

TRUenergy Fun Run/Walk 2010



GARDS was very honoured and privileged to have TRUenergy organise their annual fun run/walk in aid of our organisation. The run/walk took place on Sunday 21st February, there were approx 500 people who ran or walked. The temperature was around the 35 degree mark. There was a lovely breeze at the TRUenergy finish area but very hot on the trail itself.

Many sporting clubs and associations come together each year and look forward to being a part of this great social outing.

The amount of work that goes into organising an event of this magnitude is astounding. It takes many people lots of hours to make an event like this such a success and this day was enjoyed by all who attended.

To all the local businesses and clubs/groups who provided sponsorship or support GARDS would like to thank you so much, it means a great deal to us to have the support of the community in such a wonderful way. A very big thank you goes to Meredith and her team of volunteers at TRUenergy

Major sponsors:

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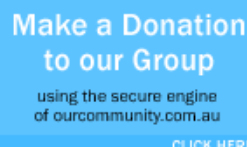
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GARDS Info page

DID YOU KNOW

You can make an on line donation to our group at our home page www.gards.org



Sponsor of newsletter



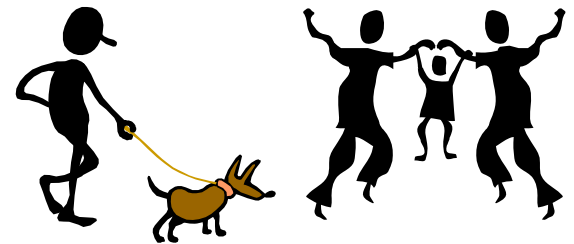


Thank you to Mark Pearson (General Manager, Yallourn) and the management of TRUenergy for their overwhelming support of a very impressive community event. We are very humbled to have been the recipient this year, 2010, and our members were thrilled to have so many support their cause. Pictured left: GARDS members staffing the marquee and handing out information.

Below left: Vicki, Graeme and Tanya Hamilton walking the track. Anthony Bennett GARDS young member ran the track for the association.

Directly below: Vicki Hamilton thanking the crowd for helping to support GARDS.

Mark Pearson (General Manager, Yallourn - TRUenergy) Acknowledging the large crowd that had attended the day and thanking them for supporting the TRUenergy initiative.



Thank You

CENTRELINK CALL CENTRE TOPS



GARDS was very lucky to be voted the main recipient this year of fundraising efforts by the Traralgon Centrelink call centre. What a wonderful privilege this is and made even more special because the Call centre at Traralgon has won two prestigious honours, one being the state award for call centre of the year and the other honour bestowed on them was the Federal award for best call centre in Australia. Interesting to note that there are 25 other call centres around Australia who employ 5,000 staff. What a terrific effort by our 300 staff in Traralgon. Congratulations to all the staff at Centrelink Call Centre, what a mammoth effort by all concerned. You should all be very proud of your achievement. GARDS on two occasions has been to the Traralgon call centre and both times we have had such a great time meeting some of the three hundred staff that work there. They are a great bunch of people who not only do their very demanding jobs well, but in their spare time raise money for charities such as ours and many other deserving causes. You are all very special people and I am sure you hold a special place in the hearts of so many people that you have changed the lives of for the better with your generosity.

From all at GARDS we thank you for your enthusiasm, hard work and dedication. You are tops with us.

Pictured above is Vicki with Oscar - who comes from one of the other charities that the call centre is raising money for - Southern Ash Wildlife centre. Pictured right is Paul Giannini - Manager of the Traralgon Centrelink office. The variety and size of animals cared for by the Wildlife centre are diverse, as you can see.

One of the items that is being bought with fundraising money is a second marquee 6 x 3m to help shelter and protect our members from the sun, wind and rain on our events in the Rose Garden Morwell. A patch will be sewn to the marquee that states who raised the funds for this equipment. We will keep you informed during the year of other items of equipment being bought with the fundraising money.



You can make an on line donation to us by accessing our home page at: www.gards.org then click on the blue button with "make a donation to our group"

Make a Donation
to our Group
using the secure engine
of ourcommunity.com.au
CLICK HERE





SPECIAL PEOPLE & ORGANIZATIONS



To all our wonderful and loyal supporters who donate to us we always like to recognise those donations made to our organization - you are who keep us going!! Each and every one of you are thought of in a special way.

Jack Fawcett, Bernard Henne, Vic Robinson, Laurence and Gwen Hall, David Lehmann, Ken Jackson, Gerald and Pat Moore, Peter Fanning, Rhonda Dunn, Doug & Irene Elliott

Donations In Memory of:

Peter Miller from David Blowers & Sarah Pile, Power Works, Brian & Nola Porter, The Mansfield family, Jack Fawcett, Michele Chester, V Waddington & C Spencer, R Harris, Production Dept Hazelwood Power Station, Mr & Mrs Johns, Brian Kerr, K Van Vliet, John & Connie Van Eyk, 2 anonymous donations

Ross Hender from Masons Victoria - Walhalla Lodge No 69

Bob Ruiter from Wendy Bright, Nic Bright and Nell Ruiter

Dirk Bakker from Gwen, Lance and Jennifer

Bill Young from Tina Doherty and Peter Hamner

On line donations from - Vicki Hamilton, Amy Johannsohn, Neil McInnes, Cecilia Dart, Drew Solley

AUSTRALIAN NURSING FEDERATION

GARDS thanks you so much for your monetary support of our organization. Your donation helps us to keep supporting sufferers and their families who need our help. Your kind donation and words of support help us to keep on keeping on!

AMALGAMATED METAL WORKERS' UNION

To the wonderful team at the AMWU we thank you very much for your monetary donation to our organization. It is great to get such terrific support from you for the work we do in the community.

A special thank you to Maree Hall who every year without fail always makes a donation to our organization - she has been a supporter of GARDS for many years and even though we have never met Maree we thank you for your unwavering support of our organization.



SCOOTER DONATION

GARDS would like to give a big thank you to Phyllis Soutar of Morwell who donated her beloved electric scooter to GARDS. Phyllis could no longer use the scooter due to ill health and wanted it to go to a place that it would be used and appreciated. We thank you so much Phyllis for thinking of the GARDS organization and we will take good care of it. The scooter will be a welcome addition to our equipment bank for sufferers of asbestos disease.

Once again Phyllis thank you for your generosity and compassion towards others. We wish you all the best.

WE WOULD LIKE TO GIVE A BIG THANK YOU TO THE STAGE 2 MILLS (SILCAR - LOY YANG) EMPLOYEES FOR THEIR GENEROUS DONATION TO GARDS. YOU ARE TERRIFIC!!!!





TRIATHLON APM GROUP

APM Group current project: Western Heights College Geelong



GARDS would like to thank so much all the APM group for their wonderful support of our organisation. It is heart warming to see so many get behind our sufferers and their families. Even these triathletes have been touched by asbestos disease in their families and they know only too well what our families must endure. Thank you for your generosity.

On the 28th of February employees at APM Group competed in the Nissan BRW Triathlon. As a compliment to their efforts they chose to raise money, through sponsorships, for GARDS. With the support of all their employees the triathletes were able to raise over \$2,500 to help GARDS. In addition to this sponsorship, APM Group management have matched the money raised by the triathletes as a further donation to GARDS.

APM Group is a commercial construction company that has successfully serviced Victoria's construction market for over 20 years. Guided by a philosophy of 'construction excellence', APM Group specialises in delivering construction projects within the \$10M-\$30M bracket across a broad range of sectors including government, education, health and aged, commercial and retail. APM has significant experience and expertise in delivering private and institutional construction projects, in both metropolitan and regional Victoria.

APM Group invites you to visit their website at www.apmgroup.com.au for further information and for any professional enquiries regarding construction projects, please contact Matthew Dole, Director

Business Development, or Whitney Hammond, Business Development Assistant, on 03 8413 0000.



CSR DEMERGER

At the beginning of this year GARDS was advised that CSR had a demerger application before the Federal court. In early Feb the court considered those plans. This application was brought about by overseas interests in part of CSR's company. In a nut shell this is what has happened so far. A Federal judge has blocked the proposed demerger of CSR's sugar business, he stated the restructured building products company would be less likely to meet its future asbestos liabilities if it went ahead. Justice Stone stated that the proposed demerger was inconsistent with public policy & commercial morality & that uncertainties about future asbestos liabilities would not be adequately be disclosed in the draft statement explaining the implications of the demerger to shareholders. CSR had planned to demerge its sugar & renewable energy business into a company call Sucrogen. The new CSR would retain the building products, property & aluminium business. But the demerger would also leave CSR with a reduction in capital, which prompted concerns that this company would not be able to meet future asbestos claims. When CSR applied to court for approval for the shareholder meeting to go ahead, several companies, as well as the NSW government objected. The corporate regulator also got involved . Expert financial evidence was provided to the court about the future cost of asbestos claims, but these figures varied. Justice Stone said in a written judgment. "Moreover, these same issues lead me to conclude that the material in the explanatory statement cannot provide adequate disclosure to CSR shareholders of New CSR's ability to meet these future liabilities". A spokesman for CSR said outside the court the company would consider the decision. GARDS will keep an eye on any further developments and you can be assured we will make sure asbestos sufferers and their families are protected at all costs



NEW PRESIDENT FOR GARDS



GARDS new President, Brian Clegg has asbestosis and knows only too well what effects the disease can cause. Brian's exposure was as a boiler attendant with the local hospitals. He has been a member of the GARDS organization since 2006 and has worked helping the group with setting up and packing up at events such as the International Workers' Memorial day and the Asbestos Awareness Day that we have every year. Brian has been inspired to help support sufferers and their families after meeting many of the members who suffer with asbestos disease and wanting to help to make their lives easier. Brian's wife Ann is also a member and part of the committee, she has been helping to support sufferers for the last 12 months in her duties as a member of the team.

In retirement Brian felt he wanted to give back to the community in a meaningful way, and when he was diagnosed with asbestosis 6 years ago he decided that he could make a positive contribution to asbestos sufferers by joining GARDS and making a difference, while also receiving the support that he needed himself. Since retirement Brian did voluntary work in Lakes Entrance with Lakes Care, taking patients to doctors and hospital appointments. He also volunteered his time to working in the RSPCA opportunity shop and he was an active member of the RSPCA committee. The GARDS organization believes Brian will make a valuable new member of the committee.



AGM



On January 30th the GARDS Annual General Meeting was held. President, Treasurer, & Committee member were elected. Those who were elected to the positions were: President: Brian Clegg, Treasurer John Parker, Committee Member: Marie Smith Congratulations to you all on gaining your positions. I am sure you will do a wonderful job. GARDS would like to thank the outgoing committee members for a truly magic year full of surprises. A big thank you to Lyle Seear for his dedication and commitment to GARDS. We hope you will stay an active member for a long time to come. We welcome Brian Clegg as our newest member to the committee and wish him all our very best for the coming year.



INFORMATION/CHANGE TO FEES?

At the last GARDS night meeting it was discussed at great length about fee renewal. Some of our members find it quite hard to remember when their fees fall due. So it was decided that the due date for fees would be changed to one collective date for all. The new date for all fee renewal will be the 31st of October of each year. This is the date of the financial year of the organisation. We hope that all will find this less confusing and it will make it easier for the administration to keep track of fee renewal. Those who have paid fees in recent times, your fees will be due again on 31st of October 2010. All those with fees falling due in the next 7 months, if you pay your fees now your fees will not be due till 31st of October 2011. If anyone has an issue with this or has hardship in paying their fees please come and see Vicki to arrange other ways for your fees (it will be treated in the strictest of confidence) We hope this will be a much easier method of fee paying from now on. Thank you for your understanding

THANK YOU TO THE DOHERTY & HAMNER FAMILIES

The members and committee of GARDS would like to thank so much Tina and Peter and their partners for donating an oxygen concentrator to GARDS in Memory of Joyce Hamner, their mother and mother-in-law. We are overwhelmed to receive a wonderful donation such as this to help others in need.





INTERNATIONAL WORKERS' MEMORIAL DAY

Well it's that time of year again when GARDS holds its Annual Wreath Laying ceremony to coincide with International Workers Memorial Day on Wednesday April the 28th in the Centenary Rose Garden, Commercial Road, Morwell at 11.00am.

RETIRING PRESIDENT



After our January 30th AGM Lyle Seear enjoyed an afternoon tea with friends and associates who gathered to enjoy and reminisce with Lyle. Pictured above is Lyle with his glass trophy in appreciation of his dedication to GARDS. Lyle would like to thank all those who came along and made the day a great success.

LIGHT



Sheena Jones, art director, along with the GARDS group invite you to an art display that had success in Melbourne last year at Melbourne Universities Theologian College, which was a part of the Wisdoms Feast event.

The GARDS members worked on pieces of art they believe tell a story of power workers and their families from the 1920s through to present time. It is, we believe, a powerful display of the hearts, minds and souls of families and workers past and present and the journey that they have taken with its highs and lows, and the sacrifices that these individuals and families made to bring cheap electricity to the State of Victoria at a high price to human life. We urge all in the community to go and view the art as it conveys a strong message of love, hope, unity and the strength & dignity of a work force and their families who gave everything they had. The venue is the Traralgon & District Art Society Gallery (Old Railway Station) "On Trak Gallery", Queens Parade, Traralgon, Opening night will be 2nd of May at 6.30pm. Latrobe City Mayor Kellie O'Callaghan will open the display. The art display will be on show Mon, Tues, Thurs & Frid 10.00am - 3.00pm in the month of May.



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.

Invited speakers are Latrobe City Mayor Kellie O'Callaghan, John Parker from Gippsland Trades and Labour Council, and a mystery guest speaker who will talk about the very emotional and sometimes dangerous job they do as a part of their everyday life. We will set time in the ceremony for an ecumenical service so those who would like to bring flowers & pay tribute to workers who were tragically taken from us or who are suffering as a result of work place accidents.

Of course, our resident bag pipers David Duncan and Bill Dunbar will be in attendance and singer/guitarist Danny Boothman from the Strzelecki Strings will be there.

We would love to see all of you join us for this occasion and show families from the Gippsland community how much you care.

One of the art pieces in the display





GTLC LABOUR DAY DINNER



Pictured above left back: Graeme Hamilton, Ann Clegg, Brian Clegg - Front left: Dorothy Roberts, Marie Smith, Vicki Hamilton - Tanya Hamilton absent from photo

The GARDS committee and two members of GARDS attended the annual Labour Day Dinner hosted by Gippsland Trades and Labour Council. This year's event was at the Moe Racing Club's function rooms.

Speakers on the night were: Johan Scheffer Upper House Member for Eastern Victoria, John Parker, Secretary of GTLC and Margaret Blanc speaker for the Women's Action Coalition.

The event brings together many diverse groups who get together to talk about issues that affect our community. We thank GTLC for organizing the night and to the Moe Racing Club for the good food enjoyed by all

MONASH GIPPSLAND 1ST YEAR MEDICAL STUDENTS

Eighty 1st year medical students listened to tutes delivered by families who had been affected by asbestos disease. This is the third year that GARDS have been a part of this tutorial for students. We give them a picture of the emotional, social, physiological and environmental issues that communities & families face who have a loved one suffering asbestos disease. We hope the students will take away from the tute a sense of the impact that exposure to asbestos has had on the Gippsland community and further afield. The struggle our families and their loved ones have faced has been over a very long period of time with many thousands of people dying of asbestos disease. We want to convey to the students the issues that GARDS has had to overcome to help support sufferers and their families. With this insight, students will be better informed to ask the right questions and support families who are seeking medical advice, diagnosis, help and support for their loved ones and their family.

Below from left is Sue Whyte - Monash, Rhonda Dunn - GARDS, Vicki Hamilton - GARDS, Ann Dettrick - Monash, Dorothy Roberts - GARDS, Margaret Simmons - Monash and Marie Smith - GARDS



A BIG THANK YOU TO THE UNITING CHURCH THRIFT SHOP

GARDS was thrilled to received a donation from the Newborough/Yallourn Uniting Church Thrift shop in Rutherglen Road, Newborough. We thank the volunteers and the committee of the thrift shop for thinking of our organisation. The money donated will buy medical equipment, that we can loan free of charge to GARDS members who have an asbestos related illness.

This will make their life that much more comfortable. Thank you for being so caring & kind.



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

Tuesday 30th March

Wed 28th April – Memorial Wreath Laying – Rose Garden, Morwell

Tuesday 25th May

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

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 2010

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

Signature of
Secunder.....Date.....

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



Your Voice



LAWYERS

Gippsland Trades & Labour Council



SILCAR

Valley Signs

Ph 5126 1656

Mob 0403 397 800

www.valleysigns.com.au



Gippsland Asbestos Related Diseases Support Inc.



GARDS INC.

We are situated at:
41 Monash Road,
Newborough, Victoria. 3825
**PO Box 111,
Moe, Vic. 3825**

On line donations

<http://www.givenow.com.au/gards>

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 with a qualified psychologist free of charge for those who have been diagnosed with asbestos related disease and also their family members. If preferred telephone counselling can be arranged.

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:

Brian Clegg - 51762286

Mobile 0427007505

Vice President:

Dorothy Roberts – Ph. 51274174

Mobile 0407274174

CEO/Secretary:

Vicki Hamilton – Ph. 51278219

Mobile 0407274173

Treasurer:

John Parker

Mobile 0408535671

Member:

Marie Smith – 51271427

Mobile 0427271427

Ann Clegg - 51762286

Mobile - 0439662282

G.A.R.D.S. FEES

Joining Fee - \$5.00

Annual Fees:

Pensioners/Concession/

Unemployed - \$3.00

Employed persons - \$11.00

Fees fall due 31st October each year.

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

30th March

Community Engagement Presentation

Sara Rhodes-Ward

20th April

Night meeting

Wednesday 28th April

International Workers' Memorial Event

in the Rose Garden - Commercial Road,

Morwell - 11am

25th May

Australian Hearing Centre

OFFICE HOURS

MONDAY to THURSDAY:

10.00am – 4.00pm

FRIDAY: BY APPOINTMENT

CALL IN FOR A CHAT & CUPPA