



Summer 2010

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Camp AsthmaTOPIA: Christmas Seal Donations at Work

For the last forty years, children and families who live with asthma have had a place to get answers to many questions they may have - at Camp AsthmaTOPIA.

The children who attend this FREE camp gain independence from parents and primary care-givers and



experience responsibility for their own well being, perhaps for the first time. Participants

get to socialize with other children from around the province and share their asthma experiences, letting them know they're not alone.

“My favourite thing at asthma camp is playing games all the time and learning about how to control my asthma.”

-11 year old Alexander Smart from Woodstock

Daily fun-filled asthma education sessions teach the campers about how lungs work, asthma medications, correct techniques for taking

medications, avoiding asthma triggers, and self-managing asthma through an action plan. The children are taught to control their asthma and not let asthma control their lives.

In addition to learning about their disease, campers also participate in regular camp activities such as swimming, canoeing, archery, and crafts – in a safe environment for asthmatics.

For more details, visit www.nb.lung.ca or call 1-800-565-5864. The deadline to register is fast approaching, so call us today!

DID YOU KNOW?

Every day, some 20,000 litres of air pass through our lungs, enough to blow up 600 beach balls.

-Environment Canada

Gas-powered lawn equipment release about 80,000 tonnes of greenhouse gas and smog-forming emissions in Canada every year, and use 151 million litres of gas!

-Statistics Canada

The New Air Quality Health Index Blows Into in Fredericton and Moncton

This summer, people in Fredericton and Moncton will begin to hear advertising for the new Air Quality Health Index and be able to access information either through the national website www.airhealth.ca or toll-free telephone number. This is a greatly improved and revamped index that will be helpful especially for people with pre-existing respiratory or

cardiovascular illness, children, the elderly and people playing or working outdoors.

The AQHI is new national health-based index that helps Canadians understand the health risks associated with outdoor air pollution and provides concrete actions that they can take to reduce those risks.

The AQHI encourages people to monitor their own health index number, assess their own risk, and adjust their schedule and activity level to

reduce their exposure. Associated with the AQHI messaging is information that recommends numerous ways for Canadians to improve air quality through personal emission reductions.

Protect your health, know your number. For more information about the AQHI, please call 1-888-484-2744.

Air Quality Health Index

Risk: Low (1-3) Moderate (4-6) High (7-10) Very High (11-12)

To find out if you are at risk, consult the health guide, your physician, or your local health authority.

Who is at risk?

People with heart and lung conditions are most affected by air pollution. [Click here](#)

Cleaner Air, Rewards and a Greener Future

Retire Your Ride

Canada's Vehicle Recycling Program
RetireYourRide.ca 1-877-773-1996

Vehicles manufactured in 1995 and earlier lack the latest technology for reducing air-polluting emissions. Across Canada, tailpipe emissions alone make cars, trucks and buses the major sources of smog pollution, especially in densely populated urban areas. The pollutants from those emissions, such as nitrogen oxides and volatile organic compounds, can irritate, inflame or destroy lung tissue.

Today, vehicles are designed to

higher environmental standards and increasingly stricter vehicle emission regulations. These changes have led to the development and improvement of technologies like the catalytic converter, which reduces



Roshini Kassie from New Brunswick Lung Association poses with Joanne Ings, Executive Director of the PEI Lung Association.

emissions that contribute to pollution and smog.

This is where our Retire Your Ride vehicle recycling program comes in. We offer vehicle owners an easy, free and rewarding way to get their old cars off the road and thanks to our 18 partner Automotive Recyclers, those old vehicles are recycled responsibly. No vehicles in landfills or hazardous materials released into our air, ground and water.

So help clean our air. Join the over 800 New Brunswickers and retire your ride today. Call us today for more information!

Faith-Based Resources



The New Brunswick Lung Association is proud to offer indoor and outdoor health resources for the faith-based community. To access this information, please [click here](#).

Annual World No Tobacco Day Targets Female Smokers

World No Tobacco Day is held May 31 each year, organized by the World Health Organization. The 2010 theme is Gender and tobacco, with the emphasis on marketing to females.

Women comprise about 20% of the world's more than 1

billion smokers. Tobacco use during this century *will kill one billion people*. That figure proposes that *twenty million* women will die directly due to smoking.

In Canada, the tobacco industry has launched more versions of the "slims"

cigarettes, such as Benson & Hedges Superslims which is sold in stylish and attractive "purse packs." The new WHO report, *Women and Health: Today's Evidence, Tomorrow's Agenda*, points to evidence that tobacco advertising increasingly targets girls.

As WHO Director-General Margaret Chan wrote in the aforementioned report, "protecting and promoting the health of women is crucial to health and development – not only for the citizens of today but also for those of future generations."

Mowing Season

Here are some mowing tips to help you have a healthy, green lawn:

Grow the 'Right' Lawn

Plant or overseed with low-maintenance turf grasses or mixtures that grow more slowly. Check to see which mixtures are right for your area. The right mixture will also require less water and fertilizer than other turf.

Consider a Reel Push

Mower

Reel mowers are propelled by muscle power rather than fossil fuels. They eliminate harmful emissions and accidental fuel spillage. New mowers weigh only 16-30 lbs, much less than the clunkers many of us remember from our childhoods. They are quiet, pleasant to use and provide good outdoor exercise.

Don't try to mow wet grass and take care not to let the grass grow too high, or mowing will be very difficult.

Clippings are recycled back into the lawn, providing valuable nutrients, such as nitrogen.

Consider an Electric Mower

Electric mowers reduce pollution by 90% and typically use only about \$5 worth of electricity per year. They can also be recharged by solar power.

When Using a Gas Mower

Avoid mowing on hot, hazy summer days. Mow your lawn in the evening. This gives ozone-forming chemicals a chance to

dissipate overnight.

Don't run gas mowers at full throttle/full engine speed, unless the grass is long and thick.

Don't idle: idling is not only hard on the engine, which must be kept moving since it is air cooled, but also wastes gasoline and can be a danger to children and pets.

Be careful to avoid spills when refueling. A splash may seem insignificant, but it all adds up.

2010 Clean Air Day Awards - Celebrating Action on Air Pollution

Across the nation, concerned individuals, non-governmental organizations, the private sector and all levels of government are tackling issues that address air quality in Canada. From proactive municipalities like the City of Prince George, to grassroots activists like New Brunswick's

“We need to raise awareness and take action everywhere.”

Gordon Dalzell, to transit authorities like Quebec City's Réseau de Transport de la Capitale (RTC), and to education institutions like Sherbrooke University, Canadians from all sectors are

taking steps to reduce emissions of greenhouse gases and air pollutants. On this year's Clean Air Day, June 2, the Clean Air Day awards recognize these inspiring environmental advocates.

“It's an honour to recognize the range of work being done. Air issues affect us all – especially vulnerable populations like the young and the elderly. We need to raise awareness and take action everywhere,” says Arthur Thomson, Chair of the Clean Air Day National Advisory Committee.

As an advocate for clean air in his community, New Brunswick's Gordon Dalzell has led and inspired grassroots environmental action for



Gordon Dalzell poses with a great-tasting Clean Air Day cake.

worked with local, Provincial and federal regulatory authorities to affect clean air legislation, to reduce allowable air pollution limits and to ensure citizen participation in New Brunswick's clean air agenda.

The Clean Air Day awards were established by the Clean Air Day National Advisory Committee in 2006 to celebrate outstanding contributions to clean air issues in Canada. The Clean Air Day National Advisory Committee is an informal group of like-minded voices from Canada's clean air community. Made up of environmental, health and transportation groups from across Canada, the committee helps articulate Clean Air Day's main goal: to increase awareness and action on clean air issues. Clean Air Day is held annually on the Wednesday of Environment Week.

fifteen years. In particular, Gordon's public interest group, the Citizens Collation for Clean Air (later called the Saint John Citizens' Coalition for Clean Air) has successfully

Record Year for Seasonal Allergies

Allergies bringing you down? You're not alone! Nearly one in three Canadians will experience at least one allergic reaction in their life, according to the Asthma Society of Canada.

A seasonal allergy is an allergic reaction to a trigger that is typically only present for part of a year, such as spring or fall.

Spring allergies are a result of pollen from trees, which can start pollinating anytime from January to April, depending on the climate and location

It is more difficult to avoid exposure to pollens, since it is present in the outdoor air. Here are some tips to

minimize pollen exposure:

1. Keep windows closed prevent pollens from drifting into your home.
2. Minimize early morning



activity when pollen is usually emitted-between 5-10 a.m.

3. Keep your car windows closed when traveling.
4. Stay indoors when the pollen count is reported to be high, and on windy days when pollen may be present in higher amounts in the air.
5. Take a vacation during the height of the pollen season to a more pollen-free area, such as the beach or sea.
6. Avoid mowing the lawn and freshly cut grass.
7. Wash bedding in hot water weekly. Machine dry bedding and clothing. Pollen may collect in laundry if it is hung outside to dry.
8. Avoid wearing outdoor footwear in the house as it can track in pollen other allergens.
9. After being outside for a lengthy period, change your clothes and wash your hair to remove any allergens that may have deposited on your clothing, hair and skin.

DID YOU KNOW?

People with seasonal allergies are up to three times more likely to develop asthma.

-Asthma Society of Canada

The Lung Association Works in Your Community



Advocacy
Education
Research

THE  LUNG ASSOCIATION™
L'ASSOCIATION PULMONAIRE
New Brunswick/Nouveau-Brunswick

Left: It's never too early to learn proper pressure! Stephen Dryden teaches his son, Nathaniel, how to check the pressure of a tire at the Moncton Joie de Vivre Lifestyle Show in March..

Right: Participants at the 2009 Camp AsthmaTOPIA enjoy one of the many activities offered throughout the week.



Greening Your Yard is Easier Than it Seems!

This gardening season, why not consider using the green space around your home to help improve air quality, reduce climate change, conserve and protect water supplies, and increase biodiversity? Bonus: a diverse garden will promote the physical and mental well-being of your family and increase the curb appeal of your home. If you add a vegetable garden, you can really eat locally and save money!

Plant diverse grasses, perennials, fruit bushes and trees,-especially indigenous



ones. They are adapted to our climate, and therefore do not require extra water and doses of pesticides. They also attract birds and beneficial insects that keep pests at bay. They attract pollinators such as bees and butterflies whose populations are threatened worldwide by pesticides and lack of food. We need pollinators as they are necessary to produce one third of our food.

Trees not only absorb more air pollutants and greenhouse gasses than just lawn alone, but can reduce the energy

needed to heat and cool your home. Plant deciduous trees on the south side of the house to seasonally block or permit entry of sunlight. Conifers can go on the north side to block the wind.

For a healthy soil to promote thriving plants, use compost liberally. It nurtures better than chemical fertilizer and helps the soil retain water. By cooperating with Mother Nature you can create an oasis of beauty and peace. Your whole family will learn from the experience!

PLEASE RETURN THIS FORM WITH YOUR DONATION TO:

The New Brunswick Lung Association
65 Brunswick Street, Fredericton, NB. E3B 1G5

Here is my donation

\$25 \$50 \$75 \$100 I have enclosed my cheque for \$

Name:
Address1:
Address2:
Postal Code:
Province:

Yes, I wish to receive Breathe for Life by e-mail

I prefer to donate by: Visa Mastercard American Express

Card Number:
Expiry Date:
Signature:
Telephone:
Email:

To donate online: <http://www.nb.lung.ca/html/Donate/index.htm>

FOR MORE INFORMATION: Phone: 1-506-455-8961; Toll free: 1-800-565-LUNG; E-mail: nblung@nbnnet.nb.ca

Thank you for your support!