



*Asbestos Related Disease
Support Society Qld Inc.*

Autumn Newsletter

March 2015

Asbestos Related Disease Support Society QLD Inc.

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Quick Guide to Asbestos Renovation Safety

The Queensland Government has released a quick guide to handling asbestos safely during home renovations.

The guide covers where asbestos can be found in older houses and includes a list of questions that homeowners should ask themselves or hired tradespeople before any renovations start. These include:

- Can you avoid disturbing materials that contain asbestos?
- How much asbestos material will you remove?
- How will you or your tradesperson dispose of asbestos waste?
- How will you or your tradesperson stop your family or neighbours being exposed to airborne asbestos fibres?
- Who will you use to do your job?
- Are you doing it yourself and are you aware of all the risks?

The guide also covers homeowner's and tradespeople's legal responsibilities to ensure that they protect their own and others' health by not releasing asbestos fibres into the air during their work.

For more information about asbestos safety, visit www.qld.gov.au/asbestos or call **13 QGOV (13 74 68)**.



2015 Date Claimers

28 April	Workers Memorial Day, 10 am Emma Miller Place
3 May (TBC)	Labour Day Celebrations, RNA grounds
7 May	Independent Living Expo, 9 – 4 Royal International Convention Centre, (RNA) Gregory Terrace
9 September	Race Day, Doomben Race Course
4 November (TBC)	Symposium
27 November	Ecumenical Service, St Stephens Cathedral

Brisbane North Social Support Group

Meets on the 1st Wednesday of the month from 9.30am

Chermside Library 375 Hamilton Road, (Corner Kittyhawk Drive) Chermside

Upcoming dates: 1 April, 6 May, 3 June, 1 July, 5 August, 2 September, 7 October and 4 November.

*If you require further information, please don't hesitate to contact either Lyn Parks on **3886 3112** or Kerrie Williams at the office on **1800 776 412***

Brisbane South Social Support Group

Meets on the 2nd Friday of the month from 9.30am

Sunnybank Hills Library, Ground Floor
Sunnybank Hills Shopping Centre
Corner Compton & Calam Roads,
Sunnybank Hills

Upcoming dates: 10 April, 8 May, 12 June, 10 July, 14 August, 11 September, 9 October, and 13 November.

*If you require further information please don't hesitate to contact either Bev Robertson or Kerrie Williams at the office on **1800 776 412***

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In Loving Memory

Of our dearly departed from
30th November 2013 – 30th November 2014

Ian Walter Brown
Bevan Noel Hook
Brian Joseph Hayes
Robert (Bob) O'Doherty
Gregory John Denman
John Leslie Albertson
Melvyn Roy Grant
Brian Wockner
Kathleen O'Mara
Robert Rough
Richard Maurice Anderson
Phillip Goosakoff
David Anderson
Peter Joseph Chifley
Charles Inwood
Carole Bernice Healy
Charles Collinson
Ian Leslie Randle
Darryl Peter Jorgensen
Douglas James McIntyre
Denis John Stack
Trevor Richard Bovill
John Rochester Delbridge
Peter Coyne
Colin Alexander 'Col'
Hammant
Anthony Black
Clair Anne Hoare
Roland Frederick Heilbronn
Ian Richard Dobson
Robert (Robin) Gibson
Edward Sutherland Lockhart
James (Jim) MacFadyen
Margaret Rose Pritchard
Richard Kelsie Blumson
Jeffrey Arthur Lenz
Reginald Dennis Bishop
Anthony Ivan Hlevnjak
Roderick MacIntyre
Ernst (Ernie) Fluri
Merlyn Watson
Kenneth Forrest Symes

Neil Harold Stott
Kenneth Allison
Audrea Alice Kelk
Donald Keith Whitby
David John Leaver
Leo John Nouwens
Keran Frances Freyling
Joe Cini
Leonard George Fagan
Rowena Acworth
Raymond John Colbert
Keith Hibberd
Ronald Douglas Roberts
Patricia Costanzo
Donald Burns
Allen Arthur Clark
Frederick Robert Stoneham
Colleen Neylan
Lynette Ann Drage-Hallion
James (Barry) Thompson
Rodney Kenneth King
Alison Irene Miethke
Michael Scott
Alan Edwin Wecker
Mervyn Cecil Reibelt
Bernard John Moore
Graham Claybourn
Noel Venez
Alfred Edward Harradine
Ken Cruickshank
Alexander Wildman
Roger Degreef
Robert Le Maitre
Malcolm McMaster Reid
Allan Martin Kerr
Walter Green
Barry Ernest Gills
Werner Baltrusch
Glenn Leslie Sippel
Pauline Rothwell
Keith Andrew Hardie
David James Kiernan



William McLeod
Amando (Alan) Musgrove
Eric Andrew Lalor
Faye Vera Crandell
Jack (George Jack) Howell
Myra Carter
Patrick Maxwell McCormack
Ronald Sparks
Alan Page Turnbull
Gregory Figg
Dennis Batchelor
Alfred Henry McGrath
Terry O'Keeffe
Ralph Edgar Chetham
Arthur Henry Smith
Barry Philip Crittenden
John Ross Pearson
Narelle Morgan
Helmut Reitermeier
Vlastimil (Mila) Smajstr
Ronald David James
Cedric Clarke
Margaret Florence Tweedie
Gwen Trimble
Phillip Kempton
Richard Smith
David Franklin
Lyll Henry Watts
Elizabeth Stevens
Michael John Hanson
Delma Arlena O'Connor
Samuel David Gibson
Keith Ogborne

*You left us peaceful memories,
Your love is still our guide,
And although we cannot see you,
You are always by our side.*

COPING WITH *Physical Limitations*

Grief can cause insomnia, headaches, low energy and poor appetite
as well as intensify any existing physical problems.

During grief, do not expect your body to function at peak levels,
as it is vulnerable and susceptible to illness. Be kind to yourself and
remove as much stress from your life as possible.

The emotional wound you are carrying requires the same care and time you would allow a physical wound. Your body needs proper food, light exercise and a bit of self-indulgence.

Our observations and recommendations

- You are more susceptible to physical problems while grieving, so seek medical advice and attention if necessary.
- Medication will not cure an aching heart. Trust that your body will recover from the pain.
- Accept practical help that will make life easier for you.

Advice for supporters

- Be sensitive to emotional pain. An aching heart may not be visible but it will influence the physical stamina of the bereaved. Treat them with the same tenderness you would show someone who was injured.
- A bereaved person rarely asks for practical help because they believe it shows they are not coping. In today's society emotional help is also highly recommended.

*"When you are sorrowful look again in your hearts and you
shall see that in truth you are weeping for that which had
been your deepest delight."*

KAHLIL GIBRAN

Welcome to ARDSSQ Newsletter

Autumn Edition

2014 was a year of many ups and downs.

Once again, sadly the Society has lost many familiar faces. From the 30th November 2013 to the 30th November 2014 the Society was advised that 116 of our members had lost their battle with an asbestos related disease. Our heart goes out to these families and those who have lost loved ones in the past.

We were fortunate enough to gain further funding from Queensland Health until December 2015 with the aim of becoming self-funded from then on.

Trevor Gillmeister in his Walk against Asbestos raised awareness of asbestos related diseases and the fact that it is still an issue today. Trevor also raised substantial funds for the Society as part of this activity.

The Society has funded research on dietary intake, body composition and quality of life for people with an asbestos related disease, this work continues on in 2015. We are also assisting Dr Horwood's research of a vaccine that will assist mesothelioma patients' quality of life.

Our volunteers have worked diligently across the year by assisting:

- With phone support
- Morning tea groups
- at Labour Day Celebrations
- Awareness Raising stalls
- Race Day
- Ecumenical Service

- Symposium
- The office with mail outs and packing event bags

At our AGM in September we had a new committee elected and now have a full time General Manager, Amanda Richards, to see to the daily running of the office.

We also had a lot of support from Industry who helped out at Home Show events with their expert advice and provided input on issues that needed addressing.

The Society participated in a number of Awareness Raising Events such as:

- Courier Mail Home Show
- Sunday Mail Home Show
- Greenslopes RSL
- Wesley Hospital
- RBW Hospital
- Health and Safety Week

The Society Charity Race Day held at Doomben Race Course on the 10th September was very successful with all attendees having a great time. There were several very glamorous fashions of the field in 2014.

Also during the year the Society held a pamper morning for women recognising their role as carers in the past or as current carers. A great time was had by all and a lot of laughter was heard throughout the morning.

The Symposium held on the 29th of October was well attended and it was wonderful

to see so many familiar faces and to be introduced to many new ones as well.

On the 28th of November our Ecumenical Service was overshadowed by the bad storms that hit Brisbane the night before causing the church to flood along with the Francis Rush Room. However the church dried out in time but unfortunately we were not able to have refreshments afterward. Many of our members were unable to attend due to the effect of the weather event on travel arrangements and in some cases damage to their homes. Despite this the Ecumenical Service was a success.

And only recently the communities of many parts of Queensland and Elcho Island in the Northern Territory experienced the devastating effects of two very powerful cyclones - Lam and Marcia.

I do hope that none of the homes of our members were damaged by the fierce winds from the cyclones and the floods that followed. If however, any members require help or assistance please contact the Society office on **1800 776 412**.

Dealing with natural disasters and emergencies is disruptive and can be very stressful. The number of homes and buildings affected by the recent weather events is enormous.

Over the past 13 years or so the risk of asbestos exposure has become better known. There has been a great deal of media attention placed on asbestos issues, but

there is still a lot more that needs to be done to raise awareness and inform the community about the dangers of asbestos exposure as many people still remain unaware of where asbestos can be found and also of the presence of asbestos containing materials (ACM) either in their homes or workplace and also in the environment.

This heightens the importance of all members of the Society "spreading the word" about the dangers of asbestos. If you have family members, friends or acquaintances, that may have been affected by the cyclones or the floods that followed or are affected in the future make sure that they are aware that they need to take precautions around asbestos materials and seek professional advice.

Workplace Health and Safety Queensland has published a fact sheet called:

How to handle asbestos safely after a storm

Visit: http://www.deir.qld.gov.au/asbestos/resources/pdfs/asbestos_in_storms.pdf

For further information about asbestos visit www.qld.gov.au/asbestos or call **13 QGOV (13 74 68)**

Helen Colbert
PRESIDENT

Secretary's Report

Amanda Richards



It has been a long time since our last newsletter with many things happening with the Society over this time. As well as all of the events that we have been working on, we continue to work with people who have been diagnosed with an asbestos related disease, helping them to have the best quality of life that they possibly can.

For those of you who are not members we would encourage you to join the Society in order to receive the full range of services available to you.

The Management Committee has also been very busy and we have just had two planning days where we have looked at where we would like to see the Society over the next three to five years. This information is currently being developed into a Strategic Plan, so you will get to see more about this in the future.

In the office we are moving into the electronic age, our accounts are now done through an accounting package, our files are now electronic and I am trying not to mess things up or break things!

I was fortunate enough to attend Australia's first International Asbestos Conference put on by The Asbestos Safety and Eradication Agency, who did a fantastic job of putting the conference together.



Such internationally renowned speakers such as Linda Reinstein, James Wunsch, Dr Richard Lemen, Laurie Kazan-Allen, freely bestowed their knowledge with

attendees, stimulating discussion and debate that often carried through to the breaks.

The consensus of all delegates however was that:

- Asbestos is a global problem which needs a global solution.
- All forms of asbestos fibres kill and the only solution is to eliminate the sources.

The conference called for improved asbestos awareness training and stronger enforcement and penalties for those who do not comply with asbestos regulations.

The conference endorsed an Australia free of the risks of asbestos.

The Presenters papers can be found at <https://asbestossafety.gov.au/events>



I also had my first adventure of working at the Courier Mail Home Show from the 26th February till the 1 March – four days. The first two days were slow but this gave us time to have meaningful conversations with people. We had a mix of inquiries from people doing home renovations, to people who had been diagnosed with an asbestos related disease, to people who had been exposed to an asbestos containing material. Overall we had well over 300 conversations with people about various aspects of asbestos.

A big thank you has to go to all the volunteers who assisted each day working on the stall. Mind you for some it became a costly exercise as some of the exhibits were a bit hard to go past! Many of us now own new pillows! Gilly also popped in to boost the troops as well – Bonus!

The stall was colocated with the Office of Fair and Safe Work who had “the house” in place, it is great to work alongside their staff gaining better relationships and understanding of the various approaches to dealing with asbestos related issues.

Amanda Richards
SECRETARY

James Hardie Compensation Fund

Over the past six months there has been considerable uncertainty about the ability of James Hardie to continue to pay out lump sum compensation to those with asbestos disease as a result of exposure to its various asbestos products.

There had been the suggestion that James Hardie may have to move to a system of staggered payouts which would mean that a person's compensation would be paid in instalments rather than in one lump sum. One proposal was that there be two payments, one immediately and one in 10 years. For those suffering from any significant asbestos disease waiting 10 years from conclusion of a claim to being paid out would have been entirely unacceptable.

Thankfully on 27 February this year the Asbestos Injuries Compensation Fund Limited – which is the trustee which administers the James Hardie fund, made the announcement that they had reached agreement with the New South Wales government and a loans facility that had been provided is now available to be drawn against until the final year of the stated existence of the facility which is 2030.

As a result there is no need for James Hardie to apply to the Supreme Court of New South Wales to proceed with staggered payments/instalments. The press release though did indicate that “it is always possible that such a scheme may become necessary at some future date”.

For now at least those that bring claims against James Hardie can be assured that on successful completion of the claim compensation will be paid in full.

There was considerable campaigning done by asbestos groups including ARDSSQ in this regard over the past six months which has lead to this very satisfactory conclusion.

For further information do not hesitate to contact me via the ARDSSQ office on **1800 776 412**

Thady Blundell
SOCIETY LEGAL ADVISER



The society at work



Eating During Cancer Treatment: Tips to Make Food Tastier

Cancer or cancer treatment may affect your sense of taste. Food may seem to lack flavour or taste too sweet, salty or metallic.

Usually these changes are temporary and will improve with time. In the meantime, do what you can to maintain your calorie intake and meet your body's protein, vitamin and mineral needs. Here are some suggestions for selecting and preparing foods. Experiment with these ideas until you find combinations that appeal to you. Note: If your mouth or throat is sore, avoid spices, acidic foods, and hot foods or beverages, which may be irritating.

If food lacks flavour

Try different sauces, marinades, seasonings and other ingredients. These can help perk up the taste of food. While cooking, add:

- Barbecue sauce
- Soy sauce
- Extracts or other flavourings
- Spices and herbs
- Tomato sauce
- Teriyaki sauce
- Meat marinades
- Vinegar
- Mustards
- Wine

If food tastes too sweet

Tone down overly sweet foods by:

- Adding a little salt or lemon juice
- Adding plain yogurt, instant coffee powder or extra milk to milkshakes, instant beverage mixes or commercially prepared nutritional drinks

Try foods that are less sweet:

- Drink beverages such as diluted fruit juice, milk, lemonade, ginger ale or sports drinks.
- Choose less-sweet-tasting desserts, such as yogurt, custard, fruit or fruit with cottage cheese.

In place of sweet snacks, choose other foods:

- Cheese
- Crackers and cheese
- Chips or pretzels with dip
- Nuts
- Cottage cheese
- Peanut butter

If food tastes too salty

A little sugar may tone down the saltiness of some foods. Cook foods without adding salt or seasonings containing salt. Avoid processed foods that contain a lot of sodium. Look for products labelled reduced sodium or low sodium. Try bland, mild-flavoured foods.

If meat doesn't taste right

If the meat is fresh and cooked properly, but it just doesn't taste right, serve other foods that contain protein, such as:

- Beans or peas in soups, salads or side dishes or as a dip
- Macaroni and cheese
- Malts
- Milkshakes
- Cheese
- Nuts
- Cottage cheese
- Peanut butter
- Custard
- Poultry
- Egg dishes
- Pudding
- Fish - fresh or frozen
- Tofu
- Instant breakfast-type drinks or other nutritional beverages
- Yogurt

Other suggestions for meat:

- Try meat prepared in combination with other foods, such as chilli, lasagna, spaghetti sauce, casseroles, stews or hearty soups.

- Try sauces and other seasonings, which may improve the flavour.
- Try marinating meat, chicken or fish in marinades, soy sauce, sweet fruit juices, wine or Italian-style dressings.
- Try salty, spicy or smoked meats, such as ham, sausage or cold cuts.

If your cancer treatment has weakened your immune system, some of these foods may not be safe for you. Practice food safety by keeping foods at safe temperatures. Don't let perishable foods sit out for more than an hour. Avoid unpasteurized juice, cheese or milk, and raw or undercooked meats.

General suggestions

- Foods that look appealing often taste better.
- Vary the colour, temperature and texture of foods.
- Drink liquids often or use gum or mints to remove a bad taste in your mouth.
- Try using plastic utensils if you have a bitter or metallic taste in your mouth when eating.
- Check with your dentist to see if you have any dental problems. Maintain good oral hygiene.
- Check with your doctor to see if your taste changes could be related to your medications. In some cases, your doctor may adjust your medications to reduce or eliminate side effects. Don't stop taking your medications unless your doctor tells you to.
- Check with a health care professional about mouth rinses.

If these measures don't help, or if you're losing weight, ask your doctor or a registered dietitian for further advice.

SOURCE: Mayo Clinic, 2011

UQ Research Study

Dr Maeli Campbell-McNulty

STUDY

The effectiveness of a nutrition resource booklet with nutrition counselling on the nutritional status, body composition, dietary intake and quality of life and satisfaction in patients with mesothelioma and quality of life of their carers.

The University of Queensland is seeking volunteers to participate in a nutrition study so researchers can further understand the effectiveness of a nutrition resource booklet with nutrition counselling in mesothelioma patients.

Eligible participants must be adults with a diagnosis of mesothelioma who are able to attend the University of Queensland – St Lucia Campus

An abstract with interim results for the first 40 patients involved in the study looking into "The nutritional status, dietary intake, body composition and quality of life of patients with an asbestos related disease," has been accepted for presentation at the Dietitians Association of Australia (DAA) National conference in May 2015. This abstract will be published in the May edition of the Journal of the Dietitians Association of Australia. Many thanks to all those who have participated.

The study is ongoing and volunteers with Asbestosis or Mesothelioma can contact Dr Maeli Campbell-McNulty to find out more about the study and/or appointments for nutrition counselling.

Email: m.campbellmcnulty@uq.edu.au or **phone** (0) 405795037 (9am-5pm Tuesday/Thursday)

Brisbane for two sessions of dietetic counselling over an 8 week period.

All studies are conducted at no cost to participants.

To find out more information or to be involved:

Contact Associate Professor Judy Bauer or Dr Maeli Campbell-McNulty

Email j.bauer1@uq.edu.au or

m.campbellmcnulty@uq.edu.au

Phone (07) 3365 4718 or (0)405 7950 37

Address & Location of trial

School of Human Movement Studies,
University of Queensland, St Lucia,
QLD 4072

Are you using prescription medicines? Your health is too important to take any risks with your medicines. Medicines have the potential to cause serious side effects and health problems if not used properly.

To help you make the most of your medicines follow these tips:

1. Always check with your doctor, nurse, or pharmacist about managing your medicines, including how to take them. Find out if you should take your medicines with food or what medicines to be careful of using together.
2. Don't buy medicines on the internet. Medicines bought on the internet do not contribute towards your Pharmaceutical Benefits Scheme (PBS) Safety Net. If you or your family need a lot of medicine in a calendar year, the PBS Safety Net helps you with the cost of these medicines. For more information visit humanservices.gov.au/pbs
3. Tell your doctor or pharmacist about all medicines you're taking, including herbal products and over-the-counter medicines, and about past problems you've had with medicines, such as rashes, indigestion, dizziness or loss of appetite.
4. Read the label on the container or the information sheet that comes with your medicine carefully and follow its directions. Make sure you understand how often, when and how much medicine to take each day.

5. Call your doctor right away if you experience any problems with your medicines.
6. Don't mix alcohol with your medicine unless your doctor or pharmacist says it's ok. Some medicines may not work well or may have side effects if taken with alcohol.

Medicines can interact with each other in unexpected ways, so if you're taking more than one medicine at the same time you should be extra careful.

If you take multiple medicines or have been diagnosed with Type 2 Diabetes in the last 12 months, you may be eligible for the MedsCheck Program. Your pharmacist may be able to review your medicines as part of the program to help you better understand your medicines and make sure you're using them correctly.

For more information, speak with your pharmacist.



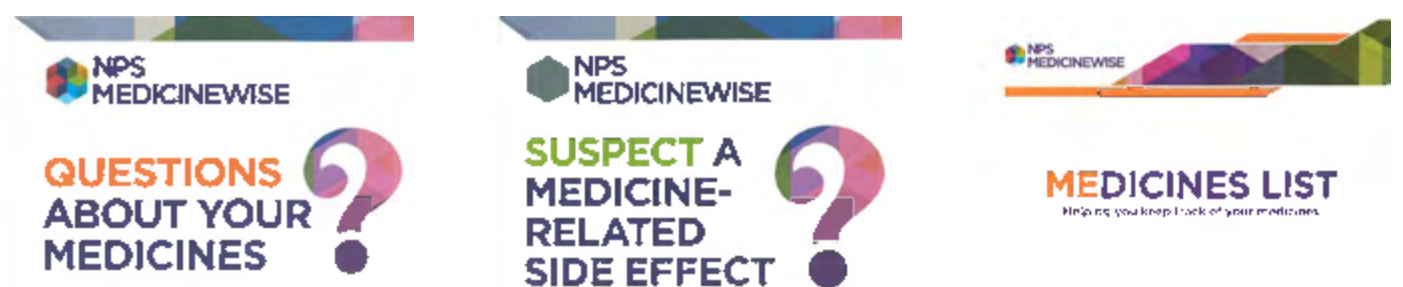
Important Things To Know About Your Medicines

To help you get the best results from your medicines, there are important questions you can ask your doctor, pharmacist or health professional including:

- Why do I need to take this medicine?
- How should my medicine work?
- When will my medicine start to work?
- How should I take my medicine? With water or food?
- When should I take my medicine and for how long?
- Do I need to avoid any other medicines, foods or drinks when I am taking this medicine?
- What should I do if I miss a dose?
- Do I need regular check ups or tests while taking this medicine?
- What are the side effects of taking this medicine?
- What should I do if a side effect occurs?
- How should I store my medicines?



For further information, please see inserts.



ACT Government Bans Builders From Removing Asbestos



DATE - NOVEMBER 4, 2014

Kirsten Lawson

Chief Assembly reporter for The Canberra Times.

The ACT Government has moved to close a loophole that has allowed builders to remove up to 10-square-metres of bonded asbestos from homes, a rule the Government says has been widely misunderstood and abused.

From January 1, any asbestos removal, including bonded asbestos sheeting, must be done by licensed asbestos removalists, who will now come under the control of Worksafe.

Builders were never allowed under the law to remove even 10-square-metres without asbestos training, but Work Safety Commissioner Mark McCabe said the training requirement was the most widely flouted.

"The 10-square-metre rule is actually significantly misunderstood. Tradesmen think it means they can remove up to 10-square-metres of asbestos without controls, that's not true," he said.

Worksafe had also come across builders who treated the 10-square-metre rule as a daily limit, rather than a limit for the entire job, as it was supposed to be.

"It's hard to know whether they don't realise or choose not to realise," Mr McCabe said. "One of the arguments sometimes put to us is 'I only removed 9-square-metres and I did 9-square-metres the next day' ... So there's a bit of wilfulness."

Under the rules, designed to allow them to deal with small jobs such as removing asbestos wallboard for bathroom renovations, the asbestos removal was also supposed to have only been incidental to the main job.

The crackdown on handling of bonded asbestos in homes comes after months of controversy

over the handling of loose asbestos fibres in the 1021 Mr Fluffy homes. Many more homes contain asbestos in the form of bonded wallboard lining the inside walls and ceilings of houses and used in eaves. The material is considered relatively safe if it's not disturbed and is kept well sealed to prevent asbestos fibres becoming airborne. But as the Mr Fluffy crisis unfolds, with revelations that loose-fill asbestos fibres have contaminated the living spaces in houses, it is clear the Government plans to start taking the handling of other forms of asbestos more seriously.

The new laws will not stop electricians or other trades dealing with bonded asbestos sheeting for "minor maintenance work", including installing down lights, light switches or power points, but will have to use a hand tool, not a power drill to drill through bonded asbestos sheeting.

All asbestos removalists will now be licensed and controlled by Worksafe instead of the planning department in the same way other high-risk construction jobs, including forklift and crane operation, come under Mr McCabe. Mr McCabe said that would mean asbestos assessors and removalists would have the same regulatory scrutiny as other states and territories, with an added rule that the first time an interstate removalists worked in Canberra they must notify Worksafe so their work could be checked. Worksafe has the power so suspend licences immediately pending an investigation if it has concerns about work.

All removal of friable asbestos – which is the non-bonded kind of asbestos used in spray-on fire retardants and Mr Fluffy insulation and the like – will have to be notified to Mr McCabe in advance, rather than after the work is completed, as is required now. For Mr Fluffy houses, which contain fibres of loose asbestos insulation, the new requirement to notify Mr McCabe in advance takes effect immediately, rather than January 1.

Made In China (With Asbestos): MBA Raises Alarms

**26 FEBRUARY, 2015 NATHAN JOHNSON
ARCHITECTURE & DESIGN**

Master Builders Australia (MBA) have released an alarming media release warning the Australian design and construction industry to be wary of imported Chinese building products "laced with asbestos".

MBA reported that Australian border-security officials have admitted to a limited capacity to stop contaminated goods entering Australia and that the Abbott government has conceded it is unable to guarantee Chinese imports are free of asbestos, amid some evidence of its use in the car, mining and building industries.

The release also reported that unions are "alarmed at the potential harm to consumers and workers" on the back of asbestos findings in imported Chinese plasterboard and also Great Wall and Chery Chinese cars in 2012.

While the Australian Customs and Border Protection Service officials admitted they can't guarantee the safety of imported Chinese goods, they did say that existing legislation made illegal the introduction of asbestos and its efforts to stop their import were "proportionate to the level of risk".

Customs also said it was proactive in trying to curb asbestos: "We may take prosecution action against importers found to have imported goods containing asbestos, with penalties of up to \$170,000 for individuals,

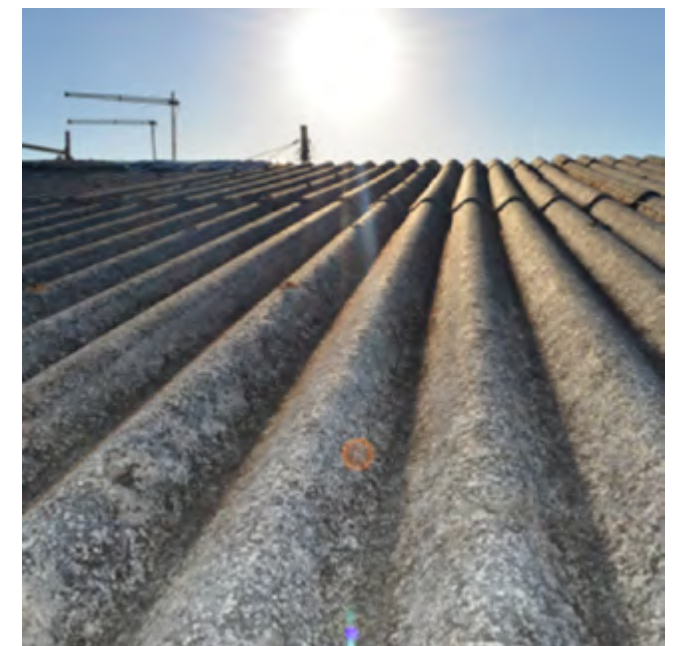
\$850,000 for companies, or three times the value of the goods — whichever is greater."

Master Builders Australia chief executive Wilhelm Harnisch said the issue of asb-estos-laced products from China was "critical" for the industry, particularly with the rising levels of foreign trade.

"This is a critical issue for the building industry," he told The Australian.

"Here's an opportunity to nip this in the bud."

China is the second-largest producer of asbestos (behind Russia) and also Australia's highest overseas import source.



Asbestos roofing. Image: Ardill Payne & Partners

Concern For Tug Workers After Asbestos Found On Two Boats

FRIDAY 27 FEB, 2015, 12:10PM

There is concern tug workers in the Port of Newcastle have been put at serious risk after asbestos was found on two imported tug boats.

The Maritime Union says the material has been found above safe levels on the Chinese-built Svitzer tugs, Warrunda and Warrego, despite both being issued with asbestos-free certificates.

Union organiser Glenn Williams said there is great concern for the safety of his members.

“Our members all need to be tested, obviously, put onto an asbestos register,” he said.

“The vessels have been quarantined and are being worked on now to remove all asbestos.

“But we’ll be seeking some pretty good assurances that it is all gone before we do go back on board them.”

Mr Williams said of major concern is that both tugs were issued with asbestos-free certificates.

“Very concerning for us, our members have been exposed, or potentially exposed to asbestos,” he said.

“What we understood to be an asbestos-free certificate, issued for both tugs, is in fact false and there’s some 950-odd instances of asbestos on the vessel.

“So very concerning for us.

“People’s lives have been put at risk by this company.”

Svitzer general manager James Mather said both tugs underwent a series of tests before coming to Newcastle, and they will not be used until they are fully cleared of the material.

He is hopeful the exposure risk is minimal.

“Well, lots of our employees have been on board those vessels myself included,” he said.

“But so far we haven’t had any air-borne testing come back to indicate asbestos in the atmosphere.

“So based on the advice we’ve received, the risk of exposure is negligible.”



Photo: Svitzer's fleet of tugboats in the Port of Newcastle. (ABC News: Carly Cook)

Tropical Cyclone Marcia Leaves Trail Of Destruction



DATE FEBRUARY 20, 2015

Jorge Branco – Brisbane Times

Tropical Cyclone Marcia has caused significant damage in Rockhampton after tearing through land west of Yeppoon.

The very worst of the cyclone missed the small central Queensland coastal town but it still brought destructive winds of up to 141km/h.

Homes in Yeppoon damaged by Tropical Cyclone Marcia. Photo: Kristina Costalos/Ten News

Former Rockhampton resident Carmel Barnfield on the Gold Coast said her Yeppoon sister Anne Maree’s family was huddled together inside their bathroom at Yeppoon worried about losing the roof on their home.

“They think they are losing their roof and they are not moving,” Carmel said on Friday.

“She is in Yeppoon, about 10 kilometres west of the main part of town, in Barmaree.”

Cyclone Marcia caused significant damage to homes in Yeppoon. Photo: Seven News

“It’s a big home, it’s a farm.

“There has been roof damage already and they have lost everything, all their sheds; their boat shed, their granny flat.”

At 2pm, the cyclone’s most destructive core was about five kilometres south-southwest of Rockhampton, surging south at about 20km/h an hour.

Marcia was downgraded to category three at 1pm but was still producing wind gusts of up to 205km/h.

Residents along the Capricornia Coast in central Queensland have been warned to remain inside, particularly those in Yeppoon and Rockhampton.

Queensland Premier Anastacia Palaszczuk urged people to stay alert.

“My message to all the people in Yeppoon and those coastal areas is please still stay indoors,” she said shortly after noon.

“Still stay indoors, do not leave your home, do not go outside, please stay where you are.

“We have heard of some reports of flooding, starting to occur now in Rockhampton.

“So my message to all of Rockhampton residents is please stay indoors.

“The eye of this storm is headed directly towards you.”

A cyclone warning is current for Shoalwater Bay to Double Island Point, extending inland to Moura, Biloela, Monto, and Mundubera.

Shayne Harris and her two children were hunkered down in Yeppoon’s St Brendan’s College chapel as the cyclone passed.

They left their home in Byfield, close to where Tropical Cyclone Marcia made landfall, on Thursday because they were worried about danger from trees nearby.

She is hoping for the best when she returns but is worried there will be nothing left.

“From a neighbour there they said there’s no leaves on the trees and trees are falling over,” she said.

“We’re just hoping that things aren’t too bad.

“The problem is that even when this is all over we won’t be able to get home until all the creeks go down because it floods out there.”

Airlines have cancelled a string of flights to affected areas, including those to Bundaberg, Gladstone, Hervey Bay and Rockhampton.

Brisbane was bearing up “reasonably well” with the rain it has received to date, Lord Mayor Graham Quirk told reporters on Friday morning.

The Bureau of Meteorology warned rain falling throughout Friday in south-east Queensland was from a separate trough and was likely to intensify as the cyclone tracked further south.

Dozens of roads on the Sunshine Coast, Brisbane and the Gold Coast have been flooded.

A severe weather warning is current for damaging winds, heavy rainfall, abnormally high tides, dangerous surf in areas south from the cyclone to the New South Wales border.



A Queensland Fire and Emergency Service spokesman said there were more than 740 fire and rescue personnel, 11,500 RFSQ volunteers, 380 auxiliary firefighters and 1,300 SES volunteers ready to respond to the cyclone.

State Emergency Service volunteers had received more than 2000 requests for assistance in the past 24 hours, mostly in Brisbane and the north coast areas.

WHAT WE KNOW ABOUT CYCLONE MARCIA:

- Marcia was a category five cyclone when she made landfall, on the Capricorn Coast near Shoalwater Bay, at 8am (AEST) on Friday
- Australia has only seen five previous recorded category five storms hit its coastline, with the last being Cyclone Yasi, which hit north Queensland in 2011
- There were sustained winds near the centre of 205km/h, with wind gusts up to 285km/h
- It was moving south towards Yeppoon and Rockhampton at 20km/h
- Heavy rain has caused the Bruce Highway to be closed north of Rockhampton
- More than 600 people left their Yeppoon homes to bunker down at the town’s evacuation centre
- Storm surges of up to 3m are expected along some parts of the Queensland coastline
- Across Queensland, 134 schools have been closed, along with 43 childcare centres and several TAFEs
- Marcia has forced Friday night’s A-League soccer match between Brisbane Roar and Melbourne Victory at Suncorp Stadium to be called off
- Nine southeast Queensland dams are at full capacity and further heavy rain will ensure localised flooding, but the largest, the Wivenhoe Dam, is at 77 per cent of capacity and isn’t expected to spill over
- 100,000 sandbags were collected from the Brisbane City Council’s five depots by late Friday morning

Cyclone Lam: Galiwinku Tent City Nears Completion; Asbestos To Be Stored 'Off The Community'

MARCH 2, 2015, 8:05 PM

Construction of a tent city on Elcho Island to house residents left homeless after Cyclone Lam is nearing completion, while the work of clearing asbestos debris continues.

The NT Government has not said where the debris will be ultimately stored, other than that it would be somewhere other than Galiwinku.

Elcho Island school teacher Marian Patterson said she understood people would begin moving into the tent city on Tuesday.



However, this has not been confirmed by the NT Government.

Cyclone Lam moved over the Arnhem Land coast early on February 20, bringing wind gusts

of up to 230kph to the community of about 2,000 people.

Almost 250 residents were displaced and more than 60 houses declared uninhabitable.

Last week, the RAAF flew the tents for the 300-bed accommodation camp to Darwin from New South Wales in a massive C-17 Globemaster transport aircraft.

Elcho's airport was too small for the 265-tonne plane, and the equipment had to be transported the rest of the way by barge.



Since the cyclone, homeless residents have been staying in the Galiwinku schools' recreation hall, where cooking and food preparation has also been taking place, according to Ms Patterson.

"People will start moving into tent city tomorrow," she said on Monday.

"They started erecting the tent city yesterday. Everything is going to plan.

"The logistics of the setting up of the tent city is to house 300 [community] members. So it's really quite large."

She said the school would reopen on Thursday, and she was worried about the school children who had witnessed the partial destruction of the community.

"They've been traumatised by all this," she said. "We'll have our own school counsellors."

"It's been so traumatic for them and for their parents as well.

"They might be in class and hear a chainsaw."

Asbestos debris to be stored 'off the community'

There are widespread concerns in the community about disturbed asbestos, including at the childcare and mediation centres.



Infrastructure projects manager Graham Locke said an asbestos removal team was in Galiwinku and was making its priority removing loose and broken asbestos at the two centres.

"Following the clean-up work at the mediation centre and the childcare centre a community-wide scope will commence," he said.

Asked where the debris would be stored, he replied "off the community".

"The asbestos debris will be stored in accordance with national standards/guidelines and buried or relocated off the community once the removal process has been finalised," he said.

"Following removal of broken and loose asbestos a hygienist will attend the community to conduct an independent assessment where asbestos has been removed, including the surrounding area of each lot to assess if it is safe for building owners and occupiers or tradesmen to enter.

"If it is safe a clearance certificate will be issued."

Aged Care Q And A After The Federal Budget



Aged care Q & A after the federal budget

On 13 May 2014, the Federal Budget was delivered by the Commonwealth Treasurer Joe Hockey. The budget has been labelled as one of the toughest in Australia's history with significant cuts to health and education aiming to reduce the 2014-15 deficits by approximately \$20 billion.

Overall, there has been a wide range of changes with both potentially positive and negative impacts for our elderly Australians.

In this article you will find the most relevant changes explained in further detail. This is recommended reading for anyone in, or considering going into aged care.

If you are planning to enter aged care from 1 July 2014, there are things you need to know about the fees you may need to pay. Changes to fees are part of reforms to the aged care system to make it more sustainable and affordable.

How do I access aged care from 1 July 2014?

You will need an Aged Care Assessment Team (ACAT) assessment to access a Home Care Package or move into an aged care home. The ACAT assessment is free and the eligibility requirements will not change. However, there will be some changes to how long an ACAT approval will be valid for.

Is the cost of a Home Care Package changing?

Currently, you may be asked to pay a basic daily fee and income-tested care fee for your Home Care Package. From 1 July 2014, the rules for income-tested care fees are being strengthened so that people who have the financial capacity to pay will be asked to contribute to the costs of their care. Your income will determine the income-tested care fee you may be asked to pay.

You can call My Aged Care on 1800 200 422 to help you estimate the fees and charges you may have

to pay towards your Home Care Package. Before you call you should have your financial information ready, especially details of your various forms of income.

There are annual and lifetime caps in place to limit any income-tested care fees you may be asked to pay.

You can apply for financial hardship assistance if you believe you will have financial difficulty contributing to the cost of your Home Care Package.

Are residential aged care fees and payments changing?

Yes, the way in which some fees and payments are calculated is changing. The new arrangements mean that your income and assets will be taken into account in establishing the fees and payments you may be asked to pay. The basic daily fee is not affected by these new arrangements.

You may be asked to pay one or more of the following fees in residential care:

- A basic daily Fee: This covers living costs such as meals, power and laundry. For some people this is the only fee they are required to pay.
- A means-tested care fee: This is an additional contribution towards the cost of care that some people may be required to pay. The Department of Human Services will work out if you are required to pay this fee based on an assessment of your income and assets, and will advise you of the amount.
- An accommodation payment: This is for your accommodation in the home. Some people will have their accommodation costs met in full or part by the Australian Government, while others will need to pay the accommodation price agreed with the aged care home. The Department of Human Services will advise you which applies to you based on an assessment of your income and assets.

- Fees for extra or additional optional services: Additional fees may apply if you choose a higher standard of accommodation or additional services. These vary from home to home. Your aged care provider can provide you with details of these services and the fees that apply.

There are annual and lifetime caps in place to limit the amount of the means-tested care fee you will need to pay.

You can call My Aged Care on 1800 200 422 to help you estimate the fees and charges you may have to pay towards your residential aged care. Before you call you should have your financial information ready, especially details of your various forms of income and assets.

When you move into an aged care home, you will negotiate an agreement that will set out the fees and charges you will be asked to pay.

You can apply for financial hardship assistance if you believe you will have financial difficulty contributing to your residential aged care costs.

What if I am already receiving aged care services?

If you are already receiving aged care services, you will not be charged any more than your services provider can currently charge you.

However, we suggest you read about the reforms to aged care as they may apply to you in the future. If you change the type of service you receive or if you leave and re-enter aged care, then changes resulting from the reforms may apply to you.

More information on the aged care reforms is available on the Department of Social Services website www.dss.gov.au

Enduring Power Of Attorney

You may not always be able to make decisions when you need to. You may be too ill to make choices about your medical treatment, or you could suffer a disability such as a stroke that prevents you from communicating your wishes to others.

An enduring power of attorney is an important legal document you can prepare to give someone else to make personal or financial decisions on your behalf.

To make an enduring power of attorney you must be an adult capable of making your own personal and financial decisions. Having the capacity to make decisions means that you can:

- Understand the nature and effect of a decision
- Freely and voluntarily make those decisions; and
- Communicate the decisions in some way.

You also need to understand that nature and effect of an enduring power of attorney including the contents of the document, consequences of preparing the document and when the power begins.

Choosing an attorney

(<http://www.justice.qld.gov.au/justice-services/guardianship/power-of-attorney/enduring-power-of-attorney/appointing-an-attorney>)

Your attorney's decisions will have the same legal force as if you had made them yourself. Choose them wisely.

Responsibilities of an attorney

(<http://www.justice.qld.gov.au/justice-services/guardianship/power-of-attorney/enduring-power-of-attorney/responsibilities-of-an-attorney>)

An attorney must act honestly and make responsible decisions. They can be removed if they behave improperly.

Making an enduring power of attorney

(<http://www.justice.qld.gov.au/justice-services/guardianship/power-of-attorney/enduring-power-of-attorney/making-an-enduring-power-of-attorney>)

You can complete an Enduring Power of Attorney (EPA) yourself but you may wish to first consider talking to your solicitor.

Improper behaviour by an attorney

(<http://www.justice.qld.gov.au/justice-services/guardianship/power-of-attorney/enduring-power-of-attorney/improper-behaviour-by-an-attorney>)

An enduring power of attorney can be revoked or suspended if the attorney behaves improperly.

Information To Include In An Advance Health Directive

An advance health directive is a formal way of giving instructions for your future health care, and comes into effect only if you are unable to make your own decisions.

What it covers

An Advance Health Directive allows you to plan what medical treatment or health care you would like in the event that you cannot make decisions for yourself. It also enables you to appoint an attorney for health and personal matters if you want.

You can use your directive to express your wishes in a general way, such as stating that you would want to receive all available treatment.

You can include relevant information about yourself that health professionals should know, such as:

- special health conditions
- allergies to medications
- religious, spiritual or cultural beliefs that could affect your care.

Specific instructions

You are able to give specific instructions about certain medical treatments. For instance, you might feel strongly about whether or not you want to receive life-sustaining measures to prolong your life. These include:

- cardio-pulmonary resuscitation, to keep your heart beating
- assisted ventilation, to keep you breathing if your lungs stop working
- artificial nutrition and hydration.

You can use your directive to outline your views about the quality of life that would be acceptable to you. For instance, you might decide to specify that you would like life-sustaining measures withheld or withdrawn in certain situations, such as if you were to have:

- a terminal illness for which there is no known cure nor chance of you recovering
- severe and irreversible brain damage so that you are unable to communicate
- an illness or injury so severe that there is no reasonable prospect that you will recover.

A Sweet Lesson On Patience

Taxi drivers the world over see many sides of the human condition, and none more so than those of New York City. Amongst the skyscrapers, theatres, parks and traffic live over eight million people, and their encounters with that city's taxi drivers provide an infinite number of experiences.

In this short story, one New York Driver recounts his most poignant experiences.

I arrived at the address and honked the horn. After waiting a few minutes I honked again. Since this was my first shift I thought about just driving away, but instead I put the car in park and walked up to the door and knocked. 'Just a minute', answered a frail and elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

"Would you carry my bag out to the car?" she said. I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly to the curb.

She kept thanking me for my kindness. 'It's nothing', I told her. 'I

just try to treat my passengers the way I would want my mother to be treated,'

'Oh, you're such a good boy', she said. When we got in the cab, she gave me an address and then asked, 'Could you drive through downtown?'

'It's not the quickest way,' I answered quickly. 'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice'.

As we set off, I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left,' she said in a soft voice. 'The doctor says I don't have very long.'

I quietly reached over and shut off the meter.

'What route would you like me to take?' I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighbourhood where she and her husband had lived as newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd asked me to slow in front of a particular building or corner and would sit and stare at it, saying nothing.

As the dusk began to settle on the city, she suddenly said, 'I'm tired. Let's go now'.

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico.

Two orderlies came out to the taxi as soon as we pulled up. They were solicitous and intent, watching her every move. They had been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

'How much do I owe you?' she asked, reaching into her purse. 'Nothing,' I said. 'You have to make a living,' she answered. 'There are other passengers,' I responded.

Almost without thinking, I bent and gave her a hug. She held on to me tightly. 'You gave an old woman a little moment of joy,' she said. 'Thank you.'

I squeezed her hand, and then walked into the dim evening light to my taxi. Behind me, a door shut. It was the sound of a life.

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of the night, I could hardly talk. What if that woman had gotten and angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

Thinking about it then, and now, I don't think that I have done anything more important in my life. We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware – beautifully wrapped in what others may consider a small one.

Consumers Advised To Use Gift Cards Early

5th of January 2015

Many people will have received gift cards as presents this festive season and the Queensland Consumers Association says they should consider using them soon after receipt to reduce the chances of problems later.

Association spokesperson, Ian Jarratt, says many consumers wrongly think that gift cards are equivalent to cash, but they are not.

Gift cards often come with complex terms and conditions, including expiry dates.

Using gift cards soon after receipt and not waiting a long time before doing so can be very beneficial for many consumers because:

- It reduces the chances that the card will not be used due to being forgotten, lost, stolen, or past the expiry date.
- If a business goes into administration, liquidation or receivership gift cards are unlikely to be useable as planned and the holder may become an unsecured creditor. Using cards sooner rather than later reduces this risk.
- There may be time limits on getting a refund on a gift card using the charge-back facility that may be possible if it was bought with a credit or debit card. A charge-back may be possible if the issuer goes into administration, liquidation or receivership, or if there are other problems such as non receipt, or non provision, of agreed goods or services.

The Association also says consumers with gift cards should:

- Keep them in safe, known place
- Keep a record of the details or take a photo of, or copy/scan, cards
- Be aware of any fees or charges, and conditions of use, for example administration fees, minimum purchase amounts, restrictions on what can be bought, and no cash back for even small amounts of residual credit.

Many gift cards are never used, or only used partially, so they become a gift for the issuer not the receiver.

However, subject to conditions, some issuers will replace lost or stolen cards and have grace periods beyond stated expiry dates.

For further information, contact the Queensland Consumers Association (Ian Jarratt at ijarratt@australiamail.com or phone 07 37195475, mobile 0448 012 482).



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