



# Still Talking

Dedicated to the welfare of Laryngectomees and those with similar vocal disorders.  
ALL CORRESPONDENCE : The Secretary, The Laryngectomee Association of NSW

Villa 65/9 Col Drewe Dr, STH Bowenfels, NSW,2790

Email: [lansw@stilltalking.org](mailto:lansw@stilltalking.org).

Issue No. 303

The Laryngectomee Association of NSW©

July 2019

## OFFICE BEARERS

**PRESIDENT:** Les Byrnes, 82/79-87 Boyce Road, MAROUBRA, 2035.(02) 93440445. 0401585287 [penbyrnes23@gmail.com](mailto:penbyrnes23@gmail.com)

**VICE PRESIDENT, WEBSITE ADMIN:** Greg Joss 61 Morrice Street, LANE COVE 2066 (02) 9427 0509

**VICE PRESIDENT:** Peter Tierney, 11Berrico Place, BANGOR, 2234 (02) 9543 0478

**SECRETARY/TREASURER:** Raymond Chappelow, Villa 65/9 Col Drewe Dr, STH BOWENFELS, 2790, 0400 409 325 [raymond.chappelow@bigpond.com](mailto:raymond.chappelow@bigpond.com)

**WELFARE OFFICER:** STOMA COVERS, SHOWER SHIELD, WELFARE MATTERS: all enquires and orders for Laryngectomee equipment are to be directed to Les and/ or Yvonne Byrnes at

## MEETINGS

February – November, 3<sup>rd</sup> Wednesday Of the month. Sydney. Mechanics Institute, 280 Pitt St, SYDNEY at 10.45 am. (EXCLUDING JULY, DETAILS TO BE ADVISED) Regional meetings Pg. 2 Meetings will be followed by light refreshments. Laryngectomees, friends, families, professionals all welcome.

the same address and contact numbers listed under the Presidents details above.

**ASSISTANT WELFARE OFFICER** Wally Bak 4 Swords Ave., Mt Druitt, 2770 (02) 9864 6205 [wallybak@gmail.com](mailto:wallybak@gmail.com)

**SPEECH AIDS COORDINATOR:** BATTERIES FOR SERVOX, LOAN SPEECH AIDS, ADVICE ON REPAIRS Chris Barrett 8 Sacha Terrace Terrigal NSW 2260 Ph: 0243851440 . [chrisbarrett1951@hotmail.com](mailto:chrisbarrett1951@hotmail.com)

**EDITOR:** George Southgate, 65 Church St Glen Innes 2370 Ph 0417174456 [geocentric.gs@gmail.com](mailto:geocentric.gs@gmail.com)

**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](http://www.cancercouncil.com.au)

**ASSOCIATION WEBPAGE:**

[www.stilltalking.org](http://www.stilltalking.org).

**INTERNATIONAL ASSOCIATION OF LARYNGECTOMEES:** [www.theial.com/ial](http://www.theial.com/ial)  
**WEB WHISPERS:** [www.webwhispers.org](http://www.webwhispers.org)

## Regional Meetings

### **NSW ASSOCIATION:**

3rd Wednesday of month (Feb - Nov) Next away meeting St. George Hospital 17th July

**NEWCASTLE:** 3rd Tuesday. Monthly Mayfield Bowling Club Ingall Street Mayfield Start 12.30 -2.00 Contact John Lovett (02) 4954 8308

[johndawnlovett@optusnet.com.au](mailto: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 Tanya Dawe- Speech Pathology Manager Phone 02 60584565, Mobile 0409543653

Email [tanya.dawe@awh.org.au](mailto:tanya.dawe@awh.org.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

Facilitator Gary Marr 0412 262 145

[gsm18@live.com.au](mailto: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](mailto:melissa.parish@ncahs.health.nsw.gov.au)

## Minutes

### **Laryngectomee Association of NSW Inc.**

#### **Minutes of the Meeting of 19 June 2019.**

The President, Les Byrnes, opened the meeting at 10:45am, welcoming those present & introduced his wife Yvonne, as his new assistant with Welfare Officer's duties.

#### Attendance - Laryngectomees:

Les Byrnes; Peter Tierney; John Pyle; Vicki Pedras; Tony Krasnodebski; Greg Joss.

#### Non-laryngectomees:

Yvonne Byrnes; Glenda Tierney; Carol Gardner; Lynne Gardner; Maria Cassis; Cathy Edwards; Glenn Williams.

Minutes of Meeting of 15 May 2019 accepted as read.

#### Business Arising:

The matter regarding website was deferred to General Business. Following a short reminder in newsletter re Subscriptions outstanding, there was a small increase in payments received.

#### Vale

Richard Gulliford of Tumut; Daniel Bryant of Bathurst.

#### New Members:

Marie Templeton of Salamander Bay; Robert Wallace of Kingsford; Kerry Lott of Batlow

#### Renewals

Leonard Smith (2020); Michael Schey: Keith Anderson (2022); Joe Quagliata (2020); Gunter

Fahrenheit (2021); Colin Germany; Arthur Laidlaw; David McClymont (2023); Trevor Jones (2021); Phillip Richards (2021)

Correspondence:

*Incoming*

1. PayPal Giving Fund with \$235:00 donation
2. PayPal Giving Fund – letter promoting PayPal to Charities
3. M'shp Application from Robert Wallace
4. Allprint Graphics – quotation for Decals - \$448.80
5. Sydney Mechanics' School of Arts – Invoice for May Rent – \$44:00
6. M'ship Application from Kerry Lott
7. LAVic "The New Voice" June 2019 issue
8. CBA – Society Cheque Account Statement, 1 March to 31 May 2019
9. Quote for decals
10. Atos Survey Results
11. Alyssa Walter, S.P., Dubbo Base Hospital – requesting use of Electro- larynx from LANSW. Emails from Chris Barret asking for approval.
12. Dr. Farzane Ahmadi from Western Sydney University requesting "letter of support "from LANSW for her research project on bionic voice.
13. Application from Isaac De Clerk of Gundry re vacant Welfare Officer position.

*Outgoing*

1. Condolence card to family of the late Richard Gulliford of Tumut & Daniel Bryant of Bathurst
2. Thank-you letter to PayPal + receipt for donation of \$235:00
3. Letters of welcome to Marie Templeton, Robert Wallace & Kerry Lott

Correspondence tabled & resolved to lend Electro-larynx to DBH.

Letter of support to Dr. Ahmadi also approved.

Application from Isaac De Clerk to be dealt with at July Meeting which Isaac will attend.

General Business:

The website was discussed at length regarding some links to out of date information of accredited hospital visitors, photos of deceased members and photos of former committee members.

It was resolved that Les Byrnes will advise all members of the Committee of proposed changes and amendments etc. to the website for acceptance at the next or a future meeting.

The meeting was also advised that the matter of overdue subscriptions is still a work in progress, but now having the email and post lists from our editor, the reminders will be issued in mailouts in the next few weeks.

Les Byrnes updated the members about our Secretary/Treasurer's (Raymond Chappelow) health. After several admissions of various periods to local hospitals over the past months Raymond is confident of getting better. He is to be congratulated & sincerely thanked for soldiering on by continuing to carry out his duties extremely well.

DO NO FORGET the next meeting is at St. George Hospital commencing at 11:00am.

Meeting closed at 11:50am for light refreshments provided by Glenda Tierney & Carol Gardner with some help from Peter.

Treasurer's Report:

**CBA Society Cheque Account as at 30 April 2019** **\$49,251.31**

Add Income (May)

Subscriptions	\$117.50
Donations	\$235.00
Patients' Supplies	\$111.50

Total Credits \$49,715.31

Less Expenditure

Stationery	\$43.40
Post	\$20.00
Lunch	\$35.00
Rent	\$44.00
Sundries (Welfare Officers Float)	\$410.00

Sub-total a \$552.40

Less Unpresented March & April Cheques

#757 Fee	\$46.00
#764 Lunch	\$35.00

Sub-total b \$81.00

Add Unpresented May Cheques

#769 Lunch	\$35.00
------------	---------

Sub-total c \$35.00

**CBA Society Cheque Account as at 31 May 2019** **\$49,116.91**

Welfare Report:

Yvonne Byrnes submitted the following:

Welcome Packs to Robert Wallace of Kingsford; Ms Kerry Lott of Batlow.

Patients' Packs: 10 to St. Vincent's Hospital.

Invoices: #487 A. Laidlaw Shower Shield + Subs. \$50:00; #488 D. Webster 5 x Stoma Covers \$30:00; #489 15 Stoma Covers + subs. \$120:00.

Miscellaneous: 20 copies "You Can Say That Again" +25 Emergency Car Windscreen Decals to Newcastle Branch of LANSW. Postage \$ 15:90.

Receipt of 200 of above decals from Allprint Graphics.

Float: Balance c/f less \$15:90 = \$484.10

## Letters to the editor and LANSW

Hi Les

Hope all is well with you I will not be able to get to the next two meetings. I have had a bit of an inconvenience this last month or so. It started the night before our holidays my prosthesis dislodged while cleaning it and I was unable to insert a temporary one so have had to let my fistula puncture close up I did try and get a catheter in but that kept coming up to my mouth. So the cruise that we went on was fun as I could not talk to any one. I made the best of the situation and had a surprisingly good holiday. I did get my daughter to send an electro larynx to the USA for me so at least I could have a conversation with our friends in Bakersfield and enjoy the last ten days of the holidays. was in touch with my speech pathologist at Gosford by email while away she was great made me an appointment at Guys hospital in London but only to see if the fistula had completely closed which it was. I have an appointment next week to get my name down to receive a new puncture hopefully it won't take to long. In the mean time I am using the tru tone that we purchased I do hope that's ok.

Please convey my apologies for missing the next two meetings.

Regards Chris

### “ Letter from the President “

Thanks to those members who realised that they had forgotten to keep up to date with their annual subscription to the LANSW and renewed, some subscribing into the future. There is still a significant number of Larys that we have not heard from since 2016 /17/18 and I will be contacting you individually, by email or post, over the next couple of months.

The episode experienced by Chris Barrett was something that may have had happened to others. If anyone else has had a similar story to tell, you are invited to let the Editor know for publication in the newsletter. Doesn't have to be an overseas holiday or business trip, but just your experience and how you coped with the situation.

Don't forget that our July meeting is at St. George Hospital. It's a short walk from Kogarah Station and, take the details of the exact location of meeting room with you, in case you get lost in this large complex.

Cheers, and regards.

Les Byrnes.

**“Stop press:** it is with great sorrow to report that our Secretary/Treasurer, Raymond Chappelow, passed away on Tuesday July 2nd. The funeral will be held on Friday 12th at Leura Memorial gardens Crematorium. at 2.00 pm. Lithgow city Funerals presiding.

LEXIPHILIA - WHO ON EARTH DREAMS THESE UP? A lexophile,  
of course!  
(A lover of words, especially in word games, puzzles, anagrams, etc.)

Venison for dinner again? Oh deer!

How does Moses make tea? Hebrews it.

England has no kidney bank, but it does have a Liverpool.

I tried to catch some fog, but I mist

They told me I had type-A blood, but it was a Typo.

I changed my iPod's name to Titanic. It's syncing now.

Jokes about German sausage are the wurst.

I know a guy who's addicted to brake fluid, but he says he can stop any time.

I stayed up all night to see where the sun went, and then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

When chemists die, they barium.

I'm reading a book about anti-gravity. I just can't put it down.

Why were the Indians here first? They had reservations.

I didn't like my beard at first. Then it grew on me.

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?

When you get a bladder infection, urine trouble.

Broken pencils are pointless.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

I got a job at a bakery because I needed dough.

Velcro - what a rip off!

Don't worry about old age; it doesn't last.

## Pioneering Operation This article was published by Fiona Macrae for The Daily Mail in March 2019

British surgeons are using a cutting-edge robot to remove difficult-to-reach throat tumours... through the mouths of patients. The pioneering operation is designed to dramatically reduce the need for gruelling radiotherapy and chemotherapy, which can leave patients unable to swallow and dependent on a feeding tube for life. With growing numbers of people developing throat cancer, it is more important than ever to have a range of effective treatments that lessen the impact on quality of life, says Asit Arora, consultant head and neck surgeon at Guy's & St Thomas' NHS Trust in London.

Once most common in elderly people with a history of drinking and smoking, rates of HNC have soared by 31% in the past 25 years and are now as common in people in their 50s as in those in their 80s. Much of the rise is attributed to HPV... a range of viruses that can be passed on during intimate and sexual contact. At least 80% of the adult population carries some kinds of HPV on their skin, although most will never know it. In some cases, HPV can cause skin or genital warts, and other types are a known cause of cervical and anal cancers. HPV can also infect the mouth and throat and is now to blame for at least half of throat cancers in the UK. Until a tumour occurs, the infection is typically symptomless. Conventional treatment for early-stage throat cancer involves either powerful radiotherapy and chemotherapy to destroy the tumour, or laser surgery to cut it out. Courses of radiotherapy and chemotherapy are timeconsuming... some patients make up to 30 trips to hospital over a few months. The treatment can also damage the jaw and the swallowing muscles, meaning patients cannot eat without the help of a feeding tube.

### **Laser – Gentler on Body**

Laser treatment is gentler on the body but it can be difficult to cut out a hard-to-reach cancer completely and most patients need radiotherapy afterwards. Some also need chemotherapy. Using the robot, the surgeon can zero in on the tumour and cut it away precisely. With the patient under general anaesthetic, the surgeon controls the robot with his hands and feet. One of the robot arms holds a 3-D camera, while two others wield tiny instruments that can be passed through the mouth and into the throat and turned and twisted in ways impossible with the human hand alone. "Surgery in the mouth and throat can be challenging because you are working in very small areas, manipulating surgical instruments in a tight space where there are important nerves and blood vessels to be avoided," says Mr Arora, who has pioneered robotic surgery for throat cancer in the UK. "With the latest robotic systems, we can be more targeted than ever before in how we treat these throat conditions in order to reduce unwanted side effects, particularly related to swallowing." Studies suggest that trans-oral robotic surgery (TORS) is at least as good as conventional surgery, although a definitive comparison has yet to be carried out, says Mr Arora. But importantly, by cutting out the tumour so precisely, it may reduce the amount of chemotherapy and radiotherapy patients need.

### **90 Minute Operation**

A £4.5 million Cancer Research UK trial into the procedure is now being carried out at Guy's and hospitals around the country. Mr Arora has used the method to remove about 30 throat tumours in the year since setting up the service with Jean-Pierre Jeannon, Guy's clinical director for cancer. The operation takes 90 minutes and patients are usually discharged after two days. They then undertake rehab, including speech therapy. Retired policeman David Wonfor, 60, chose to take part in the trial after being diagnosed with early-stage throat cancer last summer. After his operation, David, 60, of Petts Wood, Kent, started on five weeks of low-dose radiotherapy. Although he lost weight and his sense of taste at first, he has now largely recovered, and says he is convinced that his recovery would have been very different if he had had chemotherapy.



# Funnies



**I bought** some shoes from a drug dealer. I don't know what he laced them with, but I've been tripping all day

**I told** my girlfriend she drew her eyebrows too high. She seemed surprised.

**My dog** used to chase people on a bike a lot. It got so bad, finally I had to take his bike away.

**A woman** walks into a library and asked if they had any books about paranoia. The librarian says "They're right behind you!"

**My wife** told me I had to stop acting like a flamingo. So I had to put my foot down.

**Whatdya** call a Frenchman wearing sandals? Phillippe Phillope.

**Did you** hear about the Italian chef that died? He pasta way.

**It's a romantic** full moon, when Pedro said, "Hey, mamacita, let's do Weeweechu."

Oh no, not now, let's look at the moon!" said Rosita. Oh, c'mon baby, let's you and I do Weeweechu. I love you and it's the perfect time," Pedro begged.

"But I wanna just hold your hand and watch the moon." replied Rosita.

Please, corazoncito, just once, do Weeweechu with me."

Rosita looked at Pedro and said, "OK, one time, we'll do Weeweechu."

Pedro grabbed his guitar and they both sang. "Weeweechu a Merry Christmas, Weeweechu a Merry Christmas, Weeweechu a Merry Christmas, and a Happy New Year."<sup>4</sup>

**What do** you call Chewbacca when he has chocolate stuck in his hair?

Chocolate Chip Wookiee.

**A guy took** his blonde girlfriend to her first football game. They had great seats right behind their team's bench. After the game, he

asked her how she liked the experience. "Oh, I really liked it," she replied, "especially the tight pants and all the big muscles, but I just couldn't understand why they were killing each other over 25 cents." Dumbfounded, her date asked, "What do you mean?" "Well, they flipped a coin, one team got it, and then for the rest of the game, all they kept screaming was, 'Get the quarterback! Get the quarterback!' I'm like, hello? It's only 25 cents!"

**There was** a blonde who just got sick and tired of all the blonde jokes. One evening, she went home and memorized all the state capitals. Back in the office the next day, some guy started telling a dumb blonde joke. She interrupted him with a shrill announcement, "I've had it up to here with these blonde jokes. I want you to know that this blonde went home last night and did something probably none of you could do. I memorized all the state capitals." One of the guys, of course, said, "I don't believe you. What is the capital of Nevada?" "N," she answered.

**Twelve monks** were about to be ordained. The final test was for them to line up nude, in a garden while a nude model danced before them. Each monk had a small bell attached to his privates, and they were told that anyone whose bell rang would not be ordained because he had not reached a state of purity. The model danced before the first monk candidate, with no reaction. She proceeded down the line with the same response, until she got to the final monk. As she danced, his bell rang so loudly it fell off and clattered to the ground. Embarrassed, he bent down to pick up the bell, and all the other bells went off.

**I heard** a great joke about amnesia but I forgot it.