



Laryngectomee Association.N.S.W



# Still Talking

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

ALL CORRESPONDENCE : The Secretary, The Laryngectomee Association of NSW Inc

PO Box 443 Woy Woy, NSW 2256

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

Issue No. 314

The Laryngectomee Association of NSW Inc©

November 2020

## 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:

Nigel Balm, PO Box 443 Woy Woy, NSW 2256 0449 155 766 [lansw@stilltalking.org](mailto:lansw@stilltalking.org).

## WELFARE OFFICER:

STOMA COVERS, SHOWER SHIELDS, Patient Packs & Welcome Packs: Yvonne Byrnes Unit 82/ 79-87/Boyce Rd Maroubra. 2035. Phones 93440445/ 0423517737. email [ybyrnes23@gmail.com](mailto:ybyrnes23@gmail.com)

## ASSISTANT WELFARE OFFICER

Wally Bak 4 Swords Ave., Mt Druitt, 2770 0432273957 [wallybak@gmail.com](mailto:wallybak@gmail.com)

## SPEECH AIDS COORDINATOR:

**BATTERIES FOR SERVVOX, 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)

## MEETINGS

**All meetings cancelled until further**

**Notice** February – November, 3<sup>rd</sup>

Wednesday Of the month. Sydney

Mechanics School of Art, 280 Pitt St,

SYDNEY at 10.45 am. Regional meetings

Pg. 2 Meetings will be followed by light

refreshments. Laryngectomees, friends,

families, professionals all welcome.

**NSW ASSOCIATION:**

3rd Wednesday of month (Feb - Nov) **Next meetings cancelled due to covid 19**

**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

**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.pariah@ncahs.health.nsw.gov.au](mailto:melissa.pariah@ncahs.health.nsw.gov.au)

**Albury regional meetings:**

Kate Everitt – Speech Pathology Manager,  
Albury Wodonga Health Phone 02 60584565  
Email [kate.everitt@awh.org.au](mailto:kate.everitt@awh.org.au)

## Laryngectomee Association of NSW Inc.

### Minutes of committee Meeting of 21 oct 2020.

The committee held a meeting at the SMSA, Pitt Street Sydney. The venue operates an enhanced Covid-19 health and safety policy, with Covid-19 check-in facility, hand sanitisers and provided us with a double room for social distancing.

**Attendance:**

Laryngectomees: Les Byrnes, Nigel Balm, Greg Joss  
Non-Laryngectomees: Yvonne Byrnes

**Apologies:** Chris Barrett, Wally Bak, George Southgate

**Minutes and Reports**

Minutes of the August LANSW Inc committee meeting were accepted as read and adopted.  
The October Secretary and Treasurer report were accepted as read and adopted.  
The October Welfare report was accepted as read and adopted.

**General Business**

The committee meeting commenced at 11:00 am

**Committee Discussion Points****Membership Applications via the online form**

The committee discussed an issue with online membership applications. The Still Talking website sends completed online membership application forms to the admin email on the

Still Talking domain, which then forwards to Greg's Gmail. A few applications were identified by Gmail as spam and sat in the junk mail, causing a lengthy delay in the processing of the application. Greg informed us that bots or dubious applicants often complete the forms. The committee agreed that in future, the online application form would forward to the secretary rather than the admin email address. Nigel will vet the completed forms and forward genuine applications to the committee.

### **Suburb field on the online application form**

Les asked Greg if it is possible to add a suburb field on the online membership application form as applicants often forget to include their suburb. The committee decided to leave the form as it is for the time being and for Nigel or Welfare to follow up with members when required.

### **Patient visit at RPA.**

Les informed the committee members that he had a hospital visit with Howard Harrington in the RPA.

### **Discussion about wearing masks.**

The committee had a general discussion about wearing masks; when and where, if double masks are worn, worn over the nose and mouth, or both mouth and stoma. As there is no mandatory wearing of masks in NSW, it appeared that each member wore a mask depending on location and event. Most agreed that wearing a mask on public transport and areas of high traffic was prudent.

### **Laronix bionic voice research**

Les brought the Laronix bionic research to the attention of the committee. He advised he had participated in a patient survey and that he thought it might be of interest to other LANSW members. The committee agreed to provide a link to the survey in the next edition of the Still Talking newsletter.

### **Stoma covers**

Welfare has asked Wendy to make-up as many stoma covers as possible with the remaining material.

### **LANSW mobile phone**

Nigel suggested that the committee might consider a mobile phone for Welfare. Concerned with the use of private phone numbers and the potential for scammers to contact committee members, he suggested the committee consider purchasing a mobile phone for Welfare. A discussion on the pros and cons followed. The committee decided not to proceed with the suggestion at this stage.

### **Payments to third party suppliers**

Nigel raised the issue of paying third party suppliers by cheque, owing to some cheques going missing when using Australia post. Nigel suggested that payments are processed at each committee meeting using online banking. Owing to the requirement for two signatories, two signatories must be present to login when making direct transfers. The committee

decided to defer the process until we reinstate regular meetings.  
The committee meeting closed at 12:40 pm.

## **WELFARE REPORT OCT 2020**

### **WELCOME PACKS to the following:**

David Drewitt- Smith - Dundas NSW  
Nathan Aldridge - Sth Nowra NSW  
Sharon Yates - Morriden WA  
Howard Harrington - Hinchinbrook NSW  
David Plummer - Narellan NSW  
Demitrious Ballis - Blakehurst NSW  
Zlatko Torbarac - Glenwood NSW  
Jennifer Henderson - Miranda NSW

## **STOMA COVERS SALES**

3 Single Stoma Covers - D Drewitt-Smith  
6 Single Stoma Covers - W Paez  
5 Single Stoma Covers - L Smith  
6 Single Stoma Covers - J Roper  
PURCHASED PP PACKAGES = \$179.40  
FLOAT BALANCE - \$120.60

## **SECRETARY REPORT OCT 2020**

### **Incoming Correspondence**

Various emails from committee members – general correspondence and queries.  
Email from Lisa Kradenian – Ryde Eastwood Leagues Club – advising that the club is not able to honour our Christmas booking owing to Covid-19 pandemic.

### **Outgoing Correspondence**

George Southgate – Cheque for Petty Cash  
Les Byrnes – Cheque for Petty Cash  
EUG Group – Cheque for Welcome Packs and Wristbands  
Welcome letters to new members.

### **Membership Renewals**

Leonard Smith 2020, Patrick O'Rourke 2020

### **New Members**

Please welcome the following new members:

David Drewitt- Smith - Dundas NSW, Nathan Aldridge – South Nowra NSW, Sharon Yates - Merriden WA, Howard Harrington - Hinchinbrook NSW, David Plummer - Narellan NSW, Zlatko Torbarac - Glenwood NSW, Jennifer Henderson - Miranda NSW

## Administration

In general, activity within the LANSW has been noticeably quiet owing to the Covid-19 pandemic. The previous committee meeting was held in Woy Woy and attended by Nigel Balm, Les and Yvonne Byrnes and Wally Bak (via video link). We hope to conduct one more committee meeting in November and break for December and January. Hopefully, by February of next year, we will have news of a vaccine that will help to prevent, or at the least alleviate the symptoms of Covid-19.

We have reduced the production of the Still Talking newsletter to a bi-monthly edition during this period. We will review this in the new year and look at alternative ways to communicate with our members.

## Treasurer Report

### PROFIT AND LOSS STATEMENT

1 January - 20 October 2020

Cash Basis Tuesday, 20 October 2020 12:50 PM GMT+11:00 1/1

TOTAL

Income

Membership **660.00**

Patient Supplies **1,283.00**

**Total Income A\$1,943.00**

Cost of Sales **A\$1,360.60**

**GROSS PROFIT A\$582.40**

Expenses **A\$5,536.68**

**NET EARNINGS A\$ -4,954.28**

**LANSW Cheque Account Balance: \$50,5547.28**

### Notes

Correction: Error on previous P/L report (August). Payment to George Southgate was \$314.30. Not \$3314.30.

Payments. EUG Group Welcome Packs and Wristbands - \$1595.00

## Laronix Bionic Voice

Laronix has approached a few members of the LANSW to participate in a survey to assist in their development of a bionic voice prosthesis.


"Laronix is a MedTech start-up working towards generating smart voice prostheses for laryngectomees. We aim to replace the existing surgical standard of care after laryngectomy and create a natural sounding voice for laryngectomees. We invite you to participate in our survey. Our goal is to know more about you, your experiences, and your thoughts on our upcoming product. Completing the questions in the survey will take around 20 minutes of your time. We appreciate your help and attention."

### Laronix Survey

Laronix is a MedTech startup working towards generating smart communication devices for laryngectomees. We aim to replace the existing surgical standard of care after laryngectomy and create a natural sounding voice for laryngectomees.

Our primary goal in this survey is to get to know laryngectomees, their experiences, and their thoughts on our product concept for a new artificial voice box. This feedback is invaluable to the development of our product.

Completing the questions in the survey will take around 20 minutes of your time. Thank you so much for accepting our invitation to participate.



For members who are would like to participate in the survey, copy this link into your web browser: <https://forms.gle/k4BuM8aWfrnw4c2R9>

Laronix website: <https://www.laronix.com>

1. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
2. I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What colour was the bear?
3. I am taken from a mine, and shut up in a wooden case, from which I am never released, and yet I am used by almost everybody. What am I?

**Answers next Pg.**

## Wally Bak attends University of Newcastle 3<sup>rd</sup> year speech pathology lecture.

Wally Bak sent this great photo of himself attending the University of Newcastle 3<sup>rd</sup> Year speech pathology lecture. Wally wrote to us saying, "I was invited to attend Newcastle University 3rd year speech pathology lecture on the 27th October 2020. It was an informative casual meeting with John and Dawn Lovett together with two other Newcastle based laryngectomees, all of us using different speech methods."

Great news – well done!



1. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.
2. White, since the only place you can do that is the North Pole and polar bears are the only kind of bears that live there.
3. Pencil lead

# POSITIONS VACANT

Anyone out there looking for a new lease of life? Why not broaden your horizons and take on a new job? The application form is overleaf. Below are the job descriptions for the vacant positions. Please note - the President must be a laryngectomee.

## **President**

The position entails chairing the monthly meetings, assisting the Secretary and Treasurer in answering members' queries, keeping contact with branches throughout the State and representing the Association in any matter that may arise during the year

## **Vice-President**

Assist the President and Secretary and stand-in as meeting chairman in the absence of the President.

## **Secretary**

Receive all correspondence and attend to enquiries or forward on to the appropriate person. Act as a public relations officer for the Association and make any necessary arrangements with professional, patient or public individuals or groups seeking information about the Association and the membership. Keep all records of the Association. Liaise with Cancer Council and other bodies in contact with the Association.

## **Treasurer**

Keep the financial books and records of the Association to produce a financial statement for the Annual General Meeting and prepare any financial returns that may be required. Collect subscriptions, Issue receipts, make cheques for laryngectomee supplies and other payments for the smooth operation of the Association.

## **Welfare Officer**

This position requires visiting laryngectomees in hospital and sometimes at their home. Reassuring spouse of a laryngectomee's prospects. Buying in materials and making up hospital packs and supplying stoma covers. Liaising with Speech Pathologists and Social Workers on behalf of individual or laryngectomees in general. Some record keeping required

## **Assistant Welfare Officer**

Helps the welfare officer with the above

## **Speech Aids Coordinator**

Look after electro-larynx for loan. Purchase and stock batteries. Liaise with suppliers and Speech Pathologists regarding speech aids. Trial new devices, etc.

## **Newsletter Editor**

Collect and write information of interest to laryngectomees and publish in "Still Talking", have it printed and published, enveloped and mailed or emailed each month. Opportunity to learn how to maintain our website.

## **Committee Members**

Input to decision making and filling positions to the extent of leave or illness.

Apply Overleaf



# The Laryngectomee Association of NSW Incorporated

ANNUAL GENERAL MEETING 2021 (To be Advised)  
ELECTION OF OFFICERS AND EXECUTIVE COMMITTEE

Under the constitution of the Association, nominations for these positions must be made **in writing**, prior to the meeting, **BY FINANCIAL MEMBERS** of the Association.

The nomination must carry the signatures of the nominee, nominator and seconder and be lodged with The Secretary, LANSW, Nigel Balm, PO Box 443 Woy Woy, NSW 2256 0449 155 766 [lansw@stilltalking.org](mailto:lansw@stilltalking.org)

THE FOLLOWING OFFICES ARE TO BE FILLED: -

**President - Vice-Presidents (2) - Secretary / Treasurer - Welfare Officer  
Assistant Welfare Officer - Speech Aids Co-ordinator - Editor - Committee Members  
(2)**

## NOMINATION FORM

Laryngectomee Association NSW, Committee, 2018

(please use block letters)

I.....

(NOTE—You may nominate yourself for any position)

Nominate.....

For the position of.....of LANSW

Signed .....Nominator

Signed .....Nominee

Signed .....Seconder

Date.....

...

### RENEWAL OF MEMBERSHIP

NAME.....PHONE.....

ADDRESS.....

...

POSTCODE.....

Email.....

### Annual subscription is \$10

Post this form to The Treasurer, LANSW, Nigel Balm, PO Box 443 Woy Woy, NSW 2256 0449155766 Payment can be made by cheque or money order or by depositing funds into a Commonwealth Bank to account of LANSW—BSB:- 062 595 A/c No 00905579. PLEASE ensure Bank transmits your name otherwise notify the Treasurer of your payment.

Ensure that LANSW have your **current contact details**.

Payment by internet does not require this form to be sent, but please include your name on transfer otherwise your membership will no be credited.

### PLEASE TICK WHATEVER APPLIES

Cheque enclosed  Payment made to Bank: Date of Payment / /202\_

Money Order enclosed  I require a receipt.

# *Did you hear the one about the?*

**An old** man went to the Doctor complaining that his wife could barely hear. The Doctor suggested a test to find out the extent of the problem. "Stand far behind her and ask her a question, and then slowly move up and see how far away you are when she first responds." The old man excited to finally be working on a solution for the problem, runs home and sees his wife preparing supper. "Honey" the man asks standing around 20 feet away "what's for supper?" After receiving no response he tried it again 15 feet away, and again no response. Then again at 10 feet away and again no response. Finally he was 5 feet away "honey whats for supper?" She replies "For the fourth time it's lasagna!"

**Simon is** in the school play and invites his parents, who don't think he'll be very good. Halfway through the play a floorboard breaks Simon and he falls through.

'Dont worry' Simon's dad whispers to his mum' It's just a stage he's going through!

**One day** Naomi's doorbell goes. When she opens the door, there's a huge beetle standing there. It pushes her over and runs away. Naomi has to go to hospital. When she explains what happened to the doctor, she says 'Ah, I'm not surprised. You're the fifth case we've had today' 'Really?' says Naomi. "Yes' says the doctor, 'There's a rather nasty bug going around!'

**Steve and Sarah** accidentally run over a rabbit in their car. The rabbit is badly hurt, but Sarah quickly takes out a can and sprays it. Suddenly, the rabbit gets up and gives them a wave. They watch as it hops off, still waving its paws. Steve looks at the spray can.

It says Hair spray - restores life to dead hair and adds permanent wave'

**A Native** American chief had three wives, each of whom were pregnant. The first gave birth to a boy. The chief was so elated that he built her a tepee made of deer hide.

A few days later, the second gave birth, also to a boy. The chief was very happy. He built her a tepee made of antelope hide.

The third wife gave birth a few days later, but the chief kept the details a secret. He built this one a two story tepee, made out of a hippopotamus hide. The chief then challenged the tribe to guess what had occurred. Many tried, unsuccessfully. Finally, one young brave declared that the third wife had given birth to twin boys.

"Correct," said the chief. "How did you figure it out?" The warrior answered, "It's elementary. The value of the squaw of the hippopotamus is equal to the sons of the squaws of the other two hides."

**Someone** stole my antidepressants. Whoever they are, I hope they're happy"

**One time** I debated a flat earther. He got so mad that he stormed off saying that he would walk to the edge of the earth just to prove me wrong. He'll come around eventually.

**I recently** swapped all the labels on my wife's spice rack, she hasn't noticed yet  
But the thyme is cumin.

**An elderly** couple is in church. The wife says to the husband, "I've let out one of those silent farts, what do I do?"

The husband says, "Change the battery in your hearing aid."

**I got fired** from my job because I kept asking my customers whether they would prefer "Smoking" or "Non-smoking".

Apparently the correct terms are "Cremation" and "Burial".!