



Still Talking

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

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NEXT MEETING

3rd Wednesday February – November
at the Sydney Mechanics Institute,
280 Pitt St, SYDNEY at 10.45 am.
(EXCLUDING APR, JUL & OCT
DETAILS TO BE ADVISED Pg. 2)
The meeting will be followed by light
refreshments. Laryngectomees,
friends, families, professionals all
welcome.

ACCOMMODATION ASSISTANCE WHEN NEEDED

OUT-PATIENT TREATMENT AWAY FROM HOME:

Cancer Council NSW, 153 Dowling St,
WOOLLOOMOOLOO, 2011 (PO Box 572,
Kings Cross, 1340), Phone: 13 11 20.
(Information & Support) Or contact Social
Worker at hospital you will be attending.

www.cancercouncil.com.au

ASSOCIATION WEBPAGE:

www.stilltalking.org.

INTERNATIONAL ASSOCIATION OF LARYNGECTOMEES:

www.theial.com/ial

WEB WHISPERS:

www.webwhispers.org



Regional Meetings

NSW Association: 3rd Wednesday of month (Feb - Nov) Next August 15th

NEWCASTLE: 3rd Tuesday. Monthly Alder Park Bowling Club. 132 Bridges Road New Lambton. Start 12.30 -2.00 Contact John Lovett (02) 4954 8308

johndawnlovett@optusnet.com.au

NORTHERN RIVERS: 4 times annually in Lismore. Contact Speech Pathologist Allison Grady (02) 6629 4523 or (02) 6620 21 57

ALBURY: Meets alternate months from February. Contact Norma Teasdale 02 60211749

SOUTHERN DISTRICTS: Last Wednesday of month 10am. Thomas Rachael Moore Education Centre, Liverpool Hospital. Contact Michelle Roach 0477739190 michelle.roach@health.nsw.gov.au

MID NORTH COAST: The Colonial rooms Behind Saint Thomas's Anglican Church Hay St Port Macquarie Last Wed of March. June. September. & 1st Wednesday December. Contact (02) 65801828

CENTRAL COAST: 3rd Thursday of the month, Cancer Council Community Hub, The Hive, Erina Fair 10am –12 noon. Head and neck cancer nurse (02) 4320 9823 Cancer Council 4336 4500 Facillitator Gary Marr 0412 262 145 gsm18@live.com.au

COFFS / CLARENCE: Shearwater Lodge, Coffs Health Campus. 2pm every 3rd Thursday, Bi-monthly Contact Melissa.Parish 02 6656 7606 melissa.parish@ncahs.health.nsw.gov.au

Minutes

.Laryngectomee Association of NSW Inc. Minutes of Meeting held 18 July 2018

The Meeting was held at Liverpool Hospital in the Conference Room of the JRL Wellness Centre of the Cancer Therapy Centre, Campbell Street, Liverpool with the President Les Byrnes occupying the Chair. Attendees were greeted by a Speech Pathologist, Kelly Richardson who after taking attendees to the meeting room, left for a meeting with other staff. The Meeting commenced at noon.

Attendance – laryngectomees:

Robert McIntyre; Cate Durney; Les Byrnes

Attendance – non-laryngectomees:

Wal Rowland; Trish Rowland; Marjory McIntyre.

(Wal was to have a total laryngectomee the following week at Liverpool Hospital)

Les Byrnes addressed the gathering, apologising for Raymond Chappelow and expressed his concern of the lack of attendees. It was thought that others may have got lost looking for the venue.

As there was an insufficient number present to form a quorum, the President explained to Wal and Trish the benefits of joining LANSW.

The next hour was spent in free & easy discussion about the pros & Cons of life as a Laryngectomee. At 13:15pm the gathering enjoyed a light lunch.
 Next Meeting will be held on the 3rd Wednesday of August, next at the usual venue viz, The Sydney Mechanics' Scholl of Arts Building, 280 Pitt Street Sydney commencing at 10:45am

Correspondence as at 18 July 2018

Incoming
 ACNC Quarterly
 LAVictoria "The New Voice" July 2018

Financial Report

CBA Society Account balance as at 31 May 2018 **\$10,731.92**

Add June Income

Subscriptions	\$30.00
Supplies	\$234.00
Interest	\$42.30

Total Income **\$11,038.22**

Less June Expenditure

Postage	\$42.30
Lunch	\$70.00
Patients' Supplies	\$706.23
Rent	\$42.00

Total Expenditure **\$860.53**

Plus unrepresented cheque

#713 R Chappelow	\$42.30
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CBA Society Account balance as at 30 June 2018 **\$10,219.89**

Claims for Payment as at 18 July 2018

1. Sydney Mechanics School of Arts – June Rent - \$42:00 - #715
2. Wendy Tyrell – Stoma Covers - \$502.50 - #716
3. R Chappelow – Postage - \$19:95 - #718
4. Cosmopolitan Catering - Lunch - \$42:00 - #719

Hi George can you please include in your next news letter that I will be away on holiday from the 17th September until the 15th October and will be unable to supply battery's and speech AIDS at this time.

With thanks Chris Barrett

The European Commission

Has just announced an agreement whereby English will be the official language of the European Union rather than German, which was the other possibility.

As part of the negotiations, the British Government conceded that English spelling had some room for improvement and has accepted a 5-year phase-in plan that would become known as "Euro-English".

In the first year, "s" will replace the soft "c". Certainly, this will make the sivil servants jump with joy.

The hard "c" will be dropped in favour of "k". This should klear up konfusion, and keyboards kan have one less letter.

There will be growing publik enthusiasm in the sekond year when the troublesome "ph" will be replaced with "f". This will make words like fotograf 20% shorter.

In the 3rd year, publik akseptanse of the new spelling kan be expekted to reach the stage where more komplikated changes are possible.

Governments will enkourage the removal of double letters which have always ben a deterrent to akurate speling.

Also, al wil agre that the horibl mes of the silent "e" in the languag is disgrasful and it should go away.

By the 4th yer people wil be reseptiv to steps such as replasing "th" with "z" and "w" with "v". During ze fifz yer, ze unesesary "o" kan be dropd from vords kontaining "ou" and after ziz fifz yer, ve vil hav a reil sensibl riten styl.

Zer vil be no mor trubl or difikultis and evrivun vil find it ezi tu understand ech oza. Ze drem of a united urop vil finali kum tru.

Und efter ze fifz yer, ve vil al be speking German like zey vunted in ze forst plas.





Saint Peter is seeing all of the new arrivals trying to go through the pearly gates in Heaven. The first applicant of the day explains that his last day was not a good one. "I came home early and found my wife lying naked in bed. She claimed she had just gotten out of the shower.

Well, her hair was dry and I checked the shower and it was completely dry too. I knew she was into some hanky-panky and I began to look for her lover. I went onto the balcony of our 9th-floor apartment and found the guy clinging to the rail by his fingertips. I was so angry that I began bashing his fingers with a flower pot. He let go and fell, but his fall was broken by some awnings and bushes. On seeing he was still alive I found super human strength to drag our antique cedar chest to the balcony and throw it over. It hit the man and killed him. At this point the stress got to me and I suffered a massive heart attack and died."

Saint Peter thanked him and sent him on to the waiting room.

The second applicant said that his last day was his worst..."I was on the roof of an apartment building working on the AC equipment and I stumbled over my tools and toppled off the building. I managed to grab onto the balcony rail of a 9th-floor apartment but some idiot came rushing out on the balcony and bashed my hands with a flower pot. I fell but hit some awnings and bushes and survived, but as I looked up, I saw a huge chest falling toward me. I tried to crawl out of the way but failed and was hit and killed by the chest."

Saint Peter couldn't help but chuckle as he directs the man to the waiting room.

Saint Peter is still giggling when his third customer of the day enters.

He apologizes and says "I doubt that your last day was as interesting as the two fellows that arrived here just before you."

"I don't know" replies the man. "Picture this, I'm naked, hiding in this cedar chest..."



Pneumatic Artificial Larynx (PAL) Can Produce a More Natural Voice

This article was published by Alayna Hansen for New Atlas.com on 24 February 2018.

A study has shown that a Pneumatic Artificial Larynx (PAL) device can return a more natural voice to patients who have had their larynx removed due to cancer. In a move that could give a voice to the 300,000 people around the world who have had their larynx removed due to cancer, scientists at the MARCS Institute at Western Sydney University have tested a non-invasive artificial larynx and found it capable of generating a high-quality voice. Unlike existing prosthetics that rely on input from the nerves or muscles of the larynx, the Pneumatic Artificial Larynx (PAL) device uses the patient's respiratory system and doesn't need to be surgically implanted. "The existing standard of care requires the surgical application of prosthetic devices into the open wound in the neck, known as the 'stoma', which is left after a laryngectomy so that a patient can breathe," says Postdoctoral Research Fellow, Dr Farzaneh Ahmadi. "The surgery is invasive; infections and complications are common; and the resulting voice is often hoarse and whispery." In a pre-clinical trial, researchers working on The Bionic Voice research project developed an electronic adaptation of a PAL device called the Pneumatic Bionic Voice (PBV), which uses the patient's breath to create a humming sound that is then converted to speech with movement of the lips and tongue. The study found that a device exclusively driven by respiration could in fact aid in recreating the function of the larynx without any nerve input and produce a quality of voice better than the existing gold standard. The device tested features a tube that goes from the stoma to the mouth and is cumbersome, as can be seen in the above image. However, the team has plans to develop a functional PBV prosthesis in the form of a 'control unit' that can be applied over the stoma, and a 'voice source' unit that sits on the roof of the mouth. Dr Ahmadi claims this device would be the first noninvasive, non-surgical, electronic voice prosthesis in the world and would be capable of producing more human-sounding speech than current devices. A paper detailing the results of the pre-clinical trial appears in PLOS ONE, and Dr Ahmadi discusses the PBV in the video in this link: www.youtube.com/watch?v=JsZLOF65dXI&feature=youtu.be (From The Voice , Plymouth HNC)

Pneumatic Artificial Larynx (PAL) Can Produce a More Natural Voice This article was published by Alayna Hansen for New Atlas.com on 24 February 2018.

Head & Neck Cancer Conference 2018 After a very successful 2017 conference in Blackpool, The Head & Neck Cancer Conference moves to Nottingham this year and will be a two-day conference that will bring together Health Professionals on the first day and Patients and Carers on the second day. The conference will look at understanding the Head & Neck Cancer journey and will be inspired by leading national and international speakers. The programme will deliver an exciting mix of keynote speakers, exhibitions and fringe activities. This event will be held in Nottingham this year with the Professionals Day on Tuesday, 6 and the Patients Day on Wednesday, 7 November 2018. Further information can be viewed at this link: www.facebook.com/pg/PatientCarerConference/about/ Book your tickets for Day 2, Patients & Carers by using this link: www.eventbrite.com/e/head-neck-cancer-conference-2018-tickets-043611855233.

Immunotherapy

One of the problems of traditional cancer treatments is the effect they have, not just on the tumour but healthy tissue as well. In the case of head and neck cancer, this leads to problems, such as difficulty in swallowing or dry mouth, which persist for life. We are only just seeing the introduction of immunotherapies in the treatment of head and neck cancer, mainly in clinical trials. They offer several potential benefits such as no harm to normal tissue and they can be targeted at patients for whom it is most likely that they will work. The side effects during the treatment are also less than seen in conventional chemotherapy. It has been found that nivolumab increases survival times for patients who have had a relapse after chemoradiotherapy (CRT) for advanced cancer A. Now a study has been looking at delivering the immunotherapy at the same time as the CRT. Is it safe? Is it well tolerated by patients? The results of this small-scale study were encouraging. Further studies are now needed to identify the full benefit of the immunotherapy in terms of recurrence and survival. There are no magic bullets for cancer treatment, but immunotherapy continues to be a promising approach for better outcomes for patients.

Notes: A Study led by Professor Kevin Harrington, Royal Marsden 2016

B Study led by Professor Maura Gillison, MD Anderson Cancer Center, Texas 2018



“Rex, come here and mark your territory.”



Funnies



Usually, everyone who has a dog calls him "Rover" or some such name. I called mine "Sex"! A very embarrassing name. One day I took Sex for a walk & he ran away from me. I spent hours looking for the dog.

A policeman came along & asked me what I was doing in an alley at 4am I said I was looking for Sex. My case comes up next Thursday. Another day I went to the Town Hall to get a licence for Sex. I told the clerk that I wanted a licence for Sex. He replied that he would like one too. When I said that this is a dog he said that he didn't care what she looked like. Then I said "you don't understand, I've had Sex since I was 2 years old. He replied, "you must have been strong boy".

When I decided to get married, I told the minister that I wanted to have Sex at the wedding. He told me to wait till after the ceremony. I said, "But Sex has been a big part of my life and my whole lifestyle revolves around Sex."

He told me that he didn't want to hear about my personal life and would not marry us in his church. I told him everyone coming to the wedding would enjoy having Sex there. The next day we were married by a Justice of the Peace. My family is now barred from the church.

My wife and I took the dog along with us on our honeymoon. When I checked into the motel I told the clerk that I wanted a room for my wife & I and one for Sex. The clerk explained that every room in the motel was for Sex. So, I said, "But you don't understand, Sex keeps me awake a night". The clerk replied, "me too".

The doctor gave me one year to live. So in the heat of the moment, I shot him. And the judge gave me 15 years. Problem solved.

Two old men had been friends most of their lives. When it was clear that Frank was dying, Leonard visited him every day. One day Leonard said, "Frank, we both loved playing golf all our lives, and we started playing soon after high school.

Please do me one favour: when you get to Heaven, somehow you must let me know if there's golf there." Frank looked up at Leonard from his deathbed and said, "Leonard, you've been my best friend for many years.

If it's at all possible, I'll do this favour for you." Shortly after that, Frank died.

A few weeks later, Leonard was awakened from a sound sleep by a blinding flash of white light and a voice calling out to him, "Leonard!" "Who is it?" asked Leonard, sitting up suddenly. "Who is it?"

"Leonard -- it's me, Frank."

"You're not Frank. Frank just died."

"I'm telling you, it's me, Frank," insisted the voice. "Frank! Where are you?"

"In Heaven," replied Frank. "I have some really good news and a little bad news." "Tell me the good news first," said Leonard.

"The good news," Frank said with joy and enthusiasm, "is that there is golf in Heaven. Better yet, all of our old buddies who died before me are here too.

Even better than that, we're all young again. Better still, it's always Summertime and it never rains.

And best of all, we can play golf all we want, and we never get tired.

And we get to play with all the Greats of the past."

"That's fantastic," said Leonard. "It's beyond my wildest dreams! So what's the bad news?"

"You're in my foursome this Saturday."

A man goes to a \$10 hooker and contracts crabs. When he goes back to complain, the hooker laughs and says, "What do you expect for \$10 -- lobster?"

Joe enters the confessional and tells the priest that he has committed adultery.

"Oh, no," said the priest, thinking of the most promiscuous women in town. "Was it with Marie Brown?"

"I'd rather not say who it was."

"Was it with Betty Smith?"

"I'd rather not say," says Joe. So the priest gives him absolution and Joe leaves. While leaving the church, Joe's friend asks if he received absolution.

"Yes, and two very good leads!"

A blonde said, "I was worried that my mechanic might try to rip me off, I was relieved when he told me all I needed was turn-signal fluid."

Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?