



ASBESTOS VICTIMS ASSOCIATION
S.A. INC **Est. 2000**



Newsletter

December 2015

"There For Our Members Whenever and Wherever They Need Us"

Office Location

Level 3
60 Waymouth Street
Adelaide S.A.

Welcome to this edition, the last for 2015 of our newsletters

2015 has been a very busy year for us at AVA talking with many people and dealing with many enquiries. We have also had quite a few new members join us, many unfortunately with new diagnosis.

Postal Address

PO Box 4066
Elizabeth South
SA 5112

Pam's report on this year's International Conference December 2015

"Towards an asbestos-free Australia" was the title chosen for the Australian Asbestos Safety and Eradication Agency's conference which was held in Brisbane during Asbestos Awareness Week this year.

Tel: (08) 8212 6008
Fax: (08) 8212 7008
Mobile 0418 807 834
Country Callers:
1800 665 395

Matt Peacock, ABC journalist and author of "James Hardie, Killer Company", kept things running smoothly each day, and the staff of the Agency worked tirelessly to make life easy for all who attended.

Email:
ava-sa@bigpond.net.au

Maxine, Lesley and I learned so much about worldwide asbestos problems, including the need to raise public awareness about the danger of exposure to it, in any form, and to hear of safe ways to remove and dispose of the many types of asbestos, along with the news of promising research into treatment of asbestos related diseases.

Web Site:
<http://www.avasa.asn.au>

Speakers covered such topics as - management of asbestos in buildings and homes - increase in imported asbestos-containing products - problems in developing countries - waste disposal - the emerging "third wave" of non-occupational exposures (especially in DIY home renovations), and the need to have effective new drugs listed on the PBS in Australia.

EXECUTIVE COMMITTEE

President

Terry Miller

We spent a couple of very busy days meeting participants and speakers from all over Australia, New Zealand, our Asian neighbours, the United Kingdom and the USA. Between the three of us, we were able to attend most of the concurrent information sessions.

Vice President

Kat Burge

It was heartening to meet so many people who are committed to raising worldwide awareness of the many problems surrounding the use of asbestos.

Office Manager

Pam Sandys

Treasurer

Pam Sandys

Chairman

Rotating

Events Officer

Peter Baxter



Something to Ponder?

How come SUPERMAN could stop bullets with his chest, but always ducked when someone threw a gun at him?

If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?

**ASBESTOS VICTIMS MEMORIAL CEREMONY 2015**

The annual memorial service was held at Pitman Park Salisbury on Friday 27th of November 2015 with approximately two hundred family and friends of our many victims who have passed away due to that insidious disease caused by exposure to asbestos.

A/professor SONJA KLEBE was our guest speaker this year she spoke of research with curcumin and a treatment called keytruda that has had some encouraging results particularly overseas. Lesley Shears also spoke of life and her feelings and emotions after the loss of her husband Gordon who succumbed to Mesothelioma.

In the New Year we will have a professionally produced DVD of the Ceremony available if you would like a copy. Cost will be kept to the bare minimum. AVA would like to thank everyone who was able to attend and a

Special thank you to the PIPERS from Royal Caledonian Society of SA, as usual they were truly heart string tuggers.

After the ceremony all the floral tributes were taken to cancer wards at two hospitals

AVA has already started making bookings for 2016 Regional shows and Field Days, taking bookings from Suburban Community Groups etc, so if you belong to any group and would like us to come and do a presentation about asbestos, contact us and we will work out details. **T: (08) 8212 6008 or E: ava-sa@bigpond.net.au**

ALL THE BEST WISHES FOR THE NEW YEAR FROM US AT AVA**WHYALLA SUB BRANCH****John Arthur reports**

Hi all,

John and Marlene along with Our group wish all members and their family a Merry Christmas and a Happy New Year. We hope to see all again next year and invite you to bring a rellie and or a friend with you.

Meeting Dates:

Third Thursday of each month

Venue:

87 Essington Lewis Ave, Whyalla. Phone: 8645 0555

**PORT AUGUSTA SUB BRANCH****Geoff Maul reports**

Hi, Everyone

Colleen and myself thank our members for their attendance for 2015 and wish everyone

MERRY XMAS AND HAPPY NEW YEAR.

We invite anyone, who would like attend, to come along to our monthly meetings which are held on the **First Friday of each month. 10:00 am from February 2016 onwards**

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



HOME SHOW 2015**Report by Lesley Shears**

The S. A. ASBESTOS COALITION had an Asbestos Awareness stand at the Home Show at Wayville Showgrounds on 11 October 2015 and AVA representatives were happy to help.

We talked to tradies and members of the public who stopped for a chat. Some wanted to tell us their experiences, and how they had been affected by asbestos.

Most were interested in the display of various forms of asbestos, and the photos.

Comments such as "we had those floor tiles in the 70's" were common. Others wanted to know how to recognise asbestos (answer: call in an expert), how much would it cost to remove an asbestos fence (answer: get several quotes as there may be a big variation) and can you find asbestos in a mattress? (answer: yes).

This last question was from someone who had burned a mattress to get rid of it.

Whilst we at AVA have not actually come across any checking on web has shown that asbestos was used in mattresses.

Why Was Asbestos Used

Asbestos was prized for creating mattresses because it is a natural insulator that is also flame-retardant, making it less likely that a stray cigarette butt would cause the mattress to catch fire.

Which Companies Made Asbestos Mattresses?

Many companies around the world made mattresses from asbestos-containing materials prior to the discovery that the material was carcinogenic. Among these were a company based in Leeds, England, known as JW Roberts. This company made asbestos-containing products like mattresses from the late 1800's through 1956.

If you have any questions about asbestos please contact Asbestos Victims Association SA

CHOC-WHEAT BIX SLICE (Microwave recipe):**INGREDIENTS:**

125g Margarine, 2tbls Cocoa, 1 cup of Brown Sugar 1 cup of SR flour,
1 Egg, 1/2 cup coconut, 1 Tsp. Vanilla, 3 Crushed Wheat-Bix.

METHOD: In a microwave bowl

1. Melt Butter
 2. Mix in other ingredients
 3. Press into greased micro-proof container.
 4. Cook Med-High 8-10 mins. Allow 5 min. standing.
 5. While still warm, ice with icing and refrigerate.
 6. Cut into squares when cool.
- Hope it works for you, let me know if you have any you would like to share.



Maxine's Bix Slice

**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 2016 Social Mornings**

January 13th, February 10th, March 9th, April 13th, May 11th June 8th, July 13th, August 10th,

September 14th, October 12th, November 9th, December 14th, 2016



Lung foundation Australian Health and Patient Education Day 14th Oct 2015

The Program provided speakers on various topics, which were very well chosen by the Lung Foundation.

a) Managing the Activities of Daily Living when on oxygen.

Megan Freckleton Occupational Therapist Repatriation Hospital spoke on ideas, helpful tips and alternative ways of making everyday tasks a bit easier.

b) When do I need Oxygen?

Katherine Bassett, Respiratory Nurse, at Flinders Medical Centre and Repatriation Hosp. spoke on tests that are used to see if you need oxygen, how oxygen will benefit you and how you obtain it.

c) Asbestos Awareness and Safety in the Community

Associate Professor Hubertus Jersmann, Respiratory and Sleep Physician and Interventional Pulmonologist University of Adelaide, spoke of the risks of asbestos in the community and provided information on what to do if you suspect it in your home, or if you have been exposed to asbestos.

Professor Fong explained how asbestos affects the lungs and lung diseases caused by asbestos exposure.

The day was very educational with valuable information for all who were in attendance

Questions were encouraged and answered in a very professional way.

Maxine W



Please Put This IMPORTANT Date In Your Diary NOW

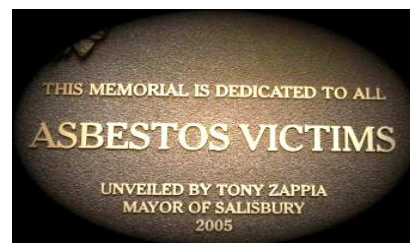
Asbestos Victims Memorial Day

DATE: Friday November 25th 2016

VENUE: Pitman Park SALISBURY

TIME: 10:30 am to 11:30 am

Speakers TBA



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