

ASBESTOS NEWS

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

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FEBRUARY/MARCH 2008
 VOLUME 6 ISSUE 1

GENEROUS SUPPORT TO GARDS

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We are very proud and honoured to have had donations of oxygen concentrators to our organisation from two very different sources. The first oxygen concentrator came from a family who are members of GARDS and who lost someone very dear to them. Mrs Iris Guy and family donated the oxygen concentrator in memory of her beloved husband Graeme. Iris said that he insisted in the last weeks of his illness that she make sure the donation was made. This was, we believe, such a selfless act of generosity and a sign of just how caring Graeme was of others even when he was battling with his own asbestos related disease. We thank Iris and her family very much for carrying out his last wishes. Graeme will always be remembered fondly by the GARDS organisation

Slater & Gordon Lawyers made the other wonderful donation of an oxygen concentrator to our organisation. It is always gratifying to receive donations such as this from firms who understand the importance of helping and comforting those who are suffering. Our thanks go to Tracy Madden and Steve Plunkett for helping to make this generous donation happen.

Pictured above are from left Iris Guy, Steve Plunkett, Tracy Madden & James Plunkett from Slater & Gordon Law firm

Major sponsors:



DID YOU KNOW

Due to circumstances beyond our control all our meetings in 2008 will now be held at the Newborough/Yallourn RSL Corner Darlimurla Ave & Ellinbank Street, Newborough. We thank the RSL for their kindness in allowing us to hold our meetings there.



Asbestos Awareness Day

Our annual Asbestos Awareness day was held again in the picturesque Centenary Rose Garden in Morwell. The day was bright and sunny, the air heavy with the scent of roses. We couldn't have asked for a more pleasant day for our program. Over 100 community members gathered for the event, some taking shelter from the sun under our marquee and others taking to the shelter of the surrounding trees.

Before, during and after the event our Scottish bag piper, Bill Dunbar's laments could be heard all over, his melody penetrating down the nearby streets. GARDS was very privileged to have some very knowledgeable speakers come to express their thoughts about asbestos in the past, present and what we all hope for in the future. Those speakers were; Eric Windholz who is the Strategic Programs and Support Manager for WorkSafe Victoria, Ian Nethercote, Chief Executive Officer for Loy Yang Power, John Parker, Secretary of Gippsland Trades and Labour Council and GARDS Secretary Vicki Hamilton.

GARDS was very fortunate to have the company of some of the Newborough Primary School year 5 & 6 students choir to sing to the delight of the crowd two very appropriate songs during the Asbestos Awareness program. The Minister conducting the ecumenical service was Russell Jones from the Uniting Church of Moe/Newborough, who gave comfort to those families suffering recent losses.

GARDS launched the new look Asbestos Awareness Badge and spoke of the Asbestos in the Home Removal kit and DVD released in March of 2007.

After the program finished the community were invited to stay for a free BBQ with compliments of the Gippsland Trades and Labour Council. This was a perfect finish to a very eventful ceremony. We thank all those who made a contribution to the success of the day; your attendance was greatly appreciated. Pictured here are photos captured, on the day, of people participating and learning more about the issues that face our community now and into the future.





GARDS Raffle

GARDS were very lucky to have donated to them a beautiful sterling silver opal necklace by two of its members who are avid opal fossickers. Kath & John Simpson found this opal and had it set as a necklace and asked us to raffle it for GARDS.

Kath & John this was such a wonderful gesture and you are two very kind and thoughtful people. Thank you so much for this truly suburb opal, any lady would be thrilled to receive this.

So the GARDS raffle has six prizes in all. The tickets are \$1.00 each

- 1st prize Sterling Silver opal pendant valued at \$400
- 2nd prize Gift pack of Chivas Regal & glasses valued at \$40
- 3rd prize 10 piece BBQ set valued at \$40
- 4th prize Bottle of Johnnie Walker Red label valued at \$33
- 5th prize Gift pack of Jameson Irish whiskey & glasses valued at \$25
- 6th prize Hand made crocheted rug valued at \$20



Ticket selling will commence on the 19th February 2008 and the closing date will be 12th of May 2008.

The draw will take place at the GARDS night meeting on Tuesday 20th of May 2008 at the Newborough/Yallourn RSL, Cnr Ellinbank Street & Darlimurla Avenue, Newborough.

Winners will be notified by phone/mail and names listed in the July/August edition of the GARDS Asbestos News.

If you would like to buy a raffle ticket please ring or come and see us at the GARDS office. All proceeds from the sale will help to support GARDS.

ANNUAL WREATH LAYING & INTERNATIONAL WORKERS MEMORIAL DAY

GARDS will hold its Annual Wreath Laying ceremony to coincide with International Workers Memorial Day on Monday April the 28th in the Centenary Rose Garden, Commercial Road, Morwell at 11.00am.

There will be a free BBQ with the compliments of Gippsland Trades and Labour Council. All in the community are welcome to attend to honour

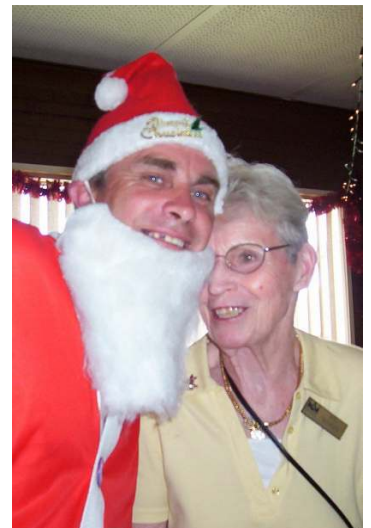
and celebrate the lives of those suffering or who have lost their life to a work related accident or illness.



GARDS XMAS LUNCH 2007

The 2nd of December the GARDS organisation held its annual Xmas lunch party for all its members. The lunch party was held this year at the Newborough/Yallourn RSL. Members travelled from Melbourne, East, South and West Gippsland to attend. This is the only time of the year that some members see each other. There were well over 50 members in attendance. We always look forward to this party as it is nice to have a large number of members altogether at the same time. The meal was catered for this year by Chaci's catering with a marvellously succulent two roast meats, vegies, sauce, and a choice of 2 desserts. Our resident Santa once again weaved his magic and gave us many good belly laughs. Everyone was lucky enough to receive a lucky door prize and those that remained came back to the GARDS office for a cuppa and more chatting. We were very happy that our members had a wonderful day. Here are some of the members with our Santa.





The GARDS members suggested that I print in the newsletter the GARDS Secretary's Report as I did last year so that you can see some of the work that has gone on in 2007. This is the report tabled at the GARDS AGM for your interest.

SECRETARY'S REPORT FOR ANNUAL GENERAL MEETING JANUARY 27TH 2008

2007 has been a year to remember for GARDS with many things on the agenda for the GARDS committee and members. I am proud to say the GARDS organisation has achieved so much in this last 12 months and our work has been rewarding, supportive, progressive & educational on many fronts and I feel very honoured to be a part of an organisation dedicated to helping and supporting others.

Research this year has seen the Palliative Care Study called "A very public Death" – Dr Susan Lee and Barb Cass from the School of Nursing and Midwifery at Monash Uni, Frankston start in February 2007 and this has been on going through this year – we hope to see the end result of this early in 2008. As you will remember this study was about mesothelioma and asbestos related lung cancer sufferers and their families and how they coped with day to day life and the problems they face. We thank all those who were involved in giving information to this project, it is only through involvement from those who are experiencing the health system can we identify difficulties that our families and loved ones face and make real change to benefit those who will need help into the future.

In December 2007 letters of invitation were sent out to all those who had offered to be a part of the project called "Latrobe Valley Power Industry Cohort Study" being conducted by Peter MacCallum Cancer Centre and the University of Melbourne. Dr's Andrew Holloway and Tony LaMontagne are the head researchers in this project and their aim is to gather 1000 power industry workers for the study of asbestos related diseases, one of which is to study the levels of a protein called mesothelin in people with past exposure to asbestos. Mesothelin levels may be higher in some people with mesothelioma, and may be useful for the early detection of mesothelioma or other diseases. The hope is that existing treatments would be more effective with early detection. They are also conducting information and education programs on asbestos related diseases, and referrals to cessation programs for smokers with past exposure to asbestos.

GARDS would like to thank all those who have offered their names and details to this study. All of you are inspirational; because what you are doing will help those into the future who have not yet been diagnosed. This is one of those special times where one human being holds out the hand of friendship to another in a selfless act of generosity. Thank to you all I am sure only good things can come from such an act.

The two projects that I have mentioned will I am quite sure make a difference to those suffering and their families into the future and give hope to all.

Donations for the year of 2007 have been welcome and gratefully received. There are many wonderful individuals and organisations in our community who have opened their hearts to us and given us such support that we have been overwhelmed by their generosity.

Our resident Saints, Terry Carroll and Duane Morrell, have helped support us again this year and we are very appreciative of any donation we receive, but they are more special when they come from guys who care about their fellow workers/mates. We would also like to say a big thank you to Wally? who has helped out this year with Terry and Duane, the Alstom boys have done a fantastic job. Terry, we know you have battled some personal health problems this year yourself and we wish you all the best with your treatments. God Bless you guys, you do a marvellous job in raising the awareness of asbestos in the community and in the workplace.

There are many good people and families in our community who have donated to us over this last 12 months and we always acknowledge them in our newsletters. We have some very special people who have just blown us away with their determination to support us over this last year and I must mention them as it has been on going support: Esme Sherwood from Sydney who has given us unwavering support and written letters of encouragement and given many donations in 2007- thank you so much, Chris Cheetham from Victoria – she has made so many colourful hand made rugs for us this year – your generosity in giving so much of your time & materials for us is wonderful. We have been very privileged to have had two permanent ongoing sponsors this year with G & J Crosby's Contactors and SGS Environmental Services, thank you so much to both these companies.

We have many other companies who give us a sizeable donation each year and by doing so we offer them the chance to have their logo on our web site and in our newsletter. We thank these companies for their support also. We have been honoured also this year to have been given money raised by workers through their companies, and I believe this is so special to be recognised by the very workers that we are trying to support. This gesture tells me that we are doing the right things and to keep up the good work. Thanks to you all, you have no idea what that means to me to know you are in our corner supporting what we do. With some of this money we have been able to buy more medical and office equipment to make our job that much easier.

The GARDS organisation was lucky enough to receive two grants this year. One from Reichstein Foundation to continue our work this coming year in raising the awareness of asbestos, and continuing to lobby for state of the art asbestos storage facilities for the holding of domestic asbestos and small amounts of trade persons asbestos materials. I want to thank Christa Momot and the team at Reichstein for their support and encouragement of our work.

The other grant was from WorkSafe Victoria to help the GARDS organisation to keep on keeping on. It is, I believe, important to have recognition of the work we do from organisations such as WorkSafe. Our work certainly is about health and safety and looking after workers and their families. I want to thank John Merritt for his support and encouragement of our work in the community.

Travel for GARDS this year has seen me going to Brisbane at the beginning of August for the “Power of Us” 3 day conference; it was the 5th Australasian conference on safety and quality in health care. I went to this as a community advisory committee member for Latrobe Regional Hospital. The conference provided an overview of safety and quality in health services from all over Australia and gave an insight into the ways some health services were dealing with issues within their area. I found this a most interesting trip and learnt so much about health care and made many new friends/associations. This helps me to be a better Community Advisory Committee member for my local hospital and helps me with my work at GARDS.

I have also attended quite a few Health Issues Centre meetings in Gippsland and Melbourne on better outcomes in health. It is a great privilege to be able to represent your community on important issues for the health of our community, and further a field.

I think the most important thing this year for GARDS was the unveiling of the “Asbestos in the Home Removal Kit” and the educational DVD that comes with the kit. This was launched in Moe at the town hall on the 22nd March. We as an organisation were very proud to be a driver of this initiative along with Gippsland Trades & Labour Council. We had many government organisations help with the package and I believe, it is, at this present time best practice as we know it. This is for the protection of the general public when they are doing small home renovation jobs that involve the removal of asbestos products from their home. The kit was subsidized by Department of Human Services and Latrobe City; others who donated their time and expertise to this project were Environment Protection Authority, WorkSafe Victoria, Victorian Waste Management, Veolia Environmental Services, and G & J Crosby Contractors & Hazcon.

Latrobe City and GARDS have received phone calls and emails from all over Australia and other countries interested in our kit. We believe the kit will be distributed to councils through out Victoria and who knows where. The kit has been heavily subsidized, as I said, and we hope this will continue where ever it is used, as this will make it a success if the general public can access the kit at a very cheap price and let’s face it, what is a life worth! This kit was the infrastructure for our main project, which was to have state of the art holding facilities for domestic asbestos. We were hoping to get a grant from government to put a pilot holding facility in Latrobe City/Gippsland area, and show government and the general community that a facility of high quality can be put in an area where there is population and it can be safe for all. Only through consultation with community can you get everyone supporting a facility to hold domestic asbestos. This item is still high on our agenda and we will be pursuing this in 2008.

As you would be aware, the nature of our organisation is to support those affected by asbestos related diseases and their families, which we do to the best of our abilities. We become close to these people and their families so, when someone loses their battle to this insidious disease our hearts are heavy, as it is like losing a family member. I personally find inner strength from sharing their journey; they inspire me and give me the determination to go on and fight the battle for them on their behalf. I have met so many wonderful, strong and giving human beings, and they all hold a special place in my heart, I feel privileged to have known them. Speaking of holding a place in my heart....

At the end of 2006 we lost an esteemed member, Peter Griffiths, and in memory of this member his son Wayne named a greyhound after Peter and GARDS called 'GARDS GOOSE' as you would have all seen through out 2007 the dog has had many ups and downs, somewhat like our organisation. I have written all year about GARDS Goose in the Asbestos News and he has certainly entertained us all. GARDS Goose has been running a few races in recent weeks and has blown us all away by his terrific wins. We congratulate him on his achievements and wish him a long and successful life. We thank the Griffiths family for the honour they bestowed on us and Peter will always be remembered with great affection by all of us.

We have many events and meetings through out the year that we hold or attend and this involves a lot of work by people. We have had 9 Support group meetings with some very memorable speakers who came along and enlightened our members on very many and various subjects. We had 10 Night time meetings which were all well attended, where many subjects were discussed and issues highlighted. During the year there was preparation for the launch of the Asbestos in the Home Removal Kit and our annual Wreath Laying Ceremony in April and our Asbestos Awareness Event at the end of November. We also attended the Annual OH&S day in October which this year was held at the Convention Centre. Reps from across Victoria come to this day, 1500 in all and this gives GARDS a chance to catch up with these reps. We handed out approx 900 bags of information on the day and made new contacts and supported others. In between all these the GARDS committee have attended many meetings and seminars, displays and speaking engagements totalling over approx 85 - 90. This I believe is why we are achieving results, as we will go the extra distance to protect and safe guard the lives of the community; we are a committed bunch of individuals. I also bring to your attention that this is no small achievement for a voluntary organisation, this equates to hundreds of voluntary hours that we have put in to ensure those suffering are never forgotten and those to come will have someone to walk the path with them and we will keep pushing for better outcomes.

Talking about better outcomes...

This year GARDS has done a tutorial again for the 6th year at Monash University, Clayton campus to 1st year medical students on the social, emotional, environmental and health outcomes of asbestos sufferers and their families, there were over 320 students all eager to learn more about issues surrounding asbestos. GARDS also did a tutorial to 1st Allied Health students from Monash University Peninsula campus; this tutorial took place at the GARDS meeting rooms. GARDS members and their families are very proud to help to educate and inform these future health professionals and make them better at what they do, this will also give them a better understanding of the fears and concerns that our families face and try to address some of this in a more empathetic way. We believe that this will also get better health outcomes for individuals and families into the future.

GARDS was lucky enough to have come on board a very motivated and caring Psychologist by the name of Danny Blackford who GARDS members can access free of charge on either a one on one basis or come to one of our group therapy sessions once a month in the GARDS counselling room. This gives some comfort and help to those wishing to discuss some of the issues they are facing, either being the carer or the sufferer. I want to thank Danny for being another one of those individuals that I mentioned earlier on in my report who cares about others. It is a real privilege to have you looking after the well being of our members. Thank you so much from all of us.

The GARDS newsletter Asbestos News is created quarterly and now has a distribution of over 1,500 copies. This newsletter goes to health clinics in various areas around Gippsland and to many places too numerous to mention. I believe this newsletter is an invaluable resource to all, as it enlightens and informs about all sorts of issues and events to not only our members but the community as well. I want to thank those who take the time to place handfuls of this newsletter for us in public places near where they live so that others may be informed.

Our medical equipment is always in demand with oxygen concentrators high on the list, oxygen conserving devices, wheel chairs and walking aids, I would like to thank most sincerely those who donate some of this equipment or money towards equipment to make life easier for someone else, you are truly wonderful people caring for your fellow human being in this way.

The one event in our calendar that I always look forward to is our end of year Xmas break up which was attended by over 50 GARDS members. It was so nice to have all of you there together to enjoy the start of the festive season. We had a bit of fun and frivolity along the way and I always enjoy a good party, and I must say I think this year's party was very enjoyable, not to mention the great food too! I want to thank our Santa for giving everyone a few good belly laughs.

Towards the end of 2007 I, two other GARDS members and John Parker from Gippsland Trades & Labour Council travelled to Melbourne to look into starting up a Trust Fund for our Asbestos Memorial/GARDS office. It was a fruitful trip and we will be starting this initiative sometime this year. Talking about GTLC...

I want to thank John Parker and Gippsland Trades & Labour Council for their friendship and support. I believe we have a very good working relationship built on trust and understanding, we have also had many laughs together and look forward to many more this year. Thank you for your unwavering support.

Again in the closing part of my report I would like to thank the following people who without their support to me and the organisation in some way would make this job much harder to do and GARDS would be much poorer without them to...

Dorothy Roberts, our esteemed committee member, I would like to give a big thank you for your overwhelming support of GARDS. You are always there when the chips are down and you have worked extremely hard this year to make sure that everything we do is done with professionalism. Your caring nature shows in all that you do for our members and the organisation. Thank you Dorothy

Pam Nicholson, our Treasurer I would like thank you for your support this year we are very lucky to have you helping and appreciate the things that you do. You have done a great job being the Treasurer and I hope that you will continue to do this as long as you can. Thank you Pam.

Lyle Seear, our President I would like to say thank you for being a good friend and I have appreciated your support through out the year and look forward to many laughs and talks in the office with you this year in 2008. It is good to see you up and walking around so well after your knee operation, which kept you out of circulation for a couple of months. Thank you Lyle.

Trevor Callow, our Vice President I have appreciated the friendship you have shown me in 2007. Again this year it has been a tough time for you health wise, and I understand your decision to resign from our committee. I know you have made this decision with a heavy heart, but for the best interests of our organisation. I will still look forward to you coming along to give me your worldly advice at meetings when you are able to be there or ringing you to let you know what we are up to. Thank you Trevor.

Rod LeLievre, our other esteemed committee member has done a terrific job supporting in so many ways. He has worked very hard to support the organisation and myself and to make sure the things we do were a success. I appreciate all that you have done and thank you so much Rod.

Marie Smith, a tireless worker, I have appreciated your support of our organisation, you too have worked hard this year to make sure that everything we did was an enormous success and you were always there to give a hand and support in any way you can. Your good deeds have not gone unnoticed. Thank you so much Marie.

Bill Raymond, a wonderful volunteer who has committed time to help run our office each week. I really appreciate you being there Bill, you have done a fantastic job and your commitment has not gone unnoticed either. Thank you so much Bill.

Trevor Watson, our Web Master, I thank you so much for always being so obliging and keeping our web site up to date when ever asked. You have done a great job and we appreciate the time that you put into this for us. Our web site is a major link to many people and it is a must that it always presents with the right information at all times. Thank you so much for keeping this happening Trevor.

Graeme Hamilton, another one of those tireless workers who does so much that no one ever really knows is being done; he is a silent worker for the organisation and expects nothing in return for his efforts. Your work never goes unnoticed and we appreciate your input into making our organisation a success. Thank you Graeme, for all your hard work. Also I must say being married to the Secretary of GARDS must carry a burden in itself. I want to thank you for all the support that you give to me personally in the work that I do. You have encouraged and supported me. I could not put the time in that GARDS takes up without your total support. Thank you Graeme, for being so understanding.

Tanya Hamilton, my wonderful daughter, you too encourage and support me in so many ways. I was very proud of you this year when you put so much time of your own into developing our feather design further and created a whole new look for our Asbestos Awareness badge. It is, I believe, striking and is becoming a recognised symbol like our GARDS logo. As many GARDS members would know if they are searching for me at home Tanya takes my phone calls and redirects many people to me, she is such a good assistant Secretary and I am so lucky to have such a talented daughter. Thank you Tanya.

If I have inadvertently left anyone out please accept this 'Thank you' from me as it is so hard to remember everyone's good deeds.

GARDS is doing and achieving wonderful things for asbestos sufferers, their families and the community. The work GARDS does as a voluntary organisation is outstanding and I am proud to stand along side so many hard working people who care deeply about the people and the community they live in. We have, and are, making positive strides forward in so many ways and I know we will continue do so because we believe in what we are trying to achieve.

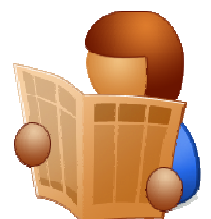
Thank you to all of you who support us, I believe people power can achieve just about anything and I have seen it happen over the last 7 years I have been with this group.

I look forward each year knowing that times, and attitudes are changing and we will succeed in the end. Who knows what 2008 will bring for GARDS? All I know is that what ever good things come GARDS way the people we support deserve all that and more.

Vicki Hamilton
Secretary
GARDS 2007

AGM NEWS

On January 27th the GARDS Annual General Meeting was held. President, Treasurer & Committee member were elected. Those who were elected to the positions unopposed were: President: Lyle Seear, Treasurer Pam Nicholson, Committee Member: Dorothy Roberts. Congratulations to you all. We would also like to thank these same people as they have done a great job in the past.



MONASH UNIVERSITY GIPPSLAND CAMPUS



Picture taken by Sue Whyte

GARDS members were invited to give a tutorial to Medical students at the newly opened Gippsland Medical School. The asbestos disease module for health knowledge and society is a one semester unit that attempts to provide students with the skills to examine health and illness from a social perspective. This is done by taking a range of issues such as asbestos related disease in Latrobe Valley. GARDS members were more than happy to be able to give the social, emotional, environmental and health issues perspective to the students.

It was wonderful to be able to meet and connect with the 60 students who were all very enthusiastic and contributed greatly to the success of the tutorial. We believe they were left with a greater understanding of what asbestos sufferers, their family and the general community are dealing with.

We would like to thank Monash University very much for the opportunity to do this and a special thank you to Ms. Sue Whyte. We would also like to thank Allan & Faye Walker for taking time out of their day to come and speak to the students. Picture above are some of the students and GARDS members.

RETIRING VICE PRESIDENT

At the beginning of this year Vice President Trevor Callow gave his resignation to the committee of management. Trevor felt that he could no longer maintain his position on the committee due to his failing health.

It was with a heavy heart that he did so but felt that it would be for the best. The GARDS committee and members thank Trevor very much for his dedication & commitment to our organisation and we hope his health will improve so that he may still come to our meetings and be a part of our group. Trevor was presented with a Life Membership and glass trophy for his years of service. Dorothy Roberts will fill Trevor's position in the interim until the position comes up at the next AGM.

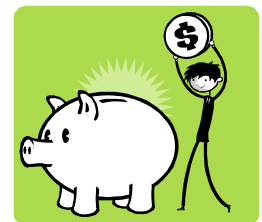
Thank You



ARE YOUR MEMBERSHIP FEES DUE ?

Just a reminder if you have not already paid your fees can you please do so as soon as possible. The fees you pay go a little way to helping with the newsletter and the flyers we send out during the year.

We try to keep our fees to a minimum by applying for any Foundation monies that we might be eligible for and also through kind and generous donations from the community, memorial bequests and sponsorships. Financial membership of this organisation helps us when we are tackling issues for asbestos sufferers and their families and we can say that we are speaking for our members and for their right to be heard. To those of you who have paid thank you so much for your support of our organisation, it is greatly appreciated.





POWER INDUSTRY COHORT STUDY UPDATE

Dr's Andy Holloway, from Peter Mac and Tony LaMontagne, from Melbourne University made a visit on Tuesday 19th Feb to the GARDS night meeting. The point of the visit was to give an update on the study. Our study partners have been busy mailing invitations for volunteers for the study. Since the first letters went out in mid December 2007, more than 640 out of our target of 1000 people have volunteered for the study.

This is a fantastic response, and we sincerely thank everyone who has agreed to join the study. More invitations will be sent out over the next few months, but if you would like to join the study now, contact the GARDS office and they will send you an information pack. From early March, surveys, consent forms and blood sample kits for people to take to Gippsland Pathology will start arriving.

To make it manageable for Gippsland Pathology and the laboratories receiving the blood samples, we will begin by sending the kits to 50 people each week. So do not worry if yours has not arrived, we will have sent all the packages out over the next three months or so.

If you are going away, you can delay getting the blood sample taken until you return. Store the plastic bag etc in a cupboard out of the sunlight. Remember, you need to take the blood tubes and the consent form to Gippsland Pathology as they do not have the special tubes we are using for the study.

Remember if you have any questions please do not hesitate to call us on **1800 080 163**, or you can send us a letter at LVPICS, Reply Paid 67680, A'Beckett Street, Victoria 8006 (no stamp is required).

VERY SPECIAL PEOPLE WHO HAVE DONATED TO GARDS

Firstly we would like to thank so very much the Alstom Workers for their wonderful donation made to us. Terry, Duane and Wally we appreciate all the support and hard work you have done. Thank you so much.

The mecu Credit Union & staff for selling our Asbestos Awareness badges in November & December.

SGS Environmental Services & G & J Crosby Contractors for their ongoing sponsorship each month.

The following individuals and organisations/businesses have all been truly amazing and we could not exist without this support that you give us.

We would like to thank Don Stewart, Nellie Crane, Yallourn/Newborough RSL, Marie Smith, Esme Sherwood, Newborough/Yallourn Community Shop, Victorian Workcover, Ella Coulson, Sharon & Jackson Smith, Nick & Greg Bright, Mr R Kilmartin, Lorraine Williams, Mr M Ricci, Pauline, Mr & Mrs Browne, Mrs S Bright, Mr & Mrs Milligan, Mr B Lankford, Maree Hall, Mr Ferguson, Robert Dunn & Stan & Ivy Brown.



UP DATE ON GARDS GOOSE

Since the end of last year our intrepid dog has run a few more races. He has been doing extremely well and has had a few good wins. Of course I shouldn't be telling you this because as someone advised me I will not get as much on our bets if everyone knows what a great dog he is. I just can't help it though we all get really excited when we know GARDS Goose is going to run. I never knew anything about greyhound racing before GARDS Goose but I am learning! He is the only dog for us. Go GARDS Goose Go !!!!!

I am sure Peter would be pleased to see us all having a laugh and a bit of fun over the dog.

GIPPSLAND ASBESTOS RELATED DISEASES SUPPORT INC

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

Meetings are held at the Newborough/Yallourn RSL
Cnr Ellinbank Street & Darlimurla Ave

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

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 Newborough/Yallourn RSL

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

Signature of

Seconder.....Date.....

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



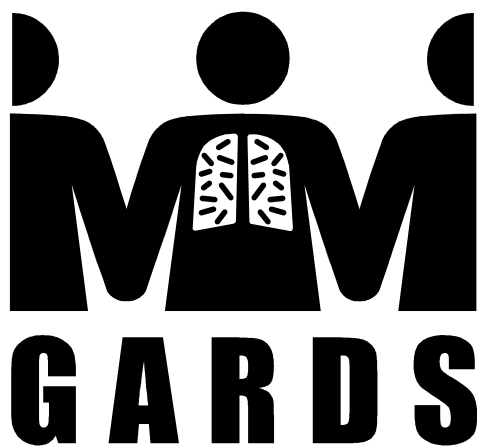
Valley Signs
Ph 5126 1656
Mob 0403 397 800
www.valleysigns.com.au



www.moneytalkplanners.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 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 – 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

*March 25th LV Rights Centre
Dale Reddick*

*April 28th International Workers'
Memorial Day – Rose Garden,
Commercial Road, Morwell
11.00am with free BBQ lunch
afterwards*

OFFICE HOURS

MONDAY: 9.30am – 12 midday

TUESDAY: 1.00pm – 3.00pm

WEDNESDAY: 1.00pm–3.00pm

THURSDAY: 12 noon – 3.00pm

FRIDAY: BY APPOINTMENT

CALL IN FOR A CHAT & CUPPA