



Under the Spreading Antlers

Indiana **Elks** State Newsletter

From the State President March 2006

State President's Notes March 2006

March will see the ending and the beginning. It is the end of one Lodge year and the beginning of a new one. Your Lodges should be well along with plans for the 2006/2007 year with new officers and committees. With the end of winter and the coming of spring activities will be increasing in your Lodges.

March will see an increase in activities throughout the State with District Conventions each week end beginning with the Tri District (West-Southwest –Central) the first week end at Lebanon. The Northwest will be the second weekend at Valparaiso. The third weekend will be at Elkhart for the North Central and Northeast. The East and Southeast will be the last weekend in March at Columbus.

Applications for both the National and State Conventions are now available. The convention committee has been working hard to make this year's convention the best. Your State President and First Lady continue to enjoy the hospitality of Lodges throughout the State during the month of February.

The high light of February was the State Hoop Shoot at Lebanon. A great group of kids did a remarkable job of shooting. A four way shoot off was only one of the highlights. Tim Beisel and his committee have earned a big "well done". We wish a big good luck to team Indiana at the regional shoot in Michigan.

Raffle tickets for this year will be mailed in early March. Your support of the raffle will insure continued support of the programs of the State Association.

Harry Smith - State President

Dale S. Phillips, State Drug Awareness Chairperson
March 2006

This is an up-date on Secondhand Smoke obtained from recent (2) day conference:

The Keynote address by Stan Glantz, PhD., Director, Center for Tobacco Control, Research & Education, Professor of Medicine, Division of Cardiology, University of California – San Francisco gave some very interesting information on **“Secondhand Smoke – The Truth”**. Also, Suzaynn Schick, Post Doctoral Fellow, Center for Tobacco Control Research and Education, University of California –San Francisco. Their comments alarmed me to the point that I have to pass them on to you, since I had written on the subject last month.

- Main Stream smoke is the smoke exhaled by the smoker or puffed out.
- Side stream smoke is the smoke coming from a cigarette laying in an ash tray or in the smoker’s hand and not receiving proper oxygen for complete combustion.
- Secondhand smoke is the smoke you breathe when in a room with smokers.
- Side stream smoke and secondhand smoke is regarded to be more of a health risk due to the fact that it may have a greater concentration of tar, acrolein, nicotine and TPM chemicals from the cigarette than what the smoker receives. This is due to the fact that the side stream smoke does not get enough oxygen for complete combustion and a different chemical reaction takes place. The secondhand smoke in a smoky room may have a higher concentration of the chemicals due to the length of time that smoking goes on and the number of smokers.
- The toxicity has been tested to be (3) times more toxic than main stream smoke.
- Side stream smoke ages or drops out into the room and forms a layer on walls, carpet, blinds, clothing, etc. which continues to attack your lungs and blood circulation even when no smoking is going on.
- A non-smoker working in these areas will test out as a smoker if they exhale air from their lungs into the latest test equipment.
- Many of these chemicals will attach to the fatty substance in your lungs and blood stream and will remain for a period of time depending on the chemical and your condition of health.
- Other research shows that these chemicals can cause blood platelets to stick to artery walls, causing clotting which can lead to stroke or heart attack. It actually does the reverse of Viagra to the blood circulation system and is thought to be the cause of many deaths not now attributed to smoking.

- One out of every nine deaths related to various types of cancer have been proven to be from breathing secondhand smoke.
- Bartenders and waiters or others in this type environment are the most at risk for the combination of side stream and secondhand smoke found in closed areas such as bars or closed smoking rooms.

This material and much more data is available and was presented at the March 1st and 2nd Indiana Tobacco Control Partner Information X-CHANGE conference presented by Indiana Tobacco Prevention and Cessation, Smoke free Indiana and The Hoosier Faith and Health Coalition.

I wish to close this month with: **“Not everything that is faced can be changed, but nothing can be changed until it is faced”** by James A. Baldwin

Presentation to the Elks essay winner from Bluffton were presented 2-21
Titled “What I Feel When I Look Up At the American Flag”

The 1st place winner of the 5-6 grade Elks essay contest was Jenna Yonker Bluffton middle school.

The 1st place winner of 7-8 grade Elks essay contest was Amy Baker, 2nd Kirsten Napier, and 3rd Amber Bennett.

All are from Bluffton Middle School. Both 1st place winners received Certificates and \$50.00 U.S. savings bond. Both 2nd & 3rd place received certificates and all students that participated received Certificates from the Bluffton Elks for their participation in the essay contest.

The Bluffton Elks are very proud of the students for love and respect for Our Flag. The parents and teachers should be very proud children and students.

Bluffton Middle School was presented a Certificate from the Bluffton Elks for participating and flying the Flag at the school. The Elks also presented the School with a set of historical Flags.

Thank You
John Barnes

That’s it for this month.