



# Newsletter

DECEMBER 2011

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

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Welcome to this edition of our newsletter. The year is rapidly passing and the issues continue to surface.

This past year has been quite busy for us, with info seminars and quite a number of new members. Sadly again this year we have lost too many of our members and our condolences are extended to the families and friends.

2011 has almost gone . We have been doing many regional and suburban visits, including asbestos awareness week in conjunction with SafeWork SA. It is encouraging that we are getting the awareness message out into the broader community through many community groups inviting us to give information at their meetings.

On Friday 25th November we held our annual Asbestos Victims Memorial Ceremony at Pitman Park Salisbury. Again, it was an emotional day but went very well. Premier Jay Weatherill attended and spoke passionately and placed a floral tribute. Minister Russell Wortley and Salisbury Mayor Gillian Aldridge along with AVA patron Tony Zappia MP were amongst other dignitaries to place floral tributes and, of course, the many families and friends of victims.

There are many to thank for the way it all comes together but one small group in particular is the **six Pipers from the Royal Caledonian Society of SA Pipe** Band. They give their time each year and it adds that something special to the ceremony

## EXECUTIVE COMMITTEE

### President

Terry Miller

### Vice President

Kat Burge

### Office Manager

Pam Sandys

### Treasurer

Pam Sandys

### Chairman

Tony Henstridge

### Publicity Officer

Tony Henstridge  
 (Big "T")

## ASBESTOS IS STILL BEING USED

It is hard to believe that asbestos is still being mined and exported to other parts of the world by Canada. They claim that chrysotile (white) asbestos is not harmful if handled properly yet they do not use it themselves anymore.

Canada remains a major exporter of asbestos despite the worldwide consensus on its dangers to human health. However, the same government, while refusing to even list asbestos as a hazardous material, is now moving to remove asbestos as a danger from the Canadian Parliament Buildings built in 1927.

In a recent documentary by Matt Peacock it showed the worrying use of asbestos in India, the working conditions and the obvious lack of safe use for workers in manufacturing in that country. The best that can be said of this is the conditions in these places were appalling.

Toxic Trade was shown on Foreign Correspondent ABC1.

## Something to Ponder?

The early bird may get the worm, but the second mouse gets the cheese

A Bank is a place that will lend you money, If you can prove you don't need it



### **WHYALLA SUB BRANCH**

### **John Arthur reports**

Our Memorial Service went well. We had just over sixty people attend, they came from Cowell, Kimba, Cleve, Port Augusta and Adelaide. Mrs Norma Matters conducted the service. Norma is from the Uniting Church and as usual the service was really good. Allena Dyason from the Whyalla Community Health Dept. at the Whyalla Hospital gave a great speech on pleural plaque, asbestosis and mesothelioma. Allena is Dr Antic's offsider when he comes to Whyalla. People came up to say it was much more than they expected. They said they would be back for the next one.

We are giving our volunteers a dinner on Wednesday at the West Whyalla Football Club to say thank you for all their effort they have put in through the year. Our meetings have been well attended throughout the year.

Our office will close on the 15th December 2011, and open again on the 12th January 2012, a notice will be in the window and also in the local paper with my phone number to ring. Most of our volunteers are going on holidays.

#### **Meeting Dates:**

Third Thursday of each month

#### **Venue:**

Shop 5 87-89 Essington Lewis Ave,  
Whyalla Playford Ph:8645 0555

### **PORT AUGUSTA SUB BRANCH**

### **Geoff Maul reports**

This year has gone very quickly and, by and large, we at Port Augusta had reasonable attendances at our monthly meetings. Unfortunately we had to cancel the December meeting due to illness of some of the members. We would like to see more people attend and raise any concerns or issues that you may have. These meetings are held for you and, by all means, bring along partners and friends. Our meetings are held the first Friday of each month from February thru to December inclusive, starting at 10am.

#### **Venue:**

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

May I wish everyone the very best for the coming year, and look forward to meeting you all again next year



### **Nanna Shirley's Kitchen**

### **BANANA CAKE**

#### **Ingredients**

1/2 cup of Sugar, 4 oz Butter, 2 Eggs, 1/4 cup Milk  
2 cups SR Flour (sifted), 1 Level teaspoon Carb Soda  
3-4 Ripe Banana's

#### **Method**

Cream Butter & Sugar, Add beaten Eggs Then Mashed Bananas

Lightly fold in SR Flour, Mix Carb Soda in Milk then add to Mixture

Bake in Moderate Oven 180 deg approx 45 Mins. Test with Skewer

When Cold Ice with a little Lemon Juice in it



We are currently looking at how to freshen up our web site and we ask you our members if there is anything you would like to see on it? Do you have any suggestions? Let us know. We have had a few ideas put forward so far. We are also inviting anyone who has lost a loved one or friend to asbestos related diseases and would like them remembered on our tribute page on the web site to contact us and we will arrange for that to happen. We do NOT ask any payment for this as we consider it to be a tribute in memory of victims. We will also put a named cross at our memorial ceremony each year.



**KATZ\_KORNER**



**Trevor is one of our members and talks with Kat**

In 1955, I started work as a carpenter (I was 15). I wish I had been told of the dangers of asbestos back then because in 2009 I was diagnosed with Mesothelioma: an incurable asbestos related disease-. Even at that point of time, when the Doctor told me, I did not realise the impact that asbestos, a material so many years in use and used in so many various products, would affect my whole future after all these years.

Mesothelioma is a cancer of the thin layer of tissue which surrounds the lung, only related to asbestos fibres, and I was first aware of it when I became short of breath. After x-rays I was transferred to hospital where 7 litres of fluid was drained from around my lung. I have had radiology, chemotherapy, and VAT - Video Assisted Thoracotomy with Talc Pleurodesis. I was given 6 to 18 months to live but now it's been 2yrs.

Through my lifetime of being a carpenter I used the product and was exposed to various asbestos products. We never wore masks because we were never made to; no one informed us of the dangers of asbestos.

The quality of years that I should be enjoying now has been affected, not just for myself but for my whole family.

My wife and myself approached the Asbestos Victims Association for support, which they have given us, but we have realised they do much more than that. They raise awareness about the dangers of asbestos to the political parties and the public.

The problem we have today is that the younger generation and the older generation have a casual attitude to it.

**ASBESTOS IS A KILLER** - I know - as it has affected my life. At the moment I am stable (3 monthly scans confirming that) but it's not cured.

My message is to be aware; ask if you are unsure; asbestos could do this to you.

***REMEMBER - "ASBESTOS IS DEADLY SERIOUS"***



**DATES TO REMEMBER**

**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 2011 Social Mornings**

**January 11th, February 8th, March 7th, April 11th, May 9th, June 13th, July 11th, August 8th, September 12th, October 10th, November 14th, December 12th.**

**Please Put This IMPORTANT Date in Your Diary NOW**

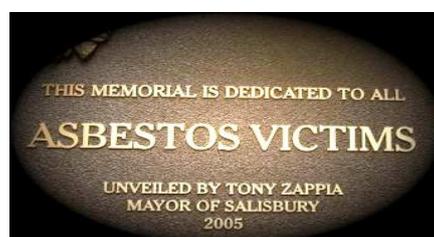
**Asbestos Victims Memorial Day**

**DATE: Friday November 30th 2012**

**VENUE: Pitman Park SALISBURY**

**TIME: 10:30 am to 11:30 am**

**Speakers TBA**





This photograph and article appeared in the Yorke Peninsular Country Times newspaper on Wednesday, 30th November 2011.

**BE AWARE OF ASBESTOS DANGERS**

ASBESTOS Awareness Week is held annually in the last week of November to remind the public about the ongoing danger of asbestos.

Production of asbestos in Australia stopped in 1987, and the use of asbestos products has been banned since December 2003; however, these products still exist in buildings constructed up to the late 1980s.

Terry Miller, from the Asbestos Victims Association (SA), said current home renovators are the third wave of victims.

"The first wave was the mining of asbestos, and then came manufacturing and building products, and now we have got the home renovator." Mr Miller said. "It's not like a work-related accident or injury; you do it today (get exposed through renovating) and you won't know for 10 to 50 years if you've been affected.

"It's not the fibres you can see, it's the ones you can't see and can inhale!"

Asbestos was used in more than 3000 products including in paint, cement walls, roofing and vinyl tiles and underlays in the building industry. Breathing in asbestos fibres can cause asbestosis, lung cancer and mesothelioma.

Asbestos Awareness Week is also an opportunity to remember the families affected by asbestos-related diseases. Kulpara's Graham Pridham, and two of his three children, attended a memorial at Pitman Park, Salisbury, to remember their wife and mother Helen last Friday. Helen was diagnosed with mesothelioma five years ago and she died just seven weeks after her diagnosis aged 47.

Graham spoke at the memorial thanking the AVA, and Mr Miller in particular, for the assistance he and his family received after Helen's diagnosis. "I encourage people to contact the AVA, don't be frightened to, if you have any queries give them a ring," he said.

Graham said in the five years he has been attending the memorial service he has noticed the number of crosses for victims increasing. "This year there were 27 more crosses than last year, and that's just the ones they know about," he said.

"Asbestos doesn't discriminate against age or sex, there is no safe level of exposure and people need to be aware of the danger.

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