

Still talking

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

REMEMBER - SUBSCRIPTIONS ARE DUE 1/1/2012.

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 226

The Laryngectomee Association of NSW[©]

DECEMBER 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 15 February, 2012 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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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 Petkovic 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 16th NOVEMBER 2011 – LARYNGECTOMEE ASSOCIATION OF NSW at SMSA, 280 PITT STREET, SYDNEY at 11am

PRESENT: Brian Gardner, Russell Green, Greg Joss, Bruce Hodges, Peter Tierney, John Czadrik, Bob Mount, Barry Bunker, Peter McGregor, Bob Nash, Antoni Krasnodebski. Non Lary: Carol Gardner, Pat Bunker, Glenda Tierney, Patricia Lamont, Charm Nash, Therese Dodds (Speech Therapist).

APOLOGIES: John Chaloner, Ruth Gray, Pat Dawson, Ray Chappelow.

THE PRESIDENT opened the meeting, welcomed Bob Mount at his first meeting and also Therese Dodds (Speech Therapist, St Vincents Hospital). He requested that the Minutes of the meeting of 19th October 2011 as presented in the November 2011 Newsletter be accepted as read. There were no matters arising therefrom.

Resolved. Bruce Hodges/Russell Green.

SECRETARY/TREASURER REPORT

CORRESPONDENCE:

L.A. of Victoria Newsletter

Cancer Voices NSW Brochure

Generous Donations from Arthur Hirshowitz, Patricia Lamont and Norm Fredericks (Qld)

Letters from Janice Heapy, Bill Byfield, Pat Harper

Letter from IOOF re our request for funds. See Treasurer's Report.

Resolved. Peter Tierney/Bruce Hodges.

TREASURER'S REPORT: (Carol Gardner) from 20th October 2011 to 16th November 2011

ADELAIDE BANK		EXPENDITURE	
Opening Balance	4593	LA of NSW (Cwealth	
Income/Interest	18	Bank)- Wkg Funds	2000
IOOF	11515		
TOTAL	16126	TOTAL	2000

BALANCE AS AT 16/11/11 = \$14126

IOOF (PSI) as at 11/11/11 = \$16470

Commonwealth Bank Term Deposit = \$415,000 @ 6.2% matuting 4/1/2012

COMMONWEALTH BANK		EXPENDITURE	
Opening Balance	1457	Catering	25
Cancer Council NSW	171	Phone/Internet	87
Sales	184	Printing (2 months)	461
Members' Subs	210	Postage	320
Donations	260	Stationery/Office	104
Xmas Party Guest	35	Patient Supplies	129
Tfr fr Adelaide Bank	2000	Rent (Sept)	33
		Xmas Party Raffle	202
TOTAL	4317	TOTAL	1361

BALANCE AS AT 16/11/11 = \$2956

After lengthy exchanges with IOOF, the amount of \$11515 was released by them on 9/11/11 and further requests will be made to them each quarter for any funds released from the Colonial First State Wholesale Income Fund (frozen) to IOOF for crediting to the Association's investment. Our Financial Adviser, currently Nathan Franks – Enhance Financial Group (after progressive/takeover changes since 2004) will be advised the Association no longer requires his services and IOOF will be advised accordingly. An Adviser Service Fee (albeit a small percentage) will then no longer be deducted from the investment. The Association is still liable to pay an Administration Fee (also relatively small) to IOOF each quarter.

Thanks to those, quick off the mark with their subs, only due 1/1/2012, and for the best wishes conveyed to members of the Committee and the Association with them.

Resolved. Peter Tierney, Peter McGregor.

WELFARE REPORT: (Carol Gardner)

NEW MEMBERS:

Bruce LOWE of Padstow,
Gordon JENSEN of Point Clare,
Robert DEEGAN of Goulburn.

VALE:

Mrs Maureen HERBERT of Harbord (August 2011) advised by her daughter-in-law this month. Maureen had been a laryngectomee/ member since at least 1997.

Barry EVANS of Oberon (10/10/11) advised by his wife, Robyn. "A laryngectomee since 2001 and made an amazing recovery. Diagnosed with an unrelated cancer in 2009."

Donald HONEYMAN of Auburn – Newsletter returned 15/11/11 – "RTS" – "Deceased".

Condolences have been conveyed appropriately.

The Association does not hold stocks of replacement "trachy" masks for nebulisers, which we have been asked for occasionally, nor do we keep other equipment of specific size/measurement with use-by dates. Try your treating hospital first – they may be able to help! It is also beyond our capacity to supply individual "out-of-the ordinary" size/colour stoma covers. Members are encouraged to purchase material of their preference and seek a "local" machinist to make them. This advice is offered to those who cannot afford the covers available from the Medical Companies.

Best wishes to all our members – TRY to keep well and safe during the Festive Season and ENJOY it with family and friends. Brian and I will see those of you who attend the 3/12/11 Christmas Party, others at 13/12/11 Hunter Valley Region's function and still more at 16/12/11 St Vincents get-together.

A HAPPY CHRISTMAS AND HEALTHY NEW YEAR TO ALL!

MINUTES CONTINUED . . .

SPEECH AIDS CO-ORDINATOR'S REPORT - John Chaloner

The Laryngectomee Association has gone "arty" again!

The Sydney Theatre Company at Walsh Bay requested the loan of an electrolarynx. After discussion we settled on the MPM Nu-Vois as being the best fit for what they wanted.

They are rehearsing the play "Gross und Klein" ('Big and Small' in German) by Botho Strauss. The original director had to step down due ill health and the new director, Benedict Andrews, wanted to try making one of the (minor I'm presuming) characters a laryngectomee.

They wanted the loan of an aid to see how it went, and if they decided to persevere with it they would obtain a second-hand or new unit from the suppliers.

After the Australian season they'll be taking the play overseas too. The cast includes Cate Blanchett, Lyn Curran & Martin Vaughan.

I haven't heard yet how they went but the season opens soon.

I did ask that the assistance of the LANSW be noted in the credits in the program.

It's a busy time at present, with 5 Nu-Vois aids out on loan, either for people to try or whilst theirs is away for repairs. One of ours is away for repairs.

GENERAL BUSINESS:

Therese Dodds (Speech Therapist) had come along to the meeting and members were invited to ask questions which Therese answered in a very competent manner. She also indicated her willingness to attend next year again to do the same and/or to speak on a specific topic/issues affecting laryngectomees.

One subject spoken about was the need for "new" speech therapists to have access to "hands on" and/or video link? tuition to replace indwelling valves, especially at "out-of-town" areas. There are, of course, demonstration lectures held throughout the year and it would be beneficial if those needing the particular skills could attend. Like other emergencies, mishaps always seem to happen at inconvenient times/places! Therese was also going to look into some other individual problems and we will pass any info we can on to members personally. THANKS THERESE – WE WOULD LOVE YOU TO VISIT AGAIN!!

There is NO (Head Office) meeting in December 2011 or January 2012!!

Nominations are still open for anyone to take up any of the Committee positions for 2012 – voted on at AGM (our next meeting) 15th FEBRUARY 2012 at SMSA, 280 PITT STREET, SYDNEY – 11am.

Merry Christmas & Happy New Year to everyone.

LETTERS TO THE EDITOR

Dear Sir,

I was recently in Sydney for my grandson's 4th birthday, which happens to coincide with Halloween. I have never participated before but as they live in an area that is full of young families the practice has caught on big time.

I should explain that I use an electrolarynx to communicate. So imagine my surprise when my son and his wife left me to babysit, which is no problem; however, I also had to handle the constant knocking for trick or treats.

The kids were great and very interested about my strange way of speaking, but the one that really made my day; he was so excited and said "How cool, where can I get one of those".

As they say, out of the mouths of babes, it made me realise I am not so different, just "cool". I smiled at the time and it makes others smile when I relate this tale.

Just thought I would relate a happy moment.

Regards,

Lorraine Beltrami

ENABLENSW

EnableNSW have been spending a lot of time and effort with the aid of clinicians and our own Brian Gardner to develop their 'Voice Related Devices - Prescription and Provision Guideline for the benefit of us laryngectomees.

You can discover the current methods of operating within their system by visiting the EnableNSW website at <http://www.enable.health.nsw.gov.au> or via the Still talking website in the Hints & Tips section.

Make yourself familiar with what is available through EnableNSW.

LETTERS TO THE EDITOR

Dear Sir,

I am now 51 years old and I was 40 when I had my operation. Since this time, I have raised a son and he will be graduating from Uni in Brisbane next month. He has taken all that I have had to cope with in his stride and we have a unique ability to communicate without the servox.

I used to be a health professional at a local hospital but had to retire following the surgery. I thought my work days were over but I started my own medical transcription company and worked for hospitals and doctors all over the world. I communicated with clients, staff and colleagues all over the world using email, MSN and Skype and even then we used instant messaging dialogue. My professional life got bigger and my cup runneth over as to the joy I experienced in my professional life.

I have spent the last few years travelling all over the world as I wanted to fulfil my dreams of seeing the world and I found people in every country to be most accommodating when it came to my disability. In a world where we have to gain support services via the internet or via a telephone, communicating for a laryngectomy owner is not so easy and our role is to patiently educate others so they can have patience to cope when speaking to us. However I think the internet has made achieving our goals less frustrating and it empowers us to do for ourselves and relieve our family and friends of some of the burden. I still hate it when I have to use the telephone with someone I don't know. I find that it's so tough to deal with their freaking out about NOT BEING ABLE TO HEAR ME. It usually takes two or three calls before they stop freaking out and realise that they in fact have a human being on the end of their line.

I am now swimming again. I used to love I used to love competitive swimming and loved going to the beach. I have overcome my fears and can now swim and paddle around to cool off. I have heard of laryngectomy owners who have sailed the Sydney to Hobart and we even have one here who goes surfing on a daily basis. I am not that confident but it does make you wonder.

I keep healthy and do not go out in to crowded places very often. I find that the internet provides me with a great outlet for my shopping needs including supermarket items. I am involved in arts and crafts projects and sell them at the Eumundi Markets. I also love gardening and am growing vegies, tropical fruits, spices and herbs. I have chickens and until recently, I had a wonderful little dog (Timmy) but he was taken by a tick in September). Tim and I communicated through hand commands and he was able to do so many things that made our lives fun and a joy. He is sadly missed.

Kind regards

Deb Melrose

humour

A liberal is someone who feels a great debt to his fellow man, which debt he proposes to pay off with your money. -- G. Gordon Liddy

A government which robs

Peter to pay Paul can always depend on the support of Paul. -- George Bernard Shaw

Foreign aid might be defined as a transfer from poor people in rich countries to rich people in poor countries. -- Douglas Casey (1992)

Giving money and power to government is like giving whisky and car keys to teenage boys. -- P.J. O'Rourke

Government is the great fiction, through which everybody endeavours to live at the expense of everybody else. -- F Bastiat