



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.

Issue No. 300

The Laryngectomee Association of NSW©

April 2019

OFFICE BEARERS

PRESIDENT: Les Byrnes, 82/79-87 Boyce Road, MAROUBRA, 2035.(02) 93440445. 0401585287 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

MEETINGS

February – November, 3rd 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.

WELFARE OFFICER:

STOMA COVERS, SHOWER SHIELD, WELFARE MATTERS:

ASSISTANT WELFARE OFFICER

Wally Bak 4 Swords Ave., Mt Druitt, 2770 (02) 9864 6205 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

EDITOR: George Southgate, 65 Church St Glen Innes 2370 Ph 0417174456

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

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 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

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

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

Minutes of Meeting held 20 March 2019

The Meeting opened at 10:54 am with the President, Les Byrnes occupying the Chair. The President welcomed members including new member & first-time attendee, Tony Panrucker along with his wife Edna & daughter Ruth Taylor.

Attendance – Laryngectomees:

Raymond Chappelow; Colin Phelan; Vicky Pedras; Les Byrnes; Greg Joss; Chris Barrett; Frank Campbell & Tony Panrucker.

Attendance – Non-laryngectomee:

Glenn Williams; Carol Gardner; Cathy Edwards; Curtis Woodward; Ruth Taylor & Edna Panrucker.

Apology:

Judy & Peter Kelly; Glenda & Peter Tierney.

New Members:

Gail Barnett of Ramsgate Beach; Tony Panrucker of Albion Park; Terry Black of Wallarobba; Demitrious Ballis of Blakehurst; Lisa Heathcote of Gladesville

Renewals:

Frank Raso; Herbert Buckland; Joe Quagliata; Elaine Sloane; Eric McFarland; Marion Hawes; Lothar Hass; Giuseppe Demasi; John Douglas; Don Webster; Les Byrnes; Greg Joss; Barry Cannon

Vale: John McMahon of Fairy Meadow

Resignation:

Margaret Silver of Ballina

Minutes:

The Minutes of the February 2019 Meeting were accepted as read

The Minutes of the March 2018 AGM were accepted as read

Business Arising:

The President mentioned that he & Antoni Krasnodebski had participated in a research project into the development of a Bionic Voice conducted at the Western Sydney University.

Correspondence:

Outgoing:

1. Carol Gardner re LANSW Constitution
2. Arthur Laidlaw re renewal

Incoming:

1. Coffs Coast Group re financial support
2. Coffs Coast Group with 5 m'ship renewals
3. LAVic – The New Voice (March 2019)
4. Julia MacLean re July Meeting

Resolved unanimously that the Coffs Group's claim be paid in full. Moved L. Byrnes /R Chappelow

Julia McClean's email was read in full (pertaining to Guest Speakers for July Meeting).

Claims for Payments:

1. R Chappelow - \$24.45 – Post
\$42.30 – Post
\$108:00 – Travel
\$174:75 - total
2. Coffs Harbour Support Group - \$1500:00 (\$800:00 Luncheon + \$700:00 TruVoice & Apple tablet for use by In-patients at Coffs Harbour Hospital).
3. Sydney Mechanics School of Arts - \$42:00 – Rent
4. mtwo accounting partners - \$1210:00 – annual audit 2018
5. Carol Gardner - \$35:00 – Lunch
6. Les Byrnes - \$50:00 – Printing

Reports:

Secretary's Annual Report

I did not present a report to the last AGM because of my lack of attendance of monthly meetings the previous year. However, 2018 was another year of frequent ill-health, too! Result – absence again! This year I have decided not to use the same excuse twice so here is my report for the 2019 AGM:

No matter what happens to individuals, LANSW continues to run as a well-oiled machine. Meetings are held, bills paid, income is banked. Most of the members do not notice any problem.

Notably, Les Byrnes filled in for me out of necessity and his efforts have earned my heartfelt thanks. Without his dedication it would have been a bit problematic!

The big feature of 2018 was our trialling of meeting venues in the suburbs. This had been suggested by Wally Bak as too few members from the outer suburbs travel to Pitt Street, Sydney to attend meetings. So, meetings were held at Westmead Hospital in April, Liverpool Hospital in July & St. George Hospital, Kogarah in October.

Although we attracted members from near these venues too few of the usual Sydney attendees travelled to them, resulting in poor attendances at Westmead & Liverpool. Only St. George Hospital will host us in 2019 consequently!

Nevertheless, stalwart Les Byrnes travelled to all 3 from Maroubra, Greg Joss travelled to the Westmead meeting from Lane Cove & Frank Campbell came from the South Coast to Westmead also.

(Les even travelled one day to Lithgow by train to return the Association's books to me!)

The Christmas Luncheon attracted a few first-timers including Gunter Fahrenhorst who made a Day Trip from Canberra. George & Sue Southgate travelled for the third time from Glenn Innes. A good time was had by all and the food was again complimented upon.

John Chaloner was replaced as Speech-Aids Co-ordinator at the 2018 AGM. Chris Barrett has ably continued in the role. However, Cathy Edwards is unable to continue as Welfare Officer during the next 12 months.

But we all can look forward to another successful year!

2018 Audit:

The President read a breakdown to the members

Annual Election Results:

President	Les Byrnes
Vice Presidents (2)	Greg Joss & Peter Tierney
Secretary	Raymond Chappelow
Treasurer	Raymond Chappelow
Assistant Treasurer	Peter Tierney
Welfare Officer	unfilled
Speech Aids Co-ordinator	Chris Barrett
Editor	George Southgate
Committee Members (2)	Frank Campbell + 1 vacancy.

The above were elected unopposed

The President undertook to have the members emailed about the vacancy

General Business:

Curtis Woodward (Atos) reported on activities at Atos including placements of new staff. Atos is assuming Queensland funding of laryngectomee aids will commence 1 July, next. Funding for Western Australia is Progressing well but no good news regarding South Australia at present. A discussion ensued regarding swimming aids for laryngectomees with a consensus emerging that swimming would be too dangerous for laryngectomees.

Statement to Meeting by Raymond Chappelow:

Recently I revisited our Constitution & decided to submit it to you for a potential update

I have also made my own proposals for you to peruse also.

I can email or post them to you, and I have 4 available today to handout I would hope

changes will be endorsed at the 2020 AGM or an earlier Special Meeting
Carol Gardner asked if the late Mike Willissee had had a laryngectomy. (He had not).

July Meeting:

LANSW is calling for suggestions for Guest Speakers at our July meeting at St. George Hospital.

The Meeting closed 11:52am.

Financial Report:

CBA Society Account as at 31 January 2019 **\$54,374.07**

Add February Income

Subscriptions \$100.00

Donations \$100.00

Supplies \$158.25

Total Credits \$54,732.32

Less February Expenditure

Still Talking Postage \$554.00

Insurance \$675.66

Telecommunication \$50.40

Stationery/Printing \$518.60

Postage \$20.00

Lunch \$35.00

Travel \$53.60

Patients' Supplies \$303.62

Rent \$42.00

Sundries \$247.40

Donation not deposited \$10.00

Less Total February Expenditure \$2,510.28

Sub-total \$52,222.04

Add unpresented February cheques

#752 \$247.40

#755 \$35.00

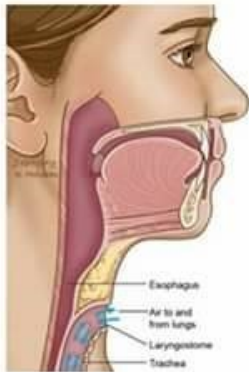
#756 \$42.00

CBA Society Account as at 28 February 2019 **\$52,536.44**

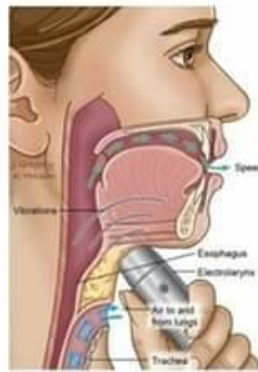
EL Use

Email: from Wally Bak

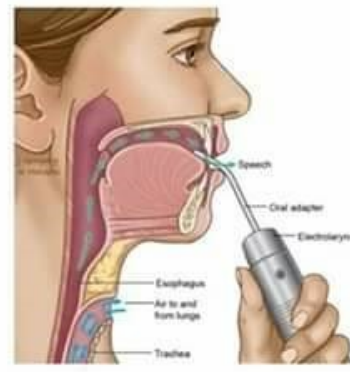
May want to include this in the newsletter. Useful tool I use. (EL Oral Adapter)



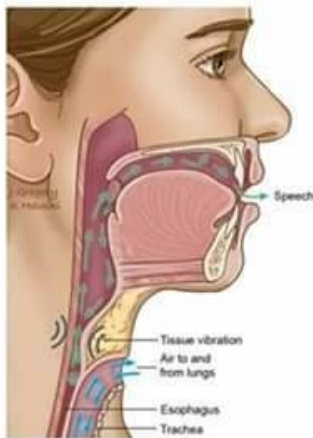
LARYNGECTOMY



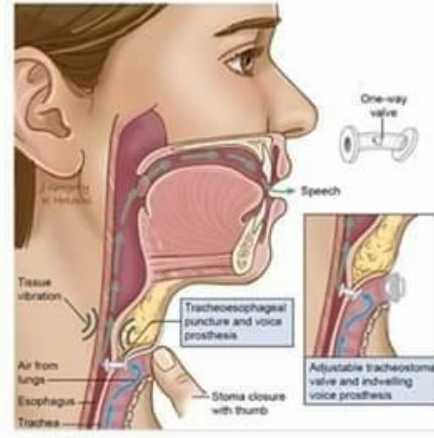
EL - ElectroLarynx
or Artificial Larynx



EL with Oral Adppter



ES - Esophageal speech



TEP - TrachEoesophageal Puncture
or TracheoEsophageal Prosthesis



Proton Beam Therapy

At last proton beam therapy (PBT) has made it into the treatment options available to UK cancer patients. A teenager who has a brain tumour is about to receive PBT at Christie's Hospital in Manchester. This is tremendous news. The treatment of cancer does not just kill cancer cells but results in collateral damage to the patient. This new therapy minimises such damage. The primary concern about cancer treatment will be for its curative success. A second concern, for head and neck patients, will be the permanent devastating effects that surgery, chemotherapy and radiotherapy can have on basic functions such as speech, swallowing, and nutrition. PBT is far superior to radiotherapy in this respect. However, it is expensive and for many years it will only be available at a small number of centres across the country. How high will the needs of head and neck patients be on the priority list for deciding who receives this treatment?

DILATATION OF THE ESOPHAGUS

Narrowing of the esophagus is a very common consequence of laryngectomy; dilatation of the narrow esophagus is often needed to reopen it. The procedure usually needs to be repeated and the frequency of this procedure varies among individuals. In some people this is a lifelong requirement and in others the esophagus may stay open after a few dilatations. The procedure requires sedation or anesthesia because it is painful. A series of dilators with greater diameter are introduced into the esophagus to dilate it slowly. While the process breaks down the fibrosis, the condition may return after a while. Sometimes a balloon rather than a long dilator is used to dilate a local stricture.

Another method that may help is the use of topical and injectable steroids in the esophagus. Although dilation is done by an otolaryngologist or a gastroenterologist, in some cases it can be accomplished by the patient at home. In difficult cases, surgery may be needed to remove the stricture or replace the narrow section with a graft. Because dilation breaks down fibrosis, the pain generated by the procedure may last for a while. Taking pain medication can ease the discomfort. (See Pain management, page 101).

For those laryngectomees who may be experiencing "loss of taste" I saw this program recently on the ABC and thought it worth looking at.

A far north Queensland couple is growing Australia's first commercial crop of a tastebud-altering berry, to try to help chemotherapy patients regain their love of food.

Miracle fruit contains the glycoprotein miraculin, which binds to the sweet receptor cells on tastebuds, making acidic, sour or bitter foods taste sweet.

The experience prompted the couple to plant more bushes and send berries to other cancer patients in the community.

Among them is Gene Lewis, whose treatment for tongue cancer has affected his taste buds and salivary glands, which limited his diet to supplementary shakes until he was introduced to miracle berries.

"Straight after eating one of those I can go and enjoy a normal meal again because I'd say 90 per cent of my taste buds are almost back to normal," he said.

Source : <https://www.abc.net.au/news/rural/2018-03-23/miracle-fruit-crop-for-cancer-patients/9527358>

Courtesy of : The New Voice (Newsletter of the Laryngectomee Association of Victoria Inc)

March Edition, accessed 10/03/2019



shutterstock · 81643645

Funnies



shutterstock · 236072014

THE ONE EYED REDHEAD

A man was dining alone in a fancy restaurant and there was a gorgeous redhead sitting at the next table. He had been checking her out since he sat down, but lacked the nerve to talk with her. Suddenly she sneezed, and her glass eye came flying out of its socket towards the man. He reflexively reached out, grabbed it out of the air, and handed it back. 'Oh my, I am so sorry,' the woman said, as she popped her eye back in place. 'Let me buy your dinner to make it up to you.' They enjoyed a wonderful dinner together, and afterwards they went to the theatre followed by drinks.. They talked, they laughed, she shared her deepest dreams and he shared his. She listened to him with interest.

After paying for everything, she asked him if he would like to come to her place for a nightcap and stay for breakfast. They had a wonderful, wonderful time.

The next morning, she cooked a gourmet meal with all the trimmings. The guy was amazed. Everything had been so incredible! 'You know,' he said, 'you are the perfect woman. Are you this nice to every guy you meet?'

'No,' she replies.

(The suspense is killing you, isn't it . The rest at the end of funnies) ?

Five surgeons from big cities are discussing who makes the Best Patients to operate on. The first surgeon, from New York, says, 'I like to see accountants On my operating table because when you open them up, everything Inside is numbered.'

The second, from London, responds, 'Yeah, but you should try Electricians! Everything inside them is colour coded.'

The third surgeon, from Paris, says, 'No, I really think librarians Are the best, everything inside them is in alphabetical order.'

The fourth surgeon, from Singapore chimes in: 'You know, I like Construction

workers... Those guys always understand when you have a few parts left over.'

But the fifth surgeon, from Canberra, shut them all up when he observed: 'You're all wrong. Politicians are the easiest to operate on. There's no guts, no heart, no balls, no brains, and no spine. Plus, the head and the ass are interchangeable.

A man was sitting on a blanket at the beach. He had no arms and no legs. Three women, from England, Wales, and Ireland, were walking past and felt sorry for the poor man. The English woman said, 'Have you ever had a hug?' The man said, 'No', so she gave him a hug and walked on.

The Welsh woman said, 'Have you ever had a kiss?' The man said, 'No', so she gave him a kiss and walked on.

The Irish woman came to him and said, 'ave ya ever been fooked laddie?' The man broke into a big smile and said, 'No'. She said, 'Aye ... ya will be when the tide comes in.'

Now that I'm old and slow and on a fixed income, I've disconnected my home alarm system. I also decided to turn off my external lights and resigned from Neighbourhood Watch. To save money I've raised 2 Pakistani flags in my front garden, one at each corner and have the black flag of ISIS in the centre. It's so good now, my neighbours, Local Police, the Federal Police and the Armed Forces are all keeping watch on the house 24/7. In addition, I am followed & watched everywhere I go. I've never felt safer, and I'm saving \$149.50 a month! GO SENIORS!!!

A 000 Emergency Call Centre worker has been fired in Brisbane much to the dismay of her colleagues, who were unhappy with her dismissal. It seems that a caller dialed 000 from a mobile phone stating, "I am depressed and lying on a railway line, so that when the train comes, I can finally meet Allah."

To which the call centre employee replied, "Please remain calm and stay on the line."

she said

" You're just the first man who happened to catch my eye. "