

GARDS

Gippsland Asbestos Related Diseases Support Inc.

ASBESTOS NEWS

GIPPSLAND ASBESTOS RELATED DISEASES SUPPORT INC.
GARDS is endorsed as a charity. Donations of \$2.00 & over are tax deductible.

ABN 77 687 118 554
INC. A0042386U

AUGUST – SEPTEMBER 2008
VOLUME 6 ISSUE 3

Inside this issue

Page 2.

1. 1st Year Allied Health Students
2. Special outing for support group meeting

Page 3.

1. GARDS Goose update
2. Holding & Redlich donation

Page 4.

1. Maitea & Tony Medina
2. Thank you donations
3. Ivy & Kevin Fanning

Page 5.

1. TRUenergy Yallourn
2. Grand Rounds – Monash Uni – Gippsland campus

Page 6.

1. Work Place Expo

Page 7.

1. Gippsland Water Factory

Page 8.

1. Latrobe City Council – Living Library – 100 years of Women’s Suffrage

Page 9.

Meetings for 2008

Page 10.

GARDS membership form

Page 11.

Sponsors & Supporters

Page 12.

GARDS Info page

WORKSAFE SUPPORT GARDS WORK

The GARDS organisation has been extremely fortunate to receive an increase in funding to its operational costs from WorkSafe this year. This money is a very welcome addition and couldn't have come at a more opportune time. GARDS has many activities in the next 12 months that it wants to achieve and this will help those activities to progress.

With WorkSafe continuing their support to us in 2008/09 this will enable the organisation to continue the work to advocate & support on behalf of sufferers and their families. Our organisation is growing all the time (unfortunately!!) with the incidence of asbestos disease not expected to peak until well past 2020. It is reassuring to know that WorkSafe recognises our endeavours. Without this support we would struggle to keep up with the demand on our resources and could not continue to keep the office door open to all those in the community who need our support and information.

Over the last 8 years since we became an incorporated association the demands have increased for knowledge, information and support in many forms. GARDS is conducting collaborative work with many diverse organisations and we could not do this without the support of WorkSafe. We are proud to be able to be a voice for asbestos sufferers, their families and the general community, and we will continue to do so well into the future.

Our thanks goes to John Merritt, Executive Director, and Andrew Buzacott, Manager of Grants, for their support of our organisation; it means a lot to the families that we represent.



DID YOU KNOW

“In another ten years, deaths from mesothelioma will outnumber those from melanoma or ovarian cancer!” – Dr Andrew Holloway from Peter Mac

Major sponsors:



ALLIED HEALTH STUDENTS VISIT



Pictured here are the students, Lecturers and the GARDS gang

In the second week of August a large number of 1st year Allied Health students from Monash University Peninsula campus Frankston visited the Gippsland region, staying at Rawson. The students were here to learn about health promotion and disease prevention approaches, as well as seeing how various sectors and health disciplines fit together in rural and regional settings. GARDS was privileged to have 12 of these students whose chosen profession paths are Physiotherapy, Health Science/Social Work and Occupational Therapy. The students were placed with GARDS for the day and were exposed to a variety of topics, and speakers, about asbestos issues, which included Health, Emotional, OH&S, Political and Environmental aspects. In the afternoon some of the GARDS support group members came along to give personal insight into their health and wellbeing. We believe the students gained a great deal about rural and regional life, so that they might more positively consider living and practising in this region in the future. Secretary Vicki Hamilton said the students were a delight to work with and very enthusiastic, we hope that we will see more enthusiasm for these sorts of projects into the future. We wish the students all the best with their chosen professions.

OUR NEXT SUPPORT GROUP MEETING 30TH SEPTEMBER 2008



Our next support group meeting will be held at Querencia Latrobe, Mena Street, Moe, at 2.00pm. GARDS has secured a tour of the facilities on offer and the management have offered to provide afternoon tea for our group. Please advise Vicki if you wish to come along and have a tour of the facility, as bookings for this are essential.



GARDS GOOSE UPDATE



After resting from another injury and a couple of months of convalescent time GARDS Goose has had a couple of races at Sale to build his strength up. We wish GARDS Goose every success in his coming races and hope to see him in top form again very soon. If GARDS Goose does not recover from these race injuries he will be put up for adoption. We will let you know what happens.



HOLDING & REDLICH DONATION

GARDS have been a fortunate recipient of a cash donation from Holding & Redlich law firm. Michael Schaefer senior partner presented a cheque to the organisation in acknowledgement of the wonderful work GARDS is doing in the community and further a field.

Vicki Hamilton stated that the organisation was proud to think change was happening and that GARDS was helping to effect that change in the community around support, advocacy and education. It gives us a real buzz being recognised by professionals in the field of asbestos litigation. Making a difference in the lives of asbestos sufferers and their families has always been our goal and it is a bonus that along the way we have had the chance to make real change for the future and try to prevent others in the community from unnecessary exposure to this deadly carcinogen. We are very proud of our achievements.

Michael Schaefer and two lawyers who accompanied him from the firm were given an afternoon tea in appreciation of their donation.

Pictured here are the some of the GARDS committee and representatives from Holding & Redlich lawyers





WEDDING CONGRATULATIONS TONY & MAITEA MEDINA



Vicki and Dorothy felt very privileged & honoured to be invited to the wedding of Tony and Maitea. They married on the 8th August 2008 in a private function at Leonda by the Yarra. Their family & close friends were there to witness their love for each other in a very moving and tender ceremony. From all the GARDS organisation comes love and best wishes to you both.

THANK YOU FOR YOUR WONDERFUL DONATIONS FROM THE GARDS ORGANISATION



This is always a pleasure thanking very special people and organisations who donate to GARDS and mentioning them is our way of telling you who those special people are: Esme Sherwood from Sydney who is a regular donor to GARDS, 2 donations from Crosby's Contractors who regularly donate to us, Loy Yang Power, RSL Newborough/Yallourn for their premises for a thank you morning tea GARDS gave to ABB Australia, Ron & Faye McColl, Ray and Dawn Hall from Woodside, Graeme Woods from Trafalgar, 2 x donations from Stan and Ivy Brown who regularly donate to GARDS, Cath Prust another regular donor to us, Margaret May from Yarram who has donated two magnificent hand sewn quilts and two cushions – they are just perfect. Chris Cheetham, Monash University, Jack Fawcett, Brian & Ann Clegg, Joan Leister in Memory of Frank. Thank you to the Rossmore Hotel, Yallourn North for allowing us to be a part of the fundraisers at the Hotel and also to Pam DeVries who arranged this for us. We would like to give a big thanks to Marie Smith, Graeme Hamilton and Pam Devries who sold tickets at the Rossmore Hotel and raised \$275 for GARDS.



GARDS would like to give a big thank you to Ivy and Kevin Fanning for the wonderful monetary donation they made to our organisation. This money will be put to good use to buy another oxygen concentrator for other families in need. The kindness of people like Ivy and Kevin who give generously to others make these donations even more special. Pictured here are Marie and Dorothy with Kevin and Ivy Fanning at their home.

TRUenergy YALLOURN W STATION MAJOR OUTAGE



The workers' and their Manager were treated to a thank you morning tea at the GARDS office where there was a lot of discussion around asbestos issues and family support. We thank you so much from the bottom of our hearts.

As an initiative of the W2 Major Outage, the combined Alliance and Contractor Safety, Health & Environment Representatives Forum agreed to donate the reward and recognition money allocated for the outage (\$5000) to a local charity rather than receive personal benefit. Members of the SHE forum and the Outage Manager recently made presentation to Vicki Hamilton, Dorothy Roberts and Marie Smith of GARDS. The SHE reps described the presentation as humbling when you appreciate the magnitude and importance of the work that this organisation undertakes. Vicki stated that the workers from companies such as these inspired GARDS and reassured them that what the organisation was doing and trying to achieve was well received.

GRAND ROUNDS AT MONASH UNI GIPPSLAND CAMPUS

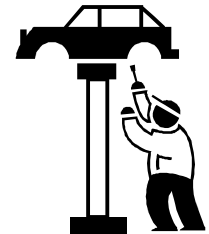
On Monday August 4th, Andrew Holloway from the Peter Mac and Tony LaMontagne from Melbourne University presented the Grand Rounds Lecture at the Monash University Churchill Campus Medical School. The title of their talk was ""Asbestos disease in the Latrobe Valley: past experience and future directions". They presented data concerning how much asbestos was in use in the Latrobe Valley Power Industry in 1990, as well as showed figures relating to the increase in mesothelioma cases in Australia. At the moment, the incidence of mesothelioma is increasing at a rate faster than almost every other cancer. In another ten years, deaths from mesothelioma will outnumber those from melanoma or ovarian cancer! Tony and Andrew discussed aspects of their "Latrobe Valley Power Industry Cohort Study". To July this year, over 800 people have enrolled in the study, and almost half of those have given their first blood sample.



Results of the first batch of mesothelin tests are expected shortly. As always, if anyone has any questions or comments about the study, they can call 1800 060 183 (a free call), or send a letter to "LVPICS, Reply Paid 67680, A'Beckett Street, VIC 8006" (no stamp is required).



Pictured here are Dorothy and Marie ready to answer any questions that might be posed to them by those attending the expo. The DVD that comes with the kit played all day to interested people and gained much interest from all who attended the Work Expo.



WORK PLACE EXPO

Wednesday 20th August saw the GARDS team at Kernot Hall – Morwell for the Work Place Expo. GARDS took a display along which featured the Asbestos In the Home Removal Kit. As you can see by the picture above the kit was donned by our mannequin (Ursula). Ursula was loaned to us by Panthers, Commercial Road, Morwell. We are very grateful to Panthers for allowing us to use Ursula for the day. These sorts of events are worthwhile as we spread the word far and wide on the dangers of asbestos and the importance of keeping safe in your work place and home environment.



GIPPSLAND WATER FACTORY



Tool Box Talk Time



GARDS was very privileged to be asked to come and speak to some 200 workers at the Gippsland Water Factory about what the organisation is about. Vicki spoke of the issues around asbestos that face us today, the families and sufferers that GARDS supports and where the GARDS organisation is going into the future. She also stated that she was overwhelmed by the enthusiasm and support that the representatives received on the day. We would like to thank all the workers at the water factory for making the GARDS representatives feel so welcome.

LATROBE CITY COUNCIL'S LIVING LIBRARY EVENING
ADVOCACY, DEMOCRACY AND MAKING A DIFFERENCE
Celebrating 100 years of Women's Suffrage in Victoria



On Wednesday 27th of August Latrobe City Council hosted a Living Library Evening as part of a State Wide recognition of 100 years of Women's Suffrage in Victoria celebrations. The aim of the project was for each council to host a celebratory event in relation to the centenary of Victorian Suffrage. Council identified Vicki along with other women in the Latrobe Valley as making a significant contribution in Latrobe City in the areas of advocacy, democracy and making a difference.

Vicki Hamilton felt honoured to be asked to be a living book. The event aimed to reach out to women who are of culturally and linguistically diverse backgrounds, in particular more recently arrived communities. The night was aimed to invite key inspiring women to talk about their experiences in advocacy, democracy and making a difference. Each speaker was chosen to embody a living book and be borrowed by up to 3 guests for an open discussion on their involvement in advocacy, activism and making a difference in Latrobe City, and the challenges, trials and tribulations that these ladies faced and overcome.

The attendees that were invited were women from across the region interested in supporting 100 years of women's suffrage, which has proved to be a significant and transforming milestone in the history of women's independence in Victoria.

Vicki stated that the evening was most enjoyable, meeting new people and being inspired by the deeds of others.

GIPPSLAND ASBESTOS RELATED DISEASES SUPPORT INC

G.A.R.D.S. SUPPORT GROUP MEETINGS FOR 2008 1.30PM – 3.30PM

Meetings are held at Village Community Centre,
1 Ollerton Ave, Moe

Tuesday 26th February

Tuesday 25th March

**Monday 28th April – Memorial Wreath Laying Ceremony – Rose
Garden, Morwell**

Tuesday 27th May

Tuesday 24th June

Tuesday 29th July

Tuesday 26th August

Tuesday 30th September – Querencia Latrobe – 2.00pm

Tuesday 28th October

**Friday 28th November – Asbestos Awareness Day – Rose Garden,
Morwell**

Christmas Break-up to be advised

G.A.R.D.S. NIGHT MEETINGS FOR 2008 7.30PM – 9.30PM

These meetings are held at the centre

Tuesday 19th February

Tuesday 18th March

Tuesday 15th April

Tuesday 20th May

Tuesday 17th June

Tuesday 15th July

Tuesday 19th August

Tuesday 16th September

Tuesday 21st October

Tuesday 18th 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 2008

- | | | |
|--------------------------------------|---------|--------------------------|
| 1. Concession (Pensioner/unemployed) | \$3.00 | <input type="checkbox"/> |
| 2. Full Rate (employed) | \$11.00 | <input type="checkbox"/> |

**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
Secunder.....Date.....

**G.A.R.D.S. INC.
WOULD LIKE TO THANK THESE
SPONSORS & SUPPORTERS**



Valley Signs

Ph 5126 1656

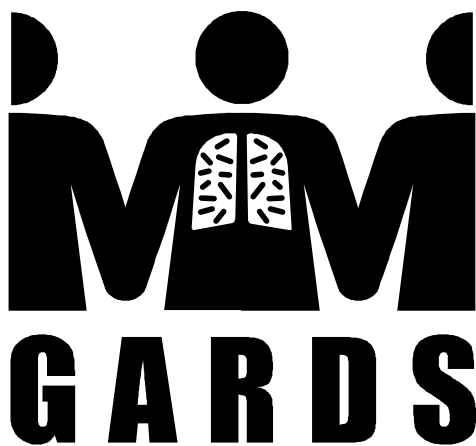
Mob 0403 397 800

www.valleysigns.com.au



**Gippsland Trades
& Labour Council**





Gippsland Asbestos Related Diseases Support Inc.



GARDS INC.

We are situated at:
1 Ollerton Ave,
Moe, Victoria. 3825

PO Box 111,
Moe, Vic. 3825

Phone & Fax: 51277744
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:

Pam Nicholson – Ph. 51275843
Mobile 0408535671

Member:

Marie Smith – 51271427
Mobile 0427271427
Rodney LeLievre – 51261656
Mobile 0403397800

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

UP AND COMING EVENTS

Our Night/Day Meetings

26th August 1.30pm

***Mario Christou – Artist & Mental
Health Advocate***

30th September 2.00pm

Querencia Latrobe City

28th October 1.30pm

***Paul Howells – Stroke Association of
Victoria***

OFFICE HOURS

MONDAY to THURSDAY:

10.00am – 4.00pm

FRIDAY: BY APPOINTMENT

CALL IN FOR A CHAT & CUPPA