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Asbestos Council of Victoria (ACV) and
Gippsland Asbestos Related Diseases Support Inc (GARDS)



ASBESTOS

NEWS

GARDS is endorsed as a charity.
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VOLUME 17 **May 2019** ISSUE 1

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**MAJOR SPONSOR
OF ACV/GARDS**



**SPONSOR FOR THIS
EDITION**



We are in OUR NEW HOME



What a great feeling to be in our new premises.
We moved in on February 14th, 2019

– it was an exhausting move, but it was worth it. The new office space has been designed specifically for our members with new automatic sliding front door and a new disabled toilet. Ducted heating and cooling, solar panels front and back of the roof. Blinds on all the windows, painted throughout, security cameras installed, security doors at the back and roller shutter on the front. Many cosmetic things have been done to make it all look new and fresh. All the renovations were done to the new place with a grant from the Latrobe Valley Authority – we thank the LVA team for supporting the application. We were really excited when we were advised that we had been successful with the grant. The grant was just perfect to allow

us to make the offices fit for purpose, they are just right for our members and the general public. We could not have asked for more. Our members have been really excited too, and think the new offices are just fantastic. Come and visit us and see our new place – we will be only too pleased to show you around. We would like to thank Jean & Ron Harwood – Ian Lee – Graeme Hamilton for all the help they provided before and during the move – we would also like to thank all those who offered to help – we could not use all the help we were offered, but it was most appreciated and will not be forgotten.

Our new address is: 211 Lloyd Street, Moe, Victoria Australia – our phone number and email addresses remain the same. We are right next to Maccas Drive Thru in Moe – look for the golden arches on your way to Moe from Melbourne.



FIND US ON FACEBOOK

You can find our link on the home page of the ACV/GARDS website or at our facebook.com/gardsinc.



FOLLOW US ON TWITTER

twitter.com/VickiHamilton@ACV_GARDS

Role call on Asbestos Awareness sessions to TAFE Apprentices

ACV/GARDS have been very busy this first half of the year conducting asbestos awareness sessions and over the entire year of 2019.

Will have talked to apprentice Carpenters, Plumbers, Electricians, Motor Mechanics, Fitter & Turners, Engineers, Boiler makers, etc. It has already been a privilege and honour reaching so many apprentices in their fields to make them asbestos aware. We have many more in the coming months to conduct and we look forward to the second half of the year where we will see many more and listen to their stories and experiences in their work places. The conversations have been many and varied with some very controversial subjects

tackled. It is also very warming to us to have their trade teachers chime into some of the conversations that are taking place about their experiences in the trade and what happened to them when they were first starting out and through their careers. As you can see by the pics over the next few pages we have met with many hundreds of apprentices this year and will be meeting many more before the year ends – we hope that we touch their lives enough that it makes a difference to the way they go about their jobs and that they never forgot that asbestos is a carcinogen and harmful to human life. We want them to ask the questions if they think it is asbestos or suspect it might be – is this asbestos? Looking for a register for the site – asking their employers – and remembering that their life is the

most important thing and we want them to go home at the end of the day in the same safe manner they went to work. No one has the right to expose you to asbestos – no one!

The photos are of individual classes be it Carpenters, Plumbers etc on the dates they are labelled – All the apprentices asked many and varied questions, they were thought provoking and evoked many conversations and information sharing. ACV/GARDS went away with a good sense of what is happening in the working space of tradies.

We wish all the apprentices our very best wishes in their chosen trades and we hope that they are now more asbestos aware!!!

Chisholm TAFE - Berwick- Carpenters



Make a Donation

DID YOU KNOW?

You can make an online donation to our group at our home page www.gards.org or using the secure engine of GiveNow.com.au



Chisholm TAFE - Frankston Carpenters cont...



Chisholm TAFE - Frankston Plumbers

Chisholm TAFE - Dandenong – Carpenters



Federation Training – Newborough Campus – Painting & Decorating



Wednesday 6th March 2019

ACV/GARDS conducted an asbestos awareness session to a class of Painting & Decorating apprentices. It was a very informative session listening to the apprentices talking about their respective jobs and learning just how much they knew about asbestos on the job. The apprentices enjoyed looking at all the samples that we brought with us, which evoked more conversation around what contained asbestos that they did

not know about. We want to thank Davin for arranging for us to come and talk with the apprentices – this is about our 6th or 7th year coming to talk with the Painting and Decorating apprentices. We are now due to go back to Federation Training on the 29th May to talk with a collective of plumbers, electricians, motor technicians, carpenters, cabinet makers, Fitter & Turners, Engineers etc. Looking forward to more conversation around what contains asbestos.

Asbestos Safety and Eradication Agency visits ACV/GARDS



21st March 2019

We were privileged to have Director Nick Miller of ASEA come to visit us while he was in the area. Nick was visiting the Morwell Power station site on an invite from EBAC. It is good to see the agency working with demolition sites like Morwell Power station to get the best outcome for the project and the people of Morwell. So while Nick was here in Latrobe Valley he couldn't miss a chance

to call in and have a catch up with us. He also wanted to see our new premises that we are in. It was good to catch up with us at the office and meet our volunteers. Vicki caught up again with Nick when she attended the Asbestos Safety & Eradication Council meeting in Sydney on the 15th April, where she is an observer rep for the Asbestos Support Group network in Australia.

Monash University Medical Students

Monday 29th April 2019

The ACV/GARDS crew attended Monash University, Gippsland campus, to deliver a tutorial on asbestos disease and the issues – social, emotional and environmental aspects of asbestos in the community. It was an honour and privilege to meet the 102 1st year

medical students and to be able to discuss the issues at length with them. The team each gave personal experience and expressed their emotions over being affected as a sufferer of asbestos disease or carer of someone who had asbestos disease. Our org would like to thank Brian Healy, Karen Healy, Rhonda Dunn, Dorothy Roberts and Vicki Hamilton for being a part

of the team and sharing the knowledge that they have collectively learnt over their time. The students asked many questions and we hope that they got a lot out of the session to help them with their knowledge going into their future professions as Doctors – whether that be specializing or GPs. We wish them all well in whatever field of medicine they choose in the future.



Latrobe Valley Authority Successful Grant for ACV/GARDS

29th January 2019 the ACV/GARDS crew were invited by the LVA to join with them to celebrate the latest Community and Facility Fund grants to be announced, with which ACV/GARDS was a successful applicant.

We were thrilled to be advised that we had been successful with our grant to renovate the old admin building at Gippsland Heritage Park to enable us to look after our clients and conduct our business. We want to thank the Latrobe Valley Authority Team for their support in our application it was very much appreciated by all of us at ACV/GARDS. With the new premises and upgrade we can cater for our members and provide them with appropriate facilities to meet their needs. Pictured here are some of the latest LVA grant recipients with us at the gathering and the ACV/GARDS members who attended the event in Morwell at the Masonic Lodge Temple.



Gippsland Trades & Labour Council Labour Day Dinner

Friday 29th March 2019

Seven of the ACV/GARDS crew attended the Labour Day dinner where we had a variety of speakers - Steve Dodd was the MC for the night and of course worker's rights were front and foremost along with the up and coming Federal elections. We would like to congratulate Kevin Roberts for being awarded the John Parker community award. The guest speaker for the evening arrived 3 hours late due to his plane being caught up in uncontrollable weather conditions but he finally did make an appearance and stayed late to make up for

arriving late Senator Doug Cameron was a most interesting speaker and he spoke about his time in the union and Parliament – it made for a very enjoyable and interesting history of Doug. We would like to thank Slater+Gordon lawyers for sponsoring our crew to attend the dinner – big thank you to Steve Plunkett, Margaret Kent and Maryann Cluderay. Pictured here is Vicki Hamilton CEO/Secretary with the very stylishly dressed and youngest member of ACV/GARDS, Ethan Fairbairn, enjoying socializing at the event.



Monash University Medical Students Visit Loy Yang Power Station & Mine

Wednesday 1st May 2019

Our Monash medical students Joel and Tinu, along with our casual part time worker Tanya were very privileged to be shown both the mine and the power station. It is always an eye opener to those who have no idea how big

power stations are operated, nor the mines that supply the fuel for the power station. The students were in awe of the magnitude of the station and the immense size of the mine. This gives the students a good understanding of the type of jobs power industry workers do and the

places in which they work. ACV/GARDS would like to thank Loy Yang and its workers for taking the time to show and explain the workings of the power industry. I am sure the students got a lot out of the day and will never forget their visit and what they learned.



Slater+Gordon Law Firm Sponsorship to ACV/GARDS

Just before Xmas the ACV/GARDS org learnt that Slater + Gordon would be sponsoring us again for the next 12 months.

We are very pleased that they have done so as this helps us to bring much needed services to asbestos sufferers and their families and to support the community in many ways – such as education sessions to clubs, apprentices, work places and much more. Like helping us to produce some of the materials that go into information bags when we do our speaking engagements to the general public. Every bit helps us to achieve the goals that we have set to support and educate the community in every way. We would like to thank Steve Plunkett, Maryann Cluderay and Margret Kent for their ongoing commitment to us over the years. Pictured here is Vicki Hamilton CEO/Secretary ACV/GARDS and Steve Plunkett Accredited Personal Injuries Law specialist.



International Workers Memorial Day

Friday 26th April 2019

26th April 2019 International Workers Memorial Day event was conducted in the Centenary Rose Garden Morwell Victoria, Australia.

Workers Memorial Day is a day of remembrance for workers who have been killed and injured on the job. It is observed around the world by surviving family

members, friends, co-workers, and health and safety activists in workplaces and communities. Today we had inspirational speakers - Paul Fowler - Director - Enforcement Group, WorkSafe Victoria - Darren Van Heurck - Workplace Accident Survivor - Steve Dodd - Secretary GTLC & Union organiser, AMWU - wonderful singers - Susan Parrish & Patrick Wakefield from - In Harmony & The Yallourn Madrigal Singers (Choir) - awesome bagpiper - Dick Henry - Moving ecumenical

service conducted by Reverend Marilyn - great crowd of family and friends - thank you for making today a wonderful and truly magical event for those attending - everyone felt love and compassion and a sense of community and that is what it is all about - people supporting people!!! We honoured fallen workers and recommitted ourselves to the struggle for safe and healthy work places in Latrobe Valley - Victoria and Australia wide. A memorable day for all.



Asbestos Awareness Day Event 2018

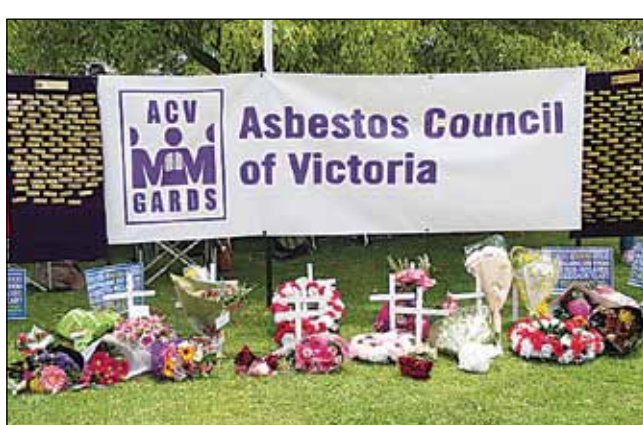


30th November saw the Annual Asbestos Awareness Day event conducted in the Centenary Rose Garden, Morwell.

The weather was kind to us and the speakers were inspirational and motivational. We want to thank all those who helped us on the day to set up and pack up – these events don't just happen without a lot of planning and elbow grease. Thank you to

the GTLC for the great BBQ that they cooked for the community. The BBQ was very much appreciated – We would like to thank our speakers who came from far and wide to join us on the day : Shane McArdle – Director – Asbestos Safety & Eradication Agency who came from Sydney and Michael Borowick – union activist & former Assistant Sec ACTU who travelled from Melbourne, John Webb – Union organiser and member of the GTLC. To our talented Musician/

Singers - Susan Parrish Joe Omar, Phil Edwards -Yallourn Madrigal Singers - Bag piper – Dick Henry – all these people added to the magic of the event. We would like to sincerely thank Canon Jeff from St James Church Traralgon for the Ecumenical Service he conducted which made the day that much more special for our families and their loved ones.



Asbestos Awareness Morning Tea

Wednesday 14th November 2018

Our Asbestos Awareness morning tea was a great success with an office full of those who are interested in asbestos issues and the well being of those who have contracted the disease.

It was great to see new faces among those who attended and we hope that everyone went away from the morning finding out that much more about

asbestos and the issues that communities face, especially one like ours where we have 7 times the state average for mesothelioma. We at ACV/GARDS are very aware of the devastation that this carcinogen causes in a community and we try to the best of our ability to help all those who seek our assistance in some way. We had prepared asbestos samples for those who were interested and we had on hand many experts in their field to talk to anyone who needed focused information on particular subjects – whether that was in the domestic scene or the industrial scene,

we could cover it with our expert professionals that attended. All in all a very good morning with much chatter happening in all corners of our office. The raffle and gold coin entry conducted on the day raised \$194 thank you to all those who participated. We would like to thank Slater+Gordon Law Firm for sponsoring the morning tea – big thank you to Steve Plunkett and Maryann.



ACV/GARDS Xmas Lunch Celebration 2018

1st December was the annual Xmas lunch get together.

Which might I say was enjoyed by all who attended. The company was great and the food absolutely delightful, and there was plenty for all. Santa did

his usual appearance and gave out plenty of laughs and lollies for those who had been nice during the year – amazingly he did not come across anyone who had been naughty during the year. Here are pics of that wonderful lunch gathering. We would like to thank Silks Restaurant – Vicki – Manny and

Stewart for a terrific spread and to all our amazing members thanks for coming along and making the day an enjoyable one. Xmas raffle conducted on the day raised \$236.10 - Below are the pics of a great bunch of members



Xmas lunch continued ...





Our Monash University 1st year Medical students on placement With ACV/GARDS



Biography – Joel Wheatley Price

Hi, my name is Joel, I am 21 years old and studying my first year of Postgraduate Medicine at Monash University. I was born in Leicester, England and moved out to Australia in 2006, aged 8, with my family. My family consists of my Mum who works as a General Practitioner in South East Melbourne, my Dad who is a retired Economics Professor and now a 'House-husband' as my mum likes to call it, and my younger Sister (Katie, 19) who is currently in her second year of a Bachelor of Nursing, also at Monash University. Having been brought up in the UK, my main hobby and passion is Soccer. I follow Liverpool passionately in the English Premier League and will wake up at any hour in the night to watch them play. I also play soccer myself, and I have done so all my life. My other interests include playing Guitar, watching any kind of sport and travelling. During my spare time, which is quite limited at the moment, I like to spend time with my girlfriend and relax watching Netflix.

During my school and early University years I worked as a Swimming Teacher, Lifeguard and Duty Manager at a leisure centre. I loved my roles there, especially as I got to experience different roles in the workplace as an educator and supervisor. In the summer, I was lucky enough to work at an outdoor pool. My favourite thing about this was after a long hot day of lifeguarding or managing, I was able to jump in after everyone had left and have the whole pool to myself! Unfortunately, because Postgraduate Medicine is quite time consuming and I've had to move away from home to Churchill, I had to stop working, but I am grateful for my work experience as I have learnt valuable communication skills that will hopefully benefit me in my future practice.

When I was younger, I wanted to be a Pilot. However, In Year 9, I was lucky enough to be able to do a 3-month volunteering trip to Mozambique and Madagascar with IRIS Global. This trip was with my family and because my mum was part of the medical team, I was able to travel with her and witness firsthand how life changing simple medical interventions could be for those who had poor access to basic healthcare. This is where my passion for Medicine began. Having said that, I still do have a passion for flying. My dream is to work with the Royal Flying Doctors in rural Australia. This job would allow me to integrate my two main passions, giving medical help to people who have poor access to healthcare and also to fly around the country doing so.

I am really excited to undertake my Community Based Placement (CBP) here at Asbestos Council Victoria/GARDS for many reasons. Firstly, being able to experience work in a community health agency like Asbestos Council Victoria/GARDS, gives me an insight into the support networks in the community. I believe patient care does not end when a patient is discharged, and it is just as important to look after them post-hospitalisation, so experiencing this over my placement I think will be hugely beneficial. Secondly, Respiratory diseases that are related to Asbestos are highly prevalent in Gippsland. I believe the work that Asbestos Council Victoria/GARDS does is crucial for community education about Asbestos. Additionally, the support groups and services they provide for affected individuals and families is amazing. I am grateful to be here and am really looking forward to learning more about what I can do as a future Doctor, in both in terms of advocacy and integration of community health support networks into my patient care



Biography – Tinu Kurian Arackal

Hello everyone, my name is Tinu Kurian Arackal and I am a first-year medical student at Monash Rural Health Churchill. I completed my Bachelor of Biomedical Science at Monash, last year. I am the third of three daughters to my parents. My oldest sister recently completed her Medical internship year, my second oldest sister is doing her masters and my younger sister is currently in Year 11. We are of Indian origin, but my sisters and I were all born in Saudi Arabia. My family has had quite an interesting pattern of migration. We moved from Saudi Arabia when I was six, with an hope to settle in Kerala in India – however, we ended up moving to the United Kingdom within a couple of years. We thought the UK would become home, but within approximately 3 years we had to leave because of my dad's health issues. We arrived in Australia in late 2008, little did we know this is where we would truly call home.

My first summer in Australia was very hot, and sadly accompanied by some of the worst bushfires. However, I remember that I had enjoyed the beach and going hiking with family friends over the break. I joined primary school at Narre Warren South P-12 college in 2009, and the one thing that instantly struck me was the multiculturalism of Australia – I felt that I was in a very inclusive environment and felt very much at home. In school, I loved engaging in all kinds of sports, drama and other events and continued with the sports as I moved to Nossal High School in Year 9.

As for my career choice, I knew that I wanted to do something in health from when I was about five, perhaps from seeing my mum as a nurse, but I think my interest in medicine sprouted

when I felt the solace and hope the doctors brought to our family, when my sister was critically ill. As a young child at the time, this struck me greatly, and this magic, as I interpreted it at the time, is what I hold dear as the power of Medicine. Upon reflection, I realise that the understanding of the patient as a whole - their family, their values and concerns- is at the core of this magic; this is something that I hope to understand better when working with GARDS, and as a future doctor. I have not had any work experience in a medical setting; most of my current understanding comes from the recounts of my mum, and of my oldest sister. However, from my first visit at GARDS, I am beginning to see the extent of disparity in healthcare between rural and metro settings, the health impacts and severity of exposures to risk factors such as asbestos, and the importance of support services in the community. I am also beginning to understand how health is influenced by the structures of society, such as the government, and hope to learn more about these connections to one day become an advocate for those affected by inequities in health.

To say a little bit more about myself, I enjoy cooking (although I cannot attest how good I am at it), drawing and watching movies. I also enjoy singing and am a member of the local church choir; we regularly conduct services at least once a month and the best part of the service is when the congregation lets us know that we made their Sunday morning more joyful. I also enjoy volunteering and have volunteered for Monash University Student Association, tutoring services and Red Cross. This is my first year living away from home, so it has been a little challenging, however, I think I am slowly learning how to plan ahead and become independent.

Our Monash University 1st year Medical students on placement

With ACV/GARDS cont...



Biography – Nesreen Musameh

My name is Nesreen and I am 21 years old. I am a first-year medical student at Monash University. Last year, I graduated from a Bachelor of Science majoring in Immunology and Developmental biology. I am the oldest of three siblings- my brothers are 8 and 13 years old (yes, quite the age gap!) I was born in Jordan but quickly moved to the USA (New Mexico and Michigan) at the age of 2. When I was 8 years old my family left the states to live in the UAE, after 2 years there, we moved to Australia and have not moved since (I now eat vegemite daily).

During my spare time, I love going on nature walks, singing, cooking, watching a good movie or TV show and hanging out with my cat, Turbo. My first long-term part-time job was at a local green grocer who sold every and any fruit or vegetable you can think off- so, feel free to quiz me on wacky fresh produce any day.

My journey to where I am today was not straightforward. I wanted to be a doctor or a science teacher when I was in high school because I knew I loved science and I wanted to have a career in which I would be surrounded by different people every day. I decided to do a Bachelor of Science to begin with to give myself time to explore my options and grow a little as a person. I absolutely loved my bachelor years at Monash- the amount of knowledge I was allowed to acquire in such a fun and supportive environment was truly a fantastic learning experience. During my undergraduate years I was also able to participate in active biomedical research across different labs within Monash such as the Australian Regenerative Medicine Institute (ARMI) and also outside of Monash such as the Peter McCallum Cancer Centre. I has

fallen in love with clinical research by the end of my third year- as tedious and time-consuming as it was, I knew the work being done could have significant downstream benefits for patients. However, there was something missing. Every lab had a wonderful team of people working within it but ultimately time in the lab was quite lonely and at the end of the day, you couldn't directly see the patients you were potentially impacting. I knew then that a career as a clinician-scientist would be perfect for me, but I had no idea if I could even begin to try and achieve that goal. Thanks to a spontaneous conversation with my immunology lab partner who made me aware of the fact that I was eligible for a spot in the graduate medicine program because I had done the pre-requisite units in my bachelors by pure chance, I quickly applied to the graduate medicine program. Fast forward six months and a long interview later and here I am! It is truly humbling to recount this story and a reminder of how very grateful I am to be here and to possibly have the chance to make the impact I want in the community. Whether I will end up as a clinical scientist or a rural GP is yet to be known. Already, in the roughly 2 months that we have been here in Churchill, I have seen and heard things that have made me rethink my future career.

I am thrilled to be placed at the Asbestos Council Victoria/GARDS as part of my community-based placement. Until two weeks ago, I had no idea that asbestos was still an issue in some communities and that centres such as GARDS exist. I am all about eye opening experiences and contributing towards the local community, so I look forward to spending some time here learning and helping out.



Biography – Ruxanda Rusu

Hi there! My name is Ruxanda Rusu, I am 24 years old and in my first year of medical school at Monash University. Before coming to Australia, I completed my undergraduate and Master degrees in Biochemistry at Western University in Canada. My story starts in a small country in Eastern Europe called Moldova. I was born in the capital city, Chisinau, but spent most of my time in the countryside with my grandparents at their farm. Due to the political instability of the country and limited opportunities, my family and I moved to Canada when I was 7 years old. Most of my paternal side of the family is still in Moldova and we go back to visit, though not nearly often enough.

From a young age, I knew that my calling was caring for and helping others so I often immersed myself in extracurriculars that afforded me that experience. Most of these activities contributed a great deal to my inclination towards medicine.

In high school, I participated in a placement at a dialysis clinic. Since I was still green behind the ears, my health-centred responsibilities were few. This meant I could spend most of my time talking with patients and hearing their individual stories; seeing the healthcare services--the strengths and the gaps--from the patients' perspectives. Later, I volunteered in the Intensive Care Unit and Emergency Department at one of Canada's largest acute-care teaching hospitals, LRHC. My Masters research focused on paediatric rheumatological conditions where I often shadowed a paediatric rheumatologist in clinic. In each of these settings I saw the effects of trauma, health instability, and personal hardships on patients and their families. To be able to share in those moments and offer support was truly

humbling and will have a lasting effect in my future career. Compounding onto these experiences, my eyes were opened to the limitations in healthcare back home in Moldova when my grandfather was diagnosed with lung cancer. The culture there is one that reserves visits to the doctors for only dire situations, oftentimes when it's too late for effective treatment. Unfortunately, I've seen similar parallels in doctor-patient relationships even in developed countries like Canada and Australia. My ultimate goal is to effect some change in this dynamic.

While in university, I helped my parents start their business, a company that focuses on developing research chemicals for use by pharmaceutical companies. I worked to fulfil my parents' vision and direction of their company as their one-woman sales and marketing department, which eventually led to my next job in sales at a scientific equipment company. While I enjoyed my work in positions that required a science and business background, I realised I wasn't as happy as I had been when volunteering in the hospitals and clinics. I noticed I was missing the human interaction and the feeling that I could make a difference in someone's life during one of their life's most trying times.

In my spare time, I like baking and dessert-making, singing, painting, and planning for my next trip. When I travel, I love to see places through the eyes of the locals and often avoid tourist-driven attractions, bee-lining for the more remote or hidden gems of the area. With my love for travel, I knew the decision to move to Australia for school would be an easy one. Still, I miss everyone back home--my two younger sisters, parents, grandparents, friends, and kitty.

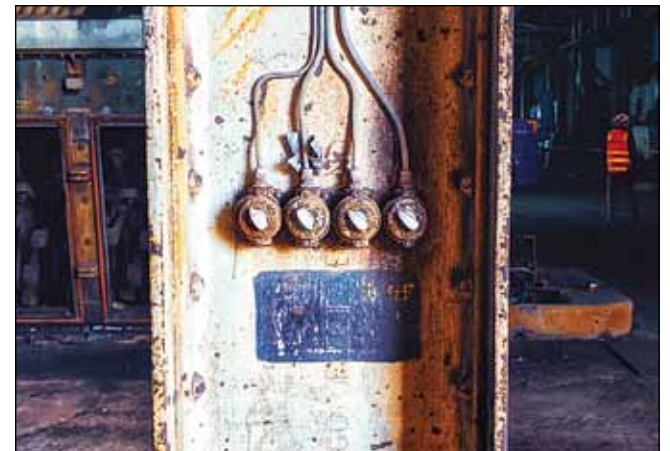
Site visit to Morwell Power station – Energy Brix – EBAC

17th April 2019 – The ACV/GARDS committee and worker were out on site at Morwell Power station inspecting parts of the site before demolition.

– Barry Dungey and Delta demolition reps took the crew to areas where asbestos removal was imminent

– where they could view bubbling of the area for removal and other areas where removal of asbestos was to take place. They were also shown what was to take place where 2 of the 4 chimney stacks are ready for demolition. The walk around took 2 hours and was very informative – it gave the ACV/GARDS crew a chance to ask all the questions that they

had. We also were shown the on-site lab set up by the independent Hygienist Prensa to do real time testing of any area that the demolition crew might come across unexpected asbestos. Footnote to this article two of the four chimneys have come down on the 5th May without incident and with good dust suppression. Good job.



ACV/GARDS ANNUAL GENERAL MEETING

On Sunday 27th January 2019 the ACV/GARDS AGM took place at 41 Monash Road, Newborough – All reports were tendered and received and as there were no multiple nominations for positions received those who nominated were accepted to the positions unopposed they were:

Vice President – Marie Smith - Secretary – Vicki Hamilton OAM - Committee Member – Ray Whittaker

Other business conducted - Election of Auditor for 2019/20 – Jamie Coltman

Congratulations all those elected to their positions on the committee. We wish them all the best over the next 2 years.



From the 18th – 20th November 2018 the ACV/GARDS crew of 3 attended the Asbestos forum in Sydney organised by the Asbestos Safety and Eradication Agency.

It was again as every year great to be able to listen to people in the asbestos field talk about their experiences and expertise. We were also able to have our say into the Draft National Strategic plan moving forward 2019 – 2023. It was great catching up with everyone that we talk with over the phone, computer and Facebook in person. ACV/GARDS would like to thank Mairin OHS&E Consulting

& the Asbestos Safety & Eradication Agency for helping us with donations/ sponsorship to get to the conference. It is always hard to raise money to attend these forums but it essential that we attend so that we can have input into the asbestos issues that we feel need addressing in Australia. We need to have a voice for our members and those we deal with in Victoria who cannot get there.

Save The Date 2019 Asbestos Safety Conference - Perth
Date: Monday 11 November - Wednesday 13 November
Venue: Perth Convention and Exhibition Centre



Rod Le Lievre Life Member of ACV/GARDS

At our recent AGM we honoured the voluntary work that Rod Le Lievre has done for ACV/GARDS over the past 18 years.

Rod has been a stalwart of our organisation doing all our signage for our events and anytime we needed to have signage done at events and displays. He has done this free of charge and always with a smile on his

dial. We hope that Rod will keep on being a part of our organisation for many more years. Rod has many irons in the fire and works tirelessly on so many different projects. We wish him every success in all that he does.

Pictured here is Rod with Vicki and Dorothy receiving his gifts of appreciation at our AGM.

Latrobe Valley Asbestos Taskforce

The inaugural meeting of the task force was held on 28th February looking at discussing and addressing asbestos issues in the industrial space as well as the domestic space.

The Taskforce will be for the next 3 to 4 years and hopefully will be continued past this point to address some very complex issues around this carcinogen and those actions taken in Latrobe Valley

may continue past its borders into other areas of Victoria. We wish all who are on the Taskforce all the best with a very big job ahead of them. Asbestos Council of Victoria/GARDS is very pleased and honoured to be at the table contributing to this endeavour. Here are some pics of the group and the Health Advocate, Jane Anderson, who chairs the group with Vicki touring Morwell Power Station /EBAC before demolition and removal of asbestos starts in earnest



Asbestos Snippets



Australia

Press Release from the Premier's office of Victoria for Protecting Victorian Workers from Deadly Silica Dust

The Andrews Labor Government will launch an unprecedented compliance and enforcement blitz targeting over 300 high-risk workplaces – focusing on stonemasonry workshops to prevent the deadly lung disease silicosis.

The comprehensive action plan, unveiled by Premier Daniel Andrews and Minister for Workplace Safety Jill Hennessy today, 1st May, includes:

- A state-wide ban on uncontrolled dry cutting of materials that contain crystalline silica dust
- Free health screening for Victoria's 1400 stonemasons
- A tough new compliance code for businesses working with silica
- An awareness campaign to highlight the risks of working with engineered stone.

Silica dust is a hazardous substance impacting workers in construction, mining and quarrying. Stonemasons are at higher risk due to the cutting and polishing of artificial stone benchtops which contain high concentrations of silica.

Banning dry cutting of materials containing crystalline silica will dramatically reduce the risk of workers developing silicosis as wet cutting reduces the likelihood of harmful exposure to silica dust.

The Labor Government is also leading a push to develop a national silicosis strategy and reduce the Australian silica workplace exposure standard from 0.1 mg/m³ to 0.02 mg/m³ over an eight-hour day.

The Labor Government will also hold a summit for GPs and medical specialists, and education seminars for those in the stonemasonry industry and health sector in August.

Silicosis is a proclaimed disease, meaning workers or dependents of a worker with silicosis are entitled to compensation without having to prove that work contributed to the disease. WorkSafe received 28 claims for silica-related conditions in 2018 and 15 workers have died from the disease since 1985.

The Labor Government has also requested WorkSafe examine ways for improving access to compensation for workers with silicosis, including expediting compensation claims for lost wages and pain and suffering.

WorkSafe will also review the list of proclaimed diseases for stonemasons and those working with engineered stone with a view to adding lung cancer and auto-immune diseases that

can occur from silica exposure.

Quote attributable to Premier Daniel Andrews

"Victorians have a right to expect their work won't kill them – that's why we're doing all we can to make sure workers go home safe to their families."

Quote attributable to Minister for Workplace Safety Jill Hennessy

"Silicosis has had a debilitating effect on too many tradies in their prime – our ban on dry cutting and an unprecedented enforcement blitz will help protect Victorian workers."

Quote attributable to Minister for Health Jenny Mikakos

"Accelerated silicosis can have significant health implications – and can be fatal. Nobody should have their health put at risk just by going to work."

<https://www.premier.vic.gov.au/protecting-victorian-workers-from-deadly-silica-dust/>

It's pretty bad': Move to save tradies' lives from deadly dust threat – By Benjamin Preiss and Tom Cowie - *The Age* - May 1, 2019

Colin Dean can no longer work as a stonemason. About six weeks ago, the 52-year-old was diagnosed with silicosis, a deadly lung disease that causes cancer and scars the lungs. Until the past decade, he had worked mainly with bluestone, marble and granite. But the rising popularity of stone kitchen benchtops led to the increased use of cheaper artificial materials, which contain much higher amounts of crystalline silica. The Rushworth man didn't know it at the time but ingesting the dust would have dire health consequences. "For the last two or three years I was short on breath, but I put it down to being a little bit unfit or my age. Obviously it wasn't that," he said. On Wednesday, the state government announced that it was banning the "dry-cutting" of materials that contain crystalline silica dust, as the industry grapples with a looming health crisis. A leading respiratory doctor has warned that the booming popularity of artificial stone benchtops is leading to an increase in silicosis. Victorian authorities are also concerned that the number of recorded silicosis cases will rise sharply after under-reporting in recent years. Employers will face prosecution for dry-cutting stone products that contain crystalline silica. Use of water to dampen the dust, or "wet-cutting", is regarded as much safer workplace practice.

Stonemason who spoke out on silicosis crisis dies from disease

Mr Dean said it was still early days but his doctor had told him he had to be very careful of dust exposure, meaning he could no longer work as a stonemason or in any construction.

"I've just got to look after my lungs the best I can for the rest of my days," he said.

"I've always worn masks, but generally the paper ones. At the end of the day, you'd have dust all over your clothes. You'd get in your car and the seats would be covered in dust. "It's pretty bad, you look back and you could have done things differently if you had a bit more knowledge." The government will provide free health screenings for 1400 stonemasons and host education seminars for the stonemasonry industry. WorkSafe will also conduct a blitz on workshops to ensure they are complying with the new standards. Claire Setches, principal asbestos lawyer at Slater and Gordon, said the initiative, including the banning of dry cutting, would save lives. "It really is a devastating tragedy," she said. "I've spoken to stonemasons in their 20s, 30s, some have got young kids. Imagine being told you might have a fatal disease in your 20s just for going to work." There are 300 high-risk workplaces for silicosis, according to the government.

Popular home renovation fad poses deadly dust threat

"People can exhibit no symptoms at all sometimes and yet have contracted the condition – one that can be deadly," Premier Daniel Andrews said. However, people can start feeling symptoms within just one or two years or exposure. Last year WorkSafe received 28 claims for silica-related illnesses and there have already been nine claims this year.

There have been 15 confirmed deaths from silicosis since 1985. But respiratory specialist Ryan Hoy said screening programs that began late last year in Queensland had so far identified more than 100 workers in the industry who had contracted silicosis. "We're certainly very concerned about the number of workers who potentially have this disease," he said. Dr Hoy said 50 per cent of new benchtops in kitchens and bathrooms across Australia were made from new products containing extremely high levels of silica. He suggested the material should be banned. Attorney-General Jill Hennessy said one of the lessons learnt from lung cancers caused by asbestos was that industrial illnesses needed to be taken seriously. "The reason we're taking these steps is that we don't want our young tradies to die," she said. Ms Hennessy said many people who contracted silicosis needed lung transplants

<https://www.theage.com.au/national/victoria/dry-cutting-of-benchtops-banned-in-push-to-save-young-tradies-lives-20190501-p51iy0.html>



Special People and Organisations

Regular donations made to us by these generous companies

Latrobe Plumbing & Asbestos Specialists Pty Ltd – John Delost, Gary Carolan, Steve Day & we would also like to thank Paul Erbs, Sam Erbs & Darren Carman and all the team at Mairin OHS&E Consulting

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

Ian Wilson, Ivy Brown, Muriel Glover, Y. Abdulouski, A Sadi, D Ameti, D Astilean, D Baftirovski, R Baldassarini, A Becvardi, S Chang, J Chen, G Cook, R Crisfield, F Daliposvki, N Dall, R Di Blasio, A Dogan, G Downes, C Dunmore, S Ekanayake, S Elkhouri, T Eteuati, S Fato, P Ffelan, V Fonseca, J Haddow, A Haider, S Hajredin, W Hexter, L Huang, C Hutchings, B Jonuzovski, K Kerimovski, D Killowan, D Kishinevski, M Krmpotic, D Lazar, P Lee, M Levy, V Loga, L Asllan, W Lumanovski, D Mannu, D Markovic, C Mcelhinney, J Milionis, J Myint, A Ngo, M Nguyen, G Olsen, F Palfi, A Palfi, J Porchea, M Porumb, V Porumb, M Ragusa, G Read, G Riwaka, V Rizmani, S Selmanov, S Singh, F Spinelli, B Sweet, K Tan, T Van Tran, J Varga, G Villella, M Vukelic, A White, Geoffery Walker, Charles Uber, Rod & Jane & Penny Griffiths, John Hewson, Bill Lewis, Jean & Ron Harwood, Unknown Apprentice Carpenter who made a \$20 donation, Maree Hall, Chris Badger,

THANK

YOU!

Donations made in Memory of - Jimmy Russell

■ Cliff Lowater, Wendy Milkins, Alison Lambden,

Donations made in Memory of - James Hood

■ Irene Hood

Donations made in Memory of - Karl Mohr

■ Sue Mohr

Donations made in Memory of - Alan Cameron

■ Marlene Cameron, S & S Equipment Hire,

Thank you to those who made on line donations & Bank Transfers

■ Bree Knoester x 2, ■ Chris Badger, ■ Maree Hall, ■ Mary & Liam Rossney

Sponsorship grant from Latrobe City

ACV/GARDS was very pleased to be notified that they had been successful in a small community grant from Latrobe City. The money that we have gained goes into one edition of our newsletters and as you can see we have put it into this one by the logo on the front page as our major sponsor for this edition. We thank those very much who granted us this small community grant as this helps us to deliver our message and news to the community and keep the very people we support connected to each other, so they know what is happening in the asbestos area.

We would like to thank Bree Knoester at **adviceline Injury lawyers** for donating to us. Donations are always appreciated and this goes a long way to us being able to help sufferers and their families and educate the public to asbestos issues and disease. It also helps us to produce some of the materials that goes into information bags when we do speaking engagements to the general public

adviceline
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lawyers

A Division of Holding Redlich

Clay Dobson and family members a BIG Thank you

We want to thank so much Clay and all his family for donating to us – the family donated all the money that they would have spent no Xmas presents to each other and decided to give the money to a charity and that charity was us – what a generous gift – we hope you all had a great Xmas.

Donations made in Memory of - Bob Ruiter

■ Nell Ruiter, Wendy Bright,

Donations made in Memory of - David Woods

■ Graeme Woods and family

Rossmore Hotel Yallourn North Bowling Club

We would like to thank the Rossmore Hotel publicans, staff and patrons and the Yallourn North Bowling Club Mal Paulet and club members for supporting the ACV/GARDS org by allowing us to fundraise at the hotel and the bowling club. We have made some great acquaintances and the Yallourn North community make us feel very welcome. Thank you for your support so far in 2018 and we look forward to talking to everyone and catching up on all the news. See you at the pub!

Petra Webster Thank you

ACV/GARDS wants to thank Petra for the lovely hand knitted garments that she makes for us – she is a gem and we are lucky to have her in our corner.

Donations made in Memory of - Graeme Snape

■ Jenny Snape,

Donations made in Memory of - John Jackson

■ Doreen Jackson,

Donations made in Memory of - Jim Sargeant

■ Mary & Liam Rossney

Donations made in Memory of - Kevin Lord

■ Clynn Lord,

Air Liquide & East Gippsland Agent for Air Liquide

The ACV/GARDS organisation would like to acknowledge the support that we get from Air Liquide and Tony Robinson, East Gippsland Agent for Air Liquide. We are grateful for the service and support that we receive for our members who rely on the oxygen that this firm set up for us. They have been long-time supporters of our work and go out of their way to support our sufferers by setting up our sufferers with our oxygen concentrators as a donation to the work we do. Thank you so much.

arnold thomas & becker lawyers

We would like to thank Arnold Thomas & Becker for sponsoring us this year in 2019 and look forward to their support into the future. The support they give is invaluable to helping us help asbestos sufferers & their families and educate the community. We would like to thank Lee Flanagan and Kim Price for deeming us worthy of their trust in helping those affected by asbestos disease and their families. We are honoured to have them in our corner.

arnold
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& becker
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ACV/GARDS Inc. Membership Form

Asbestos Council of Victoria/Gippsland Asbestos Related Diseases Support Inc.

ABN: 77 687 118 554 - Inc. No. A0042386U

Name:

Address:

Postcode: Telephone: Email:

Occupation:

ACV/GARDS NEW MEMBERS Joining Fee Initial Fee of: **\$5.00**

PLUS Concession or Full Rate below in first year – each year after only annual fee

ACV/GARDS Annual Subscription 20

1. Concession (Pensioner/unemployed) **\$5.00**

2. Full Rate (employed) **\$15.00**

All membership prices include GST

Upon my admission as a Member, I agree to be bound by the rules of ACV/GARDS Inc.

Signature: Date: ____/____/____

Please return to ACV/GARDS Inc. with payment, PO Box 111, MOE, Vic. 3825

Office Use Only

I, a Member of the ACV/GARDS Inc. nominate the Applicant for Membership of the Association

Signature of Proposer: Date: ____/____/____

I, a Member of the ACV/GARDS Inc. second the nomination of the Applicant for Membership of the Association

Signature of Seconder: Date: ____/____/____

Committee of Management

President:

Dorothy Roberts
Ph. 03 5127 4174
Mobile 0407 274 174

Vice President:

Marie Smith
Ph. 03 5127 1427
Mobile 0427 271 427

CEO/Secretary:

Vicki Hamilton OAM
Ph. 03 5127 8219
Mobile 0407 274 173

Treasurer:

David Fairbairn
Mobile 0403 319 520

Member:

Sharyn Fenech
Mobile 0423 587 363
Ray Whittaker
Mobile 0427 801 292

ACV/GARDS Fees

Joining Fee: **\$5.00**

Annual Fees:

Pensioner/Concession
Unemployed **\$5.00**
Employed persons **\$15.00**

Meetings

SUPPORT:

Last Tuesday of month,
1.30pm - 3.30pm

EVENINGS:

3rd Tuesday of month,
7.30pm - 9.30pm

Office Hours

Monday to Thursday
10am - 4pm
Friday - By appointment

**CALL IN FOR A CHAT
AND CUPPA**

ACV/GARDS SUPPORT GROUP MEETINGS FOR 2019

1.30PM – 3.30PM

- Tuesday 28th May
- Wednesday 26th June - **note change of date - lunch at 1914 Café, 2 Henty St, Erica 12 noon**
- Tuesday 30th July
- Tuesday 27th August
- Tuesday 24th September
- Tuesday 29th October
- Thursday 29th November – Asbestos Awareness Day, Rose Garden, Morwell - 11am

ACV/GARDS NIGHT MEETINGS FOR 2019

7.30PM – 9.30PM

- Tuesday 21 May
- Tuesday 18 June
- Tuesday 16 July
- Tuesday 20 August
- Tuesday 17 September
- Tuesday 15 October
- Tuesday 19 November
- Christmas Break-up TBA

UP AND COMING EVENTS 2019

- **May 28th - support group meeting – speakers will be – Paul Kenny – Senior HSE Consultant with Prensa Damien Holden – Managing Consultant with Prensa P/L**
- **June 26th - car pooling and going to 1914 Café – lunch at 2 Henty Street, Erica leaving at 11.30am from our office in Moe & will meet those of you coming at the café at approx. 12 – 12.30pm Other speakers for future meetings TBA**

**Are you nursing a loved one
with a terminal illness?**

**WE ARE HERE
FOR YOU!**

The Latrobe Valley Palliative Care Fundraising Association “provides financial assistance to patients and their families”
By paying for equipment hire needed in the patient’s home to help them be more comfortable and make it easier for their carer. If necessary, we can assist with

financial help for medication and oxygen.
This service operates with the hard work of volunteers and the generous public who help us raise the funds needed to run the service, thereby making a big difference to numerous lives. Would you care to join us? Call the number listed below.

CALL 0429 689 827 OR 0351 273 283

To discuss how we can assist with the comfort of your loved one and make it a little easier for you.



We are situated at:
211 Lloyd Street, Moe
Victoria Australia
PO Box 111,
Moe, Vic. 3825

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Mobile: 0407 274 173
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twitter.com/VickiHamilton@ACV_GARDS

ACV/GARDS INC. SUPPORT

ACV/GARDS provides support and information to asbestos sufferers, their families and carers.

This includes home visits by ACV/GARDS volunteers, a telephone information/support service 24 hours, 7 days a week. ACV/GARDS has an office, which is open for sufferers, their families, carers and the general community to access at the times listed in the information section.

ACV/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; ACV/GARDS Support is open to anyone whose lives have been affected by asbestos, their families and the public.

ACV/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

ACV/GARDS can provide professional counselling with a qualified psychologist free of charge for those who have been diagnosed with asbestos related disease and their family members.

If preferred telephone counselling can be arranged.

ACV/GARDS INC. EVENING MEETING



ACV/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 public. Thus, ensuring asbestos-related issues are kept in the public eye and trying to rid our environment of asbestos products.



ACV/GARDS Inc. would like to thank these sponsors and supporters



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