

Still talking

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

TIME TO BOOK YOUR SEAT AT THE CHRISTMAS PARTY

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 224

The Laryngectomee Association of NSW[©]

OCTOBER 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 19 October, 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 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 21st SEPTEMBER 2011 – LARYNGECTOMEE ASSOCIATION of NSW at SMSA, 280 PITT STREET, SYDNEY at 11am

PRESENT: Brian Gardner, Russell Green, Ruth Gray, Peter Tierney, Greg Joss, Bruce Hodges, Barry Bunker, Bob Nash, Victor Stumbles, John Pyle, Antoni Krasnodebski, Edward Kab, Carol Gardner, Glenda Tierney, Pat Bunker, Charm Nash, Pat Dawson, Lina Kab.

APOLOGIES: Ray Chappelow, Arthur & Jennifer Hirshowitz, Patricia Lamont, John Chaloner, Peter McGregor.

THE PRESIDENT opened the meeting and requested that the Minutes of the meeting of 17th August 2011 as presented in the September 2011 Newsletter be accepted as read. It was pointed out by the Treasurer that there was a typographical error in her report for that month – last line of the Commonwealth Bank summary should read "BALANCE AS AT 17/8/11 not 17/7/11". There were no other matters arising.

Resolved. John Pyle/Bruce Hodges.

SECRETARY/TREASURER REPORT

CORRESPONDENCE: Request from Speech Pathologist, Pauline Dooley, for a laryngectomee, who could offer and show personal experience, to attend a lecture she was giving at Macquarie University on 6th October to students in their final year. Peter McGregor has kindly offered to attend and handle the Q & A.

Letter from Life Members John & Dawn Lovett, Secretary and President of the Hunter Valley Branch of our Association, seeking some financial assistance towards the running of their group because of the downturn of local sponsorship this year. See Treasurer's Report.

Parcel of various sample stoma covers made by Swansea member, Bert Siviero, which were offered to those present.

Letter from Bob Nash outlining some EnableNSW current procedures. See later.

Email and later letter containing photos from Jim & Margaret Hunt. See herewith.

TREASURER'S REPORT: (Carol Gardner) from 18th August 2011 to 21st September 2011

| ADELAIDE BANK | | EXPENDITURE | |
|-----------------|-------------|---------------------|-------------|
| Opening Balance | 9533 | Tfr to Cwealth Bank | 2000 |
| Interest/Income | 34 | | |
| TOTAL | 9567 | TOTAL | 2000 |

BALANCE AS AT 21/9/11 = \$7567

IOOF (PSI) as at 19/9/11 = \$27911

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

| COMMONWEALTH BANK | | EXPENDITURE | |
|-------------------|------|-------------|----|
| Opening Balance | 2961 | Catering | 25 |

| | | | |
|------------------------|-------------|------------------------|-------------|
| Cancer Council | 328 | Phone/Internet | 109 |
| Sales | 472 | Printing | 148 |
| Members' Subs | 80 | Postage | 170 |
| Donations | 23 | Pat. Supplies | 1437 |
| Tfr from Adel.Bank2000 | | Deposit Xmas Party | 200 |
| | | Prizes (Raffle-Party) | 800 |
| | | Repairs/Service (Aids) | 755 |
| TOTAL | 5864 | TOTAL | 3646 |

BALANCE AS AT 21/9/11 = \$2218

Discussion was held regarding the request from the Hunter Valley Branch of the Association for some financial assistance. It was pointed out that this Branch is very active in their support of members and it attracts a good attendance each month at monthly meetings, which are also attended by professionals from John Hunter Hospital. A motion was put forward to provide \$3000 towards their running costs. The motion was unanimously carried by those present.

Resolved. Bob Nash/Ruth Gray.

WELFARE REPORT: (Carol Gardner)

Can anyone (Speech Pathologists?) provide some help to inform Lina and Edward KAB, for whom I don't have any contact details, that we did not get the chance to welcome them properly at the meeting. They arrived during some discussion and left suddenly. I hope that neither was unwell and that they will come again.

NEW MEMBERS:

Roderick HILL of Windang,
David LAVIS of Kurnell,
Jimmie HARRIS of Surry Hills.

Lorraine BELTRAMI, Roger HENRIOT, Arthur HIRSHOWITZ and Bill BYFIELD have recently been/or are currently in hospital. We send our best wishes for good recoveries for them and any other members not "up to par" at present.

VALE:

Desma NICHOLSON of Richmond (widow of the late John Nicholson) died 2nd September 2011. "Des" (as most knew her) was involved for many years in work for the Association, alongside and assisting John, making stoma covers and producing the monthly Newsletter in earlier years. Brian and I attended the Funeral Service at the Uniting Church, Richmond, which was full with extra chairs and standing room only. It recognised and reflected a loving mother, wife, friend and tireless worker for countless good causes, wherever the family lived earlier and then many years in Richmond.

Her family of 2 sons, 2 daughters, their partners, 7 grandsons and a great grand-daughter were present and they and other friends and acquaintances provided moving (and humorous) anecdotes about LOVE and LIFE with "Mum" and/or "Des". Her voluntary work had continued until just a couple of months ago, when her own health deteriorated.

Rest in Peace, "Des".

MINUTES CONTINUED . . .

GENERAL BUSINESS:

A Level 1 Emergency Procedures Information Sheet for our monthly meeting venue was passed around for perusal by members.

Pat Dawson advised that a similar menu to that provided at last year's Christmas Party would be arranged for the function at 12.00 noon on 3rd December 2011. Please see accompanying form to accept. As Pat's son is unable to be our M.C. this

year due to work commitments and a likely "substitute" friend of the President is on "sick leave", we have approached John Lovett (Hunter Valley Branch Secretary) to fill the bill. His C.V. shows many years' experience from his Newcastle involvement.

The meeting closed at 12.15pm. Lunch, tea and coffee followed.

NEXT MEETING – 11.00am – 19th October 2011 at SMSA, 280 Pitt Street, SYDNEY

THE IAL

The International Association of Laryngectomees, founded in 1952, is the primary coordinating body in the world that looks out for the interests of its member clubs and also of all individual laryngectomees. In addition to their own website www.theial.com, they also maintain Web Whispers, www.webwhispers.org, the laryngectomee support site that was founded by the late Dutch Helms.

The IAL is involved in all aspects of laryngectomee rehabilitation as shown on their website, involving members and their clubs, also as a conduit for service and product providers. The highlight of the IAL's year is the Annual Meeting and Voice Institute that is held in a different location within the USA each year. This year it was held in Kansas City, Missouri, an opportunity to meet, socialise with and learn from laryngectomees, medical specialists and service and product providers from all over the

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

world.

The IAL Voice Institute is held annually in conjunction with the Annual Meeting although it starts a day earlier. An intense hands on program for speech pathologists, graduate students and

laryngectomees is run by world-class specialists in otolaryngology and other cancer related disciplines. It is a two-way street for laryngectomees who obtain help with their own communication skills and other issues. *Cont'd Page 5*

LETTERS TO THE EDITOR

Dear Sir,

I very much enjoyed the letter from Greg Joss in the last issue of "Still Talking". I think it is great when larys can describe what they have been able to do and to encourage other larys to "give it a go". As you know, Margaret and I have been blessed to be able to lead a relatively normal life. We are both well into our eighties and my operation was over five years ago. Without in any way trying to outdo Greg's contribution, I thought readers might be interested in a recent experience which I had, which showed that larys can often do challenging things.

To get away from a cold and miserable winter at Running Stream, we went on a cruise out of Tahiti. On one day, we went of an expedition away from the ship in a glass bottomed boat to observe a variety of marine life at close quarters. The last stop was to observe a colony of stingrays. While these were "in the wild" in the lagoon off one of the islands, they had obviously been tamed by feeding---usually with strips of tuna.

People on the vessel were invited if they wished to do so, to go overboard to intermingle with the stingrays at even closer quarters. I had not taken swimmers, because in general, swimming is a "no-no" for larys. However, when I was able to observe that the water was only a bit over a metre deep, I decided to "give it a go". That water depth gave me a bit of freeboard [but not much] below my stoma. I had to go fully dressed.

Margaret had not realised my intention and the first she knew, I was overboard. In the excitement, I had left my electrolarynx, watch and glasses on. I was able to hand them up and no damage was done.

I was a fantastic experience with the stingrays pushing against my leg like a puppy and I was able to stroke them. (See the photo below.)

I do not necessarily recommend this adventure to other larys, but it sure seems to say to them, whatever they are contemplating but with some concern; give it a go!!!

Jim Hunt

Jim Hunt off Tahiti, paddling outside the boat with the stingrays.

Cont'd from Page 3

In return they volunteer as guinea pigs to enhance future rehabilitation prospects of fellow laryngectomees.

Voice Institute instruction is provided on all forms of alarygeal speech including traditional oesophageal speech, artificial larynx (electronic and pneumatic) and TEP (tracheo esophageal puncture) with prosthesis.

The Annual Meeting is a three day event featuring seminars and workshops covering all aspects of laryngectomee rehabilitation

plus support and advice on forming a local support group and keeping it viable, also hospital visitation, learning to smell, respiratory therapy along with a host of other topics. It's not all serious. It opens with a meet and greet reception and closes with a banquet and dance along with other activities and opportunities to mix with other laryngectomees, medical personnel, service providers and commercial vendors who display supplies and equipment, distribute literature and samples, and answer questions.

The IAL produces a very informative quarterly newsletter covering every laryngectomee related topic such as medical breakthroughs, self care tips, useful equipment, biographies etc. The current and previous issues of The IAL News can be downloaded from the website. Other newsletters that the IAL maintains an archive of include our own "Still talking".

Visit the site, save it to your favourites, check the various links and become a member if you wish. It certainly won't be time wasted.

humour

Little Johnny watched, fascinated, as his mother gently rubbed cold cream on her face.

"Why are you rubbing cold cream on you face, mommy?" he asked.

"To make myself beautiful," said his mother.

A few minutes later, she began removing the cream with a tissue.

"What's the matter?" asked Little Johnny. "Giving up?"

A small boy is sent to bed by his father. Five minutes later...."Da-ad...."

"What?" "I'm thirsty. Can you bring drink of water?"

"No. You had your chance. Lights out." Five minutes later: "Da-aaaad....."

"WHAT?"

I'm THIRSTY. Can I have a drink of water??" "I told you NO! If you ask again, I'll have to spank you!!" Five minutes later.....

Daaaa-aaaad....."

"WHAT!" "When you come in to spank me, can you bring a drink of water?"

A little boy was doing his math homework. He said to himself, "Two plus five, that son of a bitch is seven. Three plus six, that son of a bitch is nine...."

His mother heard what he was saying and gasped, "What are you doing?"

The little boy answered, "I'm doing my math homework, Mum."

"And this is how your teacher taught you to do it?" the mother asked.

"Yes," he answered.

Infuriated, the mother asked the teacher the next day, "What are you teaching my son in math?"

The teacher replied, "Right now, we are learning addition."

The mother asked, "And are you teaching them to say two plus two, that son of a bitch is four?"

After the teacher stopped laughing, she answered, "What I taught them was, two plus two, THE SUM OF WHICH, is four."

Government's view of the economy could be summed up in a few short phrases:

If it moves, tax it. If it keeps moving, regulate it. And if it stops moving, subsidise it. -- Ronald Reagan (1986)

CHRISTMAS PARTY !!



The 2011 Christmas Party for the Laryngectomee Association of NSW is to be held on Saturday 3 December 2011 at Ryde Eastwood Leagues Club at 12 noon.

- There is NO charge for Laryngectomees, their partner/carer.
- There is NO charge for Speech Pathologists/Health Professionals
- The cost for visitors is \$35 and is subsidised by the Association

Name(s) Laryngectomees.....

Name(s) Visitors.....

Name(s) Speech Pathologists/Health Professionals.....

Enclosed cheque for.....

Address.....

Contact phone number.....

Please forward this form and cheques (if applicable) to :-
Pat Dawson, 3/10 May St, Eastwood NSW 2122 no later than 21 November 2011.
Make cheques payable to - Laryngectomee Association Of NSW

Nearest railway station is West Ryde. The 501 bus from the City stops at the door. Parking available underneath the Club.

Club address – 117 Ryedale Rd, West Ryde. Ph 9807 2444. Opposite West Ryde rail station.

The meal comprises a choice of 2 entrees, 2 main courses and 2 desserts. Coffee, tea and after-dinner mints. Menus have been selected to ensure we have food suitable to our needs. Please indicate any special dietary requirements.

