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DID YOU KNOW?

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

Make a Donation
to our Group

using the secure engine
of ourcommunity.com.au

[CLICK HERE](#)

GARDS on the move



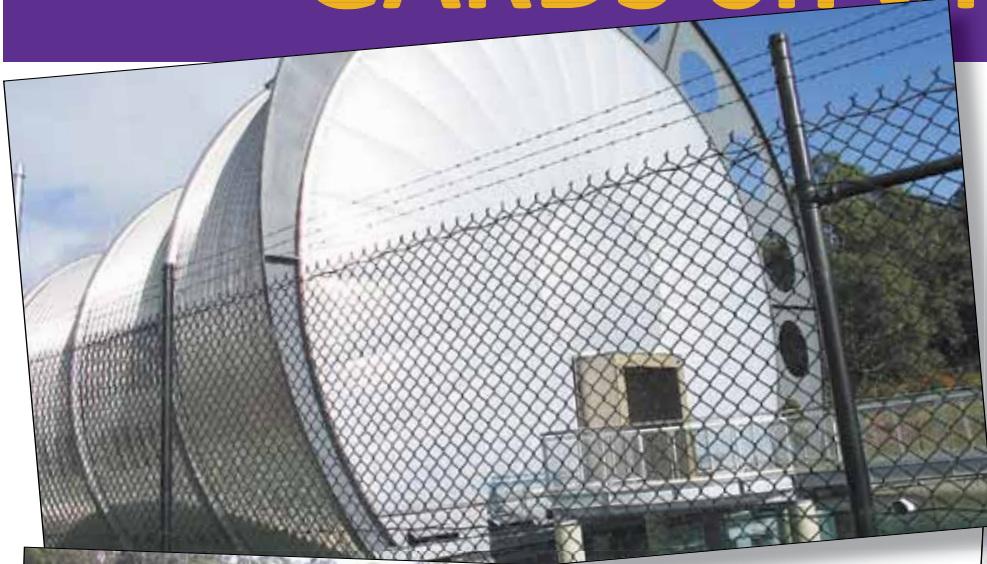
In July some of the support group members braved the cold & wet of Winter and took a trip by bus to the Gippsland Water Factory at Maryvale.

The GARDS team enjoyed the tour of the factory and outer buildings and learnt a lot about wastewater treatment and the recycling system.

It certainly was an impressive site of engineering excellence. The Gippsland Water Factory is treating and recycling wastewater for a population base of over 55,000.

Continued on page 2 . . .

GARDS on the move continued



...From page 1

The GARDS members were treated to a tour around the entire facility and learnt that the main treatment plant, located at Maryvale, treats up to 35 million litres of wastewater daily from over 19,000 properties in nine towns and Australian Paper's Maryvale mill. The system also includes

78 kilometres of pipeline, three pump stations and five upgraded pump stations.

The Gippsland Water Factory can produce about eight million litres of high quality recycled water each day that is sold to Australian Paper for use at its Maryvale mill. This can free up about three billion litres (1,22 Olympic-size swimming pools)

of fresh water each year for use in Gippsland. These uses may be for environmental flows in local rivers, drinking, or to support further growth in the area.

The GARDS members had a great day and we thank Gippsland Water for taking the time to explain a very complex and unique facility.

ATTENTION TO ALL GARDS MEMBERS ANNUAL FEES DUE NOW!



If you have not paid your fees this year they are due and payable.

The fees for GARDS are due each year on the 30th September. These fees go part way to help send the newsletter to you and any other info that we send. The GARDS committee would appreciate your cooperation in this.

GARDS XMAS LUNCH 2011

Well it is that time of the year again where we all get together for a bit of merriment and mirth. This year's Annual Xmas party and lunch will take place at **Silks Restaurant, Moe** (it is situated behind Michaels Golden Hen).

The menu this year will be buffet style lunch including 2 roast meats and all the trimmings with plum pudding and custard/cream or Fruit Salad if you so desire. The lunch is free to financial members and those wishing to bring a partner who is not a member will have to pay \$25.00.

Santa will be in attendance to see who has been naughty or nice and we will have a GARDS Xmas raffle on the day and lucky door prizes to give away. We hope to see all of our members on this special day so that we can share the joy of Xmas together.

If you would like to join us, here are all the details:

Venue: Silks Restaurant – situated behind Michaels Golden Hen, George Street, Moe

Date: Saturday 3rd December 2011

Time: 12 noon

Free to Financial Members of GARDS
Non members **\$25.00** per person

The restaurant is BYO.

For catering purposes please contact Vicki or the GARDS office RSVP by the 24th November 2011.



Professor Manfred Beilharz Wa University Guest Speaker For GARDS



GARDS is very lucky to have Professor Manfred Beilharz coming to the GARDS office - 41 Monash Road, Newborough on Wednesday 2nd November 2011 at 1pm to speak to the GARDS members & community about his Triple Therapy for Mesothelioma. We hope to see as many of you as possible. Manfred originally hailed from Newborough, Victoria.

He still has his mother and father living in the area and while he is home he has offered to come and speak to our group about his research. Here is a quick insight into Manfred's work. Make a date to come and meet the Professor. All interested in attending please bring a plate to share for afternoon tea.

Associate Professor Manfred W. Beilharz holds degrees from RMIT (B.App Sc. 1971), University of Leeds (MSc. 1973) and Monash University (PhD 1982). He has worked full time in biomedical research since 1982 holding posts at Monash University, the University of Western Australia, Johns Hopkins University, Oxford University and the Australian Neuromuscular

Research Institute.

His main areas of research are:(i) Interferons in relation to diseases of viral, autoimmune and neoplastic origin,(ii) Regulatory T cells in the immunotherapy of retroviral and neoplastic diseases, and (iii) Myoblast transfer therapy in skeletal muscle.

Professor Beilharz serves on the scientific advisory boards of two US biotech companies, consults widely, and is on the editorial board of the "Journal of Interferon and Cytokine Research". He also edits for a wide variety of other journals in his specialities and is a member of the ISICR publications committee. Currently Professor Beilharz is the Chair of the Discipline of Microbiology and Immunology at the University of Western Australia.

"Triple Therapy" for Mesothelioma

Malignant mesothelioma (MM) is a universally fatal cancer primarily of the pleura and peritoneum with a median survival from diagnosis of only 9-12 months.

The correlation between asbestos exposure and MM is clear; by the late 1990s governments in many developed countries, including Australia, banned or seriously restricted the use of asbestos.

The incidence of MM is however steadily increasing and not expected to peak in western countries until approximately 2020; whilst in numerous developing countries, where asbestos continues to be used, the incidence of MM is expected to rise indefinitely.

Using the subcutaneous AE17 mouse model of mesothelioma in C57BL/6J mice we have demonstrated that both regulatory T cells (CD4+CD25+Foxp3+ Tregs) in tumour draining lymph nodes (TDLNs) and TGF-β in the tumour microenvironment contribute to suppression of the anti-tumour immune response. Based on this finding and with funding from the Worker's Compensation Dust Diseases Board of NSW (Beilharz and Ireland, 2009-2011) we developed a double immunotherapy targeting intra-tumoural Tregs and TGF-β that induced regression of established AE17 murine mesothelioma.

While the results were encouraging, long-term regression of tumours was not achieved. Research has since focussed on finding a treatment that could completely eradicate tumours. A promising new immunotherapeutic, developed by Dr James Allison, anti-CTLA4 MAb, has recently completed successful Phase III clinical trials

for advanced stage prostate cancer and melanoma. CTLA-4 is one of the most potent negative regulators of T cell responses; the blockade of CTLA-4 enhances anti-tumour T cell responses and inhibits turning off T cells.

With this in mind, we demonstrated improved tumour outcomes and survival by adding the blockade of CTLA 4 to the antiCD25MAb/ TGF-β neutralisation regime. C57BL/6J mice with established (9 mm²) AE17 subcutaneous tumours treated with the triple immunotherapy consisting of anti-CD25MAb plus TGF β MAb in addition to a single dose of anti-CTLA-4 MAb were found to have a significant increase in the time to death as compared to mice receiving the standard double treatment.

Interestingly, tumours from 7 out of 13 mice over 3 independent experiments began to regrow at around 10 days post treatment initiation, but were then were observed to spontaneously and completely regress, never to return.

Investigation of the immune system following the double and triple treatment regimes revealed that whilst both treatments were effective at depleting the Treg population immediately following treatment, only the triple treatment could maintain this reduction for an extended period.

In addition, mice that were tumour free for 14 days after the cessation of treatment were found to be resistant to new tumour development when rechallenged with a standard AE17 inoculum. These data suggested that mice receiving the triple anti CD25MAb/ anti-CTLA-4MAb/ TGF-βMAb immunotherapy had developed immunological memory against the tumour.

Monash University Gippsland Tute 2011

The GARDS team were again at Monash University Medical School - Gippsland campus this year. We were privileged to be a part of the tutorial for the medical students. This year there were approx 90 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 for our team of community experts 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.



The GARDS team that took part this year certainly gave the students an understanding of what it is like from the effect it has on a sufferer and the family who have to cope with the diagnosis of asbestos disease, not only in their family environment but also with the day to day health issues that they must face.

GARDS would like to thank Rhonda Dunn, Marie Smith & Dorothy Roberts for sharing their stories with the students. We would also like to thank Dr Margaret Simmons for making this happen.



REMINDER: Asbestos Awareness Day Event 2011



Venue:

**Centenary Rose Garden,
Commercial Road, Morwell**

**Date: Friday 25th of
November 2011**

Time: 11.00am

The event highlights and raises the awareness of asbestos and its effects on families and the community.

There will be an ecumenical service to remember those who are suffering and those who have succumb to asbestos disease, Beryl Stevens

- Celebrant will officiate. There will be a time set in our ceremony where families will be able to lay flowers and pay tribute to their loved ones.

Guest speakers will be WorkSafe Victoria, **Lisa Sturzenegger**, the General Manager Operations - **John Gordon**, Barrister Juris; LL B - John's areas of practice are: Asbestos Litigation, Common Law, Personal Injuries, Product Liability, Medical Negligence, Trade Practices, Toxic Torts - **Zoe Taylor-Lynch**, Monash University student- Masters in Journalism,

Mia Lindgren - Senior Lecturer at Monash University, Guest speaker from Gippsland Trades & Labour Council, Vocalist/Musician **Paddy O'Dowd**, Newborough Primary School choir will be singing - The GARDS bag piper/s **David Duncan & Bill Dunbar**.

At the conclusion of the ceremony there will be a free BBQ lunch with the compliments of Gippsland Trades & Labour Council and all those in the community are most welcome to attend.

For further information contact Vicki Hamilton 0407274173 or the GARDS office: 5127 7744

Asbestos Awareness Day badges will be on sale for a cost of \$2 for those wishing to support us. If you would like to purchase one before the day they can be purchased at both shops of Davies & Moller Chemists, Tarwin Street & Princes Dve, Morwell - Bank MECU Traralgon, Morwell & Moe branches and at the GARDS office 41 Monash Road Newborough.

Asbestos Awareness Week Asbestos Seminar

Save this date in your calendar!

Date: Wednesday 23rd of November, 2011

Time: 6pm

Venue: GARDS office - 41 Monash Road, Newborough

Speakers will be:

- **Dr Anthony Sasse** - Specialist Respiratory Physician
- **Andrew Dimsey** - Principal with Maurice Blackburn Lawyers
- **John Parker** - Gippsland Trades & Labour Council
- **Vicki Hamilton** - GARDS

If you are interested in asbestos disease, legal issues, want to know more about the Work Place Health and Safety Regulations or general information on asbestos issues - come along.

There will be light refreshments provided at the conclusion of the seminar.

Davies & Moller Pharmacy Asbestos Awareness Morning Tea OPEN INVITATION TO ALL

Come along for a chat and cuppa at the Davies & Moller pharmacies located at 13 Tarwin Street, and 239 Princes Dve in Morwell.



You will be able to treat yourself to a well deserved break for a gold coin donation and help support the work that GARDS does in the community by highlighting asbestos disease.

The morning tea **starts at 10am Thursday 24th of November** in both stores. Asbestos Awareness Badges will be on sale for \$2 for the month of November.

Thank you so much to the management and staff at Davies and Moller.

Moe Community Expo



On the Sunday 9th October the GARDS organisation along with over 40 other community groups got together to display their organisations and what services they provide to the community.

Some 400 people braved terrible

weather conditions to come and be a part of the day, enjoying some of the events that took place. Such as Moartz kids, Coal valley male Chorus, LCC Leisure Centre, Gippsland Acoustic Music Club, International Women's Group and Nepalese Dancers. **Morwell Football Club is the venue for the next expo is on Sunday 20th November.**

Annual General Meeting

Date: Saturday 28th January 2012

Time: 2.00pm

Venue: 41 Monash Road, Newborough

IMPORTANT DATE

Election of Positions falling vacant:
President
Treasurer
Committee Member
Election of Auditor for 2012/13

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

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

Special People and Organisations

Regular donations made to us by these generous people from

**GJ Crosby
Contractors, Irene
Elliott in Memory of
Doug**

We would like to take this opportunity to thank individuals who have donated to us in different ways over the last few months:

- Stan & Ivy Brown,
- Vic Robinson,
- Teresa Malone,
- Margaret Williams,
- Giuseppe Iannantuono,
- Nunzio Bianconi,
- Brian & Ann Clegg,
- Jack Fawcett,
- Gerald & Pat Moore

**Donations made in
Memory of Len Hardy**

Anonymous

THANK
YOU!

GARDS would like to take this opportunity to thank Loy Yang Power for their annual community donation to our organisation.

We appreciate your support for the work we do in the community.



Rossmore Hotel Fundraiser

A big thank you to Jill & Dennis O'Gorman and the patrons of the Rossmore Hotel for helping to raise funds for GARDS and raising the awareness around asbestos in our community.

It is always great getting together with the Yallourn North citizens they are a great bunch of people. A special thanks to **Mal Paulet** - President of Yallourn North Bowling Club for helping to raise money for GARDS on the night.



GARDS wishes to thank Latrobe City staff and councillors for supporting our organizations newsletter by approving a community grant to us that goes part way to helping produce this vital link to our members and the wider community. The newsletter keeps people in touch with what is happening in the asbestos arena, about Medical/health, research, environmental and social/political issues.

WorkSafe Victoria Awards Night

GARDS members were lucky to be invited to the WorkSafe Vic awards night.

Crown Palladium was again the venue for this year's WorkSafe Annual Awards Dinner on Wednesday 19th of October. The dinner is held in WorkSafe Week and attracts just on 1000 people. They come together from all walks of life to celebrate the achievements being gained in good work practices.

This year's event was no exception with many bright and innovative ideas coming out of practical experience. It is always special to hear about someone or something that is inspired through personal experience and we certainly saw some very talented individuals and teams display their creativity to address dangers to people's health and safety.

It is always nice to meet people who have like minds on keeping workers safe.



Pictured here are two of the members who attended the evening - Dorothy Roberts and Marie Smith

Tell Me The Truth



GARDS attended a campus forum where Dr Ranjana Srivastava shared her experiences of walking hospital wards as an oncologist.

Dr Ranjana Srivastava is a medical oncologist, author, and social commentator. She graduated from Monash University with a medical degree in 1997 and gained her specialist qualification in 2005. She works at Victoria's largest healthcare network, Southern Health, as a medical oncologist, general physician and director of physician training.

In 2004, Ranjana was awarded Australia's highest ranked

postgraduate Fulbright Award, which she used to complete a fellowship in medical ethics and communication at the University of Chicago. She is currently a participant in the Williamson Community Leadership Program, a Leadership Victoria initiative that trains emerging leaders in diverse fields of endeavour.

Her newly published book *Tell Me The Truth - conversations with my patients about life and death* focused on a n important but seldom discussed aspect of healthcare - the importance of good communication and humanity in doctor-patient relationships. They deal with the moral and ethical dimensions of being a doctor and encourage doctors to reflect and learn from seemingly ordinary experiences.

Asbestos Snippets



One wheelchair, one journey ... Ray's Asbestos Awareness Ride

Ray Colbert has a mission: To raise awareness of the dangers of asbestos exposure in our community, and to raise much needed funds for asbestos disease research.

Ray knows the effects of asbestos disease, having himself been diagnosed with

asbestosis. Despite these challenges, he will embark on a heroic journey to ride his wheelchair from Toowoomba to Brisbane to achieve his mission.

Ray's journey starts at 11am on the 21st November 2011 at Bunnings Warehouse, 339-391 Anzac Avenue, Toowoomba. He will stop at numerous locations along the way to give talks and attend community events. He will arrive at St Stephen's Cathedral on

Elizabeth Street in the Brisbane CBD at 11am on 25 November 2011, attending the Ecumenical Service to pay tribute to those who have passed away from asbestos disease. One Wheelchair, One Journey, One Cause - Ray's Asbestos Awareness Ride.

www.raysride.com.au

Ray, GARDS committee and members wish you all the best on your journey.

New Asbestos Laws for Tasmania

New laws have been passed in both Houses of the Tasmanian Parliament to establish Tasmania's first asbestos compensation scheme. It will provide no-fault compensation for people who have been exposed to asbestos in the workplace. The scheme is due to commence on 31 October 2011.

Housewife contracts Mesothelioma from washing her husband's clothes

A woman in the United Kingdom has died from mesothelioma after becoming exposed to asbestos when washing her husband's clothes. The woman from South Hampton would pick the asbestos fibres out of her husband's work clothes while he worked in insulation and shipbuilding.

Asbestos scare hits switch to digital TV

The Australian Federal Government has been forced to suspend its digital television satellite rollout after "inadequate" procedures left some sites with potential asbestos exposure. All installations are suspended pending a review by KPMG.

Cases of Mesothelioma Disease on the Rise, World Health Organisation warns

A recent bulletin published by the World Health Organisation estimates that 92,525 people around the world have died of Mesothelioma in the 15-year period from 1994 to 2008. Two-thirds of those deaths have occurred since the year 2000 and the incidence of mesothelioma is on the rise.

Click this link: <http://www.who.int/bulletin/volumes/89/10/11-086678/en/>

Australian Shipyard Workers Fear Asbestos Exposure

Shipyard workers who recently completed

maintenance on a tugboat at BHP Billiton's Port Hedland site in Australia say the ship on which they worked contained sizeable amounts of toxic asbestos materials.

Asia's Emerging Asbestos Epidemic

Rising asbestos use in Asia could lead to an epidemic of asbestos-related diseases, warns a United Nations University International Institute of Global Health (UNU-IIGH) study.

CHOGM leaders called to pressure Canada to stop asbestos trade

World trade unions are calling on the leaders of the Commonwealth nations to put pressure on Canada to put an end to its deadly trade in asbestos.

Did you know?

The National Centre for Asbestos Related Disease (NCARD) has established an Australia-Asia Asbestos Research Cooperative with Indonesia to facilitate the exchange of information and ideas in the area of research and treatment of asbestos related diseases. Read more about NCARD by clicking <http://www.ncard.org.au/>

Inhaling chemotherapy drugs may reduce harmful effects for patients with Lung Cancer, Mesothelioma

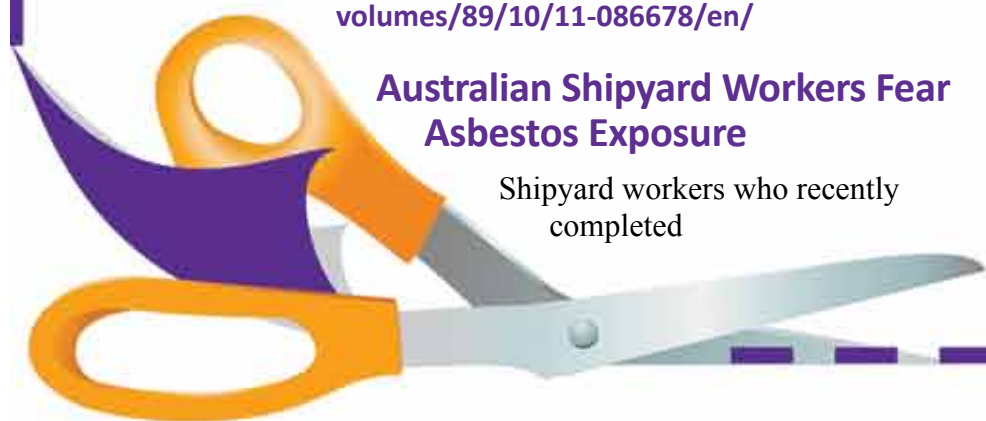
Scientists in Scotland are developing a new treatment option that would allow patients to receive chemotherapy drugs in vaporized form.

Asbestos scandal in the region

Hundreds of unsuspecting ACT businesses could contact deadly asbestos because the buildings were "outside the scope" of a \$100 million clean-up funded by the Federal Government in the late 1980s.

NSW Police exposed to asbestos

The New South Wales Police Association says officers have been exposed to asbestos in homes and police stations for years because a report into the problem was buried.





GARDS Inc. Membership Form

Name:
 Address:
 Postcode: Telephone: Email:
 Occupation:

Committee of Management

President:

Brian Clegg
 Ph. 51762286
 Mobile 0427007505

Vice President:

Dorothy Roberts
 Ph. 51274174
 Mobile 0407274174

CEO/Secretary:

Vicki Hamilton
 Ph. 51278219
 Mobile 0407274173

Treasurer:

John Parker
 Mobile 0419747756

Member:

Marie Smith
 Ph. 51271427
 Mobile 0427271427

Ann Clegg

Ph. 51762286
 Mobile 0439662282

GARDS Fees

Joining Fee: \$5.00

Annual Fees:

Pensioner/Concession
 Unemployed \$3.00
 Employed persons \$11.00

Meetings

SUPPORT:

Last Tuesday of month,
 1.30pm - 3.30pm

EVENINGS:

3rd Tuesday of month,
 7.30pm - 8.30pm

Office Hours

Monday to Thursday
 10am - 4pm

Friday - By appointment

**CALL IN
 FOR A CHAT AND
 CUPPA**

GARDS NEW MEMBERS Joining Fee \$5.00

PLUS

GARDS Annual Subscription 2011

- 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 the GARDS Inc. second the nomination of the Applicant
 for Membership of the Association

Signature of Proposer: Date: ____/____/____

G.A.R.D.S. SUPPORT GROUP MEETINGS FOR 2011

1.30PM – 3.30PM

Meetings are held at –

**GARDS Premises
 41 Monash Road,
 Newborough**

- Tuesday 22nd February
- Tuesday 29th March
- Thursday 28th April – Memorial
- Wreath Laying – Rose Garden, Morwell
- Tuesday 24th May
- Tuesday 28th June
- Tuesday 26th July
- Tuesday 30th August
- Tuesday 27th September
- Tuesday 25th October
- Friday 25th November – Asbestos Awareness Day, Rose Garden, Morwell
- Christmas Break-up to be advised

G.A.R.D.S. NIGHT MEETINGS FOR 2011

7.30PM – 9.30PM

Meetings are held at –

**GARDS Premises
 41 Monash Road,
 Newborough**

- Tuesday 15th February
- Tuesday 15th March
- Tuesday 19th April
- Tuesday 17th May
- Tuesday 21st June
- Tuesday 19th July
- Tuesday 16th August
- Tuesday 20th September
- Tuesday 18th October
- Tuesday 15th November
- Christmas Break-up to be advised

Up and Coming Events

Tuesday 25th October
Ray Watson President Moe RSL
1.30pm
 GARDS office 41 Monash Road,
 Newborough

Wednesday 2nd November
Prof. Manfred Beilharz Speaking
engagement 1pm
 GARDS office 41 Monash Road,
 Newborough

Wednesday 23rd November
Asbestos Seminar 6pm
 GARDS office 41 Monash Road,
 Newborough

Thursday 24th November
Morning tea Davies & Moller
Pharmacies
 13 Tarwin Street and 239 Princes
 Drive, Morwell

Friday 25th
November
Asbestos Awareness
Day Event 11am
 Rose Garden, Morwell





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"

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 INC. Support also conducts a monthly

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: 5127 7744
Fax: 5126 0354
Email: info@gards.org
Web site: www.gards.org



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

Counselling

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.

Closing Dates for GARDS Office over Christmas/Holiday Time

The GARDS office will be closed over the holiday period. Our office will close on: **Wednesday the 21st of December 2011 at 4.00pm** and we will resume operations on the 18th of January 2011.

ANY URGENT ENQUIRIES CAN BE MADE TO VICKI HAMILTON VIA THE GARDS PHONE 5127 7744

GARDS Inc. would like to thank these sponsors and supporters

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