



Newsletter

JUNE:- 2013

“There For Our Members Whenever and Wherever They Need Us”

Welcome to this edition of our newsletter.

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Well what an interesting past four or five weeks. Back on the 14th of May AVA did an interview with Chn. 7 Today Tonight regarding the NBN and P M G/Telstra pits with contractors not doing the right thing when they come across these pits. This happened here in SA, and it is irresponsible for any contractor to simply ignore the potential danger of asbestos disease when they allow their employees and the community to be exposed.

Next we see all States are experiencing similar issues with the roll out of the NBN, and Telstra says it made the NBN Co aware of the looming potential problems of the pits two years ago, **but being aware and being responsible seems streets apart.** The Federal Govt has called all parties including Victims Groups and Unions to Canberra to sort this issue out asap.

The Federal Govt has taken up an issue we at AVA tried to get for SA years ago, and that is an asbestos disclosure certificate before the sale of a dwelling. It will be interesting to see where this leads?.

TELSTRA is setting up a team of 200 specialists to check on asbestos safety across its operations as Labor takes aim at the company for workplace breaches that raise fears about the National Broadband Network. Stung by criticism of its handling of asbestos, Telstra said today it was setting up the “field workforce” to inspect and supervise all remediation work across its network, including a new hotline to take calls from the community. Telstra operations boss Brendan Riley later announced the company had launched “strong actions” to give priority to the safety of workers, contractors and the community. “This is our responsibility so we will take direct control of all asbestos-related activity performed by our contractors,” Mr Riley said.



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Pam Sandys

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Peter Baxter

Now for some good news for us at AVA as we welcome our newest supporter the Shop Distributors & Allied Employees’ Association. (SDA Union)

They have come to our assistance with the use of a new Holden Commodore station wagon After years of using personal vehicles (mine has clocked up a 1/4 of a million Kms) to travel all over the State getting the message of Asbestos Awareness Dangers to as many people as possible.

We need as much help as we can get to carry on doing what we do best and we strive to get our message out.

We have also sent out letters to the sponsors / supporters that have stood by AVA in the past and it is hoped that they will continue to support AVA in our endeavours to get the message out there.



Peter Malinauskas SDA secretary Kat & Terry

MEMBERSHIP

Your annual \$10.00 membership has not increased and is due 1/07/2013. We hope you will continue. Your membership helps with postage costs and newsletters. Your \$\$’s help immensely.

Something to Ponder?

It’s frustrating when you know all the answers, but nobody bothers to ask you the questions

LOCAL RESEARCH INTO NEW TREATMENT FOR MALIGNANT MESOTHELIOMA?

Scientists from Flinders University are trying to develop a new treatment for malignant mesothelioma. Associate Professor Sonja Klebe and her team are testing a combination of a new drug and gene therapy to block two separate proteins that help stimulate the growth of mesothelioma directly, but which also interact with the vessels that feed the tumour. These proteins are expressed at variable levels in an individual's tumour, and the level at which they are present can help predict prognosis for that patient. This means that any potential treatment strategy could be tailored specifically for an individual patient. All current work is carried out using actual patient's mesothelioma cells, which are harvested from those pleural effusions that are drained for symptomatic relief and diagnosis. These cells are only used once all diagnostic tests have been completed. The researchers believe that using actual human tumour cells instead of using only animal cells and laboratory models will aid translation into clinical practice, but all work has been backed up with those standard models.

A growing tumour needs nutrients from the blood so it secretes proteins that signal for blood vessels to grow. One of the proteins tested, VEGF, has been tested previously alone with limited success, but no one knows what happens when two proteins involved in this process are blocked together.

The researchers hope that this may lead to more effective targeted treatment in the future, which is likely to have less side effects than conventional chemotherapy, but could be used in conjunction with the current existing therapies.

In laboratory tests the novel treatment has been promising and slowed tumour growth significantly and blocked the spread of tumour cells to other sites, and at the doses used it does not kill healthy cells.

The research thus far was funded by the Flinders Medical Centre Foundation, the Flinders Centre for Innovation in Cancer and Comcare, and the team is awaiting the outcome of the current NHMRC funding rounds.

WHYALLA SUB BRANCH

John Arthur reports

Hi all

Well things are going well here, meetings are well attended, but I would like to see more of our first enrolled members attend. Lunch is provided.

The group will have a stall at Male Out Day again this year; Male Out Day is held at the Union Nicolson Ave, on Sunday the 16 Of June. Any man who wants a health check up should attend the health check up is free

Regards John,

ps Marlene and I we will be away for a month Rene will look after things while we are away

If you or a family member or friend have been exposed to asbestos or have been diagnosed with an asbestos related disease please drop in to 87 Essington Lewis Ave, and talk to John or call John on 86453322 after hours

Call in and try our home made jams and pickles. New product Strawberry jam, going quick
Meetings are held every third Thursday of each month.

Meeting Dates:

Third Thursday of each month

Venue:

87 Essington Lewis Ave, Whyalla. Phone: 8645 0555

PORT AUGUSTA SUB BRANCH

Geoff Maul reports

Hi,

The Members and friends of the Port Augusta Asbestos Victims Support extend condolences to family of the late mayor **Joy Baluch** a strong supporter of our campaign to create awareness of the dangers of asbestos. She was a powerful presence in Port Augusta.

We have had a number of enquiries regarding asbestos and the handling of it. If you know anyone who may need some advice please get them to contact us

We invite anyone, who would like attend, to come along to our monthly meetings held on the **First Friday of each month**.

Venue: Port Augusta Bowling Club, Corner Marryatt & Jervois Street. You can contact Geoff on 8642 2884.

From a Long Time Member of A V A

It was a great honour to be invited to be a new committee member for the Asbestos Victims' Association. I have been asked to write a few words about why I have accepted the invitation, and what I hope to give and get from my involvement.

Firstly, to introduce myself, I have been following AVA's great work for nearly ten years in my role as researcher into the experiences of the victims of asbestos. As a recently requalified Registered Nurse, I also understand the medical and nursing aspects of what sufferers of asbestos related diseases have to face.

I was first impressed with the work of the wonderful Colin Arthur, OAM, in establishing the AVA, Colin sadly losing his battle with asbestosis in 2007. The core members of AVA, Terry, Pam, and Kat, have been greatly assisted over the years by a dedicated and hard working committee of volunteers, most of whom have been victims of asbestos themselves. No-one at AVA is paid, but they all work hard from a desire to help fellow sufferers, to seek justice for those who have suffered as a result of exposure to a known deadly substance, and to prevent future generations from sharing a similar fate.

As regular readers of this newsletter would know, AVA regularly attends country shows to raise awareness of asbestos issues. This is a massive undertaking and would not be possible without the assistance of volunteers. The sub-branches of AVA in Whyalla, and Port Augusta are likewise run by dedicated volunteers.

Over the past few months, AVA has tragically lost two of their hardest working volunteers; Jean Baxter, who with a wicked Scottish humour, was an indefatigable supporter and worker for AVA, and Trevor Williams. Who could forget Trevor's speech at last year's Memorial Service? Poignantly, Trevor tried to continue with his work of making crosses for this year's memorial service, even as he was becoming weaker and in increasing pain with the mesothelioma that took his life last month.

These recent terrible losses have left AVA in need of supporters to step up and take some of the load from Terry, Pam, and Kat. They need actual, practical help to keep doing the marvellous work that they so uncomplainingly do. They need people to offer even small amounts of time to distribute leaflets to hospitals, to help with setting up displays, and to help with the Memorial Day crosses. In the simplest terms, it is now "time for all good men (and women) to come to the aid of the party."

It is for these reasons that I have accepted their invitation to join their committee. Whist I hope to be able to offer real assistance to AVA and its members, I am equally blessed and honoured to continue to witness the grace, humour, commitment, and deep human understanding that Terry, Pam, and Kat show every day as they continue their vital work.

Lynda Considine

FROM ONE OF AVA'S LEGAL ADVISORS WHY YOU SHOULD HAVE A WILL

A Will is a legal document that allows you to say how you want your property, money and personal items to be distributed after your death. It's not just a document for people who are very wealthy or who own real estate. Anyone aged 18 or over can make a Will provided they are of sound mind – and everyone should.

A properly prepared Will allows you to leave your property, money and possessions (which are together called your 'estate') to the people you want to receive them and to nominate a person or people to administer your estate (called your 'executors') whom you know and trust. If some of the people whom you want to receive a share of your estate are not yet 18, your executors can look after their shares until they are adults and you can make provision for them while they are still children. (And if you think 18 is too young to receive a share of an estate, you can nominate an older age). If you have a favourite charity or a cause that you support, your Will can give you the opportunity to make a gift to that charity or organisation. You can even make provision for the care of a beloved pet after your death (though you can't leave your estate to your pet!) If you don't leave a valid Will, that can increase the cost, uncertainty and worry for your loved ones of finalising your affairs. It also means that certain legal rules (called 'rules of intestacy') automatically apply to your estate. These may result in your estate being left to people whom you do not wish to receive it, and may mean that people whom you would like to benefit miss out. For example, friends and charities cannot benefit under the rules of intestacy.

It is very important that your Will is prepared by a Solicitor who is trained and experienced in this area of law. Wills are technical documents, both in terms of how they are written, and how they are signed. A Will that is invalid because it was not properly written or properly signed can cause as many headaches for your loved ones after your death as if you had no Will at all. A will that has been prepared by a Solicitor is much less likely to be successfully challenged. Your Solicitor can advise you on any legal issues that may affect your estate when he or she consults with you about your Will. For example there may be issues relating to taxation or you may wish to exclude someone (for example, an adult child) from a share of your estate. Your Solicitor will discuss with you the possible legal consequences of your Will to give you the peace of mind of knowing that you have left your estate as you wish.



YOUR SOCIAL MORNINGS

These mornings are held in our rooms at Level 3 60 Waymouth Street Adelaide on the SECOND Wednesday of every month, starting at 10am, but early birds are welcome, and you can stay as long or as little as suits you.

They are not formal meetings, so that gives each of you an opportunity to meet with and talk to others who maybe in a similar situation.

Remember you are not alone.

Dates for 2013 Social Mornings

July 10th, August 14th, September 11th, October 9th, November 13th, December 11th.



Research Studies for Patients with Respiratory Conditions

**Southern Adelaide Palliative Services Research Unit
Phone 08 82752865**

Breathlessness is a frightening and frequently encountered problem for people with asbestos related lung disease and mesothelioma. Even when treatment of the disease has been optimised, and treatment of other causes of shortness of breath such as heart failure or asthma are being well treated, many people are left with breathlessness. The sensation of fighting for every breath is tiring, frightening and wears people down. It is also distressing for carers to watch.

No medication around the world is registered to treat the sensation of breathlessness (although lots of medications attempt to treat the underlying disease). There is evidence that topping up the body's own morphine-like chemicals with a low, regular dose of once daily morphine may help to relieve breathlessness without causing confusion, drowsiness or worsening the person's breathing.

The Dust Diseases Board of NSW has funded Flinders University together with Concord Hospital in Sydney and the Austin Hospital in Melbourne to study low dose regular morphine in people with asbestos related disease **including asbestosis and mesothelioma.**

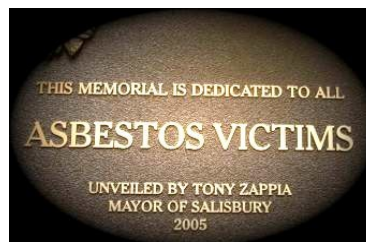
If you would be interested in participating in the three week study where for one of those weeks you would get a single daily capsule of low dose morphine by mouth, please contact **Aine Greene on 8275 1057** If you are interested we would talk to your doctor before confirming that you are eligible to participate in the study.

Please Put This IMPORTANT Date in Your Diary NOW

Asbestos Victims Memorial Day Ceremony

DATE: Friday November 29th 2013

VENUE: Pitman Park SALISBURY



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