



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

Newsletter

September-October 2015

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

Welcome to this edition, 2015

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Asbestos illegally imported into Australia in goods, materials, Senate hears

Australians have been unwittingly exposed to large quantities of illegally imported asbestos.

The Asbestos Safety and Eradication Agency (ASEA) has told a Senate inquiry into non-conforming building products a wide range of imported goods and materials have been found with asbestos and not just in the building industry.

The report said there was no guarantee Australian buildings constructed post the 2003 ban on asbestos imports were free of the killer substance.

In November last year, cement compound board was found to contain chrysotile asbestos imported into the ACT from China.

Last year in New South Wales an owner builder purchased a shed from a supplier on the internet, which also contained chrysotile asbestos in a sealing tape installed between roof sheets.

"There has also been instances which ... [are] outside this Senate inquiry that things like motor vehicle parts and small machinery have had asbestos components despite the fact they've been labelled by the manufacturer that they're asbestos free," ASEA chairman Geoff Fary said.

"In some parts of the world, including parts of the United States, something which is less than one per cent asbestos by volume is labelled asbestos free."

The report recommends greater enforcement of regulations which include fines of up to \$170,000 for breaches along with more surveillance and screening.

ASEA confirmed there had only been two prosecutions by Department of Immigration and Border Protection since 2008 and that asbestos often went undetected by customs.

It said the majority of goods found with asbestos in Australia originated from Asia.

By [Andree Withey](#)

ANNUAL MEMBERSHIP RENEWAL

To the great many members that have responded, thank you for your continued support. We realise that it is easy to forget at times but if your circumstances have changed please let us know

Membership is still capped at **\$10.00 a year.**

THANK YOU for YOUR SUPPORT

Asbestos Information

Asbestos is a term for a group of six naturally occurring mineral fibres belonging to two groups Serpentine Group – comprised of only chrysotile (white asbestos)

Amphibole Group – comprised of anthophyllite, amosite (brown asbestos or grey asbestos), crocidolite (blue asbestos), tremolite, and actinolite.

Asbestos was long viewed as one of the most versatile minerals because of its flexibility, tensile strength, insulation from heat and electricity, chemical inertness and affordability.

The versatility of asbestos made it attractive to many industries and is thought to have more than 3000 applications worldwide. Australia was one of the highest users per capita in the world up until the mid-1980s. Approximately one third of all homes built in Australia contain asbestos products. The widespread use of asbestos has left a deadly legacy of asbestos material.

Asbestos, predominantly chrysotile and crocidolite, was mined in Australia until late 1984. Records also show that between 1930 and 1983, approximately 1.5 million tonnes of all forms of asbestos was imported into Australia.

Asbestos containing materials (ACMs) can be categorised as friable and non-friable. Non-friable asbestos, where it is mixed with other materials like cement, is the type most commonly found in our built environment. Friable asbestos is more likely to become airborne.

Both friable and non-friable asbestos pose a significant health risk to all workers and others if the materials are not properly maintained or removed carefully. In the built environment, potential health risks are posed where there is:

the presence of ambient levels of asbestos weathering of ACMs

the presence of damaged ACMs building and/or maintenance work involving ACMs and demolition and/or removal of ACMs.

The risk of exposure from the built environment is broad, with the potential to impact the entire Australian community

WHYALLA SUB BRANCH

John Arthur reports

Hi all,

Things have been rather quiet so far even the meeting numbers have been down, although it has been a particularly cold winter and, we have a few people where their health is not so good.

And we have lost a few members. I would still like to see some of the older members turn up for our get together that is held every third Thursday of each month. Lunch is held at 12 noon on the day.

AVA Whyalla branch along with Port Augusta and Adelaide Office set up a stand at the recent Whyalla show, whilst we were not overwhelmed with enquiries it was a worthwhile event with much information available to the public.

If any one has any spare jam jars they would like to part with they can drop them off at our office in Essington Lewis Ave or give us a phone call on 86450555

John

Meeting Dates:

Third Thursday of each month

Venue:

87 Essington Lewis Ave, Whyalla. Phone: 8645 0555

PORT AUGUSTA SUB BRANCH

Geoff Maul reports

Dear Members

G'day all

We at AVA Port Augusta branch are still meeting on the first Friday of each month and we would like to see more people attend and also bring a Family member / friends meet with others, and enjoy a cuppa.

If you have concerns regarding asbestos or have seen something a little suss tell us and we will follow up any issues

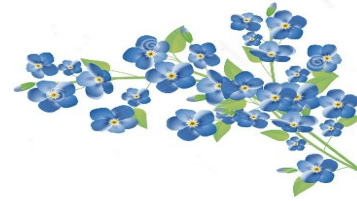
If you have been diagnosed that you may have an asbestos related issue talk to us we may be able to help you with some useful advice / suggestions

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 2015 onwards

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

Asbestos Victims Association Friendship Group



Turmeric – the wonder spice

Many people are becoming aware of the properties of turmeric. It is non-toxic, and has long been used in herbal remedies. The active ingredient is curcumin, a compound found only in turmeric, and researchers have been studying its use as an anti-inflammatory. It has also been found to have some anti-carcinogenic properties.

Associate Professor Sonja Klebe of Flinders Medical Centre has had encouraging results using curcumin to treat mesothelioma patients. Curcumin's anti-inflammatory properties are also helpful for the management of arthritis.

If you want to give it a try, you can buy bio-curcumin tablets from the chemist – or you can make your own golden paste.

Golden paste

150g of turmeric powder

250ml of water (may need a little more)

1 ½ teaspoons of freshly ground black pepper

70ml cold pressed olive or coconut oil (or rice bran or avocado – use your favourite oil)



Place the water and turmeric in a pan, stirring over a gentle heat until you have a thick paste. This should take about 5-10 minutes. If your paste goes a little too thick add some extra water. Once it forms a paste, take off the heat and add the pepper and oil, stir well to mix together. Allow to cool then store in a glass jar in the fridge. The paste should keep for up to 4 weeks

Note: black pepper contains piperine, which helps the body absorb curcumin.

How to use Golden Paste

There are a multitude of recipes on the internet – some suggestions are:

Mango smoothie (½ a banana, ½ cup frozen mango pieces, 1 cup almond milk, 1 tsp golden paste, a touch of ginger and cinnamon)

Golden milk (1 cup hot milk, ½ tsp golden paste, ½ tsp coconut oil, honey to taste)

Make a tea, with the addition of ginger or cinnamon and a little honey

Use a little in scrambled eggs or frittata

Add a teaspoonful to rice or vegetables, or a creamy soup

NOTE: Turmeric is non-toxic and has no side effects, although it is a blood thinner to the same degree as aspirin.

Piperine, from fresh ground black pepper, will increase the absorbency of other substances in your stomach - if you are on regular medication, you may experience a higher absorbency rate than intended for those drugs.

If in doubt, please consult your doctor.

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 2015 Social Mornings



October 14th, November 11th, December 9th, 2015

From Maxine Williams.

Recently I had the opportunity to be able to help AVA publicly promote the dangers and consequences of Asbestos Exposure at the Whyalla Show (15-16 Aug), along with Whyalla Branch of AVA.

The combined presentation was set up - with a slide show running continuously, brochures and photographs on display, all for the purpose giving the public an opportunity to look, listen, and understand, and so become aware of the dangers of being exposed to any kind of Asbestos.

Maxine



Something to Ponder

Why is it called a HAMBURGER, when it's made out of BEEF?

Why does SOUR CREAM have an expiration date?

Please Put This IMPORTANT Date In Your Diary NOW

Asbestos Victims Memorial Day

DATE: Friday November 27th 2015

VENUE: Pitman Park SALISBURY

TIME: 10:30 am to 11:30 am

Speakers TBA



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