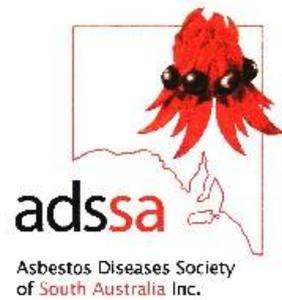


NEWS LETTER

NOVEMBER - DECEMBER 2016



Dear Members,

I feel I have big footsteps to fill as I wrote the opening page of this newsletter. Ian has always done the front page, then emailed it to me and said, "You can do the back page or whatever blank space is left"! He then edits and adjusts the font if I have written too much, which is often the case! This arrangement has always worked so well. Ian is still 'with us', but he is poorly.

What I can happily report, is that ADSSA has appointed a new Operations Manager, Dorothy Shorne. I will be meeting with her tomorrow- Monday 15.10.16 -with our President Kevin Purse to commence showing her 'the ropes', to use an old expression. I will leave it up to Dorothy to write something about herself in the next newsletter.

At this point I want to personally thank ADSSA Board members and others, for the support they have given ADSSA and myself over the past, few months. We have all rallied without too much fuss, and actioned what has been required. One understands the true meaning of the concept of priority setting, in difficult times. Kevin Purse has been fantastic 'steering the ship'. It really has felt like a true team effort. There is nothing like comfort in numbers and that sense of solidarity.

The Home Show from 7-9th October has been and gone. Some words from Kevin Purse, President of ADSSA about this event.

Dear All,

"Just a brief note, of behalf of ADSSA, to thank members of the Coalition for their contributions leading up to the Home Show. Based on the feedback we've collectively done a good job. I'm also confident we can do even better next year. Special thanks to Wendy and her team of Kale and Jovan from Total Asbestos for setting up of the stall, as well as our friends from AVA, Safework SA and the EPA. Thanks also to Shane, from ASEA, who came all the way from Sydney to help out. From ADSSA's perspective it was great to see everybody working so well for a goal we all share. Our only regret is that Ian - who has done such a wonderful job in raising awareness about asbestos and advocating on behalf of asbestos victims and their families- wasn't able to be there, a sentiment no doubt you share as deeply as we do"

Best wishes
Kevin

ADSSA's next priority is to prepare for Memorial Day. It has become apparent to me, just how much Ian has done behind the scenes (all the invisible work which is never really understood, until that person is no longer doing it!). I didn't know we needed a key to get into the Jack Watkin's Memorial Park from Port Adelaide/Enfield City Council. I do now! I also had to reassure the Council that an alcohol licence would not be required on the day in light of the fact it is a 0730 start!! Not to mention it is a Memorial Day.

The lady from Council was great and they were shocked to learn of Ian's illness. Both the Mayor, Gary Johanson and Councillor Carol Martin have always been great supporters of ADSSA. I also met another Councillor, Tim Jamieson at the Home Show. He turned up unannounced to help out on the Saturday morning.

What I pray for more than anything for Memorial Day is that we have fine weather. It has been such an atrocious winter and spring here in Adelaide. I hope to see many of the 'old' faces who turn up year after year, (hello Judith- you know who you are!!) and of course new faces. This year we will also be introducing a new celebrant to lead us in prayer and tell a client's story. Her name is Jane, and she is replacing the wonderful Josephina who has been with us for many years. Jo has now retired. We wish her well in her retirement.

Prior to Memorial Day, Adelaide is host to the Asbestos Awareness & Management International Conference 13-15 November 2016 at the Adelaide Convention Centre. National Asbestos Awareness Month is once again this November and as part of the events around the country the Agency is holding the third International Conference on Asbestos Awareness and Management.

The event is bringing together well known local and international experts in asbestos management, health, advocacy and governance to look at what is best practice in managing the dangers of asbestos in our community and abroad.

SOCIAL WORK:

I think that will just about take us up to Christmas and the 'silly season'. I for one have had a 'big' 12 months with many trials and tribulations- my mother's death on Remembrance Day; my Master's supervisor's diagnosis of MND in February; our best friend's marriage separation; turning 60 (can highly recommend!!) and now Ian's terminal diagnosis. Too much, but we all know *that life just keeps getting in the way....*

An attendee in a Wellbeing Group I am helping to run in my rehabilitation job, asked me last Tuesday what are some strategies for coping on the 'wheel of life'. We were talking about *the 'emotions of change'*: happy, loss, suffering and hope, with the wheel ending up back in the 12 o'clock position- but it being a different/ changed/new state of equilibrium. I responded by saying, "There are no right or wrong answers". It is different for all of us. I could only share what has helped me and that has been: my good friends (conversation over copious glasses of bubbly!!); and my two health addictions- my 2 gorgeous grandchildren and my love of reading. Never underestimate the benefit of good social support and what one must do for self-preservation. Remember, you are the most important person.....

Be gentle on yourselves.

Penny Jacomos
Social Worker

“The Victim is our Priority”

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