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INC. A0042386U

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



ASBESTOS

NEWS

INCORPORATING SILICA

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ASBESTOS AWARENESS WEEK

Across Australia, asbestos is in 1 in 3 homes.



THINK TWICE
ABOUT ASBESTOS

Asbestos is dangerous if **damaged, disturbed or deteriorating.**
Know the risks and protect yourself during work or renovations.

In homes built or renovated before 1990, asbestos can still be found in many places. Know your limits and call a licensed asbestos professional at any time to locate, manage or remove asbestos.

Find out more at
asbestossafety.gov.au
asbestos.vic.gov.au
gards.org



**Asbestos Council
of Victoria**

**MAJOR SPONSOR
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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



Donate now with...
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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



Breathtaking Renovations TV and Social Media

The Latrobe Valley Asbestos Taskforce, of which ACV/GARDS is a member, has developed a new video to increase awareness among homeowners – and DIY home renovators in particular – about the risks of asbestos exposure in homes built before 1990.

In considering the various ways in which to engage the community, the Taskforce approached a specialist behaviour change video company to consider ideas, and the “Breathtaking Renovations” video concept was born. The objective was to deliver an important message but in an entertaining way to capture the audience’s attention.

The video features “Tim,” the host of a DIY Home renovator show getting ready to swing a hammer and knock down walls, only to be told by the show’s Producer to wait as it hasn’t been checked for asbestos. He grows increasingly frustrated as he can’t find an area of the home that he can do work on because asbestos could be present. In the end, he calls in the asbestos professionals himself to get an asbestos test.



Pictured is “Tim” the frustrated host of a DIY renovator show

A 30-second shorter version of the video was broadcast on television in Gippsland over a 5-week period from 17 September 2001, and the full-length version on YouTube (search for “breathtaking renovations”) has been viewed more than 14,000 times at the time of going

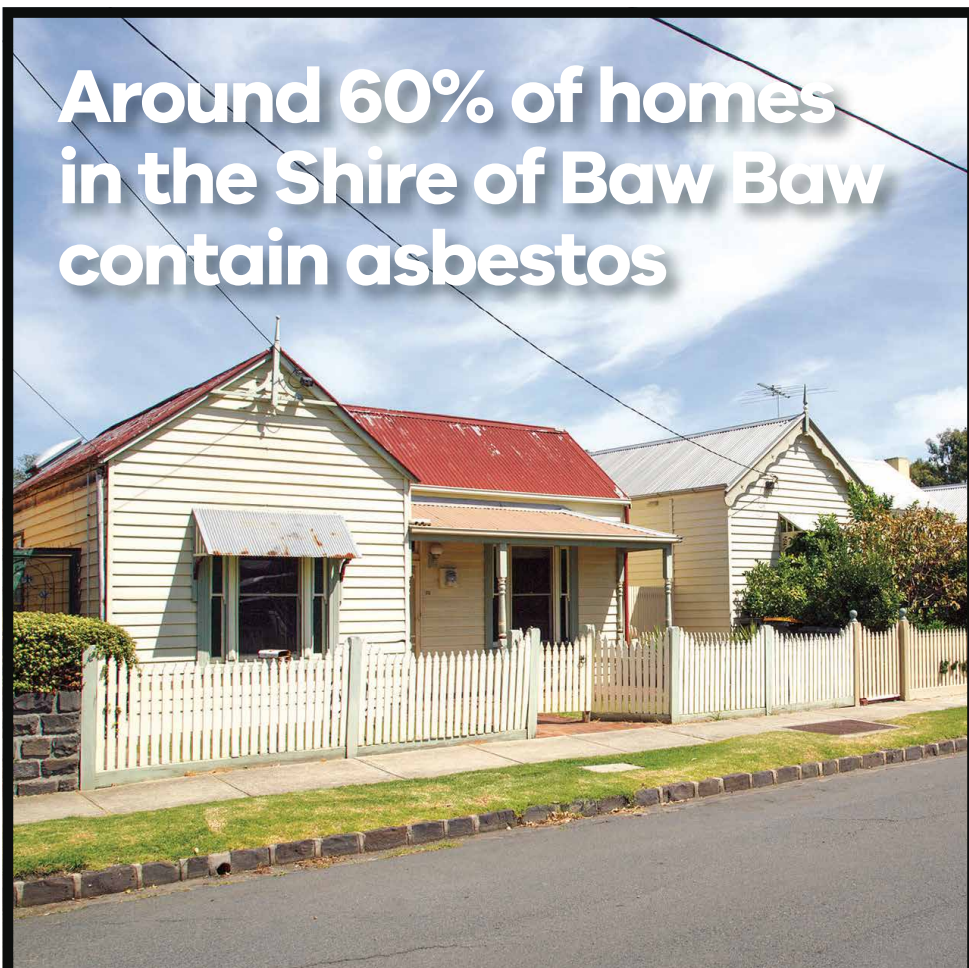
to print.

The video production was made possible due to funding received from ENGIE, Delta Group, AsClear, A W A R E, SLH industries, and the Department of Environment, Land Water and Planning.

Please watch the video which is

available on our Facebook site and website and let us know what you think! You can also help spread the message by sharing it with your friends, family, and colleagues.

https://www.youtube.com/watch?v=v_9mGDcxL8I



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

THINK TWICE ABOUT ASBESTOS

Go to www.asbestos.vic.gov.au to find out more about where it could be in your home before doing any maintenance or renovation work.

Asbestos is still in 1 in 3 homes across Australia

If your home was built before 1990, asbestos can still be found anywhere inside or outside the house.

It was used in thousands of building materials at the time and becomes dangerous if damaged, disturbed or deteriorated.

Because asbestos causes cancer,

National Asbestos Awareness Week (22-28 November 2021) reminds home renovators that the danger of asbestos is far from over.

To protect yourself, your family, friends, and community – we’re asking you to Think Twice About Asbestos when doing home renovations or maintenance.

To stay safe fixing up your place, follow these simple steps.

1. Get in the know.

Find out whether your home was built or renovated before 1990. Asbestos was used in thousands of building materials at the time.

2. Take it slow.

Don’t damage or disturb asbestos materials. This can release dangerous asbestos fibres into the air.

3. Get a pro.

Know your limits. Contact a licensed asbestos professional for advice on where it’s located, and on how to manage or remove it.

Every year in Australia, there are an estimated 4,000 deaths from asbestos-related diseases. This includes lung cancer and mesothelioma due to past exposure to asbestos.

By preventing exposure to asbestos fibres, asbestos-related diseases can be eliminated.

Gordon Legal sponsorship

Our sponsorship from Gordon Legal has been very much appreciated by our organisation.

Gordon Legal was one of our 3 sponsors who helped to get our support group in Melbourne set up. Unfortunately, that group at this present time have not been able to meet regularly – ACV/GARDS are keeping in touch with all our members to the Metro Group through phone – Facebook and email and any other means we can. Gordon Legal are supporting the main org to survive by this sponsorship through very lean times where money is a hardship for Charities at this present time. Now more than ever it is so important for companies

to have a social conscience to help with sponsorships if they can - like this so that charities can continue to help families and sufferers wherever they are in Victoria and whatever that affliction may be. The work ACV/GARDS does in the community of Victoria is far reaching and crosses many issues around both asbestos and silica as well as health. Without this sort of support from socially minded companies like Gordon Legal some of the most vulnerable would not have a voice nor get the support they so desperately need. Thank you to Peter Gordon and Victoria Keays for making this happen. There is so much work to do in eradicating asbestos out of our community and the same issues



Victoria Keays

will come from silica exposure – this is proving to be a big problem amongst our community and needs some serious attention around whether we should be even using this man made stone at all and making sure that concrete cutters, ceramic tile cutters, quarry workers etc.



Tess Dickie

all these workers need to be very aware of what they are working with and how to protect themselves. No one should be cutting these products without the correct protection and tools and in the appropriate places in most instances.

Roll call on Asbestos & Silica Awareness sessions

It has been a tough year for conducting Asbestos and Silica online due to all the COVID restrictions in place over this year but we did manage to fit a few in between the restrictions either in person or on zoom.

We would have loved to have been able to get to a whole lot more apprentices this year but unfortunately people still had to keep safe so it was a matter of doing what we could. This is the list we did this year and those who participated it

was interactive either on the zoom or in person. All our materials were uploaded to be able to accommodate apprentices being able to access all our materials. As you can see we had a couple of businesses who participated in awareness on asbestos and silica which we have been informed that they got a lot out of the sessions. This was great to find out. We are hoping the coming year will bring less restrictions and we will be able to move to more face to face learning again.

Pictured below are a couple of the sessions this year as it was more difficult to take a pic as well.

3rd March 2021 – TAFE Gippsland – Newborough campus – Painting and Decorating

19th March 2021 – Maurice Blackburn Lawyers Junior lawyers and law clerks and new staff

22nd March 2021 – Geelong TAFE - The Gordon - Painting and Decorating

12th May 2021 – Frankston TAFE Chisholm – Carpenters – 140 VET students

9th June 2021 – Sharper Electrical Moe – apprentices and fully qualified tradies and office staff approx. 10

12th Aug 2021 – TAFE Gippsland Newborough campus – Painting and Decorating



Asbestos Webinar – Think Twice About Asbestos

ACV GARDS

IT'S FREE!

THE ASBESTOS COUNCIL OF VICTORIA PRESENTS

ASBESTOS AWARENESS WEBINAR

Asbestos Awareness Week

11:00AM, FRIDAY
26 NOVEMBER 2021

SAVE THE DATE!

If you would like to register your interest please contact the office for a link to the webinar or alternatively it is being recorded and you can watch it a later date on our web site or Facebook Site – if you receive our newsletter by mailchimp from us then you will have received an invite automatically

ACV/GARDS applied for an **EnergyAustralia Yallourn Community Grant** and were successful. The platform for the webinar is being sponsored by this grant – thank you to all at EnergyAustralia Yallourn for your support

Speakers for this event are:

Kevin and Jo Packham

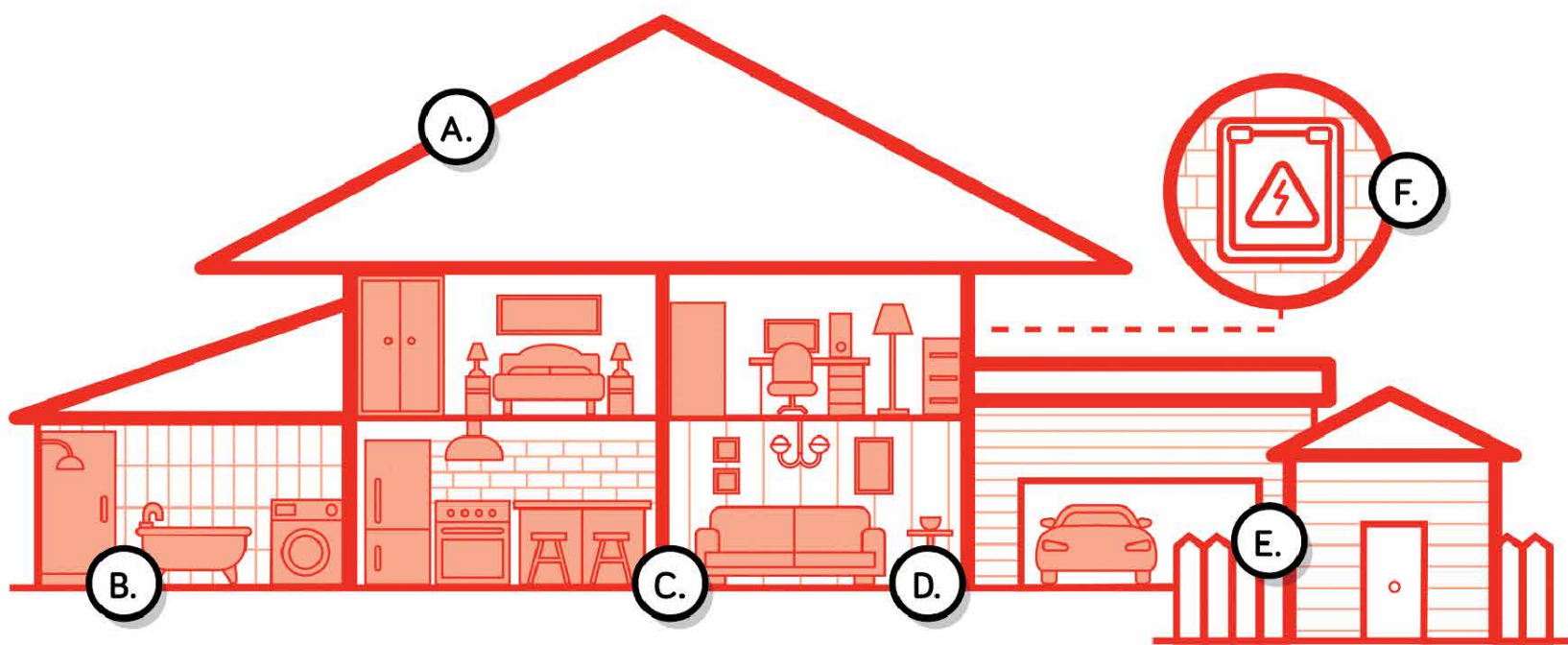
– team Packham consists of Kevin who has contracted peritoneal mesothelioma and Jo who is Kevin’s wife/partner & carer and together they will give you an insight into their journey with asbestos exposure and disease

Jane Anderson

Chair of the Latrobe Valley Asbestos Task force – she will explain the role of the Task Force and its members and the 4-year plan to address all things asbestos in the Latrobe Valley/Gippsland area and how this may evolve over time across Victoria.



Asbestos locations diagram



A. Exterior

Roof sheeting, gutters, downpipes, ridge capping, imitation brick cladding and lining under eaves.

B. Bathroom, toilet and laundry

Wall and ceiling panels, vinyl floor tiles and backing for wall tiles.

C. Kitchen

Wall and ceiling panels, backing for splashbacks, vinyl floor tiles, backing of vinyl flooring and insulation in stoves.

D. Living areas

Wall and ceiling panels, carpet underlay and insulation in domestic heaters.

E. Backyard

Fences, garden sheds, garages, carports, outdoor toilets, dog kennels, buried and dumped waste materials.

F. Other areas

Backing of electrical switchboards, insulation in roof cavities, hot water pipe insulation, textured paint and plaster patching compounds.

Gordon Legal Fundraising Walk

The Gordon Legal Dust Diseases team hit the pavement during September to raise funds and awareness for ACV/GARDS.

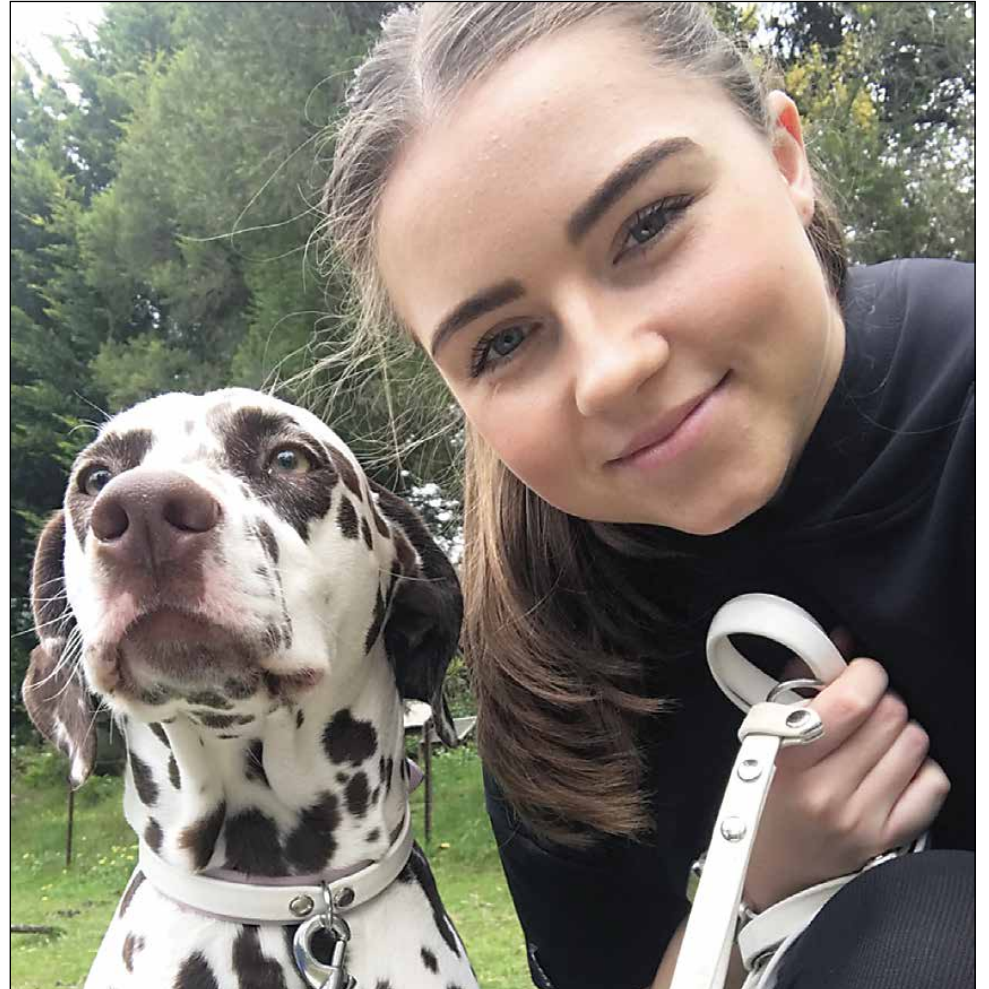
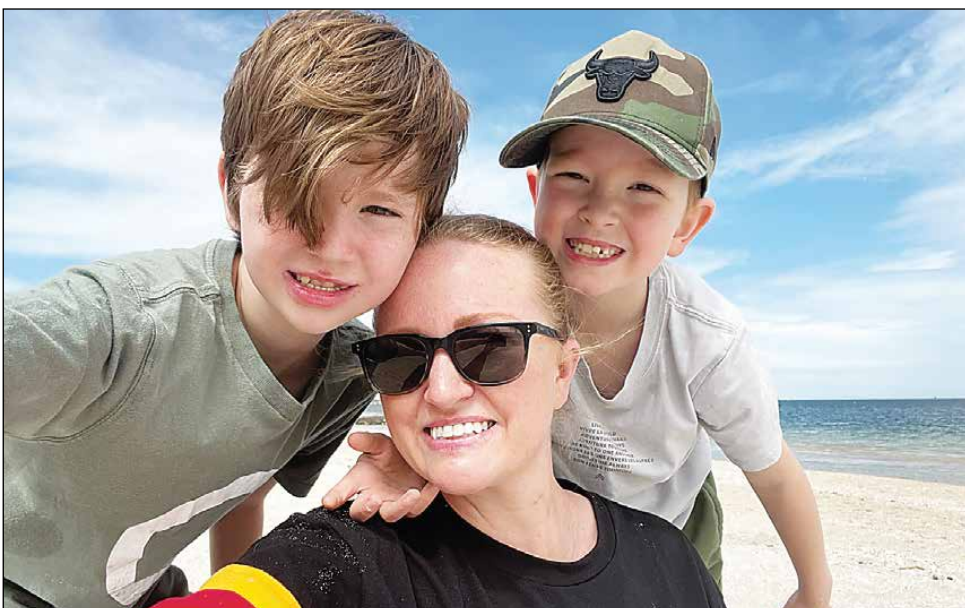
Working with many clients suffering from asbestos related injuries, as well as sufferers of silicosis, Gordon Legal

understands and appreciates the work of ACV/GARDS in supporting their clients, and other sufferers.

The Gordon Legal team walked 467.7 kilometres with pets, partners, and children; and in rain, hail, and sunshine, smashing their original goal of 250 kilometres. The Gordon Legal team

raised \$1,283.00 at the time of going to print with the newsletter – if any more sponsorship money comes in it will be acknowledged in the next newsletter. ACV/GARDS wants to thank these people who took the time to raise money for us Kate Francis Kerry Whelan, Nicholas White, Victoria Keays, Kevin Francis,

Shavonne Howden, Paul Henderson, Jazlyn Hayton, Robert Harvey, Jayanne Francis, Brad Tining, Sarah Coates, Andrew Grech, Tess Dickie Below is Jayanne Francis and her dog Molly– our two dedicated lads are William and Max Sary, Kathryn’s children who kept her going.



Vale Lyle Seear

Lyle John Seear, was the first President of GARDS when the organisation became an incorporated body at the end of 2001.

He saw many challenges for GARDS and had been a part of many changes along the way. Lyle has been a stalwart for ACV/GARDS and has seen the GARDS group which formed in 1991 go from a small get together of interested people under the Latrobe Community Health Service banner where the journey started – after leaving there with a committed bunch of people intent on bringing asbestos issues to the forefront of people’s minds and caring for those affected by it along the way – Lyle saw ACV/GARDS grow to be a strong and vibrant organisation. Lyle retired at the end of 2009 with an afternoon tea of appreciation from our members. The ACV/GARDS committee and members thank Lyle very much for his dedication & commitment to the organisation. He was awarded an ACV/GARDS Life Membership in 2002. Lyle helped with our tutorials to first year medical students and Monash University. He helped in the office and always carried the banner high for our organisation. Our condolences to Lyle’s family - his wife Vi, sons - John, Rodney and daughter Rachel, partner Greg and his grandsons Ethan, Aidan (dec) and Rhys.



We're partnering
with The Alfred to
deliver **silicosis**
health assessments.

This means >



A team of
multi-disciplinary
experts.

Work Safe Be silica smart.



Centralised free
comprehensive silicosis
health assessment.

Work Safe Be silica smart.

Get assessed
at Australia's only
dedicated public
hospital occupational
respiratory clinic.

Work Safe Be silica smart.

Be silica smart and find
out whether you or your
workers are eligible.

Learn more

Work Safe Be silica smart.



Results are
received on the
same day.

Work Safe Be silica smart.

Colin Chidgey Silica Story

While many diseases have yielded to advances in medical science and healthcare, many sufferers of silica related lung conditions face an uncertain future with no cure in sight and limited treatment.

For 64-year-old former quarry worker, Colin Chidgey, the diagnosis of his silica related lung condition, diffuse dust fibrosis, left him fighting for his life. What started out as an innocent cough and mild breathlessness in 2007, progressively got worse and by early 2017, he struggled to breathe and was placed on oxygen. He had to be aided to the bathroom and required assistance with basic activities of daily living.

Colin's treating physicians attributed his condition to his exposure to silica dust as a quarry worker, and he was advised that without a lung transplant his days were limited.

When Colin received the news that he was getting new lungs, he was both relieved and left in fear of having to undergo such an invasive procedure which carries risks. His lung transplant performed at Alfred Hospital in April 2017, was complicated by a left lung hernia and he had multiple post-operative admissions to treat pneumonia and drain fluid accumulated in the lining of his lungs. He was also faced with the possibility that his body would reject the organ.

The effects of his condition, frequent hospitalisations and the uncertainty, impacted him both mentally and physically. Fortunately, Colin's wife, Susan, and his two grandchildren (aged 7 and 9) who reside with him, have, and continue to provide support him through the difficult times.

Five years since his lung transplant, Colin's health has improved, but he has had to make significant adjustment



to his life. He suffers from fatigue and is on various medications including immunosuppressants, anti-rejection agents and antibiotics. The main side effect of his medication is bruising and the onset of tremors. He can no longer kick the football with his grandchildren, struggles to go fishing, a sport he once enjoyed, and on some days, he struggles to hold a cup of coffee in one hand.

Exposure at Quarry

When Colin commenced working in a quarry, he never imagined that the dust he was exposed to could kill him. He was not advised of the hazards of being exposed to silica dust and it was not until much later in his career, sometime between 2003-2017, that he was provided limited protection in the form of a paper mask.

When he left his work at the quarry, Colin struggled to find alternative full-time employment and had to sell his former home in Bacchus Marsh due to financial

hardship. Fortunately, Colin has recently found work at a local pub, where he works in the kitchen a few days a week. This gives him purpose and allows him to contribute to the community.

Maurice Blackburn Lawyers

Through Maurice Blackburn Lawyers,

Colin successfully pursued a claim against his former employers for failing to provide him a safe system of work and exposing him to dust containing silica. He was compensated for his loss of earnings, medical and like expenses and pain and suffering.

While the compensation will not restore Colin's health, it will provide him with financial security for him and his family.

Occupational Exposure to Silica

Occupational exposure to silica, a widely abundant mineral compound, has become one of the most common and serious hazards for various occupations including quarry workers, stonemasons, construction workers and sandblasters. These workers are at risk of developing lung conditions including silicosis, chronic bronchitis, lung cancer, emphysema, and diffuse dust fibrosis.

If you or someone you know has been exposed to silica dust or been diagnosed with a silica related condition, please contact Maurice Blackburn Lawyers on 1800 810 812.

You can also document your exposure on Maurice Blackburn's register in case you develop a silica-related lung condition. To register your exposure, please visit Maurice Blackburn's website.

Dust containing crystalline silica in construction work What is crystalline silica?

Crystalline silica is a natural mineral found in construction materials.

The amount of crystalline silica in products can vary.

Examples include:

- **Material Amount of crystalline silica (quartz)**
- **Engineered stone Up to 95 per cent**
- **Sandstone 70-90 per cent**
- **Concrete, mortar 25-70 per cent**
- **Brick Up to 30 per cent**
- **Granite 20-45 per cent**
- **Fibre cement sheets 10-30 per cent**
- **Demolition dust 3-4 per cent**
- **Marble 2 per cent**

If you're not sure if a product contains crystalline silica, check the safety data sheet (SDS).

What are the risks?

Inhaling respirable crystalline silica can lead to the onset of silicosis, which is a serious and irreversible lung disease that can be fatal. Silicosis is generally found in people with high regular exposure to respirable crystalline silica over a long period of time however even high exposure over a short period has been known to lead to silicosis. For this reason, it's incredibly important that a worker's respiratory health is monitored among individuals who are exposed to silica through their work.

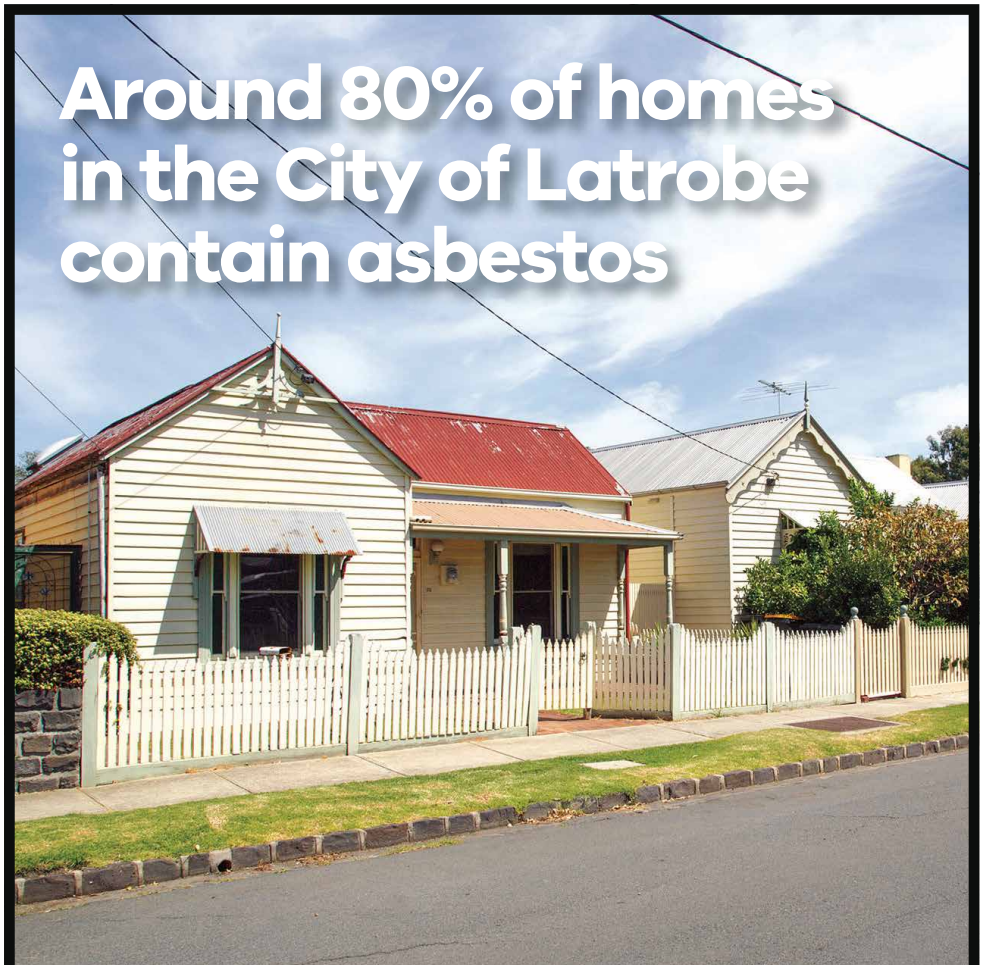
Trusted sites for information:

www.worksafe.vic.gov.au &

www.gards.org

<https://www.safeworkaustralia.gov.au/silica>

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



THINK TWICE ABOUT ASBESTOS

Go to www.asbestos.vic.gov.au to find out more about where it could be in your home before doing any maintenance or renovation work.

PROFILE ON

Carolyn Davis *advocate for good work*

Why wouldn't you, why wouldn't anyone want to work in the best possible, the safest way?

I worked on my chemistry thesis using cyanide – often. I kept the antidote kit by my side even though I would never have had time to use it.

I did survive.

It was fun, but also not perhaps the best way to start a career. I was surrounded by wonderful clever experts who hoped they wouldn't harm themselves with their great work, seems Occupational Hygiene was definitely for me!

I had some fun too as a practising hygienist – in hindsight of course. I worked in VicRail for a while before moving into policy. Doing policy work I thought was more helpful, it was actually setting the scene.

As it happened National Occupational Health and Safety Commission (yes, I am that old) had just started. I worked for the Confederation of Australian Industry and represented them around the table on various issues. Another wonderful experience.

But I did enjoy getting my hands dirty too and soon found myself at Coles Myer and National Mutual and then doing consulting work. I then lectured in RMIT's Chemistry Department in OHS; many of my students are today also working to

ensure good and safe work practices.

Somewhere in there, I lent a small helping hand to the Maxwell Review of OHS legislation in Victoria.

Asbestos was a fundamental part of occupational hygiene and I fondly remember counting fibres with my colleagues. Laborious work, and worrying work.

Eventually National Occupational Health and Safety Commission (NOHSC) changed to Safe Work Australia (SWA) and the harmonisation of Australia's various legislation began. Unable to resist, I ended up at Australian Chamber working on the harmonised legislation and as its SWA Member. I was absolutely keen to ensure that the outcomes were useful "on the ground". The Asbestos Review began during this time, and so continued the round of submissions and advocacy. Then there was the establishment of Asbestos Safety and Eradication Agency and its Council. And yes, that means I have been involved since its inception.

I like to think the Agency and Council can be proud of its achievements and the ongoing work of this, the second phase of the National Strategic Plan. I hope I have contributed and can continue to do so not just as a member of Council but as Chair of its Research Advisory Committee.



OHS is a wide field and I continue to be interested in everything from Silica to Psychological or Mental Health – more submissions and presentations – and I hope, active participation in committees and discussions.

A fine person and good friend recently died of mesothelioma, so sadly, that's another added personal reason for

rolling up the sleeves.

There is more work to be done to protect people and to advocate for good, safe work. Keep up the good work Asbestos Council of Victoria/GARDS Inc. and all of you! Every single person can make a difference, so keep actively involved and keep providing your ongoing support.

AGL Loy Yang's largest maintenance outage gives back to community

GARDS – Asbestos Council of Victoria was one of several community organisations in the Latrobe Valley that received a donation from AGL Loy Yang and contractors through AGL Loy Yang's Safety Awareness Scheme.

The Safety Awareness Scheme is conducted during major outages and aims to encourage safe work practices by making donations to local charities when safety standards are met. The organisations received more than \$30,000.

Loy Yang power station's Unit 3 and the mine's Dredger 15 have successfully

returned to service following upgrades and maintenance completed by more than 1000 contractors over approximately eight weeks.

"I want to thank all our employees and contractors who have ensured safety remained the number one priority throughout the outage," AGL Loy Yang General Manager Christo van Niekerk said.

Other organisations who benefited from the safe working behaviour included the Morwell State Emergency Service, Gippsland Emergency Relief Fund, Lifeline Gippsland, St Vincent de Paul Soup Van, Prostate Cancer Foundation of Australia, Morwell Neighbourhood House, and Gippsland Disability Advocacy Group.



PROFILE ON

Simone Stevenson

I was appointed the inaugural CEO of the Victorian Asbestos Eradication Agency (VAEA) in December 2016.

The VAEA provides independent advice to government on the safe and cost-effective prioritised removal of asbestos from government owned buildings to improve health and safety of Victorians. The only way to prevent asbestos related diseases is to eliminate the risk of exposure to asbestos fibres by removing asbestos containing materials from our buildings.

Most of my working life has been focussed on peoples' working environment – their pay, conditions and health and safety at work. After graduating from university, I started working at the Department of Labour providing advice on employment conditions. For the next ten years I worked with a number of unions in Australia and New Zealand representing people working in a variety of manufacturing sectors, construction, and agricultural work either in industrial tribunals or workplace negotiations.

Seeing first-hand the impact of workplace health and safety hazards like exposure to asbestos, chemicals and people being injured by mobile plant and machinery motivates me to contribute to improving

workplace, health, and safety. Prior to commencing with the VAEA, I worked in Global Partnerships and Advocacy for The Fred Hollows Foundation, as a ministerial adviser and chief of staff to state and federal ministers and in policy and training roles at Worksafe Victoria.

I have been fortunate to work with people who have been passionate advocates to end the lethal legacy of asbestos from across the political spectrum and advocates for people suffering from asbestos related diseases. I sit as an observer on the Asbestos Safety and Eradication Agency (ASEA) council, co-chair the ASEA asbestos awareness committee and chair the Victorian Asbestos Forum. I was also involved in providing advice on the establishment of ASEA and the development of the National Strategic Plan for Asbestos Management and Awareness. It is encouraging to see the ongoing progress on the implementation of the second National Strategic Plan and the introduction of targets to work towards prioritising the removal of asbestos.

I live in Melbourne with my husband, three sons and dog. I am a keen house renovator – always preceded by complete removal of any asbestos by a professional, licensed asbestos removalist!



Australian Asbestos Snippets

The moment on The Block finale that broke viewers' hearts: Josh and Luke Packham break down as they discuss their father's terminal cancer diagnosis – 8th November – Daily Mail Australia – reporter Kristy Johnson

The Block's Josh and Luke Packham struggled to find the right words on Sunday's finale episode when they addressed their father Kevin's terminal cancer diagnosis. In a piece to camera, Luke was understandably emotional as he revealed how their father - who suffers from mesothelioma that arises after exposure to asbestos - was one of the motivating factors for 'getting them through' the challenges of the show.

Josh then broke down in tears as he spoke about the life expectancy following a diagnosis that is around two to five years.

<https://www.dailymail.co.uk/tvshowbiz/article-10174511/The-Blocks-Josh-Luke-Packham-break-fathers-terminal-cancer-diagnosis.html>

Councils rally against asbestos plans for Melbourne mega-tip – The Sydney Morning Herald – 8th Nov – Reporter Michael Fowler

Waste giant Cleanaway will apply to start processing asbestos at its Ravenhall tip in Melbourne's west, prompting opposition from two councils that say the move is another example of the western suburbs being used as a dumping ground.

Cleanaway said its proposed expansion would help address a rising problem in the city's outer suburbs: the illegal dumping of waste, including asbestos, by roadsides. The \$6 billion company's asbestos plans, yet to be publicly announced, threaten to rehash a months-long battle led by councils and residents against Cleanaway's pitch to accept toxic soil from the West Gate Tunnel project. A tip in Bulla, north-west of Melbourne, was ultimately chosen earlier this year.

<https://www.smh.com.au/national/victoria/councils-rally-against-asbestos-plans-for-melbourne-mega-tip-20211108-p596wc.html>

Slater Gordon
Lawyers

Sponsorship 2021/22

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 make even a difference in what in some cases can be a confronting situation for those suffering from asbestos and silica related diseases.

This year especially has been difficult while COVID has been upon us, and it has been a struggle to maintain ongoing support to all our clients with some tough restrictions at times, but we have stepped up to the plate and having law firms such as S&G continue their support of our work has just been the best.



Stephen Plunkett

The team at S+G do a great job of looking after those who have been exposed to deadly dust and we come in for the long haul to make sure those clients are supported.

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.

Maurice Blackburn Sponsorship 2021/22

We would like to say a big thank you to the team at Maurice Blackburn, Sally Weir, Colleen Bolger, Anita Arian, Maria McGarvie and so many more at the Dust Diseases Dept for all the support that they give ACV/GARDS.

It has been wonderful to have them support us. We have had a long relationship with MB. They helped immensely when we were setting up our Melbourne support group a few years ago as one of the 3 sponsors of that project. The support group in Melbourne has had a few shutdowns over COVID restrictions but we are keeping in touch with its members

by Facebook – Telephone and email when we could not meet regularly. Our organisation is looking forward to the 2022 year to really have some continuity in meeting. This group like our regional group support both asbestos and silica sufferers and their families. This sort of support could not happen without the help of these sponsorships from socially minded companies such as this and ACV/GARDS could not continue its work in the Victorian community without the good will from organisations that support us in this manner. Again, thank you from us all we really appreciate it. Pictured here is the team photo a great bunch dedicated to looking after those who are by no fault of their own exposed to carcinogenic dusts.



END OF AN ERA

Hazelwood Power Station

Demolition of Boiler House 1 at the former power station last Tuesday (19 October 2021) signals the end of an era, as the last landmark at Hazelwood was safely brought down.

The demolition went according to plan, with some slight delays to ensure favourable wind direction for the controlled collapse.

Importantly, the extensive monitoring program in place returned good results, with no adverse reading for dust and asbestos.

The readings showed that there were no positive asbestos detection results anywhere onsite, either outside of or within the immediate boiler fall exclusion zone.

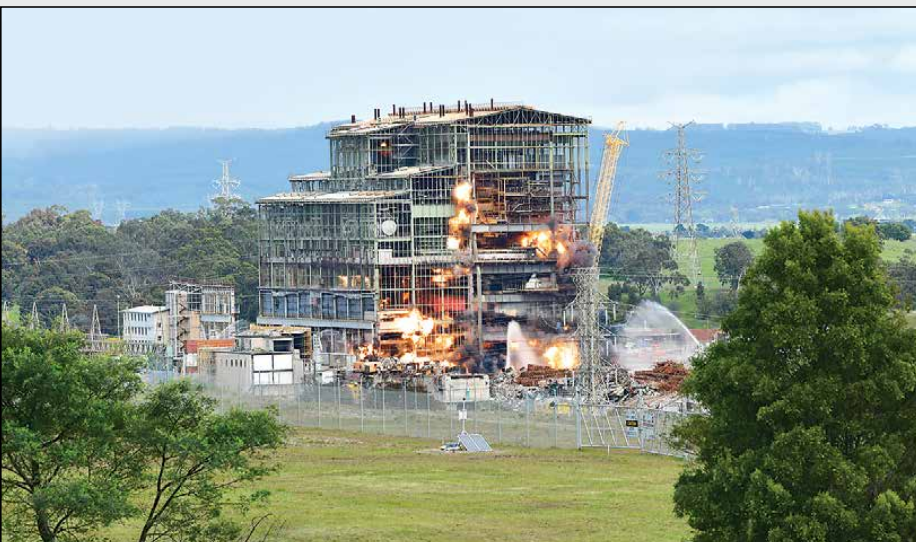
Air quality was of a good standard with reference to PM2.5 and PM10 at monitored boundary locations and the ambient air quality at the closest online EPA air monitoring station (Morwell South) was also reported as good following the event.

Monitored noise levels at the town boundaries of Morwell and Churchill were below the recommended OHS Noise standards.

Boiler House 1 demolition brings the program of explosive controlled collapse events to an end.

The safe and successful demolition program included the eight chimneys in May 2020, and since then the four Boiler Houses and all large mining equipment in the Hazelwood mine.

Processing of material from Boiler House 1 in now underway and strip-out of the former administration building is taking place in preparation for demolition.



Jo and Kevin Packham

Kevin and I have been married for 31 years, blessed with three gorgeous children, two grandchildren, and another on the way.

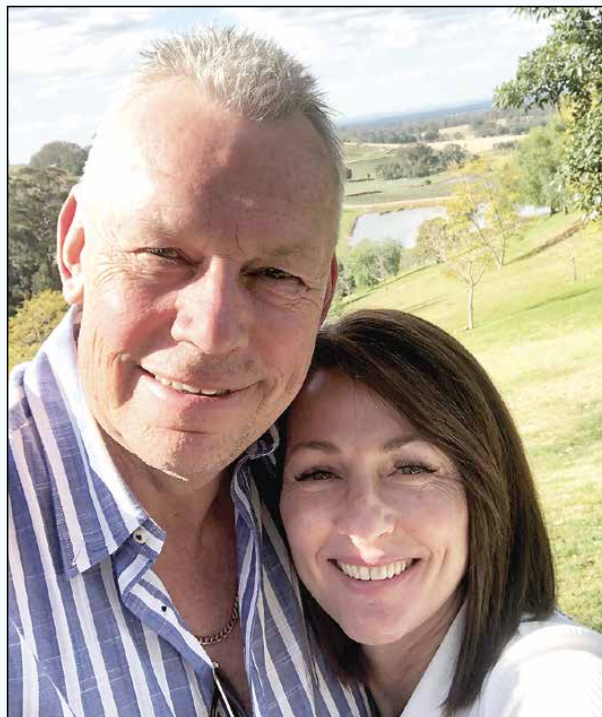
After 10 years in the travel industry, Kevin worked in the real estate industry for 30 years as a salesperson and Director. During those years he had been in too many houses to count, some of which were during renovation. He also met regularly on site with building and pest inspectors. He has never lived in a home with asbestos and Kevin was never an enthusiastic handy man around the house. At no time did he ever imagine that he was in any danger but evidently, he was!

It was not until 2020, after 3 years of being in and out of hospital with severe abdominal pain which Kevin's Gastroenterologist thought was a type of autoimmune disease and treated accordingly with various medications including steroids for the ongoing pain, that a laparoscopy was finally done. We were called in to the Gastroenterologist's office for a meeting to discuss the results, a meeting we will never forget. We were told that Kevin had Peritoneal Mesothelioma, an asbestos cancer for which he was hopeful Kevin would qualify for surgery as if not, we were told he would be lucky to see 12 months. The Specialist strongly advised that we "put our affairs in order immediately." We both went into shock.

Sharing this information with our children was one of the most emotionally challenging things we have had to do. Their faces of grief and despair were heart-wrenching and forever planted in my memory. Of course, we all turned to Dr Google to try to find as much information about Mesothelioma as possible, but most articles were the voice of doom. The prognosis did not look good. It also became evident that not nearly as much information was available about Peritoneal Mesothelioma as it is for Pleural Meso.

We met with an amazing surgeon who did a second laparoscopy and another scan to check the cancer had not got into Kevin's lungs. This laparoscopy showed even more tumor's than the first but thankfully his lungs were clear.

Due to his age and level of fitness she agreed to do Cytoreductive surgery with Hipec in 6 weeks' time. During this time, I was determined to be of some help to my husband.



I researched about diet and, while we have always had a healthy diet, I took it to the next level by only buying organic foods, eliminating foods that increased inflammation, and eliminated any sugar and processed foods.

We were warned that it was going to be major surgery and it was imperative that Kevin be in the best physical condition possible, so he commenced swimming and cycling regularly, along with our usual walking of our dog. He also sought the advice of an Integrative GP who recommended regular Vitamin C and Magnesium infusions along with various supplements.

We were advised to speak to a lawyer about making a claim due to mesothelioma, which we did. As Kevin was not a tradesperson or builder and had not lived in any homes with asbestos, he could not be specific about where he had come in to contact with asbestos fibres, so the Lawyer was not confident of a settlement claim but instead recommended that we make a claim through Icare to assist with all future medical expenses. Icare revived Kevin's case and agreed to compensate for all future medical expenses.

After 9 hours of surgery, during which Kevin's peritoneum, omentum, spleen, several sections of bowel and edges of the diaphragm were removed and 30 days in hospital, Kevin came home, also 13

kilos lighter. This surgery was during covid so only I was the only visitor allowed which I did almost every day. Kevin endured his share of dark days in hospital but with lots of TLC, support and encouragement from family and friends, he got through. In his own words, he felt like he was climbing a mountain, during which you expect some setbacks along the way and lots of pain but ultimately you keep putting one foot in front of the other as you knew the summit is within reach. This was followed with four rounds of Chemotherapy.

Kevin continued his regime of a healthy organic diet, including daily juices, monthly vitamin infusions, regular exercise, and daily meditation through an app, which he was reluctant to do at first, but it quickly became a welcomed part of his routine as he felt the benefits.

Since then, Kevin has thankfully had 3 clear scans. As he had been scanned regularly pre his diagnosis with no tumor's showing, we feel we cannot solely rely on scans to see if the mesothelioma has returned. We have therefore embarked on cutting edge technology being done in Europe to give us further diagnosis of Kevin's cancer cells. Through a specific blood test, we have only just found that Kevin has active cancer cells in small numbers. We are in the process of learning what his specific cancer cells respond to in order to have a treatment plan going forward to hopefully keep the cancer cells in low numbers or even better, reduced numbers. Once he commences treatment, he will then have 3-monthly blood tests to determine if the cancer is responding to the treatment or not.

We would love to know exactly which of the many houses Kevin visited over his years in real estate had asbestos. It may well have been more than one, we will never know but what we have learnt is how easy it obviously is to come in to contact with asbestos without being a builder or tradesperson. We can only hope that for the wider public's sake, more people become aware of the dangers of asbestos. It is a cruel and hideous cancer.

We do not know what the future may hold, as none of us do, but when you are faced with your own mortality it certainly makes you evaluate life and your priorities. Kevin's daily mantra is to stay well and healthy for his family and to make the most of every day and enjoy life.

Jo Packham



Joanna McNeill's Story

After returning from maternity leave, Joanna was asked to undergo a fit for work test. The test result changed her life in an instant.

The 34-year-old mother of two girls was diagnosed with silicosis.

Joanna said: "It's the unknown which is so terrifying. What I have since learnt about silicosis is that there is no cure, and you just don't know how it will progress. At the moment I am feeling healthy, but I don't know if that will be the case in one year, let alone five or ten years and as a mum of two young daughters that terrifies me."

Joanna contracted silicosis whilst working at a quarry in Montrose, Victoria. She was initially employed in an admin role, but it also involved more hands-on work, and for her to visit all parts of the site.

"No matter where you were in the plant you would be exposed to dust. It would be all over your clothes and skin."

"I fear this will affect my life and my family's life and I am angry. I should never have been exposed to this disease."

"There is no information in my employer's induction packs about exposure to silica dust, despite being a



large multinational company. There are still no signs and warnings around the plant to warn workers. People need to be aware of this."

Joanna did an interview the link is here for you to see more of her story – her story is at the top of the links <https://gards.org/videos-about-silicosis/>

Annual General Meeting

Asbestos Council of Victoria/GARDS Inc will conduct its AGM Saturday the 29th January 2022 - 2.00pm

SPECIAL ARRANGEMENTS – COVID AGM

Venue: Due to COVID restrictions it will be conducted in person for doubled vaccinated persons - you will require proof of this - the first 14 to respond by phone or email to say they will be attending at the ACV/GARDS office will be accommodated and those who miss out will be able to join by phone hook up

ELECTION OF POSITIONS FALLING VACANT:

President - Treasurer – Committee Member

Other business to be conducted - Election of Auditor for 2021/22

Returning Officer: Graeme Hamilton - Nomination forms can be collected from the ACV/GARDS office, or down-loaded 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 28th January 2022.**

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 paperwork 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 and verified.

Tradies Beware

In 2021, asbestos is still a present danger when you're working on older houses

In fact, it shows up in 1 in 3 homes across Australia. This National Asbestos Awareness Week, we're reminding you to Think Twice About Asbestos.

Because it's still in millions of homes and still causing cancer in Australians. Being aware of asbestos safety is an ongoing responsibility.

To stay safe at a job, follow these simple steps:

1. Check up.

If the home was built or renovated before 1990, know what you need to do to be safe. Consider calling a licensed asbestos professional.

2. Gear up.

Asbestos is in a third of all homes. Before starting work, protect yourself with the right equipment including the right mask.

3. Clean up.

Leave the site clean and dispose of asbestos waste at a licensed facility. Fines apply for not doing the right thing.

Work health and safety (WHS) laws prohibit work involving asbestos, apart from specific circumstances where strict safety rules are required to be followed, including the right Personal Protective Equipment. The law may also prevent you from removing asbestos yourself.

Cutting, grinding or polishing?

**Silica dust
can be toxic from
the first cut.**

Don't risk it.

Protect your employees and yourself.



Use
tools with water
suppression

+



Wear
a fit for purpose
respirator

+



Use
on tool
extraction

+



Ensure
annual health
checks

Learn more at [worksafe.vic.gov.au](https://www.worksafe.vic.gov.au)

Everyone | Every workplace



THINK TWICE ABOUT ASBESTOS

Fixing up your place?

1.

Get in the know.

Find out whether your home was built or renovated before 1990. Asbestos was used in thousands of building materials at the time.

2.

Take it slow.

Don't damage or disturb asbestos materials. This can release dangerous asbestos fibres into the air.

3.

Get a pro.

Know your limits. Contact a licensed asbestos professional for advice on where it's located, and on how to manage or remove it.

Know your reno at
asbestossafety.gov.au

ASBESTOS
AWARENESS
WEEK
November 22-28 2021



Australian Government
Asbestos Safety and Eradication Agency

Vale Professor Bill Musk

It is with sadness that we inform our members and followers of the passing of this truly inspirational person that ACV/GARDS held in high regard and were privileged and honoured to have known.

Professor Musk had been a respiratory physician at Sir Charles Gairdner Hospital since 1978, Clinical Professor of Medicine at the University of Western Australia since 1992 and Clinical Professor of the School of Population Health at the University of Western Australia since 1998. He had authored over 200 peer-reviewed articles, numerous reviews, and book chapters in the scientific literature.

His research focus was the epidemiology of respiratory diseases and cancer, particularly related to Wittenoom blue asbestos workers, Kalgoorlie goldminers and the Busselton population. His academic activities focused on the investigation of causes, prevention and treatment of occupational and environmental lung diseases and his clinical activities focused on the investigation and treatment of

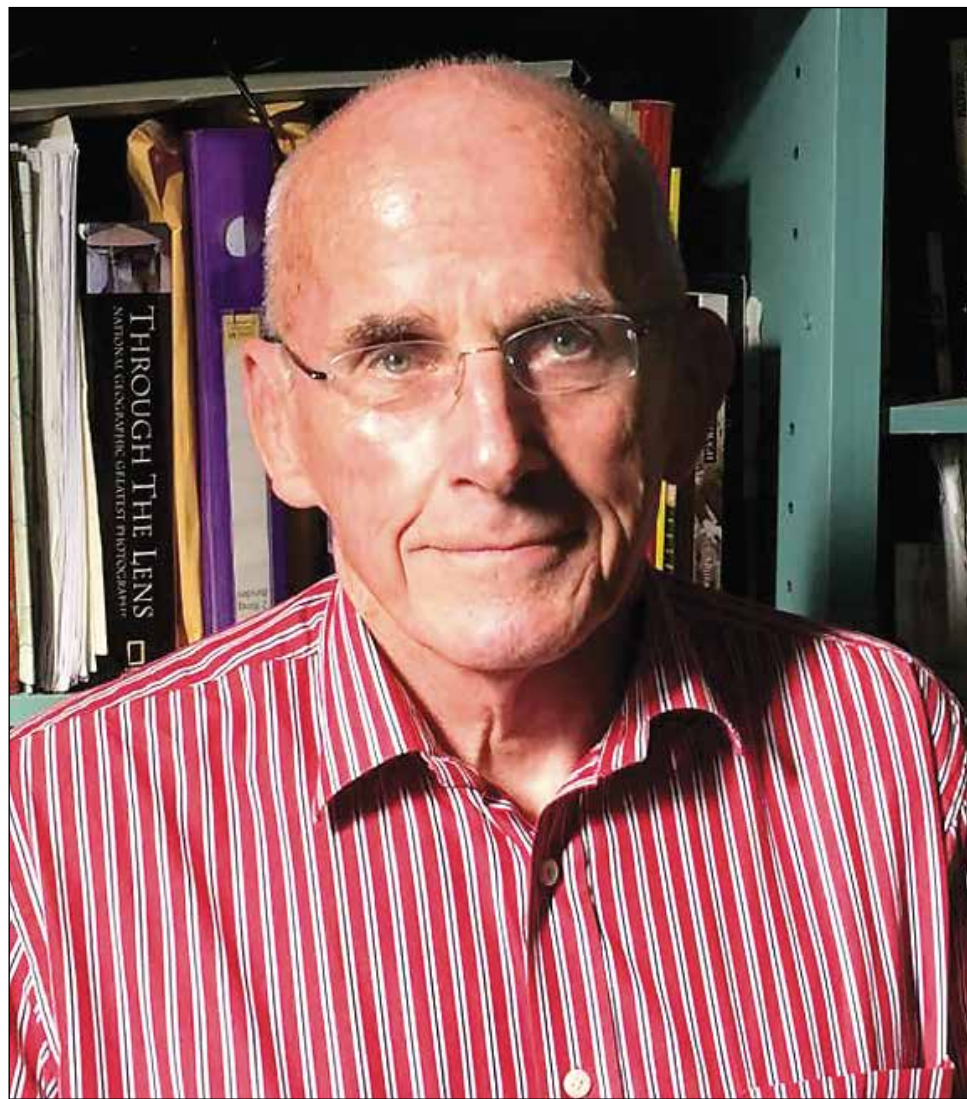
occupational lung disease and evaluation of disability.

Professor Musk was also Chairperson of the Busselton Population Research Foundation, Chairperson of WA Mesothelioma Register, Past President of the Australian Council Smoking and Health and a Member of the Pneumoconiosis Medical Panel in WA.

In 1992 Dr Musk was awarded Member of the Order of Australia for services to medicine around asbestos-related diseases and smoking control.

Professor Musk was also a co-investigator on NCARD projects on the Genetic Understanding of Asbestos-Related Disease (GUARD) study with Professor Lyle Palmer and on the Effects of Asbestos Exposure in Aboriginal people from Roebourne and Balyugal study with Professor Richard Murray from James Cook University.

The list of his achievements goes on and on and his legacy will be eternal – **may you rest in peace Bill.**



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.



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



THINK TWICE ABOUT ASBESTOS

Go to **www.asbestos.vic.gov.au** to find out more about where it could be in your home before doing any maintenance or renovation work.

MEETING DATES

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

Due to COVID still being in the community – we are constantly monitoring advice from the CMO of the Victorian State Government as to what we can and can't do and will do for the foreseeable future

ACV/GARDS NIGHT MEETING – OPERATIONAL/BUSINESS FOR 2022

GIPPSLAND - MOE

Third Tuesday of the month - 7.30pm to 9.30pm
Meetings are held at ACV/GARDS Premises
211 Lloyd Street, Moe

At this present time the meetings are face to face with all COVID restrictions in place and appropriate distancing – but this could change according to the Health Dept directions over the course of this year 2021 – so please ring to make sure

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

ACV/GARDS SUPPORT GROUP MEETING FOR 2022

GIPPSLAND - MOE

Last Tuesday of the month - 1.30pm to 3.30pm
Meetings are held at our premises
211 Lloyd Street Moe

Please note – we are planning face to face meetings in 2022 with all COVID restrictions in place and appropriate distancing – but this could change according to the Health Dept directions over the course of 2022 – so please ring to make sure the support group meeting listed to take place in the month is meeting – depending on rules around numbers gathering we may have to make changes to venue for our Gippsland group so again, contact us. We can conduct zoom or skype meetings for individuals wishing to connect virtually. Please contact our office for the link if anyone from Metro Melbourne or Gippsland would like to join for a chat.

- Tuesday 22nd February
- Tuesday 29th March
- Tuesday 26th April
- Thursday 28th April - International Workers Memorial Day, TBA
- Tuesday 31st May
- Tuesday 28th June
- Tuesday 26th July
- Tuesday 30th August
- Tuesday 27th September
- Tuesday 25th October
- Friday 25th November - Asbestos Awareness Day, TBA
- CHRISTMAS BREAK-UP TBA

ACV/GARDS SUPPORT GROUP MEETING FOR 2022

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- #0481987953 or Vicki 0407274173 – situation can change according to Health Dept directives and CMO advice

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



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

THINK TWICE ABOUT ASBESTOS

Go to www.asbestos.vic.gov.au to find out more about where it could be in your home before doing any maintenance or renovation work.

THINK TWICE ABOUT ASBESTOS

Going to a job?

1.

Check up.

If the home was built or renovated before 1990, know what you need to do to be safe. Consider calling a licensed asbestos professional.

2.

Gear up.

Asbestos is in a third of all homes. Before starting work, protect yourself with the right equipment including the right mask.

3.

Clean up.

Leave the site clean and dispose of asbestos waste at a licensed facility. Fines apply for not doing the right thing.

Skill up at
asbestossafety.gov.au

ASBESTOS
AWARENESS
WEEK
November 22-28 2021



Australian Government
Asbestos Safety and Eradication Agency

Special People and Organisations

Regular donations made to us by these generous companies – thank you to Sam Erbs and all the team at Mairin OHS&E Consulting – Moe – We thank you for your continued support – Steve Day and all the team at Latrobe Plumbing and Asbestos thank you for your support

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

- Thady Blundell, ■ Wayne Young,
- Ian Wilson, ■ Katrina Walker,
- Malcolm Fabiny, ■ Jane Mersey,
- Mark Waltham, ■ Chris Healy,
- Chris Badger, ■ Karen and Brian Healy

Thank you to Sue Mohr and Family for the terrific donation to our organisation

Thank you to the Uniting Church In Australia Parish of Newborough/Yallourn North for their donation – very much appreciated

Thank you so much to Michael Hutchinson and family for your donation – greatly appreciated

THANK YOU!

Donations made in Memory of - Karl Mohr
■ Susan Mohr and Family

Donations made in Memory of - Norma Jones
■ Angela Jones

Donations made in Memory of - Ken Edebohls
■ Glenda Edebohls

Donations made in Memory of - Bruce Smith
■ Marie Smith

Thank you Hazel Sargeant for your generous donation made in memory of Jim

A big thank you to Marie Smith for her wonderful donation to our organisation

Donations made in Memory of - Sandy Gunn
■ Vivien & Peter Gunn

Donations made in Memory of - John Jackson
■ Doreen Jackson

Donations made in Memory of - John Phillips
■ Maree Phillips

Donations made in Memory of - Alan Cameron
■ Marlene Cameron

Donations made in Memory of - John Simpson
■ Kath Simpson

Thank you Katrina Walker for donating your portable DVD player to ACV/GARDS

Thank you to Latrobe Valley Funeral Services for their sponsorship this year and their support over many years

THINK TWICE ABOUT ASBESTOS

ASBESTOS
AWARENESS
WEEK
November 22-28 2021



Australian Government
Asbestos Safety and Eradication Agency



Committee of Management

President:
Dorothy Roberts
Mobile 0407 274 174

Vice President:
Maree Phillips
Mobile 0458 565 726

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

Venue is Old Gippsland Function room
until further notice

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

ORGANISATIONAL/OPERATIONAL

EVENING:

3rd Tuesday of month,
7.30pm - 9.30pm

211 Lloyd St, Moe

By telephone conferencing & Face to
Face – if you are intending to come
to our meeting please advise prior to
attendance as space is limited due to
COVID restrictions

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: ____/____/____

Meetings operations at this present time

We adhere to COVID restrictions and have in place QR codes and tablet to register those with no smart phone – with hand sanitizer and masks if required – We are keeping an eye on all news coming out from the CMO of the Health Dept of Victoria and situations can change according to advice from DHHS – please feel free to check before you attend.

**Our support group
Facilitator Maitea Lovric, who
conducts our ACV/GARDS
Metro support group can be
contacted by mobile #
0481987953**

Up and coming events 2022

More details on these as the events approach we will be guided by the State Government in what we can and can't do around distancing and how to manage COVID at the time of our events



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**



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 2x 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



Major Sponsor



Mairin OHS&E Consulting



Queensland Asbestos Audits

