

TENANT FOCUS

Special points of interest:

- NO SMOKING
- BUBBA OODLE
- QUARTERLY MEETING

WHY ASK PEOPLE TO SMOKE OUTDOORS?

BY THERESA BOSCHERT

In 2011 all SHRA buildings are becoming smoke-free indoors because secondhand smoke badly affects the health of adults and children. Second hand smoke is the drifting smoke from cigarettes. It is breathed in by non-smokers because it seeps under doors, drifts through hallways, flows through air ducts, and even leaches through walls.

Second hand smoke (SHS) contains 4,000 chemicals, 50 of these are proven to cause cancer. **There is no safe level of exposure to second hand smoke.**

Cigarette smoke is absorbed into walls, floors, furniture, toys, clothes, and other household surfaces. People spend most of their time at home, which is an enclosed

space where they are exposed to their neighbors' second hand smoke for long periods of time.

A 2010 study showed that **84.5% of children who live in apartments** where nobody smokes in their own household **still breathe in second hand smoke that drifts from neighbors' units.**

Second Hand Smoke has something to hurt everyone:

- In children it causes asthma attacks, ear infections, and breathing problems
- In adults it contributes to hearing loss and heart disease
- Second hand smoke has also been proven to seriously increase the risk of breast cancer in young women

Here's what SHRA tenants say about second hand smoke:

- 54% had been bothered by secondhand smoke drifting into their apartments
- 75% said they would prefer to live in a smoke-free building
- 82% believe that secondhand smoke is a serious health hazard

Here's what HUD says:

"Eliminating smoking in indoor spaces fully protects

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AUTHOR GIVES DOLLS BY GALE MORGAN

Paris Tompkins, an author, entrepreneur, and great-grandmother donated over 50 of her character dolls to the children of Alder Grove on the 11th of December. A personalized letter was sent to each household with children ages 5-10 with an invitation to

Paris titled her book '*The First Trip*'. In this delightful adventure, Bubba Oodle makes his first trip from the imaginary world of Oodleville to the Land Beyond (which is our world) to introduce himself and the Oodles. You can get information on the book at <http://www.thefirsttrip.com>. Members of the RAB were on hand to take photos and assist in passing out the dolls and the bags of candy.



show up at the community center for a free 'Bubba Oodle' doll. The tenants of Capitol Terrace chipped in and provided a bag of candy to go with each doll.



Don't forget the Quarterly meeting!



JANUARY 2011 QUARTERLY MEETING

The SRAB will hold its' January 2011 Quarterly Meeting at **1:30 pm January 26, 2011** at the Comstock Community Room.

We look forward to seeing all the delegates and the managers and management there!

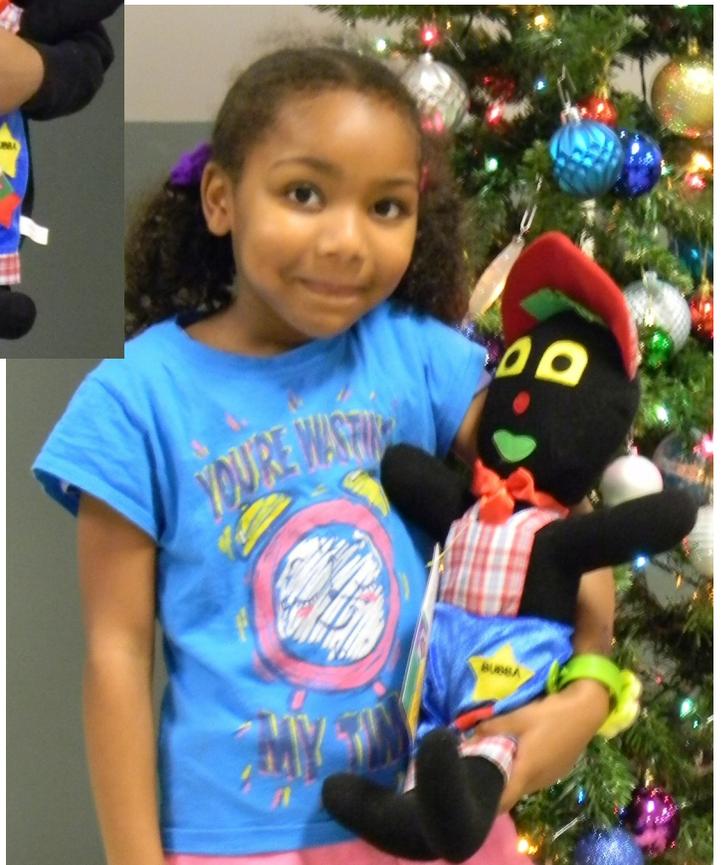
Delegates: If you need

transportation please contact Gale. Debbie and Danita are in charge of the menu.



Quarterly meeting at the Comstock Community Room

- Call to Order
- Minutes
- Financial Report
- Committee Reports
- Other Reports
- Unfinished Business
- New Business





Alder Grove
Community
with
Paris Tompkins
and the
Oodleville
character doll
'Bubba'







SMOKING ... CONTINUED

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nonsmokers from exposure to secondhand smoke. Separating smokers from nonsmokers, cleaning the air, and ventilating buildings cannot eliminate exposure of nonsmokers to secondhand smoke. The United States Fire Administration indicates smoking as the number one cause of home fire deaths in the United States." HUD, Sept. 15, 2010

Smoking outdoors can be a WIN for everyone families, neighbors, even pets!

You might be surprised to know some of the deadly chemicals found in cigarette smoke. They include:

- Cadmium – used to make batteries
- Formaldehyde - embalming fluid
- Arsenic – poison that builds

up in people's bodies over time

- Toluene - used to make paint, paint thinners, and nail polish.
- *Not to mention Nicotine which is used in insecticides as well as cigarettes.*

Remember, smoke-free policies are about the smoke, not the smoker. Smoke-free policies do not keep someone who smokes from living in the building; they just ensure that tenants and their guests smoke outdoors while on the property.

From:
Project WIN
A community partner working with SHRA and SRAB



HEARD IN PASSING

"A word to the wise isn't necessary, it is the stupid ones who need all the advice."
---Bill Cosby

"A baby is an angel whose wings decrease as his legs increase."
---Unknown

"The biggest liar in the world is the golfer who claims he plays the game for exercise."
---Tommy Bolt

"The first sign of maturity is the discovery that the volume knob also turns to the left."
---"Smile" Zingers

"Heredity is what sets the parents of a teenager wondering about each other." ---Laurence J. Peter

"Adolescence is perhaps nature's way of preparing parents to welcome the empty nest."
---Karen Savage and Patricia Adams

"Forgive your enemies--if you can't get back at them any other way."
---Franklin P. Jones

"It's a strange world of language in which skating on thin ice can get you into hot water." ---Franklin P. Jones



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Your business tag line here.

Tenant Focus

CALENDAR OF EVENTS

The **Buena Vista Grocery bus** is scheduled for: Jan. 4th, Feb. 3rd, and March 3rd.

The **Midtown Manor Grocery bus** is scheduled for: Jan. 3rd, Feb. 4th, and March 4th.

The **SRAB Executive Committee** meets on the first and third Wednesdays of each month at 11:00am 1725 K Street. Call ahead to be on the agenda.

The **SHRA Commission** meets on the first and third Wednesdays of each month at 6:00pm 801 12th Street on the second floor.

The SRAB Ex-Comm will meet with the **Site Managers** on January 25, 2011

The **SRAB** will hold a **'Quarterly Meeting'** on January 26th 1:30pm at the Comstock Apartment Building 1725 K St. Sacramento, 95811

The next edition of the **Tenant Focus** is scheduled for the first week of April. Article submission is allowed until March 15. Email articles to sacrab@gmail.com



Be sure and pencil in all important meetings!