

ASBESTOS NEWS

GIPPSLAND ASBESTOS RELATED DISEASES SUPPORT INC.
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VOLUME 5 ISSUE 3

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TRU ENERGY, ABB & SILCAR CHAMPIONS

GARDS committee and members were very pleased to hear the news that our organisation had been chosen by the workers of these companies to donate their health & safety rewards to us.

This donation came through Yallourn Ws major outage which involved maintenance work on one of the generating units at Yallourn, the work had to be well planned, managed and executed as it involved high numbers of personnel working in all areas of the plant. We are just overwhelmed and honoured to accept this significant donation to GARDS. As we have said in the past it is through this sort of recognition from workers that we are proud of what we are achieving. We know that we have their approval of what we are doing to make not only our community safe but support those affected by asbestos disease. The companies that were a part of this donation were honoured with an afternoon tea by the GARDS committee and members. Thank you to you all for your generosity and caring.

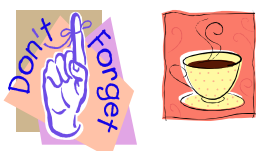
The donation couldn't have come at a more appropriate time because the second hand photocopier that we bought many moons ago is on its last legs and we have been crossing fingers hoping to keep it going as long as possible. We now will be able to buy a brand new basic one that will be able to do all the things we need it to do. **Cont... on page 2.**

Pictured below back row left: Dale Hogarth – TRUenergy, Laurie Mifsud – Silcar, Will O'Callaghan – TRUenergy, Dorothy Roberts - GARDS, Tony Wyatt – Silcar, Vicki Hamilton – GARDS, Alan Young – ABB, Pam Nicholson – GARDS
Front seated from left are: Lyle Seear – GARDS, Trevor Callow – GARDS and Marie Smith – GARDS **Picture taken courtesy of Meredith Bowden - TRUenergy**



DID YOU KNOW?

Calling GARDS members sufferers & their carers Please refer to page 5 for a special invitation to a unique afternoon tea.



Major sponsors:



TRUENERGY, ABB & SILCAR CHAMPIONS CONT.

I can advise all our readers that the volunteers in the office that do the paper work are ecstatic about the news of a new photocopier; it will make office life a lot less complicated. We also need a new printer as our other one is very tired and needs a hand. There is even enough money to buy some more conserving devices for oxygen bottles to loan out free of charge to asbestos sufferers. They will have the companies names put on them and who donated the money for them. So all in all it is just fantastic to be able to do so much that has been put on hold for so long. We thank you all for being supportive and helping the volunteers and the sufferers to make life a bit easier all around.



Thank You



Some very special others in our community who have donated to GARDS are:

Patricia Maxfield, Gippsland Budgerigar Society, Geoff & Wendy B, Lindsay & Tina Meredith, Marion & Bert Taylor & K Savige, G & T Wilson all gave to GARDS as a memorial tribute to Neil Somerville
Moneytalkplanners donation, To the Somerville family for their donation of assorted medical aides for asbestos sufferers



INTERNATIONAL WORKERS' MEMORIAL SERVICE GARDS ANNUAL WREATH LAYING CEREMONY



On a very cold April 27th day in the Rose Garden, Morwell at 11.00am all workers and their families who had suffered a loss or who are suffering due to a work related illness or injury were honoured. The lives of these workers were celebrated for the contribution and in some cases the ultimate sacrifice that they have made in their working life. Glenn Thompson Assistant National Secretary of the AMWU spoke about two AMWU members who, last year, lost their lives in work related accidents. Rick Gauci an AMWU delegate with Silcar at Yallourn mine who lost his life in a work related accident on the 31st of October 2006. Rick is survived by his wife Debra and his three daughters Teagan, Courtney and Bree. Scott Thorburn was killed in a tragic workplace accident while working for Silcar at Loy Yang on the 9th of December 2006. He is survived by his parents Ken & Judy and his partner Kelli, sister Kylie and nephew Griffen. He spoke about how the combined hard fought recent victory of just compensation from James Hardie will ensure the victims of Hardie's products will be properly compensated.

International Workers Memorial day, reminds us of the need to continue to do much more – to learn the lessons of the needless death and suffering to workers and their families across the globe. The Internatinoal Labour organisation a UN body of unions, government and employer organisations – estimates that every year, 2.2 million people die from occupational accidents and diseases. A further 400 million suffer serious injury or illness. These are staggering figures. It remains one of the greatest global tragedies, that most of these are preventable.

In Australia, the International Labour Organisation estimates: 7,200 Australians die as a result of their work every year- that is 20 per day. This is 2 1/2 times the number recognised by our governments.





INTERNATIONAL WORKERS MEMORIAL SERVICE GARDS ANNUAL WREATH LAYING CEREMONY

The ILO also estimates that for every fatal accident there are: 1,200 injuries requiring 3 or more days off work; 7,000 near misses

Global unions have chosen Cancer, OHS Enforcement and Asbestos and HIV Campaigns as key themes for this year's Workers Memorial Day.

Cancer is now the single biggest cause of work related deaths globally, claiming 600,000 every year - or one life every 52 seconds.

Despite what we now know, the risks of cancer from work are still played down by governments, enforcement agencies and employers. I am pleased to announce that the AMWU is joining a global union campaign being launched today around the world by our international union affiliate - the International Metalworkers Federation. The 'zero occupational cancer campaign' aims to highlight to workers and the public, that people face a workplace cancer risk today higher now than at any other time in history. More than one in five workers face a cancer risk from their work and it is now estimated that up to 16% of all cancers are the result of exposures at work.

A risk that we are not hearing enough about and that needs immediate action by all of us, but in particular our governments and regulators. The AMWU will be contributing to this campaign through education, information and promotion of workplace action by our network of health and safety delegates in Australian workplaces over the next year.

I have to say though, that our job of protecting health and safety rights and conditions of workers has become much more difficult in the current industrial climate. This also relates to another key theme of Workers Memorial Day - OHS Enforcement. Workchoices, AWA's and unfair dismissal changes add up to big effects on health and safety. They encourage a move away from enforcement and reporting of incidents.

Longer working hours, increased stress, less job security and unwillingness to discuss and report health and safety issues, we believe will contribute to a decline in health and safety.

We are appalled at changes last month to commonwealth health and safety laws that seeks to exclude and frustrate any role for trade unions in health and safety whatsoever.

These law changes also cut out journey claims to and from work from eligibility for compensation. These laws also narrow the definition of disease and injury and promote the move by private sector workers from the largest companies, into a commonwealth system of self insurance and weak enforcement.

All changes that reduce genuine consultation, representation and just compensation on health and safety matters.

Despite these challenges, the union movement, particularly the AMWU, is determined to keep up the fight against any winding back of health and safety rights and standards.

I wanted to conclude today on a more personal reflection on the meaning and importance of workers memorial day, with a poem I found recently attributed to Mike Baird from the International Machinists and Aerospace Workers.



**I write these words of honour for those who gave their lives
And for their families, their husbands and their wives
For those whose lives were spent, doing what they must
Working for a living like everyone of us
Their time cut short by things that didn't have to be
To make the workplace safer for people like you and me
To make sure their stories will never go untold
To always keep their memories from ever growing cold
We must remember the price they all had to pay
When we honour the men and women on Workers
Memorial Day.**



INTERNATIONAL WORKERS MEMORIAL SERVICE GARDS ANNUAL WREATH LAYING CEREMONY

One of our other speakers who spoke so eloquently was John Bottomley, Director of Creative Ministries Network. He started his address to the crowd gathered:

In less than three weeks time it will be the third anniversary of the death of my wife Margaret's step-father. Wal died of the asbestos-related disease, mesothelioma. A few months before Wal died, he asked me to conduct his funeral. This request was typical of his love for his family. He wanted to do everything he could to make his death easier for them, and making his funeral arrangements with me was his way of taking away some of the burden of this painful responsibility from his loved-ones.

I experienced the trust Wal placed in me for his funeral as an exquisite anguish! I knew that the conversation he initiated with me held a deep sense of privilege. He opened his heart to me with a tender strength I had only seen once before, more than thirty years ago when he asked me to officiate at his wedding to my mother-in-law. Because Wal spoke so rarely about his deepest feelings, I knew how profoundly important it was – our conversation about his death and his funeral. I knew I had been entrusted then, as I knew at the time of his marriage, that I had been given a sacred trust to hold. And I knew that the weight of this trust was more than I could bear.

This is death's exquisite anguish – it invites you to know a depth of love in the life you have shared with a loved-one while at the same time, it undermines and dismantles your very sense of self. This is for many people a frightening experience because these two experiences feel like they are in opposition to each other while at the same time they feel as if they are joined hand in glove!

One moment of shared gratitude for life's blessings with a loved-one and the fullness and tenderness of love, the next moment in their terrifying struggle for breath, the crushing emptiness of powerlessness.

One moment of reaching out for support touches the abiding peace of trust, the next moment an overwhelming grief and the soul-destroying struggle of loneliness.

One moment of treasured remembering touches the intimacy of the heart's deepest murmuring, the next moment of fragmented and distracted thought dropping into the darkness of despair.

Sharing the journey of loved-one's dying from any asbestos-related disease immerses you into what for me was exquisite anguish. At the very moment I learned again what is of ultimate value in life, I was plunged into a depth of chaos and struggle that at times was overwhelming. I found my sense of self was inadequate to the challenge of all that churned inside me and was set loose around me by Wal's death. But rather than being defeated by this journey with Wal's illness and death, it was more like being purged or purified by fire. It not only changed me, it also changed the way I see the world.

Wal loved his work. It gave him enormous satisfaction to be at work. But his work killed him. At work, he was exposed to asbestos and the thing that he loved so much took his life because his work was not safe. His work as a fitter constructing train carriages was not done in a healthy environment. So I don't believe in all the talk about work/life balance. I believe in life balance. Today our society needs such a reverence for life that no-one's life will ever be put at risk because their work is not carried out in a safe and healthy environment. I don't believe in a society that makes work the centre of life. I don't believe a strong economy is the moral issue for our time, as some politicians have argued. Reverence for life is the moral issue of our time, and there is no part of our society where that sacred value does not hold sway!

Wal also believed in hard work. One of my observations about the men who have died at work from a traumatic incident is that they worked hard. They worked hard to provide for their families. They worked hard to improve their own lives. They worked hard because they believed that it was a good thing. I can remember being told from childhood if I wasn't putting in a serious effort – 'hard work never killed anybody'. Today I am here to tell you that is a lie. Hard work killed my dad from a stress-related heart attack because his work wasn't safe and healthy work. Hard work killed my wife's step-father because his work wasn't safe and healthy work.

And hard work also doesn't fill the emptiness and loss of grief. For most of my life, when I felt a bit down or unhappy, I would turn to my work. I enjoyed the satisfaction of solving a problem, completing a project, helping someone else in trouble. But work never resolved the unhappy feelings inside me. It just pushed them down further inside me, and they came out in unhealthy ways – in anger at other people, in headaches or feeling sick, in interrupted sleep, or eating too much comfort food. Hard work did not heal my heart broken by grief.

Hard work cannot mend a soul burdened by sorrow. This realisation has changed my view of my self and my view of the world.

The truth is that a work-related death has the power to shatter not only your view of yourself, but everything you believed in. The experience can undermine your trust in the world as you knew it. You may experience the breakdown of family relations, the loss of friends, disillusionment with the justice system, and governments. You may find you no longer trust employers or unions or the church or even God. And perhaps most difficult of all, you may wonder about the worth of your own life when so much you had believed in has let you down.

Perhaps you are here today, as I am, because you have been plunged into this sometimes terrifying experience of grief because of work-related death. And when you look around you, you see other faces who know this hard truth, and you know you can talk about this truth here and you will be understood. And it is knowing this acceptance that is the foundation for your healing and your future. There is a bedrock of truth in your simply being here today. That the truth is in your remembrance of your loved-ones whose lives were gifts of love to you. This truth is in your community of support for the sick and dying, and in your unconditional acceptance of each other in the dark night of the soul's sorrow and grief.

The challenge for Australia today is not about the economy, as the Prime Minister believes, or even about the economy and the environment as Mr Rudd says. The challenge for Australia today is how to grasp the truth that is etched in the hearts of countless thousands who are grieving a work-related death. **Continued on page 5**



The challenge for you and me today is to be people who have been shaped by a heart-wrenching journey into a most profound truth, which is simply this. We are to be people who value life and love above all else.

This ceremony of remembrance is nothing less than a light to the nation. For today we know the truth about solidarity and community. Today the false promises of ideology and politics and industry are revealed for what they are, and we know their destructiveness. Today we know that the truth find its strength in the power of love. You and I have been equipped to speak the truth to those in power by the eternal power of the loving spirits of those who have died – that loving spirit which rests gently and reverently in the hearts of each of you. I know the spirits of my dad and Wal are present today, and I know a cloud of silent witnesses surrounds us.

Today you may each know that the truth and love you hold in your hearts and souls is sufficient for your healing, and for the renewal of your life's purpose.

Today you may know that the truth and love you hold in your hearts and souls is a beacon for our nation's future. Let the truth and love you hold in your hearts and souls so shine that the day will quickly come when death from work-related causes will cease, and work will be characterised by its ultimate reverence for human life.

May that day come quickly. Until it comes, let the truth and love in your heart shine. Let it shine!

AFTERNOON TEA INVITATION TO GARDS SUFFERERS AND CARERS

A special invitation is issued to you to come along and mix with our 1st year Allied Health students on **Tuesday the 14th of August at 2.00pm.**

The students are coming to GARDS for the day for a tutorial and they would like to meet as many members of GARDS as they can – this would be an opportunity to talk about what effects asbestos is having on your life style and maybe ways in which the students might learn to tackle and understand some of the effects. There will be 12 students here to learn about the health of our sufferers and their carers also the social, emotional and the environmental problems being faced in our community.

The afternoon tea is being provided for this occasion so GARDS members please note that you do not have to bring a plate for this social event.

We would like to see as many of you as possible at this special afternoon get together to contribute to the success of the day.

Could you please let Vicki know if you are able to make it or phone the office during office hours. This will help with catering purposes.



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.



WORKPLACE RIGHTS EXPO



Pictured above from left are: Graeme Hamilton, Rod LeLievre, Dorothy Roberts & Marie Smith
Picture taken by Vicki Hamilton

The 17th of July saw the GARDS team with a display at the Workers' Rights Expo. The Expo opened at 10.00am with enthusiastic GARDS people there to help people with any inquiries that they might have regarding asbestos.

The team worked diligently all day and then came back to the GARDS premises for our night meeting.

We hope that the people that did take information away from our team that day are more informed and can make decisions about what is affecting them with a better understanding.

We would like to thank the GTLC for organising the day and the opportunity to be a part of this.

We believe that this should be an on going event from year to year for the community of Gippsland.

Vicki would like to thank the team photographed left for their efforts on the day - with out dedicated volunteers like you we would not be able to make a difference. Great Work and Well done !!!!



MONASH CLAYTON TUTORIAL 1ST YEAR MED STUDENTS



Pictured above are: front row left: Dorothy Roberts, Marie Smith, Vicki Hamilton, 2nd row: from left Graeme Hamilton & Tony Medina, 3rd row from left Trevor Callow & Lyle Seear & back: Rosalie Aroni

April 30th saw the GARDS team at Monash University Medical School - Clayton campus. Again we were privileged to be a part of the tutorial for the 1st year medical students.

This year there were over 340 students learning about the impact that asbestos has on the sufferers and their families. They too learnt about the social, emotional and environmental issues that are brought about by this deadly material - asbestos.

The students had lots of questions and we hope that with the experience provided by the speakers that they got a real insight into the effects that asbestos has in a community of people and the individual effects it has on families having to cope with the diagnosis of asbestos disease, not only in their family environment but with the day to day health issues that they must face.

GARDS would like to thank Tony & Maitea Medina for their attendance at this tutorial we greatly appreciate their involvement and we are sure that the students were enlightened in many ways too numerous to mention.



GARDS GOOSE



Well I am sure you have all been wondering what was happening with our name sake GARDS Goose since he injured himself on a training try out. He recovered nicely from that and he went to trial easily winning his race. So Wayne and his mother Evelyn invited the GARDS members to the first official race of GARDS Goose. It took place on the 22nd of June and the dog came out of box 6 at the Traralgon race course. It was very exciting and over in a matter of seconds. GARDS Goose came in 4th out of a field of 8 runners.

The sad part of this first race was that when GARDS Goose came out of the box to start his race – he fell out and broke his shoulder. Of course no one knew this at the time and GARDS Goose got up to complete his race and came 4th.

The determination of this dog to race even with a broken shoulder actually displays the sort of courage and determination of our asbestos sufferers in the face of adversity with the odds stacked against them they soldier on just like GARDS Goose.

The good news is that the shoulder should be better in another couple of weeks and we wish him the best of luck in his recovery and racing career.

Photographed left are Wayne's family, his mother Evelyn and the GARDS members with GARDS Goose



IPAC FINANCIAL SERVICES – TIPS & ADVICE

“Money worries can make life hard at the best of times. But when you’ve experienced something as life altering as a serious injury or illness to you or a loved one, financial stress is the last thing you need.” Paul Clitheroe*

Stress affects all of us in different ways, and the way we deal with money matters under stress is no different – some of us may spend like there is no tomorrow, while others can’t bear to part with a cent. So coming to grips with your financial situation as well as making sure you know what benefits and options are available to you is one of the first, not the last things you should do.

Over the next few newsletters we will give you some tips and strategies that may help you make the most of your financial situation. Today, we will focus on taking control of your money.

All of us, no matter what our money situation, need to know where we stand financially. The good news is that a quick stocktake of your money situation will tell you how well you’re doing and if you need to take any action to manage your income better and cut costs (this knowledge alone will cut your anxiety levels).

A stocktake involves three easy steps:

1. working out what you’re actually spending – down to the dollar;
2. working out how much money you’ve got coming in; and
3. based on steps 2 and 3, creating (and sticking to) a realistic budget.

Step 1: Taking stock – how much are you really spending?

When money’s tight you need to know exactly where it’s going. In this first step you’ll be recording all your outgoings:

Regular weekly expenses - don’t forget expenses like haircuts, take aways and even regular cups of coffee – they all add up. You may find it helpful to keep a money diary for a couple of weeks to record your spending.

Major bills - make sure you identify peak bill paying periods so you’re prepared for those months when they all seem to come at once.

Here’s a checklist to start with

- | | |
|--|---|
| Groceries | Takeaways/eating out |
| Entertainment | Clothes |
| Haircuts | Medical and dental |
| Petrol | Car rego/maintenance |
| Phone | Rent/mortgage payments |
| Gas | Electricity |
| Council rates | Water rates |
| Insurance (health/ home and contents/ car/income protection) | Childcare fees |
| School fees and uniforms | Children’s activities
(e.g. dancing, music, sport) |
| University fees | Travel (e.g. train, bus) |
| Credit card repayments | Personal loan repayments |
| Personal loan repayments | |
| Vet bills and other pet costs | |
| Carer expenses (e.g. home help) | |
| Birthday presents | |
| Holidays | |
| Other expenses | |

ipac have developed a budgeting tool called the Smart Money Guide. You might like to use this to assist you identifying where your money is going. You can download the Smart Money Guide by going to www.ipac.com.au/smg/content/index.html.





TIPS & ADVICE cont....



Step 2: What's coming in?

Write down all your regular income such as salary, Centrelink benefits, income from investments, as well as cash lump sums (e.g. from insurance policies, a super lump sum, payout from work) and list everything you own including car(s), your home, investments and rental property.

If you have a concession card through Centrelink make sure you are using it to its full advantage. It may entitle you to a rebate on your power bill, phone bill, reduced council rates, free car registration through VIC Roads, cheaper prescriptions, travel and other concessions.

Step 3: Take control and take action.

Hopefully, your outgoings are less than your available money. If not, you need to take some action. Even if you feel you are coping OK financially it is good sense to make sure you're making the most of your money – which is where your budget comes in.

The humble budget is your most effective tool in keeping costs under control – and it costs nothing except time and discipline.

When you're setting your budget keep these basic principles in mind:

- Keep it real – avoid the trap of setting your budget so low you can't possibly stick to it.
- Take care of your needs first then your wants.
- If possible try to keep some money aside for something that's important to your quality of life – even if it's as simple as a coffee or a beer out once or twice a week.
- Budget for all your regular bills and ongoing expenses as well as yearly expenses like car insurance. If you're not good at saving lump sums for major bills, arrange to pay them at more regular intervals (e.g. council rates can be paid quarterly instead of yearly) or get a direct debit to an account you can't easily access so the money is there when you need it.
- Include an allowance for special events like birthdays and holidays as well as emergencies.
- Know when the peak bill paying periods are so you can be prepared for the months that all your bills come at once.
- Include the whole family in budget decisions – cutbacks affect everyone and all the family need to know and understand why belts are being tightened – even young children will benefit from being included.
- Make sure you keep good records – it makes monitoring your expenses easier and budgeting less of a hassle.
- Review your budget regularly and make any necessary adjustments – there's no point having a budget if you're not sticking to it.

“If you don't enjoy balance sheets and budgeting you're not alone – most people find it a chore; but research shows that people who have some sort of plan – which can be as simple as a budget – feel more secure and in control of their lives.” Paul Clitheroe*

*Paul Clitheroe is a well known financial commentator and author. He is also a co-founder of ipac, which has been helping Australians manage their finances for more than 20 years. Paul is also the Chairman of the Federal Government's Financial Literacy Foundation, which aims to improve the financial knowledge of all Australians.

If you would like to speak to an ipac Financial Adviser, please call Neridah Moore on 03 8627 1700 to arrange a no obligation appointment.

GIPPSLAND ASBESTOS RELATED DISEASES SUPPORT INC

G.A.R.D.S. SUPPORT GROUP MEETINGS FOR 2007 1.30PM – 3.30PM

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

Tuesday 27th February – Dr Andrew Holloway – Peter Mac

Tuesday 27th March – Karen Price – Alzheimer's Australia

**Friday 27th April – Memorial Wreath Laying Ceremony – Rose
Garden, Morwell**

Tuesday 29th May – Peter Williams – Cancer Council Vic

Tuesday 26th June – Andrew Dimsey – Lawyer - MBC

Tuesday 31st July – Danny Blackford - Psychologist

Tuesday 28th August – Judy Woods – Cancer Care Nurse – LR Hosp

Tuesday 25th September Anne Leversha – Manager Pharmacy LR Hosp

Tuesday 30th October – Anthony Heinemann – MECU

**Friday 30th November – Asbestos Awareness Day – Rose Garden,
Morwell**

Christmas Break-up to be advised

G.A.R.D.S. NIGHT MEETINGS FOR 2007 7.30PM – 9.30PM

These meetings are held at the centre

Tuesday 20th February

Tuesday 20th March

Tuesday 17th April

Tuesday 15th May

Tuesday 19th June

Tuesday 17th July

Tuesday 21st August

Tuesday 18th September

Tuesday 16th October

Tuesday 20th 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 2007

- 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

<u>Office Use Only</u>	
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	Date.....
Seconded.....	

**G.A.R.D.S. INC.
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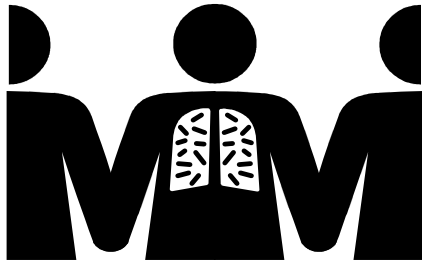


SILCAR



**Gippsland Trades
& Labour Council**





GARDS

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:

Trevor Callow – Ph. 51342208

Secretary:

Vicki Hamilton – Ph. 51278219

Mobile 0407274173

Treasurer:

Pam Nicholson – Ph. 51275843

Mobile 0408535671

Member:

Dorothy Roberts – 51274174

Mobile 0407274174

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

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

UP AND COMING EVENTS

Our Night/Day Meetings

28th August

**Judy Woods – Cancer Care Nurse
Latrobe Regional Hosp**

25th September

**Anne Leversha - Manager
Pharmacy Latrobe Regional Hosp**

30th October

**Anthony Heinemann
Community Relations Manger
Gippsland – MECU**

30th November

**Asbestos Awareness Day
Rose Garden, Morwell
11.00am**