

Still talking

Dedicated to the welfare of Laryngectomees and those with similar vocal disorders

COVER YOUR STOMA IN THE AUGUST WINDS

ALL CORRESPONDENCE : The Secretary, The Laryngectomee Association of NSW, PO Box 380, BELROSE, NSW 2085 Fax & Phone 02 9451 7926 Email: lansw@bigpond.com

No 222

The Laryngectomee Association of NSW[©]

AUGUST 2011

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OFFICE BEARERS 2011

PRESIDENT: Brian Gardner, 4 Merelyn Road, BELROSE, 2085. 02 9452 2858

VICE PRESIDENT (1): Russell Green, 17/765 Princes Hwy, BLAKEHURST, 2221. 02 9547 3669

VICE PRESIDENT (2): Peter McGregor, 21/39 Cook Rd, CENTENNIAL PARK, 2021. 0419 421 324

TREASURER/WELFARE OFFICER: Carol Gardner, PO Box 380, BELROSE, 2085.
Fax & Phone - 02 9451 7926. Email - lansw@bigpond.com

ASSISTANT WELFARE OFFICER & Hospital Packs: Bruce Hodges, 31 Clack Rd, CHESTER HILL, 2162. 0404 400 842

SPEECH AIDS COORDINATOR: John Chaloner, PO Box 31, SUMMER HILL, 2130. 02 9560 2852

EDITOR: A.T.Krasnodebski, PO Box 232, BONDI, 2026.
02 9130 2560. Email - antoni.krasnodebski@deewr.gov.au

WHO TO CONTACT

BLOM SINGER SUPPLIES: David Smith, 27 Bellevue Pde, NORTH CURL CURL, 2099.
02 9939 1539 Ask for David personally.

SPEECH AIDS, BATTERIES, ADVICE ON REPAIRS: John Chaloner, PO Box 31, SUMMER HILL, 2130. 02 9560 2852

SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS: Carol Gardner, PO Box 380, BELROSE, 2085.
Fax & Phone 02 9451 7926

ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME: Cancer Council of NSW, 153 Dowling Street, WOOLLOOMOOLOO, 2011 (PO Box 572, Kings Cross, 1340) Phone 02 9334 1900 Fax 02 9357 2676. Or contact Social Worker at the hospital you will be attending.

WEBSITES

ASSOCIATION WEB PAGE: www.stilltalking.org

INTERNATIONAL ASSOCIATION OF LARYNGECTOMEES: www.theial.com/ial

WEB WHISPERS: www.webwhispers.org

NEXT MEETING

Wednesday 17 August, 2011 at the Sydney Mechanics Institute 280 Pitt Street, SYDNEY. 11 am.

The meeting will be followed by light refreshments.

Laryngectomees, Friends, Families, Professionals all WELCOME.

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MEDICAL**

MONTHLY MEETINGS

NSW Association: 3rd Wednesday of month Sydney Mechanics Institute, 280 Pitt St, SYDNEY, 2000 at 11am.

NEW ENGLAND: Meets 2pm 1st Wed. December Conference Room, Rehab Unit, Tamworth Base Hosp. 02 6767 8369

NEWCASTLE: 3rd Tues. Monthly Mayfield Bowling Club, Ingall St, Mayfield. Contact John Lovett 02 4954 8308

NORTHERN RIVERS: 4 times annually at rotating venues. Contact Speech Pathology Lismore Base Hospital 02 6620 2157

ALBURY: Meets alternate months from Feb. Contact Norma Teasdale 02 6021 1749

CANBERRA: Wed 24/8/11 - 10:30, Wed 7/12/11 - 10:30 Canberra Hospital 02 6244 2230.

SOUTHERN DISTRICTS: Last Wed of month 11am. Thomas Rachael Moore Education Centre, Liverpool Hospital. Contact Pres. George Petcovic 0432 077 095

MID NORTH COAST: Port Macquarie Community Health Centre. Last Wednesday of March, June, Sept, & 1st Wed Dec. Contact David McClymont - President 02 6559 8383

CENTRAL COAST: Meet at Central Coast Leagues Club. Contact Speech Pathology Department (Gosford Hospital) 02 4320 3634 or Bill Byfield 0402 045 048.

COFFS/CLARENCE: Coffs Harbour Health Campus, Shearwater Lodge. Meets 4 times annually. Contact Melissa Parish (SP) 02 6656 7606

MINUTES

MINUTES OF MONTHLY MEETING HELD 20th JULY, 2011 – Laryngectomee Association of NSW at SMSA, 280 Pitt Street, SYDNEY at 11am

PRESENT: Brian Gardner, Victor Stumbles, Barry Bunker, Bruce Hodges, Fred Pace, Bob Nash, Peter McGregor, Antoni Krasnodebski. Non Lary: Carol Gardner, Pat Bunker, Joanna Pace, Charm Nash.

APOLOGIES: John Chaloner, Greg Joss, Russell Green, Peter & Glenda Tierney, Patricia Lamont.

THE PRESIDENT opened the meeting and welcomed Fred Pace and his daughter (Jo) to their first meeting and our other "stalwarts" who had braved the cold, wet and windy day to attend, and expressed good wishes to those, who sent apologies - not 100% on the day - and sensible enough to stay home and warm! It was requested that the Minutes of the meeting of 15th June 2011 as presented in the July 2011 Newsletter be accepted as read. There were no matters arising therefrom.

Resolved. Barry Bunker/Victor Stumbles.

SECRETARY/TREASURER REPORT

CORRESPONDENCE: Email John Chaloner – price of batteries down slightly, postage costs (borne by Assoc.) up. See separate report.

Letter Bob Nash re Enable – help for members. See separate article.

Email Greg Joss (in UK) still managing the website (and associated business to and from) from so far away – one benefit of the technological age. His travel experiences (related later) were most interesting and informative and particularly timely for new member, Fred Pace, soon travelling to his homeland, Malta, for family, friends etc. reunion. BON VOYAGE!!

Newsletter "The New Voice" from Laryngectomee Association of Victoria Inc.

Email from Kim Pearce, re "PEAKS AND VALLEYS: EMOTION & CANCER" – Live Web Chat 4/8/11 www.cancerconnections.com.au. Further info later and/or on our website.

FINANCIAL REPORT (Carol Gardner) from 16th June 2011 to 20th July 2011

ADELAIDE BANK		EXPENDITURE	
Opening Balance	9466		Nil
Income/Interest	33		
TOTAL	9499	TOTAL	Nil

BALANCE AS AT 20/7/11 = \$9499

IOOF (PSI) as at 18/7/11 = \$27893

COMMONWEALTH BANK Term Deposit = \$415,000 @ 6.2% maturing 4/1/2012

COMMONWEALTH BANK		EXPENDITURE	
Opening Balance	3115	Catering	25
Cancer Council	170	Phone/Internet	116
Sales	508	Printing-	209
Members' Subs	20	Postage	205

Sponsor	2000	Patients' Supplies	775
		Rent	143
TOTAL	5813	TOTAL	1473

BALANCE AS AT 20/7/11 = \$4340

As above Michael and Rebecca Schaffler (Main Medical) this year again made a generous donation towards the printing of the monthly Newsletters. A receipt and note of thanks and appreciation for Michael and Rebecca's support has been sent.

Resolved. Bruce Hodges/Victor Stumbles.

WELFARE REPORT: (Carol Gardner)

VALE: Steve COSTIGAN (Revesby) rang 11/7/11 to inform us that his father, John (Jack) COSTIGAN of Doonside, died recently. From records held it appears Jack had been a member since at least 1997 and Steve indicated that his family wished to donate an electrolarynx, charger etc., to the Association if it was of any use. The equipment, which will be handed on to John Chaloner to supplement his "loan" stock, was received a few days later by registered post along with an appreciative note of thanks for the Association's support over the years.

Resolved. Victor Stumbles/Antoni Krasnodebski.

GENERAL BUSINESS

Members are reminded that annual subs of \$10 per year are due 1st January each year – approximately 40 still outstanding. Life Members, widows, widowers, hardship, professionals excepted. Accounts are not sent out – just a memo/form in November and December Newsletters each year. PLEASE DISREGARD if you have already paid!! Payment can be made (without charge) into any Commonwealth Bank to A/c of L.A. of NSW – BSB 062 595 A/c No. 00905579 OR by internet banking transfer OR sent to The Treasurer, LA of NSW, PO Box 380, BELROSE NSW 2085. PLEASE send your name and/or any change of address so that records can be updated accordingly. Cancer Council NSW cover the supply of mailing labels and cost of the bulk postage of the monthly Newsletters – we don't want to waste their valuable assistance if it is not necessary/required.

The July Newsletter was posted out a little later than usual (for those that thought they had missed out) – a small hiccup in the mailing process! Those present at the meeting were handed theirs personally and email recipients had theirs same day as Antoni sends the required info to the printer.

The Christmas Party will, by popular demand, probably be arranged at the same venue as last year if possible. Discussion next meeting.

Next meeting we are looking forward to having Jessica Payne (Cancer Council NSW) as a Guest Speaker.

Try and attend to give her an audience and bring along any relevant questions.

The meeting closed at 12.15pm and a small, but friendly, lunch was enjoyed with a STRONG.....cup of tea or coffee!!

NEXT MEETING will be 17th August 2011 at SMSA, 280 Pitt Street, SYDNEY.

LETTERS TO THE EDITOR

Dear Sir,

My apologies to the meeting as I will be unable to attend both the July and August LANSW meetings. I am currently in London having flown out of Sydney on Wednesday 13. I plan to be in the UK till August 25. We spent today visiting research colleague/friends at The Natural History Museum.

For those larys interested in travel, I am delighted to report that I had no flight problems. I had my laryngectomy end of July last year. Up until only a week ago, I was still having problems with stenosis of my stoma if I slept without a trachy tube fitted. Over the last week, I have not worn a tube except for 20 minutes some mornings to check size and conformation only to find that it inserts nicely, is loose and easily huffed out. I am now sleeping many hours without the previously usual need to rise every few hours in order to clear out and clean the stoma. As a result, I have had some mucous crusting around the stoma rim which I clear with a wet cotton bud. I was anticipating some problems in flight with humidification etc but effectively had no problems at all. We flew 14 hours to Abu Dhabi; had a 7 hour stopover during which we did a return trip to Dubai in the Etihad shuttle bus; 1.5 hours each way; then 6 hours to Heathrow (where the passport control queues were horrendous!).

We found the flight, seating, food and service with Etihad as good as could be expected on an economy ticket and would be happy to use them again. I booked the flight less than a month ago wanting my stoma to stabilise before committing to an extended trip. After booking, I immediately became quite anxious about my ability to cope. This anxiety was somewhat assuaged by a flight to Cairns and an 8 day stay with a old friend near Bramstom Beach an hour's drive south of Cairns. The fading of the stenosis also helped my confidence.

I was well prepared with the usual lary paraphernalia, medications etc but have not needed more than a good supply of tissues and drinking water. I did find that the anti-swelling pressure travel socks that my wife bought me and insisted I wear worked beautifully. I had had significant problems with swollen and weeping legs during my hospitalisation but arrived in London without any swelling.

So I am happy to report that my laryngectomy has so far proven not to be a reason to stay with the security and comfort of home which I had come to particularly value and rely on over the last year. Apart from the usual effects of aging (I was 71 last January) it is still possible to enjoy life.

The support gained from attending the LANSW meetings and involvement with the website have contributed tremendously to my recovery, confidence and wellbeing.

Thanks to all the meeting participants...and apologies again for my absence from these two meetings.

Sincerely

Greg Joss

humour

Abandon all hope, all ye
who press Enter.

The man was in no shape

to drive, so he wisely left his car parked and walked home. As he was walking unsteadily along, he was stopped by a policeman. "What are you doing out here at 2 A.M.?" said the

officer.

"I'm going to a lecture." the man said. "And who is going to give a lecture at this hour?" the cop asked. "My wife." said the man.

humour continued

A small boy was lost, so he went up to a policeman and said, "I've lost my dad!"

The copper said, "What's he like?"

The little boy replied, "Beer and women!"

A seaman meets a pirate in a bar, and talk turns to their adventures on the sea. The seaman notes that the pirate has a peg-leg, a hook, and an eye patch.

The seaman asks, "So, how did you end up with the peg-leg?"

The pirate replies, "We were in a storm at sea, and I was swept overboard into a school of sharks. Just as my men were pulling me out, a shark bit my leg off."

"Wow!" said the seaman. "What about your hook?"

"Well", replied the pirate, "We were boarding an enemy ship and were battling the other sailors with swords. One of the enemy cut my hand off."

"Incredible!" remarked the seaman. "How did you get the eye patch?"

"A seagull dropping fell into my eye," replied the pirate.

"You lost your eye to a seagull dropping?" the sailor asked incredulously.

"Well," said the pirate, "it was my first day with the hook."

LETTERS TO THE EDITOR

Dear Sir,

On the 10/2/2011 my Speech Pathologist ordered from Enable NSW 2 indwelling voice prostheses, some HME cassettes and a LaryButton for my use.

On the 22/2/2011 I received two indwelling prostheses from Clifford Hallam Healthcare that had been ordered by my Speech Pathologist on 10/2/2011 through Enable. However, as the weeks went on I had not received the cassettes and LaryButton that were ordered at the same time.

I contacted my Speech Pathologist about this matter who advised that sometimes delivery can take a long time as they have many people to look after. I suggested that I could ring Enable to see what had happened to the order, she said by all means contact them. I contacted Enable the next day and within 10 days the goods were all delivered. Enable were very helpful.

The Speech Pathologist was very pleased this had happened. She has to look after 30 laryngectomy patients and really hasn't the time to chase up everyone's order that she has placed. We both agree that when an order is placed and there is a delay in delivery, it is up to the individual to chase up their order.

I hope this might assist some of our members.

Kind regards,

Bob Nash

Two elderly couples were enjoying friendly conversation when one of the men asked the other, "Fred, how was the memory clinic you went to last month?"

"Outstanding," Fred replied. "They taught us all the latest psychological techniques: visualization, association. It was great."

"Wow! What was the name of the clinic?"

Fred went blank. He thought and thought, but couldn't remember. Then a smile broke across his face and he asked, "What do

you call that flower with the long stem and thorns?"

"You mean a rose?"

"Yes, that's it!" He turned to his wife, "Rose, what was the name of that memory clinic?"

"When I'm driving here I see a sign that says, CAUTION: SMALL CHILDREN PLAYING. I slow down, and then it occurs to me, I'm not afraid of small children." -- Jonathan Katz

Have fun!!!!!!