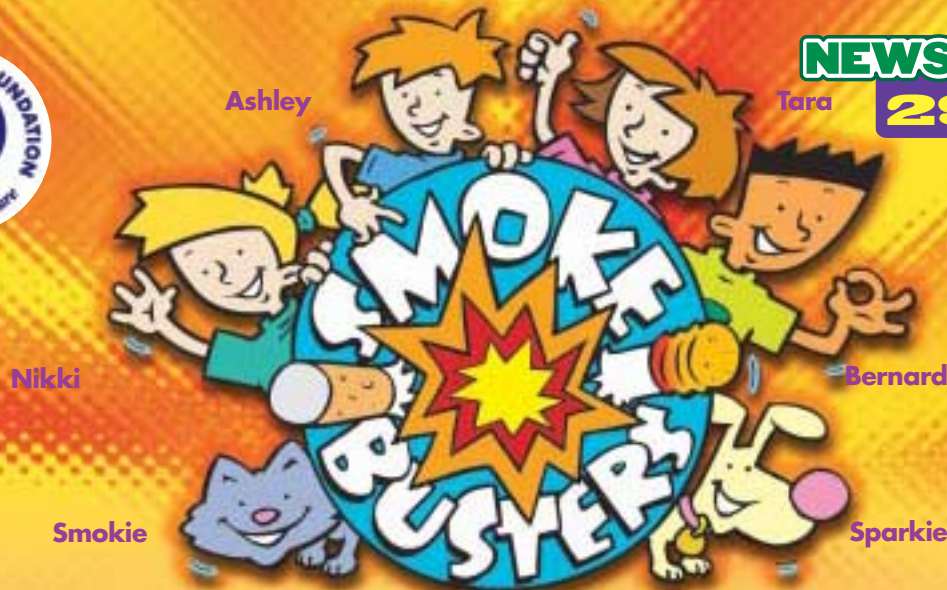


**NEWSHEET****29**

# Hiya Smokebusters!

Welcome to the latest Edition of the **SMOKEBUSTERS** newsletter. Lots of you entered our Belfast Giants Competition and we would like to say a big thank you for all your entries. You can find out the answer to the question and read about our lucky winner below.

Since our last edition, Smokebusters have been busy with No Smoking Day. You can find out all about this year's campaign inside. As well as this, we have some other important features including a report on the Tobacco Advertising Ban as well as a mixture of information, facts and fun.

We have really enjoyed looking at all your brilliant artwork, and reading your jokes, poems and word searches. Thanks to everyone who wrote to us. If you would like to send some of your very own work for the back page or even your views on anything that's important to you, we would love to hear from you. Hope you enjoy this newsletter.

#### WRITE TO:

The Smokebusters Club  
Ulster Cancer Foundation  
40-42 Eglantine Avenue,  
Belfast BT9 6DX.

**OR EMAIL:** [smokebusters@ulstercancer.org](mailto:smokebusters@ulstercancer.org)



## Winner!

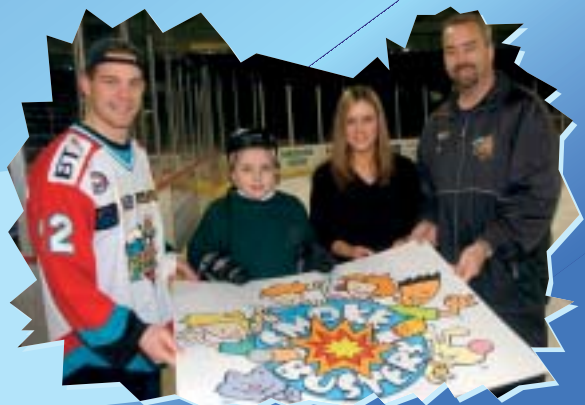
In edition 28 of the Newsletter we asked all you Smokebusters out there this question:

#### WHERE DO THE BELFAST GIANTS PLAY THEIR HOME GAMES?

The answer was the Odyssey Arena in Belfast. Congratulations to our lucky winner Colin Stitt aged 11 from Botanic Primary School in Belfast.

Thanks to our friends at the Belfast Giants not only did Colin win two tickets to see a match, but he also got to watch the team in a practice session as well as receiving some Belfast Giants goodies. So a big thumbs up goes to everyone at the Belfast Giants.

Here we can see Colin (second from the left) pictured with Belfast Giants player Curt Bowen, Loretta Murphy from the Smokebusters Club and former Belfast Giants coach Dave Whistle.





# KISS ADVERTS GOODBYE

## ON VALENTINE'S DAY



ULSTER CANCER FOUNDATION HEALTH WARNING:  
TOBACCO ADVERTISING CAN SERIOUSLY DAMAGE YOUR HEALTH

Hey gang I bet Valentines Day is a very special day for lots of you out there, and I'm sure like Bernard you receive loads of cards and presents from secret admirers. But the 14th February 2003 was also a very important day for all of us here at the Smokebusters Club. Here's the reason why. In a special Valentine's Day report from Bernard.

"Every year many different companies like Nike, Coca Cola and McDonalds, spend enormous amounts of money worldwide on advertising and promotion in order to encourage people like you and me to buy their products.

During the period September 2001 to August 2002, the tobacco industry spent £25 million in the UK on advertising. This included such things as the billboards you may have seen in your town or city, radio advertising as well as adverts in the press.

You may be thinking that this is a huge amount of money, but the spending didn't stop there. In addition to this they spent an estimated £8million on sports such as snooker and rugby, and a further £70 million on Formula One in the UK.

So why would they spend all this money on advertising? Well Smokebusters the answer is simply - tobacco companies want you to buy their product and make them rich.

Tobacco advertising can encourage young people like you guys to experiment with tobacco and very soon to become regular users.

Sponsoring popular sports which attract millions of viewers can help create the image that smoking is cool and exciting.

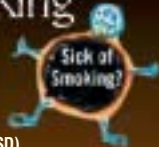
However, to our delight here at the Smokebusters Club we are glad to announce that since Friday 14th February 2003, tobacco advertising and promotion was banned from billboards, magazines, newspapers, and the Internet etc. This ban is part of the Tobacco Advertising and Promotion Act, which was passed in December 2002.

The Ulster Cancer Foundation marked the end of Tobacco Advertising by ripping this specially designed poster.

Unfortunately we have to wait until the 31st July 2005 until the ban on tobacco sponsorship of sporting events like Formula One and World Snooker is introduced. But for now, Bernard and all the gang, here at the Smokebusters Club are really pleased that a stop has been put to the tobacco industry's attempts to encourage young people to smoke."

## sick of smoking

Hey gang it's Smokie here. One of the most important events in the Smokebusters Club calendar took place recently. That's right, No Smoking Day (NSD) took place on the 12th March 2003.



To mark the day the Ulster Cancer Foundation and the Belfast City Council joined forces with the Apartment Bar in Belfast to help create awareness about No Smoking Day in Northern Ireland. The Apartment happily agreed to remain smoke free for the day getting big thumbs up from all at the Smokebusters Club.

Pictured during No Smoking Day in the Apartment is (clockwise), UCF's Gerry McElwee, Naomi Thompson, Loretta Murphy and Bernie Neeson; Declan Roughan, a former smoker who supported the UCF campaign, Eilish Martin of UCF, and Victor Wright, GlaxoSmithKline.

We would like to say a big thanks to everyone who entered our No Smoking Day competition. Lots of you successfully completed the special No Smoking Day word puzzle and one winner was chosen in each of the four Health Board areas.

The lucky winner in the WHSSB was Mr Mc Canny's class from Christ the King PS in Omagh. In the NHSSB the winner was Mrs Boal's class from Rathcoole PS. Both schools won a class ticket to visit the Ecos Centre in Ballymena.

The lucky winner in SHSSB was Mr Hall's class from Moy Regional PS near Dungannon. In the EHSSB the winner was Miss Connolly's class from Mercy PS in Belfast. Both schools won a class ticket to visit the Ulster Folk and Transport Museum in Cultra.

Special thanks goes out to our friends at the Ecos Centre in Ballymena and the Ulster Folk and Transport Museum in Cultra for these fab prizes.



## A QUESTION OF SPORT!

### DID YOU KNOW?



THE SCORE  
EXERCISE 10  
SMOKING 0

Playing sports helps you learn about teamwork, goal-setting, the experience of success, the challenge of producing good performances as well as how to deal with failure.

In young people, passive smoking can lead to chronic coughing, wheezing, and the build up of mucus, increased respiratory illness and infections, as well as causing the lungs not to grow or work properly.

Smoking hampers kids' physical fitness in relation to both performance and endurance meaning you won't be able to run as fast or as far.

Smoking can slow down the rate of lung growth and hinder the lungs' ability to function properly.

The resting heart rates of young adult smokers are 2 to 3 beats per minute faster than those of non-smokers.

Smoking makes it more difficult for blood to move around in the body, so smokers often feel sluggish, tired, and cranky, and they can't think as quickly as their friends.

Playing sport will help you to have a more positive body image as well as a healthy body and mind.

Those who stop smoking will be able to cope better with sudden exertion like running for the bus, and will be able to perform better at sports.



# Nikki's Special feature "ASK, Nikki"

Dear Nikki,

My mum has decided to give up smoking. Since I am a Smokebuster I was delighted with this news. However she has been finding it an extremely hard thing to do and I am really afraid that she might give up trying. I would really hate her to start smoking again, but I don't understand why she is finding it so hard considering all the damage that smoking cigarettes does to her body. Is there anything you can suggest that would help her quit?

Smokebuster, Co Armagh

*Hey Smokebuster,*

Could you ever imagine trying to give up your favourite sweets or chocolate? **"NO WAY"** I hear you cry! But for some people who smoke, giving up is an extremely hard thing to do. That's because nicotine, unlike sweets and chocolate, is an addictive drug, which makes giving up even harder.

With enough willpower and determination every smoker can quit whether it is your mum or dad or best friend. There are many methods and local services that smokers can use to quit smoking.

## Cold Turkey:

The smoker decides to stop and does exactly that. This means that a smoker will reduce their daily cigarettes from 20 to 0 in a matter of a day.

**Cutting Down:** Some people try to reduce the total number of cigarettes they smoke over a period of time. This can include cutting out key cigarettes such as first thing in the morning or after a meal and then stopping completely.

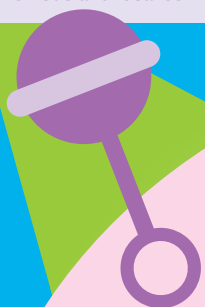
**Nicotine Replacement Therapy or NRT:** Nicotine replacement is used to wean smokers off nicotine by replacing the very high concentrations of nicotine they get with much lower doses. NRT products include:

- Chewing Gum • Patch • Nasal Spray
- Lozenges • Inhalator

No matter what method a smoker uses to kick the habit, giving up smoking is the very best thing they can do. If your mum or dad or aunty or grandad is trying to give up smoking don't nag or hassle them, instead try to encourage them.



*Nikki*



## BABY SMOKERS

It would be hard to imagine a baby smoking wouldn't it? But when you see a pregnant woman light up a cigarette, she's not the only one who is smoking - the baby is too!

An unborn baby is fed from the mother's blood stream through the umbilical cord. So every time the mother breathes in a lungful of smoke, it's just as if the baby is smoking too. Smoking during pregnancy is not only damaging to the baby but can also be very harmful for the mother's own health.

A PREGNANT WOMAN WHO STOPS SMOKING DURING PREGNANCY WILL BENEFIT IN MANY WAYS:

- She will cope better with the birth.
- She is more likely to have a healthier pregnancy and a healthier baby.
- The baby will be able to cope better with any difficulties at birth.
- She will reduce the chances of the baby being born too early.
- It will be better for the baby later on in life as children whose parents smoke are more likely to suffer from illnesses like asthma when they grow up.
- She will enjoy better health in the future to cope with being a parent.

*Giving up smoking is surely worth it for that little bundle of joy!*



**give it up to live it up!**

"Hey Smokebusters this is Tara here! We all know that smoking is bad for your health, after all it says so on the box, but did you know that every lungful of smoke contains a lethal cocktail of almost 4,000 chemicals. These include arsenic found in rat poison, ammonia found in floor cleaner, nicotine found in weedkiller and carbon monoxide found in car exhaust fumes.

**YUCK!** So just think about the damage a smoker is doing to their body every time they take a puff on a cigarette.

It is no surprise then, that when someone stops smoking they will begin to feel the benefits straight away. These can be listed as follows.

## In the short-term:

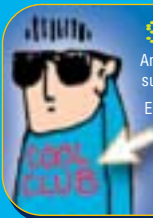
- Skin, hair and breath will no longer smell of tobacco smoke.
- Breathing will be easier.
- Sense of smell and taste will improve.
- There will be a reduction in phlegm and smoker's cough.
- They will have higher levels of energy.

## In the longer-term:

- They will reduce their risk of developing lung cancer, other cancers, heart attack, stroke and chronic lung disease.

Of course it's not just the smoker's health that will benefit when they stop smoking. Smokers will find they will have some extra cash to spend that can maybe go towards a new CD or computer game. They will also get a real sense of achievement that they were able to break free from this addictive habit.

**We at the Smokebusters Club say it's well worth giving up smoking, what ever your age."**



## SURFERS' PARADISE

Another note to the web surfers...think of surf, think of sea and think of sun!!!!

Enjoying the sun should be mega fun and safe. Make sure you are clued in on the score on safe sun - check out [www.careinthesun.org](http://www.careinthesun.org) - click on Cool Dude and enter the Cool Club

games zone. Plus what about entering our most excellent competition - 2 PS2's to be won for those less sunny days. Next, on the 'what's new' list test out our prototype 'Sun Skin ID' - your own personalised info on staying safe and looking cool in the sun. While you're there why not profile all the family before you jet off on summer hols or even if your staying at home - don't forget our sun can be just as sizzling for skin!!



**WE'LL BE BACK!!**

ALL YOU SMOKEBUSTERS ISLE OF MAN FANS MAY HAVE NOTICED THAT THEY ARE MISSING FROM THIS EDITION OF THE NEWSLETTER, BUT DON'T WORRY, THE USUAL FEATURES WILL BE BACK NEXT TIME. HURRAY!



**YOUR VERY OWN JOKES,  
PUZZLES AND IDEAS**

## Jokes

**Q.**What did the big chimney say to the little chimney?  
**A.**You're too young to be smoking.

By Pauline Quinn,  
Mt St Catherine's Primary School, Armagh.

**Q.**What do you call a bird that smokes?  
**A.** A puffin.

Doctor, Doctor! I swallowed a piece of orange whole!  
Are you choking?  
No! I'm serious!

By Jordan Jones,  
Ballysally Primary School.

## RIDDLE

The beginning of eternity,  
The end of time and space,  
The beginning of every end,  
The end of every place.

**What is it?**

Unscramble these  
letters to make  
smoking related  
words.

1. RCITTEEGA
2. HCOEK
3. HTBERA
4. CCOBATO
5. OKMSE
6. IERFS
7. HMFUARL
8. ACCERN

By Karen Lynch Mt.  
St Catherine's P.S  
Armagh

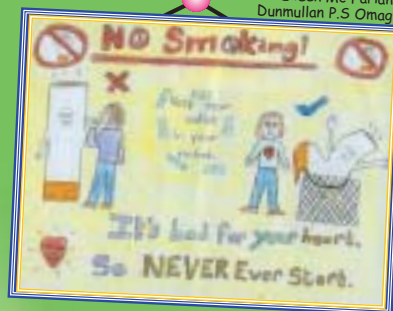
By Rebecca Ambrose, Rachel  
Peden and Suzanne Truesdale  
Kirkistown P.S



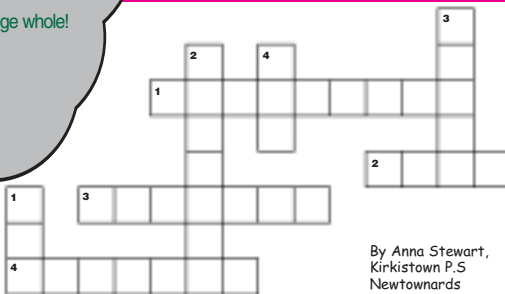
Jane Stewart from  
Kirkistown P.S



Eileen Mc Farland  
Dunmullan P.S Omagh



## CROSSWORD



By Anna Stewart,  
Kirkistown P.S  
Newtownards

### ACROSS

1. There is tobacco in it.
2. Smoking can \_\_\_\_\_.
3. There is chemicals in it.
4. Smoking \_\_\_\_\_ your health.

### DOWN

1. It is very \_\_\_\_\_ for you.
2. You can get this if you smoke for a long time.
3. It can make your clothes \_\_\_\_\_.
4. It gets into your lungs.

## RYHME TIME

I know I will never smoke,  
It would make me cough and choke.  
My clothes would smell,  
My breath as well,  
And the cost would make me brole.

By Adam Reid, Whiteabbey  
P.S Newtownabbey.

Answers to the crossword  
Across: 1. CIGARETTE 2. KILL  
Down: 1. BAD 2. DISEASE  
3. SMELL 4. TAR

RIDDLE  
E

### SMOKEBUSTERS GOODIES ORDER FORM

If you do not want to cut up your Smokebusters  
Newsletter please photocopy this onto a blank page

Items	Quantity	Price	Subtotals
Rubber		0.30	
T-shirt		2.00	
Sharpener		0.25	
Pen Key Ring		0.50	
Long Ruler		0.65	
Wallet		1.45	
I'd Rather Poster		1.00	
I'd Rather stickers		0.85	
<b>Cost of your order</b>			
Now add postage & packaging			
Orders up to £5.00 P&P = 0.70			
Orders up to £10.00 P&P = 1.50			
<b>Total inc. P&amp;P =</b>			

Cheques only please

made payable to the

Ulster Cancer

Foundation

Your name: \_\_\_\_\_

Your address: \_\_\_\_\_

Your phone number: \_\_\_\_\_

SMOKEBUSTERS N.I. IS ORGANISED BY THE ULSTER CANCER FOUNDATION  
40-42 Eglantine Avenue, Belfast BT9 6DX  
Tel: 028 9066 3281 Email: smokebusters@ulstercancer.org



## HAVE YOUR SAY

**Aime Campbell** from Mt. St. Catherine's P.S in Armagh  
says: "You should never smoke it is bad for your heart and all  
other parts of your body. So stop and try something new like  
writing poems and stories."

**Samantha Thompson** from Moy near Dungannon says:  
"I totally agree with Smokebusters, smoking is disgusting.  
My mum and dad smoke and when they do I stay away from  
them. When I grow up I will never smoke."

**Shannon Donnelly** from Mt. St. Catherine's says:  
"Why waste your money on smoking when you could save  
and go on holiday with the money."

**Fiona Hanna** from St Mary's PS in Newcastle says:  
"If your friends want you to do something (like smoke)  
that you don't want to and they don't like you  
anymore, then they are not your friends."



ULSTER  
CANCER  
FOUNDATION



The Ulster Cancer Foundation is grateful to Parcel Force Worldwide and CWU  
for their assistance in delivering all our packs to Smokebusters right across the  
country. Thanks to them on behalf of all our thousands of members.