



# 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. 310

The Laryngectomee Association of NSW Inc©

April 2020

## 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:** 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 (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)

## MEETINGS

February – November, 3<sup>rd</sup> Wednesday Of the month. Sydney Mechanics School of Art, 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.

### 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

**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

## Laryngectomy Association of NSW Inc.

### Incoming Correspondence

1. Wendy Tyrell (SEAMS) – invoice for stoma covers
2. Ken Chapman – membership renewal
3. Kerry Kennelly – cheque for batteries
4. MTwo Accounting – return of finance documents
5. Cancer Council – Guide to setting up and maintaining support groups
6. Email from David Germany – enquiry on membership status of Colin Germany and asking why he is not receiving newsletter
7. Email: Ken Davis – confirmation of financial audit by MTwo accounting
8. Email: Dawn Lovett – enquiring about Terry Black's membership status and asking why he is not receiving newsletter
9. Email: Kylie Campbell – invoice for February room hire
10. Email: Australia Post – invoice for PO Box annual payment
11. Email: Lynette Porter – advising passing of member Nancy Studholme
12. Email: Susie Isemonger – advising of passing of member Don Webster
13. Email: SMSA – confirming cancellation of room hire and new invoice
14. Email: Lynn – informing us of the passing of Helen Judge

### Outgoing Correspondence

1. Email to Lynette Porter -reply to email
2. Email to Susie Isemonger – reply to email
3. Email to Dawn Lovett – reply to email

4. Email to David Germany – reply to email
5. Wendy Tyrell – payment for Stoma covers
6. Email: Members – notification of postponement of AGM
7. Email: Lyn – condolence message for Helen Judge
8. Email to Ken Davis – reply to email

### **Membership Renewals**

Cathy Edwards (2020), Peter Tierney (2020), Keith Anderson (2022), Peter Kelly (2021), Chris Barrett (2021/22), Ken Chapman (2020), Lionel Huggett (2020), Marion Hawes (2020), Guiseppi Demasi (2020), Lothar Hass (2020), Elaine Sloane (2020), Eric McFarland (2020)

### **New members**

Please welcome David Hart of Mosman.

### **Administration**

Preparation for AGM – maintaining membership list and annual Secretary/Treasurer report for AGM

Compile recommendations for reduction of content on website home page and forward to our website administrator Greg Joss.

### **WELFARE REPORT: March 2020.**

1. Welcome Packs sent to David Hart and Peter Boland
2. 10 Patient Packs to Liverpool Hospital.
3. Supplies to Colin Germany and Greg Joss.

The contents of the Welcome Packs for new members has been increased slightly due to the weight allowance increase of parcel post envelopes. We have added more foam stoma protectors as well as more satchels of remove and skin prep. The neck breather seat belt attachment is also a recent addition to the WP's. A packet of stoma cleaning wipes will also be added.

Stocks of the DIY foam for stoma protection are almost exhausted. This product was purchased from overseas, but now we hope to source this foam locally. If unsuccessful, it is envisaged to make available, on a free of charge basis with limits, ready made foam stoma protectors to all members who use them regularly. These protectors will be purchased by the association from suppliers Atosmedical (Provox) and Main Medical. (Blom Singer). The search for our stoma cover material is still ongoing and if the same material can't be found, then the association will purchase material as near as possible to the current product.

On the very serious pandemic matter, Larys most probably have already been contacted by their Speechie regarding looking after ourselves during this dangerous time. Members are advised to ensure that all the protocols are adhered to and to look after your stoma and voice prosthesis. The aim is to avoid a visit to hospital if you can.

Kind regards to all and stay safe,

Yvonne & Les Byrnes

## Financial Statement

## Profit and Loss 2020

	March	YTD
<b>Income</b>		
Stoma Covers	30.00	258.00
Shower Shields	0.00	60.00
Neck Breather Seatbelt Sleeve	12.00	12.00
Batteries	0.00	91.00
Patient Supplies (General)	0.00	0.00
Membership Fees	80.00	280.00
Association Donations	0.00	0.00
Fund Raising/Raffles	0.00	0.00
Interest	0.00	0.00
<b>Total Income</b>	<b>122.00</b>	<b>701.00</b>
<b>Cost of Sales</b>		
Stoma Covers	0.00	605.00
Shower Shields	0.00	0.00
Neck Breather Seatbelt Sleeve	0.00	0.00
Batteries	0.00	0.00
Patient Supplies (General)	0.00	0.00
<b>Expenditure</b>		
Welcome Packs	0.00	0.00
Speech Aids	0.00	0.00
Postage	93.50	381.05
Printing	110.80	231.40
Stationery	6.00	59.00
Accounting / Fees	1210.00	1248.15
Telecom / Website	0.00	234.25
Office Supplies	0.00	74.98
Catering	0.00	40.00
Venue Hire	46.00	46.00
Support Donations	0.00	0.00
Travel / Accommodation	0.00	0.00
Insurance	0.00	0.00
Christmas Party	0.00	0.00
Sundries	0.00	0.00
<b>Total Expenditure</b>	<b>1466.30</b>	<b>2344.83</b>
<b>Net Profit/(Loss)</b>	<b>1344.30</b>	<b>1643.83</b>

## Payments

1. Chris Barrett - \$100 speech aids float
2. Les Byrnes - \$300 welfare float
3. Wendy Tyrell - \$605 for stoma covers
4. Glenda Tierney - \$40 for catering
5. Nigel Balm - \$165.38 reimbursement – NSW Fair Trading, printer ink cartridge, postage, printing and laminating
6. SMAS - \$46 for room hire
7. Australia Post - \$134 for PO Box renewal
8. MTwo Accounting Partners - \$1210 for auditing LANSW 2019 finances

## Monthly meeting Updates

Owing to the continuance of the Covid-19 restrictions, all monthly meetings in the Sydney CBD and regional areas have been suspended. Until the Australian Government lifts the physical distancing and business restrictions, we will not be able to resume meetings. However, we are still providing Welfare services and facilitating orders for stoma covers, shower shields etc. Please contact Yvonne or Les Byrnes via email at [welfare@stilltalking.org](mailto:welfare@stilltalking.org) or call 02 9344 0445.

## Annual General Meeting

Until the Covid-19 pandemic restrictions are lifted, we are not able to set a date for the Annual General Meeting. This puts the Association in a dilemma as the AGM should be held within six months of the end of our financial year – December 31. We normally hold the AGM in March and legally are obliged to hold the meeting no later than June of each year. We, therefore, are obliged to submit a request with Fair Trading for an extension.

As we are unsure at this time when the COVID-19 restrictions will be lifted, we will apply for an extension to 30 November 2020. Hopefully, we will be able to hold the AGM before that time, but if not, we will have to apply for a further extension. In the meantime, the officers of the management committee will continue to operate in their current roles.

## Membership Renewal

On occasion, we all forget to renew a subscription or membership. We would like to remind all members that membership fees are due by 1 January of each year, regardless of when you originally joined the association.

New members that join between January and June will need to renew on 1 January of the following year. However, if you join between July and December, your membership will be covered for the following year also and will not need to renew until 1 January the year after. Membership renewal fees are \$10 per person per annum. Paying your annual fee helps to offset mailing and admin costs, but more importantly, informs us that you are an active member and allows you to purchase Welfare patient supplies at cost. If you are unsure if your membership is up to date, please email [lansw@stilltalking.org](mailto:lansw@stilltalking.org) and we'll be happy to advise your current status.

### Member's Email and Postal Address

In the past few months, as the Covid-19 pandemic unfolded, we become increasingly aware of the need to contact our members quickly and efficiently. Unfortunately, many members do not have an email address, and for some less active members, their address is out of date as identified by the 'return to sender' mail returns.

This became acutely apparent when we needed to contact our members to advise that the AGM had been postponed. Mailing a letter meant the postponement advice would be too late, so email was the best option. However, only 57% of our members have provided an email address. In addition to those that provided an email address, around 20% of them bounce

back – i.e. they are not delivered as the address is incorrect.

Please help us to keep in contact with you by confirming your current email address. If you do not have an email address, it would be really helpful if you could advise us of a family member, friend or even Speech Pathologist's email address that we can use to contact you when needed.

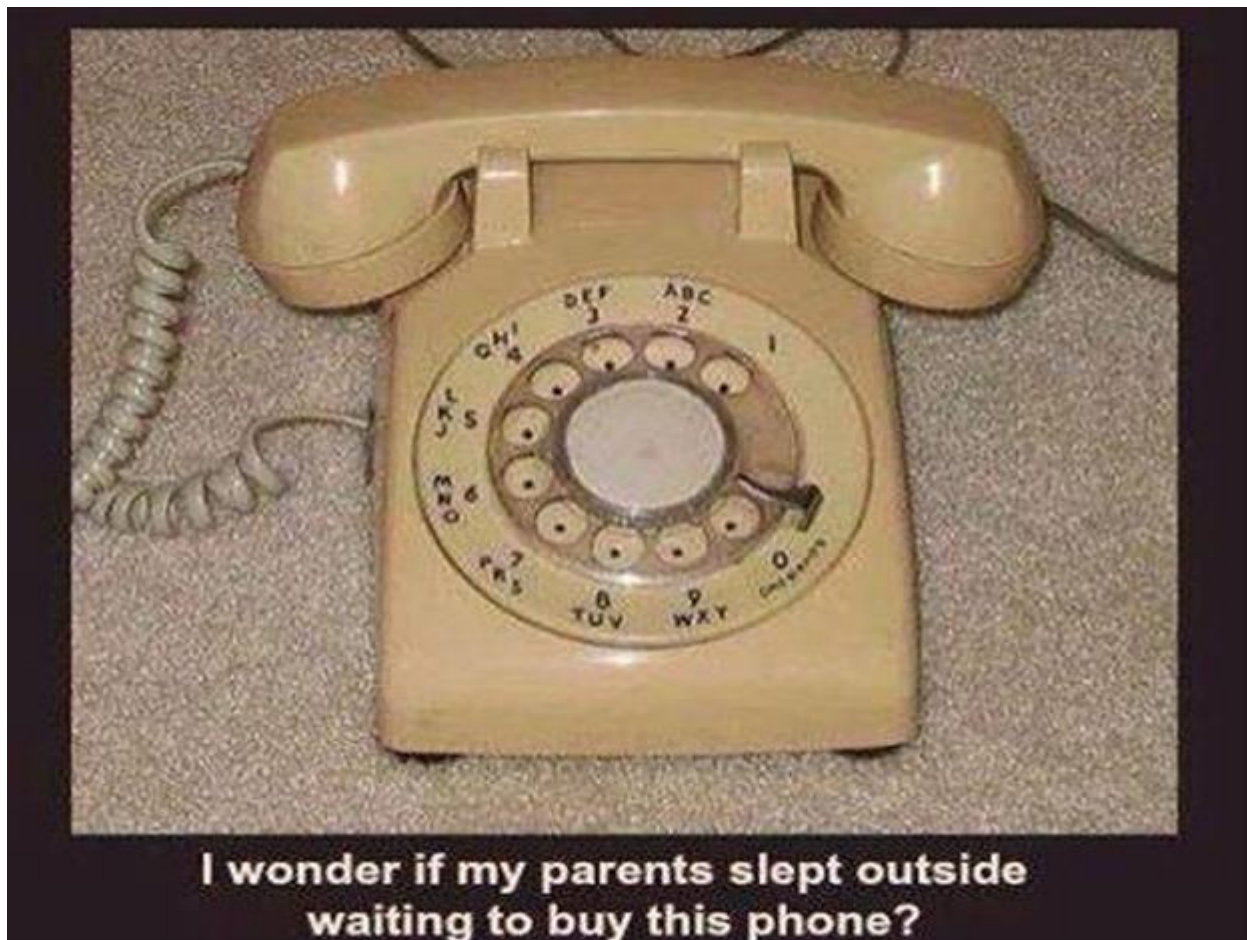
We will write to all members in the coming weeks to ask you to confirm your postal and email address so we can ensure our membership list is up to date.

#### Telehealth Appointments


Have you used Telehealth services to access an appointment with your Doctor or Specialist? Up until a few weeks ago, there were strict rules and restrictions for GP's and Specialists to provide Telehealth appointments. The Covid -19 pandemic restrictions forced the Government to rethink their approach to Telehealth and make it available to everyone.

Unsure what is Telehealth? Instead of visiting your doctor, you can arrange an appointment whereby your GP will call you either on the phone or via a video link such as FaceTime or Skype. This type of appointment has been used for several years for Australians living in remote regions, or for those who cannot easily get to see a Doctor.

To be eligible you must have had a face to face visit with your doctor in the last 12 months. The service is available from 30th March to 30th September 2020, when it will be reviewed in light of the battle to combat Covid-19. Furthermore, the Government is doubling the bulk-billing incentive to encourage doctors to offer the service, which means many patients doctor will be bulk-billed, ensuring you have no out of pocket expenses. To find out more, visit the [www.health.gov.au](http://www.health.gov.au) website, or contact your GP or specialist.




Can't wait to start my advent calendar...



When I text you a massive paragraph and you reply 40 minutes later with 'K' ...

**ARE YOU ASKING TO BE PUNCHED?**



**Fart when people hug you. It makes them feel strong.**



Someone thought it would be hilarious to modify a tree in a graveyard in my hometown. They were correct...



# *Did you hear the one about the?*

**Jim's car** is swerving all over the road so a cop pulls him over, "Step out of the car" says the cop, "I am going to need you to take a breathalyzer test." "I can't", Jim responds "You see I have very bad asthma, that can set off an attack." "Alright," says the cop, "then you're going to have to take a blood test." "Can't do that either," Jim responds, "I am a hemophiliac, if a wound is opened, I won't stop bleeding, and I could bleed to death." "Ok," the cop answers "then I will need a urine sample." "Sorry," says Jim "I also have diabetes, that could push my sugar count really low." "Fine, so just come on out, and walk a straight line for me." "Can't do that either" responds Jim. "Why not?" Demanded the exasperated cop. "Well, because I'm drunk!"

**After recess** the first grade teacher announced "I am going to go around the room and ask you what you did during recess, if you can write what you did on the board you'll get a lollipop." The first girl asked was Jessica "Jessica what did you do during recess?" "I played in the sand box." "OK" the teacher said "let me see you write the word 'box' on the board." She did and got a lollipop. Next was Tom "I played with Jessica in the sand box." "OK, let me see you write the word 'sand' on the board." He did and got a lollipop. The next one was Billy Goldberg "Well", Billy said, "I tried to play in the sand box, but Jessica and Tom threw rocks at me." "What?" The Teacher said "they threw rocks at you that sounds like outright anti semitism to me. If you can write 'outright antisemitism' on the board you'll get a lollipop!"

**An Old man** went to the doctor complaining of a terrible pain in his leg. "I am afraid it's

just old age", replied the doctor, "there is nothing we can do about it." "That can't be" fumed the old man, "you don't know what you are doing." "How can you possibly know I am wrong?" countered the doctor. "Well it's quite obvious," the old man replied, "my other leg is fine, and it's the exact same age!"

**A blond man** entered the emergency room with his two ears burned. "What happened?" asked the doctor. "Well", the man explained, "my wife was ironing clothing, behind my chair while I was watching TV. She put down the iron next to the phone and when the phone rang I answered the iron." "Wow that is terrible" responded the doctor, and what happened to your other ear?" "Well" the blond guy responded "Right afterwards, the phone rang again!"

**The only** time incorrectly isn't spelled incorrectly is when it's spelled incorrectly.

**I haven't** spoken to my wife for 18 months- I don't like to interrupt her.

**The children** of Israel wandered around the desert for 40 years. Even in biblical times, men wouldn't ask for directions.

**Three men**, a Frenchman, an Italian, and a Jew, were condemned to be executed. Their captors told them that they had the right to have a final meal before the execution. They asked the Frenchman what he wanted. "Give me some good French wine and French bread," he requested. So they gave it to him, he ate it, and then they executed him. Next it was the Italian's turn. Give me a big plate of pasta," said the Italian. So they brought it to him, he ate it, and then they executed him. Now it was the Jew's turn. "I want a big bowl of strawberries," said the Jew.

"Strawberries!!! They aren't even in season!" "So, I'll wait..."