



“The Victim is our Priority”

Patron:
His Excellency
The Honourable Hieu Van Le AC
Governor of South Australia



MESSAGE FROM THE PRESIDENT - Spring 2019

It's the time of year when we are busy planning the **ADSSA Memorial Day** for 2019 to commemorate victims of asbestos diseases, which will be held on Friday **November 29 at 7.30am** at the Jack Watkins Memorial Reserve, 414 Churchill Rd, Kilburn - (bus stop 19).

The weather is finally turning warmer, so we hope you will feel able to come along and share this special ceremony of remembrance. However, there is a weatherproof marquee just in case the weather isn't kind to us. This is also an opportunity to gather with others who have been impacted by these dreadful and persistent diseases. As always, we will have a light breakfast from 7.30am, with the service starting at 8am. White doves will be released in memory of those lost. The event will conclude by 9am.

In other news, ADSSA hosted a film crew from the Asbestos Safety and Eradication Agency (ASEA), which was visiting to put together a short film for the ASEA Conference in Perth in November on asbestos activities in each State. They took time to visit the Doorways2Construction training being held by our trainer at Rosewater Trade Centre and were impressed by the program, the location and the students. They also filmed at the ADSSA office in a highly successful visit. We look forward to seeing the film clip at the Perth conference.

In August our President attended the Asbestos Support Group Network (ASGN) national meeting in Sydney, which produced some useful collaborations.

We are delighted to announce that we have just received from Toyota the generous donation of a Hiace van for ADSSA's use for education, training and other purposes. This is



an exciting new development, which will assist with transporting training materials, but also generally publicising the asbestos message. The van will be at our Memorial Day commemoration. We are so grateful to Toyota for their support.

Our President receiving the keys to the sponsored Hiace van from Steve Thomson of CMI Toyota

Peter Photakis – President

From the Social Worker

It is Monday afternoon of the Labour Day long weekend and I have just sat down at my laptop to pen my segment for the Spring newsletter. Yes! Spring. It will be my last segment for 2019. I am not really ready to mention Christmas yet, but we all know it is looming! I know we say it all the time, but where do the months and years go? I have a granddaughter turning 5 in 3 weeks, and starting school at the end of January.

I thought it appropriate that I also remind myself of the meaning behind Labour Day, which is a public holiday held on different dates in different Australian States. It has its origins in the eight-hour day movement, which advocated eight hours for work, eight hours for recreation and eight hours for rest. Although the battle over these issues would seem to have been won long ago, this issue is now presenting itself in another form for some sectors of the workforce - many of whom are constantly connected to work because of mobile phones, emails - technology which can 'bleed' into their personal lives. Know your worth: Self-care is important to maintain a healthy relationship with yourself as it produces positive feelings and boosts your confidence and self-esteem. Also, self-care is necessary to remind yourself and others, that you and your needs are important too.

Talking about self-care: in August, I had a marvellous, 3 week holiday in Croatia, with my husband and friends. I nearly didn't make it, ending up in hospital with pneumonia 6 days before departure!! I consider myself very fortunate to be able to go overseas. I am drawn to the Mediterranean, but this time we ventured up the Adriatic Coast. We were not disappointed. Croatia is one big forest. They would not know how to spell the word desolate or drought, or what a desert is! It was blissful to be away from our bleak and hostile winter for 3 weeks.

Back to reality. Whilst I was away, I had 3 clients with mesothelioma who died. I have spoken to their family members on my return from overseas, and plan to see 2 of the bereaved spouses in the next month or so - potent reminder of just how devastating this disease is. On return I received a referral of a 71-year old lady who has mesothelioma. Her exposure was when she worked as an art teacher at a country high school, loading and unloading kilns. People's stories are always fascinating, and I continue to feel privileged to work with you all, and learn from you.

I hope to see some of you at Memorial Day on Friday 29th November. I know it is an early start and out of the way for many of you, but it is an important day on the asbestos calendar for all of us. Please feel free to contact me anytime on my mobile: 0412701630 or email me on: pjacomos@hotmail.com

Penny Jacomos, B.A.Soc.Wk.,MA(SS), Social Worker

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