinson, Hank Brummer, Steve Carroll,

Smoke-free Celebration Mark your Calendar!

When: Wednesday, October 18, 2006 5:00 - 7:30 PM

Where: Grandpa's Garage, 31846 65th Avenue Way, Cannon Falls, MN (South of downtown, next to the John Deere dealer.)

Bring a friend! Please RSVP to Tom Wolff (651) 385-6142.

Mary Dalbotten, Karen Fountaine, Shirley Gregory, Sandy Hadler, Cora Lee Monroe, Rhana Olson, Michelle Parduhn, Gaye Ruhlach.

Kenyon Rose Fest Grande Parade

Mary Dalbotten, Jared Dyrdaahl, Kaia Lehman, Larry Lehman, Kirsten Lehman, Cora Lee Monroe, Rhana Olson.

Red Wing Diversity Festival

Sheryl Aschbrenner, Debby Bradley, Claire Bradley, Ina Christofferson, Michelle Parduhn.

A special thank you to Ros Hjermstad and Julie Phelps for recruiting volunteers.

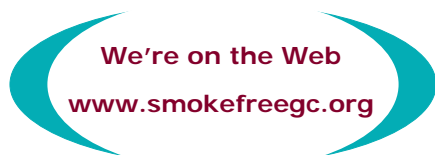
HOW TO CONTACT US

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Citizens for a Smoke-free Goodhue County 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 Goodhue County Public Health Service, Blue Cross Blue Shield of Minnesota, the American Cancer Society, and ClearWay Minnesota. Our goal is a smoke-free workplace ordinance for Goodhue County.

New national commander has smoke-free message for vets

"We are a democratic organization that is letting 20 percent of the population tell us that the post will fail if people can't smoke inside. That's bunk."



VFW Adjutant General Allen "Gunner" Kent (at right) administers the oath of office to Gary Kurpius, the VFW's new national commander.

The nation's largest organization for combat veterans, the Veterans of Foreign Wars of the United States (VFW), elected Gary Kurpius its new national commander at their annual convention in August. In his acceptance speech he emphasized the need to rethink the way posts operate in order to be able to continue to attract new members.

"Comrades, membership drives everything we do, but we won't get a new generation – or even the older generation – to join us if we don't recognize and adapt to the changing world around us."

He encouraged posts to explore unconventional and enterprising ideas such as Cyber Cafes, day care centers and fitness centers. "With so little free time, if the new generation does get involved in the VFW, they will want to participate in programs that

benefit the entire family."

But Kurpius stressed that as long as smoking is still permitted indoors, "no one will want to join a VFW health club ... or bring their children to a VFW day care center ... or log-on at a VFW Cyber Café."

"We are a democratic organization that is letting 20 percent of the population tell us that the post will fail if people can't smoke inside. That's bunk," he said. "I know many VFW members and spouses who will not attend post meetings or events because of the smoke."

"I have read many articles about the VFW being the last building in town where indoor smoking is still permitted ... and some members quoted in the newspaper are celebrating as if they just won a great battle against

government and social interference. Comrades, that is not a victory, it is a sad commentary that unfortunately paints all of us with the same brush."

It remains to be seen if the new commander will succeed in changing attitudes about smoking at local VFW posts. The new national commander clearly has a strong vision of VFW posts as an important and healthy part of their communities.

If you are a veteran and participate in meetings at a VFW or American Legion post, won't you share these ideas with your fellow vets?

To see the press release and get the complete text of the speech go to: <http://www.vfw.org/index.cfm?fa=news.newsDtl&dId=3584>