

## MESSAGE FROM THE PRESIDENT – October 2020

Welcome to our Spring newsletter!

South Australia is continuing to do well in handling the COVID-19 virus, but time will tell what will happen once all of the borders are opened up. Let's stay hopeful that we will see the year out well and that 2021 will bring a positive change for all.

**Memorial Day 2020 Update:** Under the current circumstances, we can't hold our traditional Memorial Day, at the Jack Watkins Memorial Park on Friday 27 November. Whilst this saddens us, we need to protect our community, especially those who have impaired lung function and other health issues. We will mark this special commemoration differently this year. ADSSA would also like to thank our regular celebrant, Jane Ledgard, for her support over the years and wish her well in her retirement.

As we mentioned previously, the Jack Watkins Memorial Park pathway has been totally restored, thanks to the ongoing support of the City of Port Adelaide/Enfield and is open to the public for viewing. We are making posters and creating information flyers for local councils and libraries to display. We will share more updates with you through our website and Facebook page.



Ollie and Harley enjoying a visit to the Jack Watkins Memorial Park

**ADSSA training:** We have recently introduced Silicosis Awareness Education and Training for VET Programs and other interested groups such as, TAFE and local Councils. We are currently training students at TAFE of English as a Second Language. We are very proud to offer this service by qualified trainers.

**ADSSA has moved:** ADSSA recently moved around the corner! We are still in the Uniting Care Wesley office complex but now have a new address, **77C Gibson Street, Bowden**. Our 24-hour phone line remains open and our social worker, Penny Jacomos, is only a phone call away.

**ADSSA Ambassadors:** We would like to thank the Governor of South Australia, His Excellency the Honourable Hieu Van Le AC as our Patron, and our four ADSSA Ambassadors: Steve Georganas, MP; Connie Bonaros, MLC; Peter Malinauskas, MP; and Andrea Michaels, MP for supporting ADSSA.

Take care and stay safe.

**Peter Photakis – President**

## From the Social Worker

It is the start of the Labour Day long week-end, as I sit here at my dining table looking out onto blue skies. I am not frozen for the first time in 6 months- already 24 degrees at 0900, and not blowing a gale as yet! I have just reminded myself of the history behind Labour Day. 'Labour Day is an annual public holiday that celebrates the 8-hour working day, a victory for the workers in the mid-late 19th century. The argument for the 8-hour day was based on the need for each person to have 8 hours labour, 8 hours recreation and 8 hours rest'.

I wanted to start my Spring newsletter report without mentioning the word, 'corona', which has coloured all of our lives, in some way or another. Unfortunately, there is no getting away from it. As Peter mentioned, ADSSA will not be holding Memorial Day this year. It would have been my 16<sup>th</sup>, as I have not missed one. I notified our celebrant, Jane Ledgard, to learn she has retired. We wish her well, and thank her for the years she has officiated at our Memorial Day.

I have continued to see clients in this last quarter. Only yesterday I saw a widow who has always attended Memorial Day, but we never have a chance to talk on the actual day. Her husband Lawrie, did a stint on our Board. It was lovely to have a chat with Beth over a cuppa and sandwich. She told me she had been bunkered down in the early days of Covid-19, because of her respiratory condition, but she is now 'on the move' again. Just two, 'no nonsense' women, if I say so myself, reflecting on our lives, 'chewing the fat', and in the end, running out of time, because I had a new mesothelioma client to see in a neighbouring suburb. I have always loved having the combination of new clients, as well as my longer-term clients, some of whom I still see 14 years 'down the track'.

I then visited a 79-year old Croatian man who was diagnosed with mesothelioma this past month. He told me that he had run away from Croatia in 1961 when he was 20, at the time Yugoslavia was under communist rule. He came to Australia and worked at the infamous Wittenoom asbestos mine in WA. I think this is the first client I have had in 16 years, who actually worked at Wittenoom. He also worked at the mines in Tenant Creek as a fitter and turner. He has lived in Adelaide for the past 40 years and was keen to tell me that he was never out of work in Australia. He has a very supportive wife and children. Having been to Croatia myself in 2019, we indulged ourselves talking about this lovely part of the world.

This will be our last newsletter to you before Xmas. I know it sounds insane! I saw Christmas decorations in a store last week! I always say that once we get to September, the year has gone. I am thankful that my 3 grand-children, who are boisterous, naughty, demanding and adorable, keep me from feeling dispirited in this crazy world we find ourselves living in. I have always used the phrase "hope for the best and prepare for the worst' throughout my life. I now find that unhelpful, and have replaced it with 'hope for a better future and start acting to make it happen'.

**Know what sustains you and do more of it!!**

Please feel free to contact me anytime - mobile: 0412701630 or email: [pjacomos@hotmail.com](mailto:pjacomos@hotmail.com)

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

ADSSA is proudly supported by:



Address: 77C Gibson St, Bowden, SA 5007 Postal: PO Box 220, Brompton, SA 5007 ABN: 84 368 440 949

Telephone: 08 8241 7297 (24/7) Freecall: 1800 157 540 Website: [www.adssa.org.au](http://www.adssa.org.au) Email: [admin@adssa.org.au](mailto:admin@adssa.org.au)