Amongst a sea of roses the Asbestos Awareness event managed to bring together some 250+ people from all walks of life to be informed about asbestos from speakers who are experts in their fields. The ecumenical service conducted by Father Mark Godridge was up lifting and a comfort for those families who are suffering as a result of asbestos disease and those who have lost a loved one. We were privileged to have our Scottish bag pipers, David Duncan and Bill Dunbar playing some magnificent music, along with Paddy O'Dowd, musician, singer and entertainer who wowed the crowd again this year with a style unique to Paddy. Newborough Primary School Choir delighted the crowd with - cont pg 2

Major sponsors:
their well rehearsed songs of hope and love. We were pleased the weather was over cast but not cold. It made for a very pleasant day in the garden.

At the beginning of our event a small ceremony was conducted by the Rose Garden committee for asbestos sufferers and their families that saw a garden bed with climbing rose and plaque unveiled and dedicated to asbestos sufferers past and present. This was a very lovely gesture by the Rose Garden committee, and our families now have a quiet place to reflect that they can call their own in the garden. Thank you.

Pictured left is Bernie Tuohy Rose Garden committee member with plaque and climbing rose called Messire Delbard

Pictured left is one of our speakers Maitea Medina with pictures of her husband Tony who passed away 12 months ago from mesothelioma.

Pictured left is Paddy O'Dowd singer/entertainer/musician. Wowing those gathered with his exuberant and outgoing singing.

We would like to thank the workers of Alstom for the wonderful monetary donation made to us on the day of the Asbestos Awareness Event. It was a truly lovely surprise and we appreciate your efforts. Thank you to all the workers who came to support our families and be a part of the awareness day event. It was great to see you Duane Morrell
ANNUAL GENERAL MEETING
Date: Saturday 30th January 2010
Time: 3.00pm
Venue: 41 Monash Road, Newborough

Election of Positions falling vacant:
President
Treasurer
Committee Member

Election of Auditor for 2010/11

Returning Officer: Graeme Hamilton - Nomination forms can be collected from the GARDS office, downloaded from the GARDS web site or forwarded by post on request to GARDS Secretary

Completed nomination forms need to be received by the Returning Officer no later than 7 days prior to the election to PO Box 111, Moe, Vic. 3825 or handed in at the GARDS office.

MERRY CHRISTMAS & HAPPY NEW YEAR

The GARDS committee would like to take this opportunity to thank everyone for the support shown to the organisation in 2009. We would like to wish you and your family a safe and Happy Christmas and a prosperous New Year.

CLOSING DATES FOR GARDS OFFICE

The GARDS office will be closed over the holiday period. Our office will close on:

Tuesday the 22nd of December 2009 at 4.00pm and we will resume operations on the 20th of January 2010.
ANY URGENT ENQUIRIES CAN BE MADE TO VICKI HAMILTON ON THE GARDS PH. 51277744 OR MOBILE 0407274173

Thank You

Friends and supporters who have donated to GARDS must be recognised for their generosity. We are always grateful to those who donate to us. We appreciate each and every one of you as this is what keeps our organisation going

Ray Whittaker, Peter Simpson, Stan & Ivy Brown x 2, Nellie Crane, Ian Proctor, Donald Stewart, Dorothy Roberts, Shirley Fletcher, Marion Harris, Wendy Glasper, Mary Parker, May Flanagan,

In Memory of William (Bill) Young - Bob & Greta, Maggie, Kathy & George Dick, Diane & James McEwan, Annette Young, W. A. Boulton.
PRESIDENT RETIRING

afternoon tea

At our last night meeting of the year Lyle Seear, our inaugural President, announced that he would be retiring. Lyle was the first President of GARDS when the organisation became an incorporated body at the end of 2001. He has seen many challenges for GARDS and been a part of many changes along the way. Lyle has been a stalwart for GARDS and has seen GARDS go from a small group to a strong and vibrant organisation.

The GARDS committee and members thank Lyle very much for his dedication & commitment to the organisation. He was awarded a GARDS Life Membership in 2002 and we hope he will still be an active member of GARDS.

There will be an afternoon tea for Lyle following the AGM on Saturday the 30th of January 2010. Everyone is invited to attend this special get together, so please come along and have a chat and cuppa with Lyle.

ARE YOUR FEES DUE ???

Just a reminder if you have not paid your membership fees this would be a great time to do so. This money helps towards keeping you in contact with newsletters and flyers and any other information that we need to get to you. Please contact us if you are not sure when they are due. Thank you to those who have paid

GARDS would like to take this opportunity to say thank you for your many donations and words of support. We always enjoy Graeme's visits. He makes these donations in memory of his father David.
The Peter Mac study is now in its second year of taking samples and letters have been going out to participants who volunteered their blood last year, asking them to give a second sample, which I am sure you will do when you receive your letter.

All the Gippsland Pathology Collection Centres will close for Xmas and New Year - if you would like to donate your 2nd blood samples to the cohort study before Xmas could you please donate them by the 23rd of December. Ideally if you are waiting till after the Xmas/New Year the centres would love to see you from the 4th January 2010 onwards.

After the 4th of January 2010

Blood samples should be donated Monday through to Thursday (do not donate blood on Friday) The staff at Gippsland Pathology will take 2 tubes of blood and send them to Melbourne. If you feel the need to clarify anything or want further info you can of course contact the toll free no 1800 060 183.

The research group is processing findings of blood samples taken up to date and they expect that they will have some interesting findings shortly. There is also interest from the International scene in the study, and the researchers are confident that the samples which have been donated will be put to very good use in research into asbestos related diseases in studies both in Australia and Overseas.

GARDS thanks very much all those people who have given so far to this very important research you will help many people into the future.

JAMES HARDIE COMPENSATION FUND

GARDS as you know from the last newsletter has been heavily involved in the recent James Hardie compensation fund - when they announced that there would be a shortfall in money to compensate asbestos sufferers over the next 3 to 5 years we joined forces with organisations such as the AMWU, ACTU, Unions NSW and the coalition that we formed with the other support groups from around Australia in highlighting the lack of funds in the James Hardie Compensation fund. For the last 5 months GARDS has worked with these organisations and groups to achieve a positive outcome for asbestos sufferers and their families.

We lobbied Federal and State pollies to the disaster that was about to fall sufferers and their families who were victims of asbestos. GARDS had one representative along with the other states who also had one representative at a meeting on the 1st of August who met with the Prime Minister of Australia to tell him of the plight of sufferers if the fund could not pay its liabilities. GARDS informed the Prime Minister of what would happen to families in Victoria if the compensation money was not available and how it would impact on families and the health system.

Kevin Rudd said he would do everything in his power to help sufferers and he did. Well done Kevin!!

The Federal government and the NSW government have given the JH fund a loan for approx $320 million to help asbestos sufferers. James Hardie company have to pay this money back to the governments concerned. They did not get a hand out and will not be able to shirk their responsibilities.

It was a great effort by all concerned. We all worked together for the common good of families who need us. I believe we will have to keep a vigilant eye on JH for the next 40 years. We won't be alone though, many others will also watch with us.

At this present time the James Hardie Former Subsidiaries (winding up and Administration) Amendment Bill 2009 has been produced so that the Bill supports the loan by ensuring that the fund has power to enter into the loan facility agreement & can direct James Hardie's Former asbestos subsidiaries to guarantee the fund's obligations under the loan facility agreement and provide security over the insurance recoveries. It also ensures that the loan facility agreement is consistent with the fund's charitable purpose.

The legislation Amendments requested by the fund has removed the need for any consideration of payment by instalments. However, the work of the fund in developing a proposal for an instalment scheme before the loan was announced has revealed some shortcomings in the existing provisions in the Act. It is arguably desirable to address these shortcomings now, so that, if an approved payment scheme is needed into the future, the position for the Fund (and therefore for claimants) is clearer. All this is going through the NSW Parliament prior to Christmas break so the fund will be liquid for claims asap.

We are pleased we were a part of this campaign and we are very proud of the work that GARDS does in looking after families and sufferers.
GARDS was very pleased to accept a donation from Slater & Gordon law firm to help with our work supporting and advocating for asbestos sufferers and their families. Slater and Gordon law firm have had an association with GARDS for many years and we appreciate their confidence in our ability to advocate and support asbestos sufferers. We thank Steve Plunkett and the staff for their ongoing commitment to our organisation.

Pictured left front: Vicki Hamilton, Steve Plunkett, Dorothy Roberts, Ann Clegg
Left rear: Tracy Madden, Lyle Seear

2009 International Day of People with Disability
Latrobe Access and Inclusion Awards 2009

On the 1st of December some of the GARDS committee attended a breakfast awards event, the event is to award and recognise businesses and organisations who value people with a disability as employees, customers and citizens. Vicki Hamilton was presented with an award in recognition of Advocating for the rights and entitlements of people affected by asbestos related disease. GARDS members Stan and Ivy Brown attended the breakfast with some of the committee.

Pictured below:
Marie Smith, Ann Clegg, Vicki Hamilton, Dorothy Roberts, Ivy Brown and Stan Brown
The GARDS XMAS party was held on December 5th at Silks Restaurant in Moe. This time of the year is when our members get a chance to let down their hair down and have a great time. There were just on 60 who attended the afternoon festive occasion.

Members tell me that they look forward to this party as it is a special one where quite a lot of our members come together to tell stories, reminisce and enjoy some of the fun and games. The meal was absolutely wonderful with succulent roast meats, vegies, salads, seafood, sauce, and a choice of desserts plum pudding, custard, cream and fruit salad. Our resident Santa wowed everyone with his enthusiasm and gave us many good belly laughs. All that attended were lucky enough to receive a special door prize and the GARDS annual raffle had some wonderful prizes. Our members informed us that they had a wonderful day and that is what it is all about – enjoying yourself. We hope to see many more members attend the 2010 Xmas party. We are already working on the lucky door prizes for next year's party. Santa had a new suit for this year's party and he looked terrific!!!
WIN up to $500 of free electricity or gas for yourself, your school or your club*

Fun Run/Walk & Community Market

Sunday 21 February 2010

Help TRUenergy Yallourn raise funds for GARDS (Gippsland Asbestos Related Diseases Inc) by running or walking along the Moe/Yallourn Rail Trail. Event caters for serious runners and casual walkers. All welcome!

Adults $10—Families $20—Students/Concession $5

Registration from 9.30 am—Runners start at 10.30 am / Walkers start at 10.35 am

Head to the Yallourn Power Station Viewing Area to park and then take the FREE bus to the starting point. When you complete the run/walk you will be back at the Viewing Area and can enjoy the -

Community Market
Free Children’s Entertainment
Food for Purchase

For entry or sponsorship forms, to register as a stall holder or for more information, contact Meredith Bowden on 5128 2960.

* Available to four highest fundraisers—winners must be TRUenergy customers.
Official Fundraising Form*

Participant's Name: ___________________________________________ Contact No: ________________

School/Group/Club Name (If Applicable):

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
<th>Address</th>
<th>Signature</th>
<th>Amount per km or donation</th>
<th>Total Donation</th>
<th>Receipt Required Y/N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sample</td>
<td>Joe Bloggs</td>
<td>Smith Street, Gippsland</td>
<td>Joe Bloggs</td>
<td>$5.00</td>
<td>$5.00</td>
<td>Y</td>
</tr>
</tbody>
</table>

* Must be a TRUenergy customer to be eligible to win up to $500 of free gas or electricity.
Declaration

1. I the undersigned, in consideration of and as a condition of acceptance of my entry in the foot race for myself, my heirs, executors and administration hereby waive all and every claim, suit or proceedings arising out of loss of my life or injury, damage or loss of any description whatsoever which, may suffer or sustain in the course of consequent upon my entry of participation in the event.

2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies, involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

3. The event co-ordinator's decision will be final and no correspondence or disputes entertained.

4. I declare that I am over the age of 18 years on the day of the event.

5. I attest that I am physically fit to enter the run/walk.

6. I consent to receive medical treatment, which may be advisable in the event of illness or injuries suffered by me during this event.

7. I give permission for the free use of my name, voice or picture in any broadcast, telecast, advertising promotion or other account of this event.

8. Should the event be cancelled for any reason whatsoever I understand that no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting or staging of event.

9. From time to time, TRUenergy may send you special offers and information about TRUenergy products and services which may be of interest to you.

If you do not wish to receive these offers, please tick here.

I agree to abide by the conditions of the events as stated in the declaration above and upon literature and other material distributed in connection with the events.

Declaration for Minors

If you are under the age of 18 years on the date of the race/walk and wish to complete in the Fun Run/walk, your parent or guardian must sign this declaration.

I certify that I am the parent/guardian of

who will be _______ years of age on the day of this event and that he/she has my consent to compete in the Fun Run/walk. I testify that I have read the above and acknowledge acceptance of the stated conditions on behalf of the minor specified above.

Guardian/Parent Signature

Date
7km Fun Run or Walk
The Walk/Run will take place along the Moe/Yallourn Rail Trail passing through tranquil bushland and finishing at TRUenergy Yallourn’s Power Station Viewing Area, where participants and their families can relax and have a bite to eat. Free children’s entertainment will also be available to amuse the younger participants, while a number of market stalls may attract the discerning buyer!

Information
Runners / Walkers to park at the TRUenergy Yallourn Power Station Viewing Area and then be transported by FREE bus to the registration and starting point at Moe Botanical Gardens. Skateboards, horses, roller-skates, roller blades and bikes are strictly forbidden due to safety issues and the risk of injury to competitors. Strollers allowed. Dogs must be restrained on a leash at all times and any waste disposed of appropriately, however please note that dogs are not permitted on the buses.
Entries will only be accepted on the official Entry Form. Photocopied entry forms are acceptable. Postal entries must be received by close of business on Friday 19 February 2010. For more information please telephone Meredith Bowden at TRUenergy Yallourn on 5128 2960.

Program
Check in / Registration 9.30am
Event Start (Runners) 10.30am
Event Start (Walkers) 10.35am
Presentation (Runners) 12.00pm
Presentation (Walkers) 1.00pm

Health Advice
Avoid dehydration. Ensure you drink plenty of water throughout the day prior to the event and drink early in the event before you become thirsty. Remember to drink plenty of water after you complete the run/walk.
If you have health concerns about participating in the fun run/walk, please consult your doctor prior to the event.
If you feel distressed, dizzy, disoriented or excessively tired, slow down or rest for a while. If you do not improve - withdraw. Drink stations and first aid assistance will be available along the rail trail.

Individual Prizes will include:
- Fun Run: best time for male and female Veterans (55+)
- Fun Run: best time for male and female Masters (35+)
- Fun Run: best time for male and female Open (18-35)
- Fun Run: best time for male and female 16 to under 18
- Fun Run: best time for male and female 14 to under 16
- Mystery time walk (several available)
- Oldest walker*
- Youngest walker*

*Judging of the last two categories will take place at centre stage at the Power Station Viewing Area at 1pm. Eligible walkers in these categories must be in attendance at this time.

Entry Form
TRUenergy Yallourn Fun Run/Walk—Sunday 21 February 2010

Entry fees
Adults: $10 Students/Concession: $5
Families: $20 Toddlers (Under 3): Free
All proceeds donated to GARDS (Gippsland Asbestos Related Diseases Inc)
Cheques/Money orders to be made payable to: TRUenergy Yallourn Fun Run/Walk
Post your completed entry form and your entry fee to: TRUenergy Yallourn Fun Run/Walk, PO Box 444, Moe 3825

Individual entry (Runners & Walkers)
Category (please tick) Runner Walker
Runner Category (e.g. Veteran, Open, 16-U18, U14)
Name
Age Gender Male Female
Address
Telephone

Family entry (Walkers only)
No. Adults No. Children (U16)
Family Name
Address
Telephone
Entry Fee $ Donation $
GIPPSLAND ASBESTOS RELATED DISEASES SUPPORT INC

G.A.R.D.S. SUPPORT GROUP MEETINGS FOR 2010
1.30PM – 3.30PM

Meetings are held at – GARDS Premises - 41 Monash Road, Newborough

Tuesday 23rd February - Office of the Public Advocate - Allan Elliott
Tuesday 30th March - Latrobe City - Community Engagement - Sara Rhodes-Ward

Wed 28th April – Memorial Wreath Laying – Rose Garden, Morwell
Tuesday 25th May - Australian Hearing Centre - Janine Horter

Tuesday 29th June
Tuesday 27th July
Tuesday 31st August
Tuesday 28th September
Tuesday 26th October

Frid 26th Nov – Asbestos Awareness Day, Rose Garden, Morwell

Christmas Break-up to be advised

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G.A.R.D.S. NIGHT MEETINGS FOR 2010
7.30PM – 9.30PM

Meetings are held at – GARDS Premises - 41 Monash Road, Newborough

Tuesday 16th February
Tuesday 16th March
Tuesday 20th April
Tuesday 18th May
Tuesday 15th June
Tuesday 20th July
Tuesday 17th August
Tuesday 21st September
Tuesday 19th October
Tuesday 16th November

Christmas Break-up to be advised
GARDS Inc. Membership Form

Name…………………………………………………………………………………………
Address……………………………………………………………………………………
P/Code………………
Telephone………………………………………………………………………………...
Email……………………………………………………………………………………
Occupation………………………………………………………………………………

GARDS NEW MEMBERS Joining Fee $5.00
PLUS

GARDS Annual Subscription 2009

1. Concession (Pensioner/unemployed) $3.00
2. Full Rate (employed) $11.00

Upon my admission as a Member, I agree to be bound by the rules of GARDS Inc.

Signature……………………………………………..Date………………………

Please return to GARDS Inc. with payment, PO Box 111, MOE, Vic. 3825

Office Use Only

I………………………………., a Member of the GARDS Inc. nominate the Applicant for Membership of the Association

Signature of Proposer……………………………………………..Date…………

I………………………………., a member of GARDS Inc., second the nomination of the Applicant for membership of the Association.

Signature of Seconder……………………………………………..Date…………
GARDS INC.
We are situated at:
41 Monash Road
Newborough, Victoria. 3825
PO Box 111,
Moe, Vic. 3825
Phone: 51277744
Fax: 51260354
Email: info@gards.org
Web site: www.gards.org

GARDS INC. SUPPORT
GARDS provides support and information to asbestos sufferers, their families and carers. This includes home visits by GARDS volunteers, a telephone information/support service 24 hours, 7 days a week. GARDS has an office, which is open for sufferers, their families, carers and the general community to access at the times listed below in the “About GARDS Inc section”

GARDS INC. Support also conducts a monthly meeting (1.30pm – 3.30pm) on the last Tuesday of the month) where guest presenters are invited to provide information about support services of all kinds and any other topics of interest that the members might find of relevance. The meetings also provide a gathering place for experiences; GARDS Support is open to anyone whose lives have been affected by asbestos, their families and the general public.

GARDS loans out free of charge to asbestos sufferers - oxygen bottle regulators, conserving devices, oxygen home concentrators, wheel chairs, oxygen bottle carriers, nebuliser, walking frames & walking sticks. We also have an extensive library of books, DVDs and CDs on asbestos issues, health, social and environmental that we loan free of charge to those wishing to improve their knowledge

GARDS can provide professional counselling free of charge for those who have been diagnosed with asbestos related disease and also their family members with a qualified psychologist. This support can be face to face or in a group situation, which is conducted in a private room at the GARDS premises, or telephone counselling can be arranged if this is preferred.

GARDS INC. EVENING MEETING
GARDS has an organisational, activities and advocating arm. Interested financial members can come along to evening meetings, which are, conducted 7.30pm – 9.30pm on the third Tuesday of the month.

These meetings provide a focal point for information sharing and problem identification. The aim of this group is to focus on improving health and support services and any other issues deemed relevant to improving overall outcomes to asbestos sufferers, their families and the general public. Thus ensuring asbestos-related issues are kept in the public eye and trying to rid our environment of asbestos products.

ABOUT G.A.R.D.S. INC.

Committee of Management
President:
Lyle Seear – Ph. 51671376
Vice President:
Dorothy Roberts – Ph. 51274174
Mobile 0407274174
Secretary:
Vicki Hamilton – Ph. 51278219
Mobile 0407274173
Treasurer:
John Parker –
Mobile 0419747756
Member:
Marie Smith – 51271427
Mobile 0427271427
Ann Clegg - 51762286
Mobile - 042762282

G.A.R.D.S. FEES
Joining Fee - $5.00
Annual Fees:
Pensioners/Concession/
Unemployed - $3.00
Employed persons - $11.00

MEETINGS:
Support: Last Tuesday of month,
1.30pm – 3.30pm
Evening: 3rd Tuesday of month,
7.30pm – 9.30pm

OFFICE HOURS
MONDAY to THURSDAY:
10.00am – 4.00pm
FRIDAY: BY APPOINTMENT
CALL IN FOR A CHAT & CUPPA

UP AND COMING EVENTS
30th Jan AGM - 3.00pm
Our Night/Day Meetings
Feb 23rd
Office of the Public Advocate - Melb
Allan Elliott
March 30th
Latrobe City - Community Engagement
Sara Rhodes-Ward
April 28th
International Workers’ Memorial Day
May 25th
Centenary Rose Garden - 11.00am
Australian Hearing Centre
Janine Horter