

The Blue Lamington Drive Host Guide

Every Australian is invited to hold a Blue Lamington Drive during Asbestos Awareness Month (1-30 November) and to add 'blue to your lamington doo'.

The Blue Lamington's – bearing the similar colour as deadly asbestos - are intended to raise awareness of the dangers of asbestos and to generate vital funds to stimulate research at the Asbestos Diseases Research Institute.

Anyone can hold a Blue Lamington Drive at home, at work or at school. It's fun and easy to do. By holding a Blue Lamington Drive Australians will help raise awareness among colleagues, family, friends, neighbours, schools, professionals and the wider community of the dangers of asbestos when renovating or maintaining homes. By collecting gold coin donations, you will raise vital funds to support essential research into asbestos-related diseases including mesothelioma, an incurable cancer that can develop as a direct result of exposure to asbestos fibres and support groups across Australia.



Why Raise Awareness of Asbestos?

Asbestos Awareness Month and asbestosawareness.com.au aim to alert Australians of the dangers of asbestos during home renovations and maintenance.

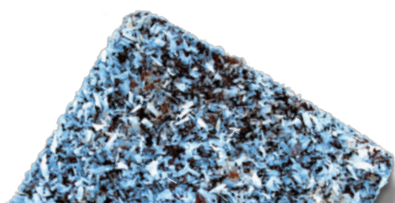
Almost every home built or renovated before the mid 1980s is likely to contain asbestos in one form or another... The rapidly increasing third wave of asbestos-related diseases in Australia underlines the importance of raising awareness of the dangers of asbestos.

Asbestos can be under floor coverings, in cement floors, internal and external walls, ceilings, eaves, garages, around hot water pipes, fences, extensions to homes, outdoor toilets and backyard sheds – it could be anywhere and is well-known for it's the potential to release toxic fibres in the air.

Before commencing any home maintenance or renovation work, homeowners and renovators, must learn about where they might find asbestos and how best to manage it so they can protect themselves their families and bystanders from inhaling airborne asbestos fibres.

To find out where Asbestos can be found in your home visit: www.asbestosawareness.com.au

**Donate or Register From September 2017 at
www.bluelamington.com**

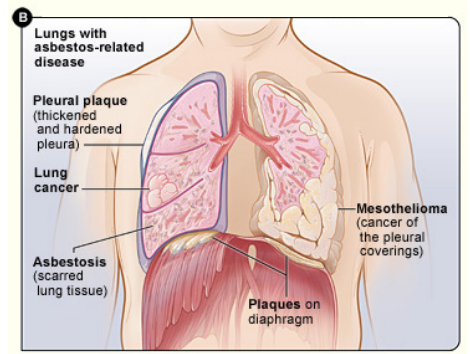
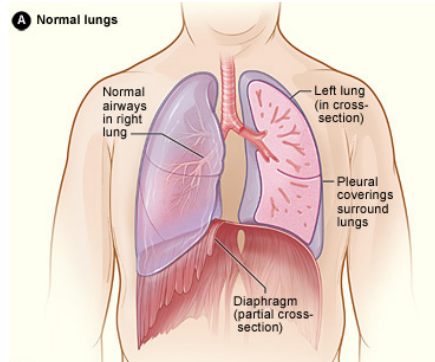


Supporting the Asbestos Diseases Research Institute

Why Raising Funds for Research Is Important

There is an urgent need to improve the detection and the treatment of asbestos-related diseases. Research at the Asbestos Diseases Research Institute (ADRI) aims to develop more effective ways to prevent asbestos-related diseases, to find better diagnostic markers and last but not least, to find novel treatment approaches.

ADRI is working hard to create a better future for all those unfortunate Australians who are exposed to asbestos and to create a safer Australia.



Participation In The National Blue Lamington Drive

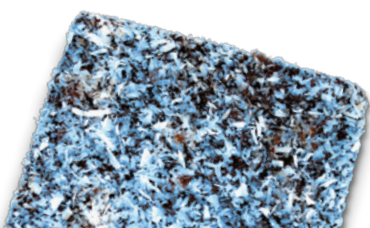
Government Departments, Councils and organisations across Australia are invited to host a Blue Lamington morning or afternoon tea as part of the Asbestos Awareness Campaign's national Blue Lamington Drive. By holding a morning or afternoon tea organisations will create conversation among various groups to promote education about asbestos products in and around homes and how best to manage them.

Discussion Forum

Hosting a Blue Lamington Drive morning or afternoon tea for staff will help educate employees about the dangers of asbestos when renovating or maintaining their homes. A presentation will be available to screen during the morning or afternoon tea and can be found in the downloads section of bluelamington.com

It's Easy to Host Your Own Blue Lamington Drive!

- Choose a date and time during Asbestos Awareness Month 1-30 November.
- Invite your work colleagues, family and friends to come along to a morning or afternoon tea and to 'go blue at your lamington doo' while enjoying some Blue Lamingtons they will learn about the dangers of asbestos in and around the home.
- By going 'blue at your lamington doo' you can include blue cupcakes, blueberry muffins or any assortment of blue nibbles.
- Share asbestos awareness and fundraising with everyone you know and invite them to attend or sponsor your Blue Lamington Drive.
- Ask guests to bring a gold coin or more to help support the Asbestos Diseases Research Institute – the money raised will aide more research!
- Donated funds raised, no matter how small, will help make a difference to those affected by asbestos-related diseases.



How to Make Blue Lamingtons

Cake Ingredients:

125g butter, softened
1 cup caster sugar
1/2 teaspoon vanilla extract
3 eggs
1 3/4 cups self-raising flour, sifted
1/2 cup milk

Icing Ingredients:

3 1/2 cups icing sugar mixture
1/4 cup cocoa powder
1 tablespoon butter, softened
1/2 cup boiling water
2 cups desiccated coconut
Blue food colouring
1/4 cup or 60ml of water and zip-lock plastic bag



Step 1 - Place coconut in a plastic zip-lock or freezer bag. Add a few drops of food colouring to 60ml or 1/4 cup water and pour into the bag. Seal the top of the bag and shake/rub the bag allowing the colour to mix through the coconut. Transfer to a plate and allow to dry or place in oven for a few minutes (until dry).

Step 2 - Preheat oven to 180°C/160°C fan-forced. Grease a 3cm-deep, 20cm x 30cm (base) lamington pan. Line with baking paper, leaving a 2cm overhang on all sides. Using an electric mixer, beat butter, sugar and vanilla until light and fluffy. Add eggs, 1 at a time, beating well after each addition (mixture may curdle).

Step 3 - Sift half the flour over butter mixture. Stir to combine. Add half the milk. Stir to combine. Repeat with remaining flour and milk. Spoon into prepared pan. Smooth top. Bake for 30 minutes or until a skewer inserted in centre comes out clean. Stand in pan for 10 minutes. Turn out onto a wire rack. Cover with a clean tea towel. Set aside overnight.

Step 4 - Make icing: Sift icing sugar and cocoa into a bowl. Add butter and boiling water. Stir until smooth.

Step 5 - Cut cake into 15 pieces. Place coconut in a dish. Using a fork, dip 1 piece of cake in icing. Shake off excess. Toss in coconut. Place on a wire rack over a baking tray. Repeat with remaining cake, icing and coconut. Stand for 2 hours or until set. Serve.

Other Blue Doo Options

- Blue Cupcakes or Cake
- Betty Crocker's Blueberry Muffin mix is quick and easy to make
- Blueberry Cheesecake Slice
- Blue Cocktails



Contacts:

For more information please contact:

Asbestos Diseases Research Institute (ADRI)

Bernie Banton Centre, Gate 3, Hospital Road, Concord Hospital NSW 2139

Postal: PO Box 3628 Rhodes NSW 2138

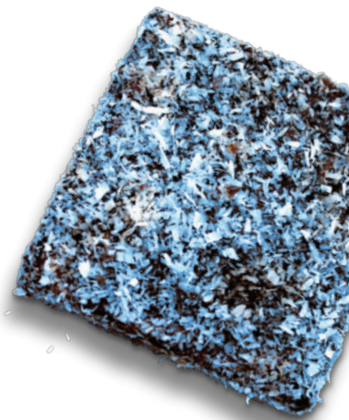
Telephone: + 61 2 9767 9800 - Fax: + 61 2 9767 9860 - Email: info@adri.org.au - www.adri.org.au

Insight Communications – Asbestos Awareness Campaign Managers

Post: PO Box 944 Strawberry Hills, NSW 2012

Telephone: 02 9518 4744

Email: asbestosawareness@insightcommunications.net.au or visit www.asbestosawareness.com.au



**DON'T PLAY
RENOVATION ROULETTE!**
GET TO KNOW ASBESTOS THIS NOVEMBER



Supporting the Asbestos Diseases Research Institute