



# Newsletter

May-June 2019

*There for our Members whenever or however they need us*

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## Executive Committee:

### President

Peter Baxter

### Vice President

Maxine Williams

### Advisory

Kat Burge

### Office Manager/

### Treasurer

Pam Sandys

### Events

Committee members

## NEWS FROM THE AVA OFFICE

Throughout the last year or so we have had a number of changes in the leadership of our Association. During the course of Terry's illness, Kat, Pete & Pam continued to provide support to victims and their families, including Terry, and shared responsibilities as necessary. Terry's decision to relinquish the presidency and work in an advisory role led to Kat being appointed President, and she has continued in that role for the past twelve months, with Pete as Vice President and Pam as Treasurer and Office Manager. They have provided the backbone for the committee and regular volunteers who support AVA in so many ways.

Towards the end of last year and the beginning of this year, Pam took time away from the office to address some of her own health concerns. Pete kept an eye on financial matters, and volunteers Maxine & Lesley spent additional time in the office, helping to keep it running smoothly. We're now pleased to have Pam back at her desk, and continuing her role, and most importantly enjoying her return back to good health. For those of you for whom Pam has been your first point of contact, her warmth and the extent of her knowledge is always reassuring.



Now it has become Kat's time to take a step into an advisory role.



Kat has formalised her decision to resign as President so that she can commit to providing care and support within her own family. We are very grateful for the way in which she led AVA through our recent challenges, and especially for the acknowledgement and encouragement she gave to the Committee and volunteers during that time. Thanks Kat! You have done well, and continued throughout your leadership to advocate for asbestos victims in South Australia and beyond. We are pleased for Kat that she could make that decision knowing that Pete was prepared to assume the role of President, until such time as official elections take place at our next AGM.

So now to words from our President!

## FROM THE PRESIDENT'S DESK

The changes in the office detailed above mean that we are all new to the job but with the work of Maxine & Lesley to help run the office we are coping well.

Planning is already underway for this year's Memorial Service. A number of speakers have been invited and some responses received. We have a busy calendar of events planned for this year and look forward to meeting our members when we are out and about.

There may be days when our office is unattended if we have activities planned in other venues. You are encouraged to contact us at any time but **please telephone first if you want to come in to talk to us.**



## ACTIVITIES

### Visit to Rebekha Sharkie's office

AVA is keen to extend support to people living in the Fleurieu Peninsula who may be affected by asbestos disease. Volunteers Pam and Lesley met Rebekha Sharkie MP at her electoral office in Mount Barker to discuss ways and means of doing this.

Isobel Bailey, Rebekha's Policy Adviser, offered some practical ideas as well as suggestions for groups who may be interested in having an information session. We are very grateful for their assistance.



### South East Field Days March 2019

Over the past few years AVA has had a stand at the South East Field Days, held at Lucindale. It is a well-attended event spread over a very large site – so big that there are two-seater gophers available for those who need assistance to cover the ground. AVA participated in the Blue Yakka Trail, a fund raiser for the Lucindale Area School. It costs \$10 for a bag and a map to locate the stall holders who have signed up to give a small item to put in the bag. The children who come around to collect their gift are usually accompanied by their parents, which brings more people to the AVA stand.



This year Sue from South East Asbestos shared our stand. It was educational to hear about the many different situations they come across as asbestos removalists. Sue also provided practical advice to people.

Pete did a great job in setting up the stall and our photographic display of asbestos products. We gave out our useful information bags and answered many queries about asbestos. It was well worth the travel from Adelaide

## REGIONAL ACTIVITIES

### COPPER COAST LUNCHEON WITH AVA MEMBERS April 2019

Our members are important to us. We realise it's not easy for people outside Adelaide to travel to the city and hope to remedy this by holding some regional meetings. In April we held a lunch at the Weeroona Hotel at Wallaroo. It was interesting to hear members who had been affected by asbestos in various ways sharing their stories with each other and drawing strength from each other.

AVA volunteers who attended felt it was a great day. Thank you to all our members – you help us to get the message out about the dangers of asbestos.

### SOUTH COAST LUNCHEON WITH AVA MEMBERS May 2019

Our recent lunch at Mt Compass Tavern was a get-together for AVA members from the South Coast. There were people we hadn't met face to face before. Everyone in the room had been affected by asbestos one way or another, it is very beneficial for us all to sit and talk, to share our problems and ways of coping.



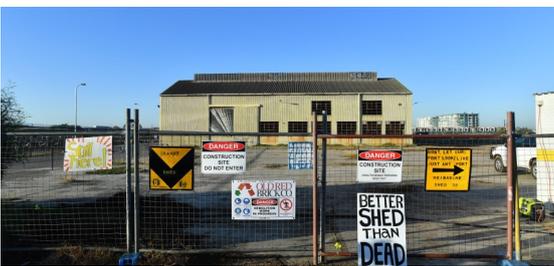
## ITEMS OF INTEREST

### ASBESTOS ISSUES – HMS BUFFALO RESTAURANT & SHED 26

It is not uncommon for asbestos to be discovered when older buildings are demolished to make way for new developments.

Many people will be familiar with the old Buffalo restaurant at Glenelg. The licensee has decided not to go ahead with the redevelopment of HMS Buffalo due to its deteriorating condition and unforeseen costs – these costs arise from asbestos being identified, which now needs specialist removal.

There has also been a lot of publicity about the proposed demolition of Shed 26 at Birkenhead to make way for a new housing development. The shed, part of a former government



dockyard, was granted demolition approval after Environment Minister David Speirs had it removed from provisional listing in the SA Heritage Register. It has been a contentious decision with calls for the developer to consider renewal options that have proved successful for other buildings of heritage significance. The shed has historic value for workers as the former Glanville Dockyards. This development has also been delayed by the discovery of asbestos. At one point work was stopped on health and safety grounds as there

were broken pieces of asbestos sheeting on the ground and workers were sweeping them up. SafeWork has conducted a site visit.

### My visit to the Asbestos Diseases Research Institute

On a recent visit to Sydney I was welcomed as a visitor to the Asbestos Diseases Research Institute (ADRI), which is located in the Bernie Banton Centre on the Concord Hospital campus in New South Wales. It was established by the Asbestos Diseases Research Foundation (ADRF), a charitable, not-for-profit foundation dedicated to assist and support the research efforts of ADRI into asbestos-related diseases.

Before his death in 2007, Bernie Banton campaigned vigorously for the rights of those who suffered, like himself, from asbestos-related diseases. This state-of-the-art research facility was named in his honour and consists of six wet laboratories and two dry laboratories.

ADRI's research focuses on mesothelioma and is threefold: to find a less invasive method of diagnosis, to use 3D modelling to understand the disease mechanism, and to trial new therapeutic options. Mesothelioma can be difficult to diagnose and often the patient is required to have a lung biopsy – an invasive and painful procedure. ADRI is working on a blood test to provide a less invasive method of diagnosis. 3D modelling shows a cell more closely resembling an actual tumour so that the biology of mesothelioma can be tested with increased accuracy. ADRI is testing the potential of microRNA combination therapy for immunotherapy and chemotherapy in mesothelioma patients.

Further information on current research projects can be found on the ADRI website.

The website also has information for mesothelioma patients, including details of their Mesothelioma Support Coordinators who work with established professional agencies, health professionals and local communities across NSW to provide current evidence-based clinical information and support.



Lesley Shears

photo: Ken Takahashi (ADRI), Victoria Keena (ADRI), Lesley Shears (AVA SA), Joanne Roseman (ADRI)

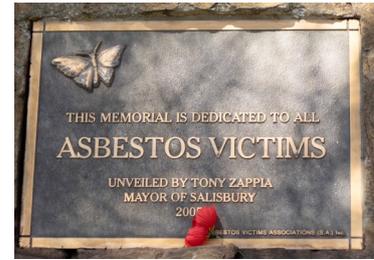
**DIARY DATES**

Please put this **IMPORTANT** date in your diary:

**Asbestos Victims Memorial Day**  
**DATE: Friday 29 November 2019**  
**VENUE: Pitman Park SALIBURY**

You can find us at the following events:

Modbury National Seniors	<b>7 June 2019</b>
MBA Building & Home Improvements Show	<b>5-7 July 2019.</b>
Lockleys Women's Probus Club	<b>15 July 2019.</b>
Kadina Show	<b>17 &amp; 18 August 2019</b>
Port Adelaide U3A	<b>5 September 2019</b>
Men's Sheds National Conference	<b>10-12 Sept 2019</b>
Murray Bridge Show	<b>28 &amp; 29 September 2019</b>
National Seniors	<b>8 October 2019</b>

**ARE YOU CARING FOR SOMEONE WITH AN ASBESTOS RELATED DISEASE?**

Here are some tips that might help:

1. Attend medical appointments with the patient and keep a diary of medical visits.
2. Learn as much as you can about medical treatment and options.
3. Be aware that information on the internet can be misleading or even inaccurate
4. If you feel that something is not right, ask questions. If answers are not forthcoming, take steps to find someone who can respond to your questions.
5. Talk to the medical providers – you can learn from nurses and others.
6. If you are doubtful at any time about the patient's condition, consult the doctor or nurses.
7. Remember there are no 'dumb' questions. Be sure to ask.
8. Accept help from friends & family. Reach out - you may be surprised at how helpful they want to be.
9. Take care of yourself. You need to stay as strong and healthy as possible to face the challenges.
10. Remember AVA is here to offer you support 24/7.

**Your social mornings - remember you are not alone.**

You are welcome to drop in for a chat and a cuppa with us and other members on the second Wednesday of each month from 10 am to 12 noon.

**2019 Dates:** 12 June, 10 July, 14 August, 11 September, 9 October, 13 November, 11 December

**AVA THANKS THE FOLLOWING MAJOR SPONSORS & SUPPORTERS**

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**Tony Zappia, Federal Member for Makin**  
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