



ABN 77 687 118 554
INC. A0042386U

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



ASBESTOS

NEWS

INCORPORATING SILICA

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VOLUME 19

NOVEMBER 2020

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ASBESTOS AWARENESS WEEK
23-29 NOV.20

in ceilings

behind tiles

within surfaces

vinyl/adhesives

BEFORE YOU START, BE AWARE.

ASBESTOS lurks in more places than you'd think.

MAJOR SPONSOR OF ACV/GARDS



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



GARDS is endorsed as a charity. Donations of \$2.00 and over are tax deductible.



FIND US ON FACEBOOK

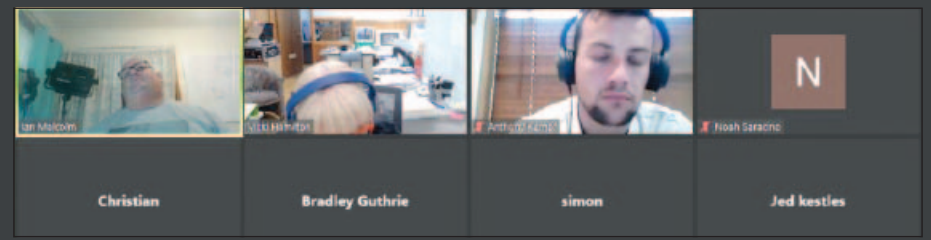
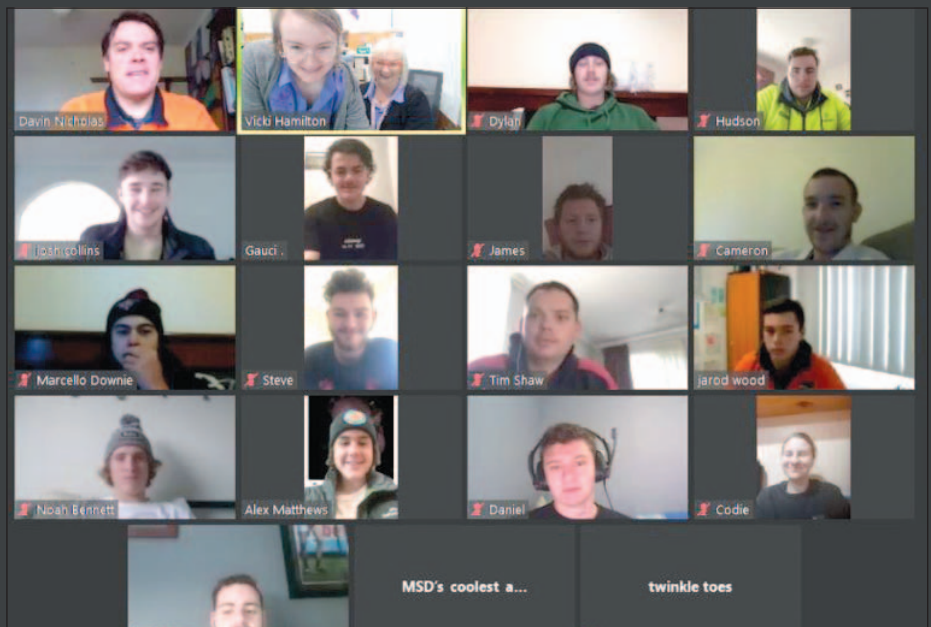
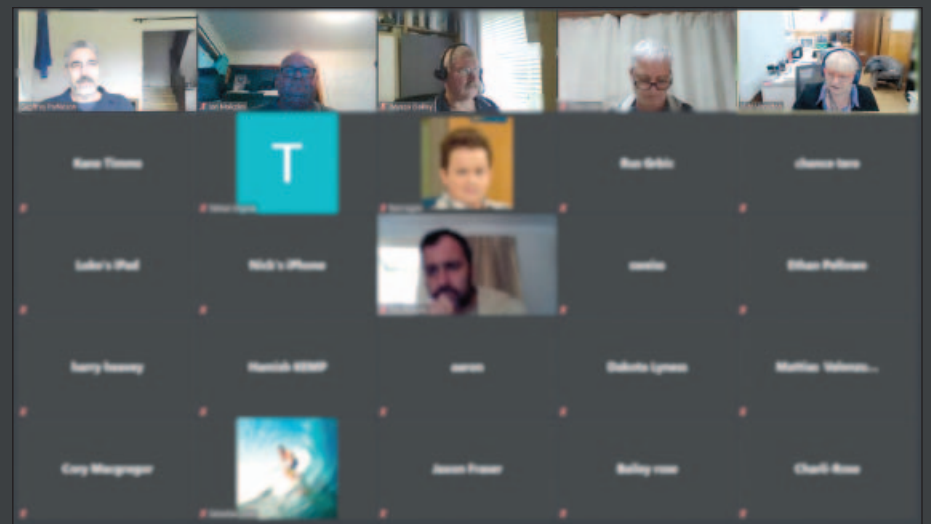
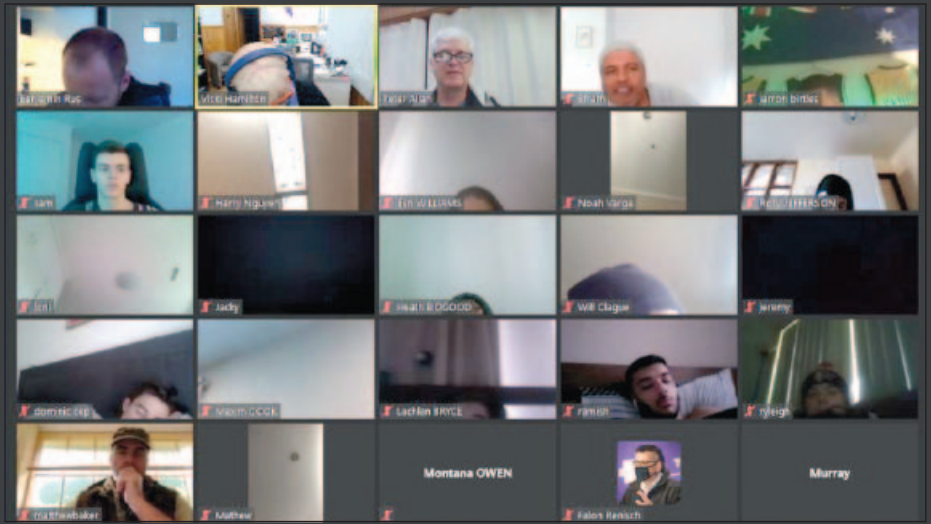
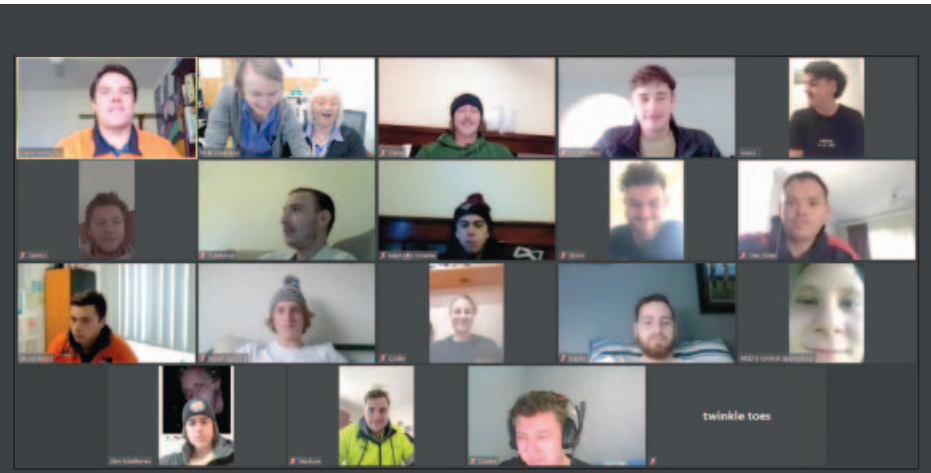
You can find our link on the home page of the ACV/GARDS website or at our facebook.com/gardsinc.



FOLLOW US ON TWITTER

twitter.com/VickiHamilton@ACV_GARDS

Roll call on **Asbestos & Silica Awareness sessions**



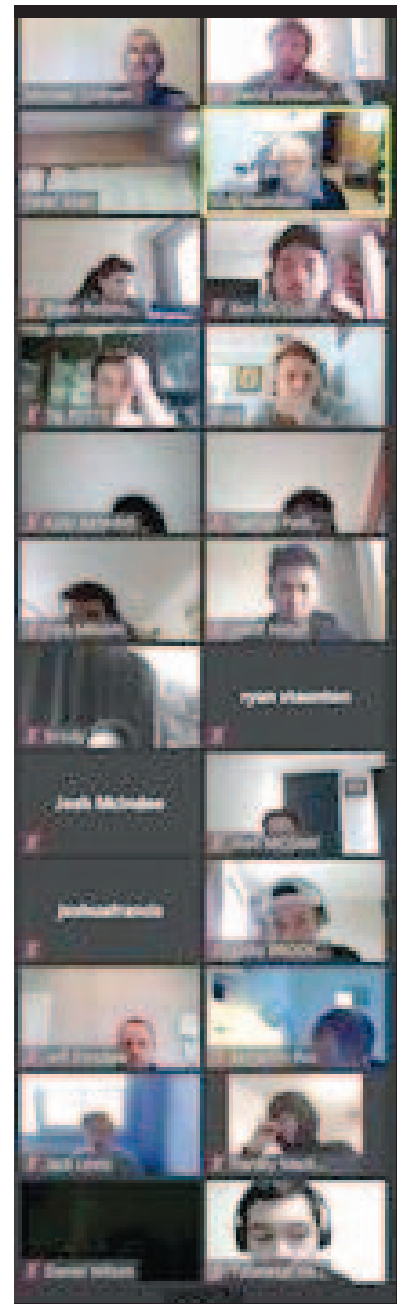

3rd June – Painting & Decorating at Newborough TAFE
5th August – Carpenters at Frankston TAFE
19th August – Carpenters at Dandenong & Frankston TAFE
26th August - Carpenters at Dandenong & Frankston TAFE
28th August - Carpenters at Dandenong & Frankston TAFE
28th Oct - Painting & Decorating at The Gordon TAFE, Geelong
6th Nov - Carpenters at Frankston TAFE

ACV/GARDS started conducting asbestos and silica awareness sessions on zoom in June to Apprentice Painting & Decorating at Gippsland TAFE – Newborough campus, prior to that we had done a session in our office in April to Newborough campus. In August to apprentice Carpenters at Chisholm TAFE Dandenong and Frankston campuses. 28th Oct Painting & Deco at Geelong. In November to Painting and Decorating at The Gordon Geelong and 6th Nov Carpenters at Chisholm TAFE Frankston.

These pics are some of those sessions. It has really been terrific to connect with the apprentices and we all have learnt along the way –how to take screen shots of sessions and share Power Points and learn screen etiquette. We have also learnt to use the chat room and show appreciation silently with emojis.

If for no other reason all the electronic ways you can connect with people have come into their own – Skype, Microsoft teams, Microsoft Gov teams, WebEx, Cisco etc. and of course the medium we have used with these TAFES has been Zoom.

Sometimes the internet can be dodgy and connections can go awry or people forget they are muted or they don't mute themselves – so many things can go wrong but all in all it has been exciting hooking up and meeting everyone in this manner. We hope with all the materials that we took on-line and videos. We hope we have managed to still make apprentices asbestos & silica aware because the main goal here is to try and save lives with information sharing.



VALE Paul Erbs

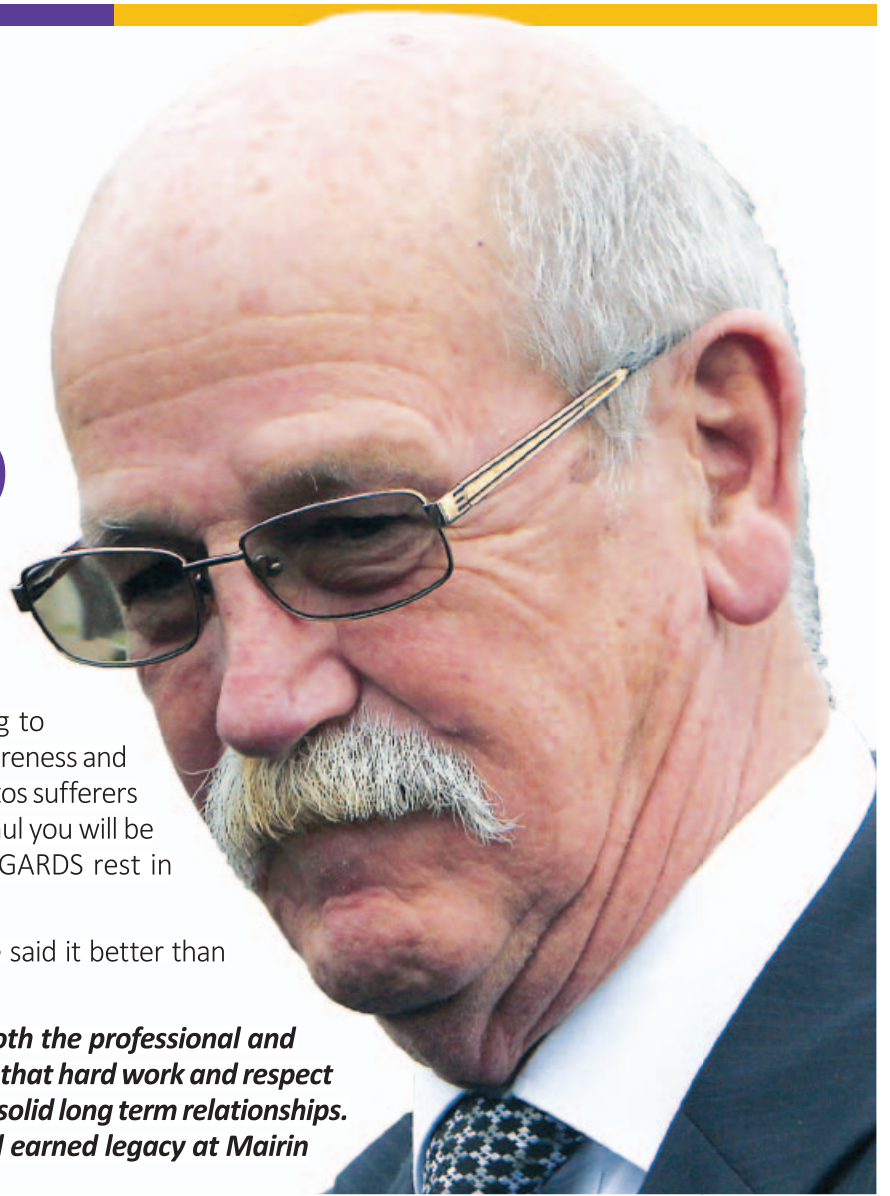
It is with much sadness that we have said goodbye to Paul a dear friend of ACV/GARDS – he was one of the Directors of Mairin OHS&E consulting in Moe – some 15 years ago he started this company and that was the start of a long friendship.

Over the years we have battled together all sorts of products coming into Australia that have contained asbestos. Paul was always a great supporter of our organisation and helped us with everything he could. His family who are still at the reigns of the business have always supported us and even after Paul retired they have helped in so many ways with pictures of asbestos when needed and samples for our apprentice tutorials – they have always been there- just before Paul died he rang Vicki and had a conversation about the fact that he was not going to help her in his retirement because he was not going to be around

long enough but he wished her and the organisation all the best in the future with everything they were trying to achieve around asbestos awareness and education and helping asbestos sufferers and their families. Dearest Paul you will be sadly missed by all at ACV/GARDS rest in peace dear friend

Danielle Erbs could not have said it better than this for all who knew Paul.

'A natural mentor within both the professional and family spaces. Paul showed that hard work and respect were the building blocks to solid long term relationships. He'll be missed but his hard earned legacy at Mairin lives on.'



Annual General Meeting

Asbestos Council of Victoria/GARDS Inc.
Saturday the 30th January 2021 - 2.00pm

Special Arrangements – COVID AGM

Venue: Due to COVID restrictions it will be conducted on-line as a telephone conference

ELECTION OF POSITIONS FALLING VACANT:

Vice President - Secretary – Committee Member

Other business to be conducted - Election of Auditor for 2020/21

Returning Officer: Graeme Hamilton

Nomination forms can be collected from the ACV/GARDS office, or downloaded from the ACV/GARDS web site or forwarded by post on request to ACV/GARDS Secretary

Completed nomination forms need to be received by the Returning Officer no later than 14 days prior to the election to **PO Box 111, Moe, Vic. 3825** or handed in at the ACV/GARDS office – **211 Lloyd Street, Moe.**

Should a vote be required for a position those persons attending the meeting by phone will receive a voting slip and a post- paid envelope with their agenda 7 days prior to the meeting. Your vote needs to be returned no later than the day before the election – Friday 29th January 2021.

Check COVID restrictions before coming to the office.

If you would like to join us by phone for our AGM please advise the office of your attendance so that we can send you the paper work for the meeting either by email or mail – please allow time for mail outs.

If your preferred method is email for the return of voting slips this is acceptable as well – if corresponding by email the one email address must be used for all transactions so that it can be logged.

Asbestos Awareness Events 2020

Free asbestos webinar

Tuesday 24 November 2020

5.00pm - 6.00pm.

Register online:

www.asbestostaskforce.net

Hear where asbestos is commonly found in the home and how it can be identified. Open to all.

Presented by the Latrobe Valley Asbestos Taskforce



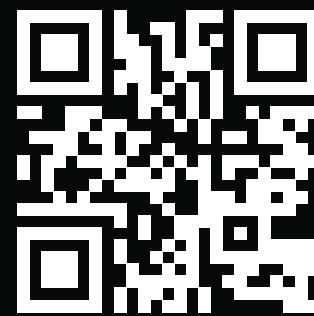
Be aware — asbestos lurks in more places than you'd think.

Asbestos in Victoria webinar

National asbestos awareness week 2020

Friday 27 November, 1-2:30 pm

Register now



Register for the asbestos webinar

Hold your phone camera over the QR code



At The time we went to print WorkSafe Vic did not have the webinar URL available for registration – please check their website and social media for details in the coming week

Asbestos

lurks in more places than you'd think



Think you know?

Find out at asbestos.vic.gov.au



ASBESTOS AWARENESS PROFILE

Professor Tim Driscoll – Sydney University

Tim Driscoll is an occupational epidemiologist and specialist in occupational and environmental medicine and public health medicine. He works as professor in epidemiology and occupational medicine in the Sydney School of Public Health at the University of Sydney, Australia, where he runs the general epidemiology teaching and is Director of the Master of Public Health.

In terms of research, Tim's main areas of interest are the burden of occupational disease and injury; occupational cancer and exposure to occupational carcinogens, particularly asbestos; occupational fatal injury; increasing the practical application and influence of epidemiological principles and findings; and improving the communication of epidemiological principles and findings to the general public. Asbestos-related disease has been a focus for much of Tim's work, commencing in late 1990 when he joined the epidemiology unit in the National Occupational Health and Safety Institute at the National Occupational Health and Safety Commission, known more widely as WorkSafe Australia. Jim Leigh was head of the unit and a fierce leader of research into occupational lung disease, including asbestos-related disease, and Tim first worked on some of Jim's projects, later taking Jim's place as head of the



Mesothelioma Register, which was run by WorkSafe. With a touch of circularity, the Mesothelioma Register closed due to privacy restrictions, was re-born several years later as the Mesothelioma Registry, funded by SafeWork Australia, and after being run on their behalf by the NSW Cancer Institute, is now run

by the Australian Institute of Health and Welfare, with Tim as the Chair of Expert Advisory Group.

At about the time he left WorkSafe Australia in 2001 when it moved from Sydney to Canberra, Tim was invited to work on the World Health Organization's (WHO) global burden of disease. Twenty

years later he is still working in this area, with asbestos being one of the main areas of focus. Tim is now head of the Occupational Risk Factors Expert Working Group for the current Global Burden of Disease study run by the Institute for Health Metrics and Evaluation (IHME) at the University of Washington in Seattle. The information from the study, and the previous WHO version, has been very important in highlighting the terrible legacy of asbestos exposure in high-income countries and the likely burden of disease that will result from the on-going use of asbestos in low and middle-income countries.

As a result of this work and other relevant experience, Tim has worked on a number of specific asbestos-related problems, including asbestos contamination of soil, especially in previous industrial areas being reclaimed for commercial and domestic purposes. He also has worked with and been a supporter of the Asbestos Safety and Eradication Agency (ASEA) and is currently a member of the agency's research and evaluation committee.

Having retired from playing serious footy in his mid-30s, Tim turned to running to try to maintain some level of fitness. Now he tries to run four times a week, and swim twice a week (although he sees this more as punishment rather than enjoyment), and for many years has run on Sunday mornings with a well-known committed asbestos control campaigner and previous ASEA member, Nick Miller.

**ASBESTOS
AWARENESS**

WEEK

23-29 NOV.20



BEFORE YOU START, BE AWARE. ASBESTOS lurks in more places than you'd think.

ASBESTOS AWARENESS PROFILE

Dr Tom John – Peter Mac, Melbourne

Thanks for the opportunity to talk about my research. I am a medical oncologist at the Peter MacCallum Cancer Centre in Melbourne. My focus of research is thoracic cancers including lung cancer and mesothelioma.

I developed a specific interest in mesothelioma while conducting laboratory based research in Toronto in 1998-2000 conducting post-doctoral research after completing my medical degree and PhD in Melbourne. At that time, we were taking tumour samples from patients with lung cancer and looking to grow those tumours in mice. We extended this to also look at mesothelioma and it was surprising to see that only 40% of the mesotheliomas we tried to grow actually grew, but invariably those tumours represented a more aggressive type of mesothelioma even though they looked the same as other tumours under the microscope.

Subsequently on returning to Melbourne in 2000 I received a grant from the Cancer Council Victoria to establish what I called a Mesothelioma Collaborative between the Austin Hospital and Monash. The idea was to put together all of our samples and use this to look at biomarkers and potential therapies. Much of this work has been published in high quality journals and I have had now had three PhD students conducting research in mesothelioma around this project.



Some of that research pointed towards using novel therapies in mesothelioma. The idea was to see if the therapies worked in a petri dish and then in mice with mesothelioma. We have been excited with the results and were hoping to develop clinical trials for one of these agents, but unfortunately were unable to do this as the company decided not to continue studies using that drug. We are still completing some other studies

in the lab with these drugs and there is a chance we will get an opportunity to use them as therapies if we can show good efficacy.

The second group of therapies we are looking at uses drugs currently used to treat leukemia that were developed at the WEHI. We have found that these agents are very effective in the petri dish and are looking to expand those studies with a view to using them in clinical trials.

Currently I am looking to run a study where we take a closer look at the DNA of mesotheliomas to try to detect mutations that we can treat with targeted therapies, or so we can identify pathways that we can potentially block. We are also planning to collect blood to see if we can measure tumour DNA in the blood.

Researching mesothelioma is not an easy task. The resources available are nowhere near what is available in other tumour types and funding to conduct such research is limited. But it is also an area of unmet need as treatments have not changed for nearly 20 years.

Apart from the laboratory, I am also a clinician treating people with thoracic cancers. I am heavily involved in clinical trials not just in mesothelioma but also lung cancers. Some of these studies have changed practice in lung cancer and I am proud to be at the forefront of clinical research in Australia. Ideally I would hope to use this experience to develop practice changing therapies in mesothelioma. We are about to open several clinical trials in mesothelioma. This is a way of accessing potentially more active therapies to what we currently use.

I am lucky to have a supportive wife and three lovely children. I love playing music and use it as downtime to reset after busy and often trying days. I look forward to the time when we can go out and enjoy live music and each other's company in the near future!

**ASBESTOS
AWARENESS**

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**BEFORE YOU START,
BE AWARE.**

ASBESTOS

**lurks in more places
than you'd think.**

ASBESTOS AWARENESS PROFILE

Perdita Dickson – Worksafe Victoria

PERDITA DICKSON
Senior Occupational Hygienist
Major Construction Projects –
Regulated Industries Division
WorkSafe Victoria

Occupational Hygiene is a very broad profession focusing on hazards that cause ill health to people in the workplace. This can range from noise to heat to chemicals and asbestos. It is the focus on people's health and in particular the long-term impact that is a key interest for me and why I enjoy my role at WorkSafe Victoria so much.

My role is within the major construction projects team which has oversight of the large governmental transport infrastructure projects as well as the power station demolitions in the Latrobe Valley.

I am also a representative at the Latrobe Valley Asbestos Taskforce with other government agencies, local councils, unions and ACV/GARDS. This has been a personally and professional satisfying group to be part of mainly due to the collaboration of everyone involved and

aligned goal of eliminating asbestos related illnesses in the Latrobe Valley and beyond.

Another key strategy of the Latrobe Valley Asbestos Taskforce is to raise awareness about asbestos which I apply at home as well. Which has meant that my two young children may be the only one in their class who know about asbestos and are pretty good at picking out buildings that may contain it.

I think it is really important that the younger generation are aware of the risks of asbestos and it becomes normal practice to properly manage it at work and at home. Personally I love coming to Gippsland (not so often now with COVID-19) both to visit family and friends and also camp in the beautiful country side so it's been great being part of the Latrobe Valley Asbestos Taskforce, to at least keep engaged with the area.

That is probably another key thing of my role that I enjoy, meeting people from different industries and groups that are involved in reducing asbestos related illnesses.



Did you know asbestos was used in more than 3000 common building materials before it was banned? It's still found in 1 in 3 Australian homes, lurking in things like meter box and fuse linings. Knowing what to look for might not be as easy as you think.

Think you know?

Find out at asbestos.vic.gov.au



Around 74% of homes in the Shire of Wellington contain asbestos

Be aware —
asbestos lurks in
more places than
you'd think.

Find out more at asbestos.vic.gov.au

Demolition of Hazelwood Power Station



Reports on Hazelwood Power Station from ENGIE Hazelwood air and asbestos monitoring demonstrates good results

Extensive monitoring for air quality and asbestos carried out in conjunction with Monday's (25 May) controlled collapse of the eight Hazelwood chimneys has returned good results.

Environmental monitoring and analyses undertaken by independent hygienists have confirmed that no external asbestos fibre impacts arose from the demolition works. This has been confirmed via both soil samples and airborne asbestos monitors, installed at numerous locations within and around the boundary of the Hazelwood site.

From a dust perspective, with reference to the EPA Airwatch Criteria, the monitoring results have confirmed that the air quality at the site's perimeter remained of a good standard with reference to PM2.5 and PM10 post the chimney demolition.

Reports relating to the monitoring program will be available to the public on the website www.hazelwoodrehabilitation.com.au

The area where the chimneys were felled, between the power station block and the former coal slot bunker, has been designated an asbestos working area

while rubble removal works continue, with appropriate safety precautions in place, and will be treated as such until a satisfactory inspection at the conclusion of removal works. All of the waste will be transported on an internal road system to the EPA-approved, on-site asbestos cell for safe disposal. Dust suppression systems will be maintained for the duration of the removal works.

These excellent results, after a period of considerable planning, should provide comfort to the local community and the Hazelwood Project contractors and workforce.

ENGIE Hazelwood management congratulated the entire team, including the numerous local emergency services support agencies, who successfully achieved one of the major milestone activities of the Hazelwood Rehabilitation Project demolition program.

"In particular, we extend our congratulations to the demolition contractor, Delta Group," an ENGIE spokesperson said. "This was a sizeable and very public demolition project, and to have it carried out so professionally and successfully is a credit to Delta and its entire team."

Public interest in the demolition was reflected in the number of livestream

views of the demolition across numerous websites.

"We nonetheless acknowledge that this was a sad day for many people, including those who are currently working on the project. The Hazelwood Power Station has played a big part in the Latrobe Valley landscape and community since the 1960s and the contribution of employees, sub-contractors and other support agencies to electricity production for the whole of Victoria is acknowledged."

The demolition of the eight chimneys was a major milestone in the multi-year program of rehabilitation works across the site of the former Hazelwood mine and Power Station, to create a safe, stable and sustainable landform.

Demolition of the former power station including the chimneys is a vital element in ensuring public health and safety. As with other major industrial sites constructed in the 1960s, the former station contains significant amounts of asbestos and cannot be left to deteriorate.

All asbestos or asbestos related materials is being safely contained in an on-site, Environment Protection Authority licensed asbestos waste landfill cell. All of the chimney rubble has now been

cleared and placed in the containment cell which has been developed under strict regulatory guidelines and is subject to regular and on-going safety and environmental audits to ensure compliance. All materials are handled by specialist A-Class asbestos removalists under an Asbestos Management and Control Plan, which includes monitoring and inspection by independent hygienists. As well, there is a Senior Victorian Work Safe Inspector on site full time.

All major demolition works on the site are expected to be completed in 2022.

Updates will be provided as specific information becomes available, at website hazelwoodrehabilitation.com.au

The chimney collapse can be watched on the website: <https://www.hazelwoodrehabilitation.com.au/demolition/>

Statistics - Chimneys

137 high each

More than 35,000 cubic metres of chimney rubble has been removed and placed in the licenced, on-site landfill cell

Demolition of Hazelwood Power Station



Dredger fell success

The first of the dredger demolition works carried out on Thursday (15 October 2020) at the Hazelwood Rehabilitation Project proved a success.

Dredger 11 came down a little after 10am with the key objectives of the demolition realised. The main outcome, a safe and successful fell, was achieved with the dredger on the ground.

All of the blast cutting charges were fully expended with no misfires. A thermal imaging sweep conducted by drone after the controlled collapse showed no issues with hot spots in the mine. The immediate geotechnical surveys also showed no issues and batter stability throughout the mine was not compromised.

However a minor area of heated material inside the dredger, stoked by late

DREDGERS REQUIRING BLAST DEMOLITION

Dredger 11 – 30m high x 85m long x 31m wide. Service weight 1675 Tonnes

Dredger 9 – 35m high x 85m long x 24m wide. Service weight 1565 Tonnes

Dredger 10 – 40m high x 82m long x 23m wide. Service weight 1790 Tonnes

Dredger 25 – 21m high x 70m long x 23m wide. Service weight 1010 Tonnes

afternoon wind, created a smoulder. It was picked up by the established monitoring and safety procedures at around 3.30pm. It was promptly and successfully addressed with the CFA in attendance as a precaution and was quickly under control.

Post-blast monitoring continued for a further 24 hours to ensure the overall area has not been impacted for batter stability.

As previously advised, the remaining three demolitions will take place from October through to December.

The four largest dredgers are being explosively blast felled to achieve an engineered controlled collapse and subsequently mechanically dismantled, with materials removed for recycling over a period of time.

The controlled collapse methodology has been selected by ENGIE Hazelwood's demolition contractor Delta Group for health and safety reasons, following a detailed options analysis and risk assessment process in consultation with regulatory agencies.

The size and design of the dredgers

is such that attempts to demolish by conventional means are deemed potentially dangerous. The explosive cutting charges will enable the dredgers to be brought to ground for safe dismantling, removal and recycling.

The works will take place over a number of weeks from mid-October until December 2020.

There is no remaining asbestos-containing material in any of the dredgers. All such components have been removed during decommissioning and demolition preparation.

The Dredger 11 demolition can be watched on the Hazelwood Rehabilitation Project website:

<https://www.hazelwoodrehabilitation.com.au/large-mining-equipment-dredger-demolition/>



Dredger fell success Continued...



Life Membership for Vicki Hamilton OAM



At the last AGM on Saturday the 25th January 2020 the subject of making Vicki a life member of ACV/GARDS was discussed and all at the meeting thought this was an excellent idea.

So it was scheduled at the first night meeting of this year for a detailed discussion and motion and seconder – so because of COVID a few months later Vicki was presented in front of the ACV/GARDS President and Vice President and part time worker with a clock and her life membership badge and certificate for 20 years

of dedicated service to our org. We thank her for all she has done over the years in making the organisation that ACV/GARDS has become today. The organisation is now the only Asbestos & Silica Support organisation in Victoria and is a leader in information and support to the community. Vicki said that it has

been a long and sometimes bumpy road but we have been successful in so many issues with help from our friends and supporters – thank you for helping us – there are so many of you to list everyone, but you know who you are and how much you are appreciated and loved by this organisation.



Don't drill, sand, saw, hammer, screw, or nail — unless you know for certain it does not contain asbestos.

Asbestos lurks in more places than you'd think.

Find out more at asbestos.vic.gov.au

ACV/GARDS Support Group Meeting on Zoom

The support groups have been meeting on zoom since August and those that have been able to join us have enjoyed the get togethers.

We have had a speaker for each meeting who has been able to present - The speakers have been exceptional with the information that they have brought to the meetings. We would like to thank Peter Collins – Waste Education Officer with Latrobe City and Tahnae Blight Environmental officer with Latrobe City and Kate Carmichael – Program Manager with the Latrobe Valley Asbestos Task Force and up and coming speaker for November is Stacey Clark, Senior Engagement Advisor EPA Gippsland.

We look forward to our last support group meeting for this year and if there are any people in the community who are interested in asbestos issues or just want to get together with like-minded souls and join us on line you are most welcome. Just contact the office and Vicki will provide you with the link to the next support group meeting which is due to take place on the 24th Nov at 1.30pm.

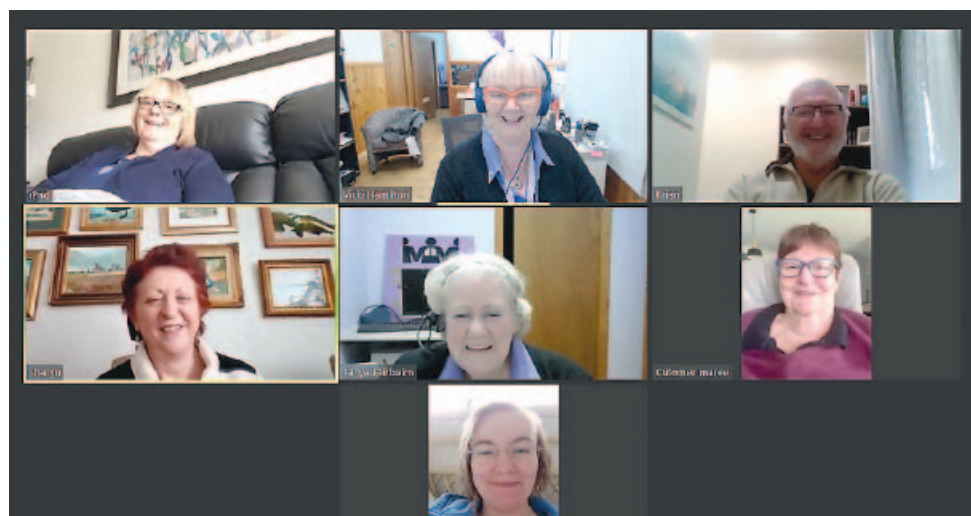
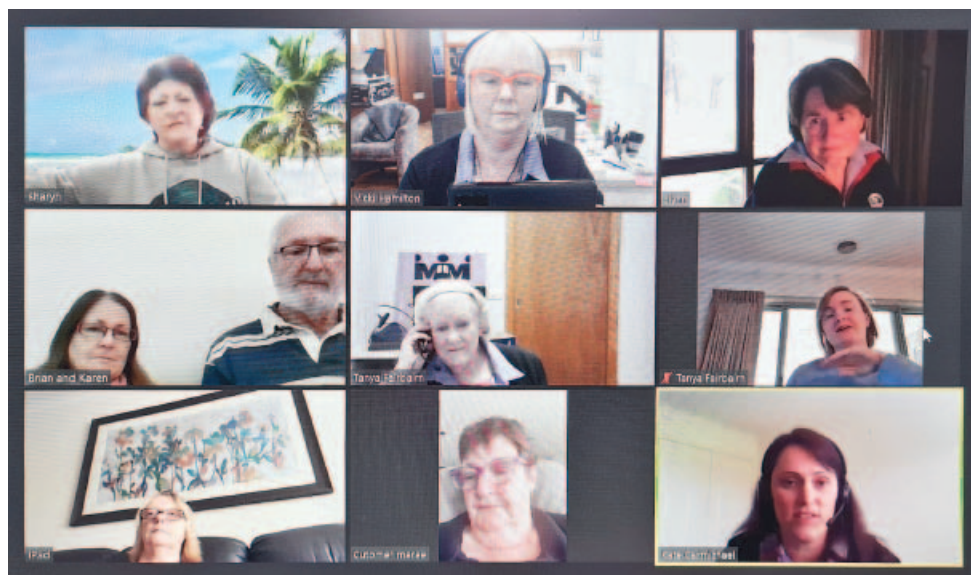
As for next year – as we are not quite sure where social distancing will be by February 2021 – The Gippsland group will be intending to meet on zoom but if things are fine by then and social distancing is relaxed with measures of hygiene rules in place we may be able to go back to meeting in our meeting rooms at the office. Below are a couple

of photos of our zoom meetings.

The Metro support group looks like it will come together straight away in February at Amaroo House – Amaroo Street, Chadstone with social distancing as there are less in the group in Melb and they may be able to adhere to all safety precautions there. Please check with

the ACV/GARDS office for the status of this group opening up or phone Maitea Lovric support group convener on **0481 987 953** – for information.

We look forward to seeing you all in person as soon as the Chief Medical Office of Victoria – Brett Sutton says it is safe to do so.



ACV/GARDS
Christmas
Lunch
2020

Due to COVID it has been discussed at our organisational meetings to put on hold our ACV/GARDS Xmas lunch for our members this year – we have decided at this present time that we will organise a Xmas in April 2021 lunch for all our members if everything is going along okay by then – this will also be dependant on what the CMO of Victoria - Brett Sutton advises by early Feb 2021 – if this is something that we will be able to organise we will contact all our members to advise of date and time.

Asbestos
lurks in more places
than you'd think

...like telecommunications pits, eaves and flooring adhesive.

Think you know?
Find out at asbestos.vic.gov.au

VICTORIA State Government
Work Safe VICTORIA

Latrobe City – 2020

Community Support and Recovery Package

Our organisation was honoured to be advised that we were successful in obtaining a grant to help us through the difficult times we have all been experiencing.

As you can see the items here were purchased with the money that we applied for and we were fortunate that some of the money we gained will pay our internet and phone expenses to the end of the year. This is how we have been keeping in contact with our members and doing all our business. Again thank you so much it is truly appreciated and has helped us immensely.



Loy Yang B Power Station

Community Partnership Program 2020/21

ACV/GARDS was successful in obtaining a grant from Loy Yang B to help us purchase a much needed photocopier for our organisation.

A photocopier is one of our most useful pieces of equipment in our office and is in use every day. We were so pleased to be able to secure this grant as our old photocopier was on its last legs.

The photocopier is one of the most important things we have used through this last 12 months not only for our day to day operations but keeping in touch with all those who need our help with info and support. We have placed two plaques on the machine for those entities who helped us to purchase it. Anyone visiting our office will know immediately who helped us. We thank Loy Yang B for the support and being able to do our job with this new valuable piece of equipment for our office. We are thrilled



ASBESTOS AWARENESS WEEK
23-29 NOV.20

DISPOSABLE COVERALLS
SHOE COVERS
GLOVES
RESPIRATOR MASK
PROTECTIVE EYEWEAR

Safety is more than just PPE.

BEFORE YOU START, BE AWARE.
ASBESTOS lurks in more places than you'd think.

Latrobe City 2020/21 Community grants - minor equipment

ACV/GARDS were successful with the Latrobe City minor equipment grants application that we applied for and this money was put towards our new photocopier.

We were thrilled to get the news that we had been successful – this grant has made it that much easier to keep in touch with all those who need our help and support. Anyone that visits our office will see it has two plaques displaying proudly who allowed us to be able to purchase our new machine. Thank you so much we really appreciate it. All our members appreciate the support we get from Latrobe City.

Now more than ever WE NEED YOUR SUPPORT!

Have you paid your ACV/GARDS Membership Fees?
All fees are due and payable 30th September of each year

The fees are: \$5 for concession & \$15 for employed persons - Joining fee remains the same at \$5

ACV/GARDS membership fees only cover some of the cost associated with being a member of the organisation – it does help us to send out information to you & keep you informed, but we cannot send out personal reminders of fees due as this adds too much to our costs. We thank all those who support us by being a member as this gives us strength and unity to fight for those



things in life that our sufferers and their families need and want. Thank you to those members who pay 2 & 3 years in advance, your gesture is greatly appreciated – You can make payment in many different ways – you can go to our GiveNow link on our web site or you can pay it through our PayPal link – you can visit the office or you can send us cheque or Direct Debit. Please take the time to support us as without you we cannot support others in need.



Pictured here is Stephen Plunkett

Around 60% of homes in the Shire of Baw Baw contain asbestos

Be aware —
asbestos lurks in
more places than
you'd think.



Find out more at asbestos.vic.gov.au

**Slater
Gordon**
Lawyers

SPONSORSHIP 2020/21

ACV/GARDS are really pleased to inform our readers that Slater+Gordon Law Firm are going to sponsor ACV/GARDS for the coming 12 months. We are extremely pleased to have them on board with us. It is really a great honour to have them support the work we do in the community.

We have had a long relationship with this firm – Stephen Plunkett has been a long time supporter of the work we

do – all his staff are very helpful and knowledgeable. We are also grateful to have Margaret Kent help us too in supporting their clients. It has been a long relationship that has grown over time and we hope this will continue into the future so that we may be able to bring all our support services to sufferers and their families no matter where they are in Victoria .

To all the Slater+Gordon lawyers and staff thank you so much for having faith in us to deliver the very best we can in support and information.

Silicosis:

an ongoing challenge in Australia

The appalling outbreak of silicosis amongst stonemasons in Australia, associated with the surge in demand for artificial stone benchtops over the past two decades, continues to be a growing concern as more workers continue to be tragically diagnosed with this preventable condition.



Silica dust

Silica is one of the most common minerals found in the earth's crust. It is found in rock such as granite, sandstone, slate, sand, and glass. Crystalline silica (often called "silica dust") is the form known to be a health hazard when particles are inhaled. Inhalation of silica can cause serious health problems down the track.

Common places you may encounter silica include:

- Manufacture or installation of engineered or artificial stone products such as benchtops which have a very high level of silica, typically 90% or more
- Cutting or drilling into concrete, cement sheet, tiles, and bricks
- Sand blasting
- Road construction
- Sweeping construction and debris

Silica-related conditions

Silicosis is a permanent irreversible scarring of the lungs usually detected through lung function testing (spirometry) and radiography. It is a progressive condition that may start off asymptomatic and become symptomatic and more disabling over time. Common symptoms are shortness of breath, initially on exertion and sometimes at rest as the disease progresses and also a cough.

There are three kinds of silicosis: acute, chronic, and accelerated.

- Acute silicosis causes symptoms such as inflammation, severe shortness of breath and lowered blood oxygen levels when high levels of silica exposure occur over a short period of time
- Chronic silicosis develops after longer term exposure to silica, causing difficulty breathing, painful swelling in the lungs and lymph nodes

- Accelerated silicosis can develop more rapidly after moderate to high levels of exposure, causing lung scarring, trouble breathing and inflammation

Silicosis is most commonly associated with silica dust exposure, but silica dust can also cause other conditions like chronic obstructive pulmonary disease, scleroderma, kidney disease and increases the risk of lung cancer.

Treatment for silicosis

There is no known cure for silicosis, but progression can be slowed, and symptoms managed, especially when diagnosed early. A diagnosis of silicosis usually necessitates ceasing work in dusty environments.

There have been some promising recent developments in the treatment and management of silicosis. Clinicians at Brisbane's Prince Charles Hospital and researchers at the University of Queensland have developed a world-first treatment called a whole lung lavage which works by washing out the silica crystals and damaged cells from the lungs. So far, recipients of this procedure have reported positive results providing much needed hope for sufferers of silicosis. WorkSafe Health Screening

WorkSafe's free silicosis health screening program has now been underway in Victoria for a couple of years. The program is designed to detect silicosis in stonemasons in Victoria as early as possible. All past and present workers in the stonemason industry are eligible for a free health assessment. To start the process, contact WorkSafe Advisory Service on 1800 136 089.

At this stage, Worksafe's free health screening program has not been extended to workers exposed to silica dust in other industries. However, these workers can and should speak to their doctor about getting screened at their own cost if they are concerned about their health.



Compensation for silicosis

In most cases, sufferers of silicosis are entitled to compensation. In Victoria, where a worker is exposed to silica dust in employment after 31 August 1985, they will be entitled to claim worker's compensation benefits.

At a minimum, sufferers of silicosis with an accepted Victorian WorkCover claim are entitled to claim weekly payments for their time off work and the reasonable costs of:

- Medical investigations, care, and treatment
- Gym memberships and programs
- Psychological support and counselling
- Retraining and access to vocational rehabilitation services

Depending on when a worker was exposed to silica dust, they may be entitled to additional lump sum compensation. Precisely when a lump sum claim is lodged is critical to the likely success of a claim, so it is important to get legal advice as soon as possible and before lodging any lump sum claim. The Victorian WorkCover laws as they currently stand, do not allow a worker to make another lump sum claim if the first claim is unsuccessful.

If a worker dies as a result of a silica-related condition, their dependants may be entitled to additional dependency benefits including the costs of funeral and burial services, counselling, a pension, and a lump sum.

It is important to get legal advice as soon as possible as strict time limits apply to this area of law.

Preventing silica-related conditions

Silica-related conditions can be prevented through adequate dust control and ventilation, respiratory protection, and regular health monitoring.

Safe Work Australia publishes exposure standards for airborne contaminants in the workplace.

The exposure standard for crystalline silica dust is 0.05mg/m³ as a TWA (time-weighted average) airborne concentration over 8 hours.

However, WorkSafe Victoria recommends that employees are not exposed to levels above 0.02mg/m³ as a TWA. This is a precautionary measure to prevent silicosis, and to minimise the risk of lung cancer.

In 2019, the Victorian Government implemented new regulations banning the uncontrolled dry cutting of artificial stone.

Case Study:

Mark was diagnosed with silicosis as result of his work as a stonemason over 7 years. Mark lodged a WorkCover claim which was accepted. He now gets weekly payments from the WorkCover insurer to help ease the financial burden of losing his livelihood as it is no longer safe for him to work as a stonemason. In addition, the insurer is paying for Mark to retrain in a new trade, giving him the opportunity to pursue an alternative career path.

Fortunately, for now, Mark's condition remains stable and he is not experiencing significant problems with his breathing. However, silicosis can get worse long after exposure to silica dust has stopped. In Mark's case, if his condition progresses, he will be entitled to an impairment benefit lump sum from the WorkCover insurer.

Mark may also be able to sue his old employer for compensation for his pain and suffering and lost income as a result of their negligence in exposing him to silica dust, as the dangers of silica dust have been well known for decades yet his employer did not adequately protect him. The Victorian laws require that certain thresholds are met before an employee can sue their employer so whether Mark can make a claim will depend on whether his condition progresses and how and to what extent his life is permanently impacted.

What to do next?

If you or a loved one has been exposed to silica dust or has been diagnosed with silicosis or another silica-related condition, it's important to get legal advice as soon as possible as strict time limits apply to this area of law.

When faced with a silicosis diagnosis, your life can get turned upside down. Understandably, legal proceedings may be the last thing you wish to deal with. The specialised team at Gordon Legal believe in making this process as easy as it can possibly be. Achieving financial compensation is something meaningful you can do to achieve a sense of justice for yourself and your family in this incredibly difficult time.



To talk directly to a silicosis lawyer, please call the team at Gordon Legal on 03 9603 3028.

Meet the Team at Gordon Legal

Victoria Keays

is Gordon Legal's principal dust disease expert. She is an accredited lawyer specialising in asbestos and silicosis litigation.

Victoria has over 10 years' experience in representing victims of dust disease, including silicosis and asbestos-related diseases.

She is passionate about achieving compensation for anyone whose been affected by occupational diseases, and has represented clients all around Australia.

She has been recognised as a leading lawyer in this area by Doyle's Guide.



Tess Dickie

is an experienced personal injury lawyer with a background in Asbestos and Dust Diseases and WorkCover litigation. She is passionate about fighting for the right compensation for sufferers of asbestos and dust diseases including mesothelioma, lung cancer, asbestosis, asbestos related pleural disease, and silicosis. Tess also has a particular interest in the emerging area of WorkCover compensation claims for sufferers of non-asbestos occupational diseases and cancers, having secured compensation for workers with silicosis, lung cancer, asthma, byssinosis and leukaemia.

Tess's combined experience in WorkCover and lung disease compensation makes her the optimal choice of lawyer for silicosis claims under the Victorian WorkCover scheme.



MEETING DATES

INCORPORATING OUR NEW ASBESTOS/SILICA SUPPORT GROUPS IN GIPPSLAND & METRO

Due to COVID restrictions – we are constantly monitoring advice from the CMO of the Victorian State Government as to what we can and can't do

ACV/GARDS NIGHT MEETING – OPERATIONAL/BUSINESS FOR 2021

GIPPSLAND - MOE

7.30pm to 9.30pm

Meetings are held at ACV/GARDS Premises
211 Lloyd Street, Moe

During COVID restriction these meetings have been taken to a teleconference each month until further notice from the CMO of Victoria – they will be continually reviewed for changes to rules - if you wish to join our night meeting please contact the office for the dial in details

- Tuesday 16th February
- Tuesday 16th March
- Tuesday 12st April
- Tuesday 18th May
- Tuesday 15th June
- Tuesday 20th July
- Tuesday 17th August
- Tuesday 21st September
- Tuesday 19th October
- Tuesday 16th November
- CHRISTMAS BREAK-UP TBA

ACV/GARDS SUPPORT GROUP MEETING FOR 2021

GIPPSLAND - MOE

Last Tuesday of the month - 1.30pm to 3.30pm

Meetings are held at ACV/GARDS Premises
211 Lloyd Street, Moe

During COVID restrictions the meetings have been conducted by Zoom each month until further notice from the CMO of the state – they will be continually reviewed for changes to rules – if you wish to join our support meeting please contact the office for the link invite

- Tuesday 23rd February
- Tuesday 30th March
- WEDNESDAY 28th APRIL - International Workers Memorial Day, TBA
- Tuesday 25th May
- Tuesday 29th June
- Tuesday 27th July
- Tuesday 31st August
- Tuesday 28th September
- Tuesday 27th October
- FRI 26th NOVEMBER - Asbestos Awareness Day, TBA
- CHRISTMAS BREAK-UP TBA

ACV/GARDS SUPPORT GROUP MEETING FOR 2020

METRO - CHADSTONE

2nd Monday of the month - 1.30pm to 3.30pm

Meetings are held at Amaroo Neighbourhood Centre – 34 Amaroo Street, Chadstone

During COVID social distancing is adhered to with all rules in place for meeting face to face at Amaroo House – if you wish to attend our support meetings at the centre contact Maitea Lovric – convenor - # 0481987953 We are intending to try and open this group in Feb to face to face meetings

- Monday 8th February
- Monday 8th March
- Monday 12th April
- Monday 10th May
- Monday 14th June – Public holiday
- Monday 12th July
- Monday 9th August
- Monday 13th September
- Monday 11th October
- Monday 8th November
- TBA NOV – Asbestos Awareness Day, TBA
- CHRISTMAS BREAK-UP TBA



Asbestos

lurks in more places than you'd think

Think you know?
Find out at asbestos.vic.gov.au

VICTORIA WorkSafe



Asbestos

lurks in more places than you'd think

Think you know?
Find out at asbestos.vic.gov.au

VICTORIA WorkSafe

Renovating a property built before 1990?

Be aware — asbestos lurks in more places than you'd think.



Find out more at asbestos.vic.gov.au

Around 80% of homes in the City of Latrobe contain asbestos

Be aware — asbestos lurks in more places than you'd think.



Find out more at asbestos.vic.gov.au



Common Asbestos Containing Material Around A House

Meter Box & Fuse Box with asbestos based resin mounting boards, woven asbestos fuse linings & asbestos cement, asbestos millboard or asbestos insulation board internal linings

Asbestos cement imitation slate roof tiles

Asbestos cement sheet or asbestos insulation board internal walls or ceiling linings

Asbestos cement drain pipes

Asbestos cement sheet window sunshade

Asbestos cement sheet wall infill panels (flat)

Cast asbestos cement pit

Laminated asbestos cement sheet to wet areas

Asbestos cement corrugated roof cladding with edge ridge capping & gutters

Asbestos cement sewer vent pipe with dispersal cap

Hotwater service with asbestos lining to the electrical connections sitting on compressed asbestos cement sheet

Asbestos insulation (rope, textile or lagging) to the hot water pipes

Asbestos containing vinyl tiles

Asbestos cement pipe columns

Asbestos cement plank wall cladding

Asbestos backed vinyl sheet floor covering

Rippled surface asbestos cement sheet

Asbestos cement stump level packing

Compressed asbestos cement landing and stairs and asbestos cement panel to the handrails

Asbestos Audits Queensland
www.asbestosaudits.com.au
admin@asbestos-audits.com.au
 Ph: (07) 55492250

Thank you to Brian Sketcher for allowing us to reproduce this diagram of where to find asbestos in your pre-1990's home.

Special People and Organisations

Regular donations made to us by these generous companies

Latrobe Plumbing & Asbestos Specialists Pty Ltd – Steve Day and we would also like to thank **Sam Erbs** 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:

- Karen & Brian Healy,
- Jack Fawcett,
- Joe Iannaniuno,
- Anonymous \$50 from Pay Pal Giving Fund,
- Marian & Bert Carrigy,
- Ian & Pushpa Wilson,
- Lorraine Fairbairn,
- George Davis

Donation Dollar

AUSTRALIA has launched a world first 'Donation Dollar', a single dollar coin designed to be given to those in need.

The Royal Australia Mint will progressively circulate 25 million of the dollar coins, one for every Australian, over the coming years.

Minister for Housing and Assistant Treasurer Michael Sukkar said the coins are designed to remind Australians that any time is a good time to donate to causes they are passionate about.

Australians are renowned for their generosity and lending a hand to those in need," Minister Sukkar said.

"The Mint's new Donation Dollar is designed to be an easy and accessible way for Australians to enjoy the benefit of giving small amounts more frequently."

"The Donation Dollar can be spent like any other \$1 coin, but when donated makes an on-going impact on the lives of Australian's in need."

It's estimated charitable giving in Australia will decrease by 18 per cent over the next two years as a result of global pandemic.

In the lead up to the International Day of Charity on 5 September, Assistant Minister for Charities Zed Seselja said it was a timely reminder of the challenges our community is facing during this crisis.

"This year we know there are many Australians doing it tough and Australia's 57,000 charities and not-for-profits have not been immune to these economic challenges," Assistant Minister Seselja said.

"While we continue to face the challenge of COVID-19 pandemic together, the Donation Dollar is a long-term idea we hope continues to provide a simple reminder to Australians that if you are in a position to donate it, please do so."



THANK

YOU!

Donations made in Memory of - Larine Rameslaar

- Karen & Brian Healy

Donations made in Memory of - Barney Evans

- Jean Evans

Donations made in Memory of - John Jackson

- Doreen Jackson

Donations made in Memory of - Alan (Richard) Roberts

- Vicki and Dorothy

Donations made in Memory of - Jim Sargeant

- Hazel Sargeant

Donations made in Memory of - Martyn Newman

- Gail Morgan

Thank you to Kathy Northcott

From all of us ACV/GARDS we thank you so much for your generous donation

Thank you to Jane Mersey

ACV/GARDS thanks you so much Jane for your generous donation

Latrobe Valley Funeral Services

Thank you for your donation

Thank so much Thady Blundell

We would like to Thady for the generous donation he made to our org – it is very much appreciated.

Online Donations – GiveNow Platform - A big Thank You To

- Brian & Karen Healy, ■ Thady Blundell,
- Colin Shreenan, ■ Chris Badger,
- Mark Waltham, ■ Denis Moriarty,
- Chris Healy, ■ Kathy Northcott,
- Jane Mersey, ■ Michael Hutchinson,
- Gail Morgan

Latrobe City 2020/21 Community grants - minor equipment

ACV/GARDS was very pleased to be notified that they had been successful in a small community grant from Latrobe City.

The money has been put into a new photocopier We thank those very much who granted us this community grant as this helps us to deliver our message and news/info to the community/members and keep the very people we support connected to each other, so they know what is happening in the asbestos area.

See feature article on page 12.

Latrobe City – 2020 Community Support and Recovery Package

We are thrilled to inform everyone that we were successful in a grant for support and recovery – with this money we have been able to pay our telephone for the office and internet till the end of the year.

We have also been able to purchase some extra storage space for our files with two new filing cabinets and a Tambour cupboard also copy paper for our new photocopier. See feature article on page 12.

Generous Donation – Thank You Sharyn Fenech

We would like to thank Sharyn Fenech very much for the generous donation she made to us in memory of her husband Peter Fenech

Thank you to Michael Hutchinson

For your thoughtful donation made to our organisation – it is truly appreciated by us all

Loy Yang B Power Station Community Partnership Program 2020/21

A big thanks goes to Loy Yang B grants committee on donating a grant to our org to upgrade our photocopier.

We are so thrilled to receive this grant and we have now got a new photocopier that will be an asset for years to come – keeping us in touch with our members for any notices and doing all the copying that is required to run our organisation and deliver our tutorials – it was very much needed – so thank you one and all.

See feature article on page 12

Thank you to Marie Smith

ACV/GARDS would like to thank Marie for the wonderful donation she made to our organisation in memory of her husband Bruce



Committee of Management

President:
Dorothy Roberts
Mobile 0407 274 174

Vice President:
Marie Smith
Mobile 0427 271 427

CEO/Secretary:
Vicki Hamilton OAM
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

GIPPSLAND - MOE

SUPPORT:

Last Tuesday of month,
1.30pm - 3.30pm

211 Lloyd St, Moe by zoom until
COVID restrictions allow us to open
up our meeting rooms with less
restrictions on space distancing

METRO - CHADSTONE

SUPPORT:

2nd Monday of month,
1.30pm - 3.30pm

Amaroo Neighbourhood Centre -
34 Amaroo St, Chadstone

Contact Maitea Lovric on
0481 987 953 for details for face to
face – this group intends to open
February 2021

ORGANISATIONAL/OPERATIONAL

EVENING:

3rd Tuesday of month,
7.30pm - 9.30pm

211 Lloyd St, Moe

– by telephone conferencing – contact
office for details – unless space
distancing changes and we will be
able to meet face to face

Office Hours

Monday to Thursday

10am - 4pm

Friday - By appointment

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: ____/____/____

UP AND COMING EVENTS 2021

**More details on these when the State Government announces what we can
and can't do around distancing and get together**

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


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


Phone:
03 5127 7744 24/7

Mobile:
0407 274 173

Website:
www.gards.org

SKYPE:
VickiGARDS

 Find us on Facebook
[facebook.com/gardsinc](https://www.facebook.com/gardsinc)

 Follow us on Twitter
[twitter.com/@ACV_GARDS](https://twitter.com/ACV_GARDS)

ACV/GARDS INC. SUPPORT

ACV/GARDS provides support and information to asbestos & silica sufferers, their families and carers. This includes 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 2 x monthly meeting (1.30pm – 3.30pm) one on the last Tuesday of the month in Gippsland at 211 Lloyd Street, Moe & one on the 2nd Monday of the month at Chadstone – Amaroo Neighbourhood Centre – 34 Amaroo St, Chadstone) 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 or silica, their families and the public.

ACV/GARDS loans out free of charge to asbestos & silica sufferer's members – (Gippsland only) - oxygen bottle regulators, conserving devices, oxygen home concentrators wheelchairs, oxygen bottle carriers, nebuliser, walking frames & walking sticks, shower & toilet chairs

We also have an extensive library of books, DVDs and CDs on asbestos & silica 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 or silica related diseases and their family members. If preferred telephone counselling can be arranged.

ACV/GARDS INC. ORGANISATIONAL/ OPERATIONAL 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 at our office.

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 & silica sufferers, their families and the public. Thus, ensuring asbestos & silica related issues are kept in the public eye and trying to rid our built environment of these carcinogens



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



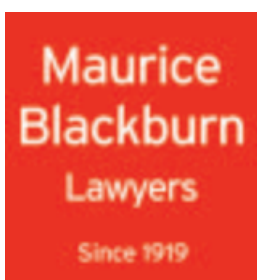
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Mairin OHS&E Consulting



Supporting Workers and Their Communities

