



Clean Air Update

Issue 62– August 2013

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Everybody has the right to breathe clean air, free from the poisons in tobacco smoke.

If you can smell tobacco smoke, then the poisons are going into your lungs and your family's lungs and DOING HARM.

There is no safe level of tobacco smoke.

Smokers' rights stop at their lips. There is no basic right to smoke.

There are alternative nicotine products which smokers can use and which cause no harm to others. There is no longer any excuse for second-hand smoke.

HINTS ON HOW YOU CAN PROTECT YOUR FAMILY AND YOURSELF FROM BREATHING IN THE POISONS IN TOBACCO SMOKE.



Teach your children and grandchildren, and your friends to cover their noses and mouths when near a smoker. Simply say “smoker” and they should cover up, and then call “OK” when the danger has passed. However, if you have young babies with you, move away quickly from the smoker. Don't suggest that children call out that the smoke stinks or smells – it's not the smell but the poisons which are dangerous. Actually, the smell is quite valuable – a strong warning of danger.

Do the same as the children, cover your own mouth and nose until the danger has passed.

If someone comes near you and seems to be about to light up, ask them politely to move away to smoke so that it won't affect others in the vicinity. If they ask why they should move - "there's no law"- you can say that you are simply asking them politely in order to protect yourself and others, especially children, aged and disabled people, from the poisons in the tobacco smoke.

If you see someone smoking in an area which is already designated smoke-free, such as indoors, or near playgrounds, at public transport waiting areas, in hospital grounds, etc., approach with your hand lightly but firmly covering your mouth and nose. Say "I don't know if you are aware but this is a smoke-free area. Would you please move your smoke away".

The smoker will often question your right to ask them to move away to smoke, but if you stand your ground and continue to ask them firmly and politely, "Please move the smoke away, please move the smoke away" they usually get dragged away by their family or friends, or they finish the smoke very quickly and will (hopefully) avoid being similarly approached another time.

Some will refuse point-blank, and might act aggressively, so it is best to move on, take a picture from afar, make a note in your diary, and report to your State's Health Department, Tobacco Control Section.

Sometimes their friends act aggressively even though they are non-smokers, speaking up for their friend's "right to smoke- it's legal!" You can say "I know it's legally available but, just like cars and chainsaws, there are safe places to use them, where they don't harm others. I'm asking you to move the smoke away." The old argument about vehicle emissions being more dangerous is answered by saying -"maybe so, but there are very sensible controls on vehicle emissions - we also need to control tobacco smoke emissions."

When sitting down at outdoor drinking, dining or picnic areas, it's good to speak to others before you sit down near them e.g. "Excuse me, you're not planning to smoke, are you?" The majority will say no, because THE MAJORITY DOESN'T SMOKE and you can safely take your seats. If you see people approaching your area, check with them first before they sit down - "Excuse me, you're not planning to smoke are you?" If they say yes, you ask them to please move away when they do smoke, then come back to the area, so as not to affect you and your group. If they oblige and move away to smoke be sure to quickly thank them. If they light up anyway, call on management to move you and your party to a more suitable area, where there is no smoking. Make sure this is noticed by the smokers and the management - let the proprietors know that you have done nothing wrong or untoward - you are simply demanding your basic right to breathe clean air.

When sitting down at an area which has ashtrays (THE PERFECT INVITATIONS TO SMOKE), move the ashtrays from tables near you - they make good stabilisers if tables are dangerously wobbly.

When planning to attend a performance or festival, even when it's designated smoke-free, contact the organisers beforehand to check that signage is installed, and that some quick announcements are made, similar to the SLIP SLOP SLAP announcements to prevent sunburn and skin cancer. Announcements are the best method, so that everybody hears and smokers can't claim they didn't know. Also, children will tell their parents if they see someone smoking, and the authorities can be asked to speak to the smokers. (A good example is the public address system which has been working well since 1998 on Sydney Harbour Ferries, especially with tourists.)

Carry a tradesman's tape-measure: If you're really serious about getting smokers to follow regulations, show them how far 4 metres is from a doorway, or how far 10 metres is from a children's playground. An alternative is to know just how many paces you need to measure four metres or ten metres. Sometimes this may mean that smokers cannot smoke near any shops with narrow paths.

Multi-Unit housing – a whole ballgame in itself, whether public housing, private rental or owner-buyer. This issue will continue to affect a huge portion of our populations until authorities start to take action to protect residents in the same way that workers are protected by laws from the 1980's and 1990's, that nobody should be allowed to smoke indoors as the smoke travels via seepage within buildings and smoke-drift around buildings. We have demanded this protection for many years.



When smoke from neighbours affects you (either smoke seepage within the building or smoke drift from outside areas), we suggest some caution. Write a polite note(keep a copy) pointing out that the poisons in the tobacco smoke are affecting you and your family and causing nuisance, and would they please move well away from the building to smoke. Unfortunately, smokers often don't respond favourably to requests from neighbours. We suggest that you contact ASH (Action on Smoking and Health) or NSMA, or download lengthier advice on ASH Website for further assistance.

Sydney Strata Resident suing smoking neighbours and Strata Officers

You expect clean water in your taps at home – you should expect and are entitled to breathe clean air free from poisons.

At Home: Don't feel at all embarrassed at having a smoke-free sign or sticker at your front door or front entrance. It's often easier than verbally asking smokers (including tradesmen) outright not to smoke on your property, including outdoors. Many neighbours will appreciate and possibly copy your lead.

Any Development Application from neighbours can be supported with a proviso that workers not allow their smoke to enter your property. If you can have regulations about noise then the same should apply to the poisons in smoke.

Whatever the situation, please take care of your own health and safety – don't take unnecessary risks. But remember, there are far less smokers around now, and they are accustomed to being moved away from others when they wish to smoke. The majority of them want to escape from their addiction and from tobacco, so, by asking them to move their smoke away, you could be doing yourself and another family a favour.

Smokers: "Why don't they just ban tobacco – the government just wants to make more money by raising the taxes. I pay more taxes than non-smokers and I have the right to use tobacco anywhere I like."

Response: One of the strongest proven methods of reducing smoking rates is for Governments to raise taxes on tobacco – the revenue from tobacco is about \$7 billion and it no longer goes to general revenue but to health, but the costs are about \$31 billion per year. Do the sums.

Help NSMA Founder Brian and his wife Angela McBride to enjoy their retirement – call for totally smoke-free retirement villages around Australia.

Our older citizens may only have a few years ahead in which to enjoy a peaceful retirement – make it entirely smoke-free, for their health and comfort – it's their basic right. The majority of older people don't smoke, but they are more susceptible to diseases and conditions such as heart and lung conditions and asthma which can be triggered by tobacco smoke. In addition, they should be able to enjoy their homes (inside and out) without the stink of tobacco smoke.

A Willoughby Retirement Village High-Rise Complex, with second-hand smoke problem.



Why should any resident of a retirement village be forced to suck in poisons from their neighbours or visitors? One ridiculous notion was that a smoker was told not to smoke indoors as his wife's health might be damaged and she might sue the management, but no responsibility would be taken if the smoker's poisons affected nearby neighbours with drifting tobacco smoke.

Tobacco may be a legally available product (which happens to kill more Australians than any other single product) but it should not be used where it may cause harm to others.

We have called on State and Federal Governments to declare all Retirement Complexes smoke-free, NOW, not in the distant future when it will be too late for them to enjoy the fresh air.

“AND NOW – A WORD FROM OUR SPONSORS ! ”

WE CONTINUE TO CALL ON ALL POLITICAL PARTIES AND GOVERNMENTS TO REJECT ALL FINANCIAL AND IN-KIND LINKS WITH BIG TOBACCO AND ITS CRONIES.

When a politician such as Tony Abbott says that his party accepts tobacco money because tobacco is a legally available product, he knows that no political party would dare to ban it because “prohibition didn't work”. How convenient ! And yet, all Governments agreed back in 2004/5 that if tobacco were introduced today it would not be allowed. Tobacco kills more Australians than any other single product.

Not much has been said lately about the Australian Government taking legal action and suing Big Tobacco for the damage caused by their product. Apparently Nicola Roxon had some advice, so let's keep up some momentum and demand that the next Federal Government does the right thing for Australia and, agrees to, as I overheard recently **“Sue the murdering b*stards.”**

Margaret Hogge, Pres.

Some Tobacco Control News from around the World:

The World Health Organization's (WHO) Report on the Global Tobacco Epidemic 2013 shows more people worldwide are benefiting from tobacco control measures. The report, released in July, said that 2.3 billion people living in 92 countries (a third of the world's population) are now covered by at least one measure protecting them against tobacco's effects. This figure has more than doubled in the past five years.

But tobacco use continues to be the leading global cause of preventable death, killing approximately six million people and causing more than half a trillion dollars of economic damage annually.

Six evidence-based tobacco control measures that are the most effective for reducing tobacco use are known as "MPOWER", the measures corresponding to one or more of the demand reduction provisions included in the WHO's Framework Convention on Tobacco Control:

Monitor tobacco use and prevention policies,

Protect people from tobacco smoke,

Offer help to quit tobacco use,

Warn people about the dangers of tobacco,

Enforce bans on tobacco advertising, promotion and sponsorship, and

Raise taxes on tobacco.

Professor of Health Policy at Curtin University Mike Daube said the report's findings are positive, despite the harsh realities of tobacco's impact worldwide. "The power of the tobacco industry remains immense. It continues to oppose and delay action in developed countries and to promote its products ruthlessly in developing countries," he noted. "The catastrophic news is that more than 60 years after we learned unequivocally about the dangers of smoking, this remains our largest preventable cause of death and disease and action by most governments is slow, limited and resisted by the tobacco industry at every step." (From The Conversation, July 2013).

Don't Touch the Law in Smoke-free Spain The proposition of the construction of EuroVegas in Spain has led some Spanish politicians and hospitality and tobacco industry lobbyists to ask for a rollback in the current smoke-free law to add some **exceptions for the gaming industry**. (Sound familiar?) The current Tobacco Act prohibits smoking in all enclosed public spaces, and after almost two years since its adoption, has widespread respect and support from the Spanish population. The current Spanish smoke-free model has no exceptions, is defended by public health organizations and the people of Spain, and has triumphed over the old model of the 2005 Act that allowed smoking at the bar owner's discretion and was only supported by the tobacco industry and hospitality lobbyists. **As a member of Smoke-Free Australia coalition, NSMA has affirmed support for a smoke-free Spain.**

Endgame for New Zealand 2025

Best wishes to New Zealand from across the pond. We wish that Australia's Governments could set an END DATE also, with final supplies only available to a restricted number of licensed smokers who would obtain from licensed distributors only. After all, there are alternative products available which don't harm the user to the same extent as tobacco and which are totally harmless to innocent bystander victims including the young, the frail-aged and the disabled. Unfortunately, a NZ smoker who says that she is prepared to pay top dollar for her so-called "freedom" seems totally trapped by Big Tobacco and may experience a slow and very painful endgame.

Everybody has the right to breathe clean air free from the poisons in tobacco smoke, indoors and outdoors. Second-hand tobacco smoke outdoors can be as dangerous as indoors, especially in crowded settings like restaurants and cafes, and especially for workers. Additionally, children should not regard smoking as a part of normal adult life – there is nothing normal about smoking. Nor should children be allowed to enter any smoking-allowed spaces.

For years, since Queensland took a strong lead in 2006, we have been calling for smoke-free outdoor dining and drinking in other States, making strong submissions and pointing out that there is nothing in law which says that a café or restaurant must provide a smoking space. Also, with our very low rates of smoking, the economic impact of going smoke-free can only be good.

In **New South Wales**, following the disgraceful Lib/Nat DELAY agreement with gambling/tobacco friendly ClubsNSW we have contacted every MP and every Local Council, urging them to bring the ridiculous July 2015 date forward by any means possible, and we are in the process of advising all proprietors of their rights and responsibilities regarding workers and patrons and removal of known hazards.

At last, **South Australia** is calling for submissions in consultation re smoke-free outdoor dining, with a potential “deadline” of 2016. Only ten years after Queensland successfully went smoke-free outdoors in 2006! NSMA cannot accept such a delay, and will make strong arguments in its Submission.

Victoria however, is not yet considering smoke-free outdoor dining despite mass protests. NSMA visited the Libs’ State Conference, meeting many party members who were unaware of how backward their State’s health laws have become. Other smoke-free areas are under discussion, but not a word about outdoor dining. The Greens Health

Spokesperson Colleen Hartland has slammed the Liberal Government and the Labor Party for voting against the Greens proposed legislation that would see outdoor drinking and dining areas become smoke-free.

NSMA has made strong representation to Victoria for smoke-free outdoor dining, and questions the current governing parties’ links with Big Tobacco. It doesn’t take three years or even one year to educate a small percentage of population who smoke not to poison other diners. They are accustomed to being moved away from others. Nor does it take even one year to put up SMOKE-FREE signs and to toss out the ashtrays. These Governments must provide cogent health-based explanations for these delays. The farcical explanation from NSW Government was that it took three years to introduce smoke-free indoor dining (2004-2007) but we all know (and so do they) that businesses were madly building decks and other outdoor smoking areas in that era.

THERE IS NOTHING IN LAW WHICH SAYS THAT A BUSINESS MUST PROVIDE SMOKING SPACES.



Note from NSMA Please call on your Superannuation Fund(s) and other financial links to stop financing Big Tobacco.

TOBACCO-FREE PRISONS; CONGRATULATIONS TO NORTHERN TERRITORY BUT WHAT ABOUT THE BACKWARD STATES, WITH LARGER PRISON POPULATIONS.

We are extremely pleased that Northern Territory prisons are now legislated tobacco-free, with a healthier future ahead for inmates and workers and, as a potential spin-off, for their families as well

Unfortunately we are still awaiting justice for damage to other families, including for the family of the NSW Corrective Services Officer (a husband and father) who died nearly three years ago, aged only 45, from lung cancer as a result of working in smoking-allowed prisons. Alcohol isn't allowed from the moment of arrest – why then do authorities continue to allow tobacco use when it causes damage immediately and where there are alternatives available which won't harm the user or others, including fellow inmates and workers (wardens, medical personnel, and maintenance staff)?

A legal group New Law is gathering evidence for a possible Class Action for damage caused to Corrective Services workers such as nurses and wardens.

Our courageous Corrective Services member who perseveres in his job while wearing a breathing mask is gathering support, and advice, from other workers including a Prison Nurse who has resigned in disgust at the pathetic attempts at a smoke-free trial and no set deadline for banning tobacco in NSW prisons.

We call for an early end-date to smoking in prisons in all States.

The Cancer Society of New Zealand is hosting the biennial **Smoke-free Oceania Conference "A Smokefree Oceania: getting there together"** on 23-25 October 2013 in Auckland, NZ. Our NSMA President will attend as many workshops as possible – also making a poster presentation showing the cigarette butt return and disposal concept which we suggest is the next step after plain packaging, with massive environmental benefits as well as huge incentive for smokers to quit.
Conference Strands: 1 Increasing effective cessation:2 Regulating and legislating: 3 Reducing Initiation: 4 Exposing risks to the goal.

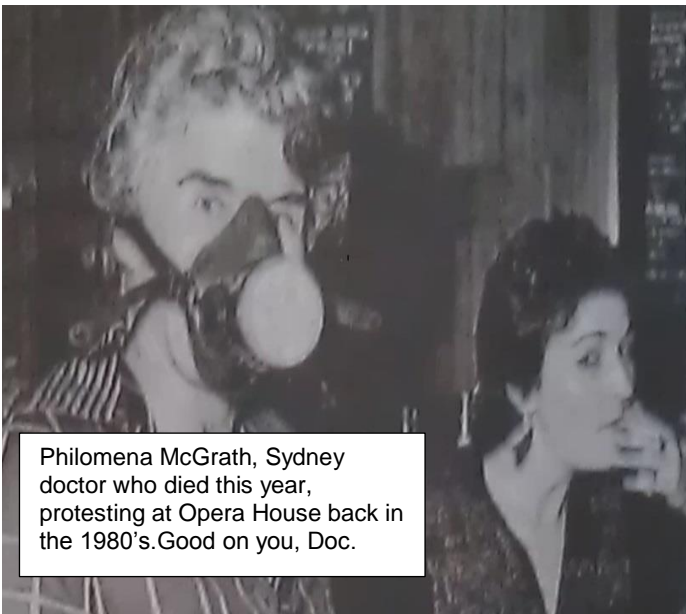
NSMA members helped Cancer Council NSW in their recent Audit of Tobacco Retailers, with the predictable conclusion that “The greater the availability of tobacco, the more people smoke”

SELLING TOBACCO ANYWHERE, ANYTIME – HARMFUL NOT HELPFUL.

This will be a powerful tool towards finally licensing of tobacco dealers, making it easier for quitters to succeed and to help prevent children from taking up smoking.

We also support strong calls from several highly-respected tobacco control experts (including Prof. Simon Chapman, and our own Founder Brian McBride) for licensing smokers, with strong financial incentives to quit.

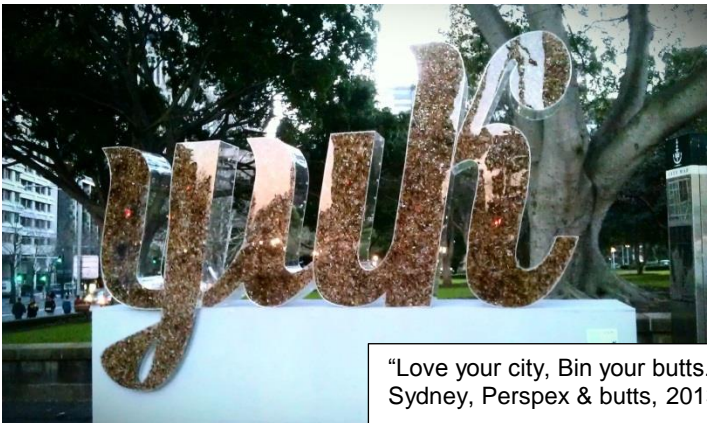
They think they look pretty cool but look at their insides, lungs of smokers shown below on the left.



Philomena McGrath, Sydney doctor who died this year, protesting at Opera House back in the 1980's. Good on you, Doc.



Big Tobacco: We don't smoke that st, we just sell it. We reserve that right for the young, the poor, the black and the stupid"**



"Love your city, Bin your butts."
Sydney, Perspex & butts, 2013