



# Still Talking

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

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

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Issue No. 292

The Laryngectomee Association of NSW©

May 2018

## OFFICE BEARERS

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## 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)

## NEXT MEETING

3<sup>rd</sup> 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.



### **Regional Meetings**

NSW Association: 3rd Wednesday of month (Feb - Nov)

**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](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 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](mailto: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

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 18 April 2018.**

This Meeting was held at WESTMEAD HOSPITAL EDUCATION & CONFERENCE CENTRE, SEMINAR ROOM 7.

The President, Les Byrnes occupied the Chair & opened the Meeting at 12:10pm. He welcomed the attendees, especially new attendees Peter & Claire McMurray, Ed Feist (Atosmedical) who recently underwent a liver transplant, Speech Pathologist, Katrina Moore and Head & Neck Nurses Noeline, Monika & Leanne.

Les also advised the meeting that our Secretary/Treasurer, Raymond Chappelow is unable to attend. Raymond had done all the hard work organising the venue, etc. but after dislodging his voice prosthesis, spending time in emergency &, the ICU last weekend, is still in Nepean hospital with no discharge date confirmed yet. Les has been kept informed of the situation from Raymond's neighbour in Lithgow.

### **Attendance - Laryngectomees**

Greg Joss, Les Byrnes, Frank Campbell, Wally Bak, Cate Durney, Peter McMurray.

### **Attendance – Non-laryngectomees**

Tellisa Coveny, Ed Feist, Claire McMurray, Katrina Moore, Monika Singh, Leanne Bridge, Noeline Rozanc

### **Apologies**

Carol Gardner, Cathy Edwards, Peter Tierney, Glenda Tierney, Raymond Chappelow.

Minutes

There being no business arising from the Minutes of 21 March these Minutes were adopted.

### **Correspondence**

In the absence of the Secretary there was no correspondence to be tabled or read. Likewise, no Welfare Report.

Reports

The Financial Report for March 2018 was read by the President & adopted.

Wally Bak & Les Byrnes had attended World Voice Day at Blacktown Hospital on Monday 16 April where a video featuring Wally was launched by Speech Pathologists Helen & Carly. The video was well received and through the magic of iPhones the gathering was shown the video titled "Wally's Story". The video will be sent to hospitals to help educate staff regarding treatment of total laryngectomees when CPR and/or other medical procedures are required.

### **General Business**

General discussion ensued re the video & and the experiences of larys present. Nurses Monika & Leanne expressed their gratitude, thanking the association for the invite and the knowledge gained from listening to real larys.

There being no further business, the meeting adjourned for a light lunch of sandwiches, tea & coffee provided by the Association.

Meeting close at 12:45pm.

Next Meeting will be at the usual venue on the third Wednesday in May commencing 10:45am.

Stop Press: The Welfare Report for March & April has been received and will be published elsewhere in this newsletter.

## **Funding Announcement**

Dear Australian 'Lary' Community

Further to this below, I am happy to announce that **Victorian Laryngectomies will have access to products at no cost from July this year (please see attached)**

This campaign has been successful with the Victorian State Government announcing today that they will fund HMEs and consumables for laryngectomies from 1 July 2018. This will be similar to the scheme already available in NSW that has been in existence for over 5 years. The aim is to now replicate this success in every remaining State and Territory in Australia that is not currently reimbursed, so please reach out if anyone you know can be of assistance or you want to lend your support.

**Announcement on 3AW this morning:**

<https://www.3aw.com.au/government-to-fund-support-for-victorian-laryngectomy-patients/>

A huge thanks to the tireless efforts of everyone involved but a special mention to the dedicated voices of Mike, Barb, Bobbi, Darron and Faye.....to name just a few. You have raised the profile of people living with a Laryngectomy and the life changing challenges they face on a daily basis. Today's announcement will have such a positive impact on this community, their families and carers. It was of course a concerted team effort that brought about this outcome with a number of your clinicians and local politicians getting involved, so thank you all.

The job is however not done. Now to make sure ALL Australians have access to this same level of funding.

Regards

**Matt Harris**

## **Prevention of Oral Thrush**

**By Itzhak Brook MD**

Thrush can occur as a result of radiation treatment, chemotherapy, high carbohydrate intake, antibiotic or steroid treatment, and poor oral hygiene. Oral thrush (also called oral candidiasis) is caused by the fungus *Candida albicans*. *Candida* is a normal inhabitant of the mouth that can overgrow and cause clinical symptoms such as thrush. Oral thrush causes creamy white lesions, usually on the tongue or inner cheeks.

Sometimes oral thrush may spread to the roof of the mouth, gums, tonsils, and the back of the throat. Undergoing chemotherapy and/or radiation treatment, and having conditions that lead to a dry mouth predisposes to thrush. One's physician may recommend antifungal medications. These come in several forms, including lozenges, tablets, or a liquid that one can swish in their mouth and then swallow.

There are several methods that help prevent yeast growth in the mouth: Reduce the consumption of sugars in food and drinks, brush your teeth well after consuming sugary food and/or drinks. Brush your teeth well after every meal and especially before going to sleep. Diabetics should maintain adequate blood sugar levels.

Take antibiotics or corticosteroids only if they are needed. If one uses an oral suspension of an antifungal agent, one should wait for 30 minutes to let it work and then brush your teeth. This is because some of these suspensions contain sugar.

Consume probiotics by eating active-culture yogurt and/or a probiotic preparation. Gently brush the tongue if it is coated with yeast (white plaques). Brushing should be avoided in those who have irradiation mucositis. Replace the toothbrush after overcoming a yeast problem to prevent recolonization with yeasts.

Itzhak Brook MD is a professor of Pediatrics and Medicine at Georgetown University School of Medicine. He is a laryngectomee and the author of "My Voice, a Physician's Personal Experience with throat cancer" and "The laryngectomee Guide"

## Reports

The Financial Report for March 2018 was read by the President & adopted.

<b>CBA Balance as at 28 February 2018</b>	<b>\$10,867.75</b>
<b>Plus Income</b>	
Subscriptions	\$100.00
Patients' Supplies	\$378.00
Sundries	\$388.40
Total credits	\$11,734.15
<b>Less Expenditure</b>	
Insurance/Fees	\$1,255.00
Postage	\$24.35
Lunch	\$35.00
Travel	\$134.00
Patients' Supplies	\$1,083.20
Rent	\$42.00
Sundries- float	\$100.00
Total debits	\$2,673.55
Less unpresented February cheque. #695 Lunch	\$35.00
Plus unpresented March cheques	
#700 - annual Fair Trading fee	\$45.00
#701 - Audit fee mtwo	\$1,210.00
#704 - Float Speech Aids Co-ord.	\$100.00
Total	\$1,355.00
<b>CBA balance as at 31 March 2018.</b>	<b>\$10,380.60</b>

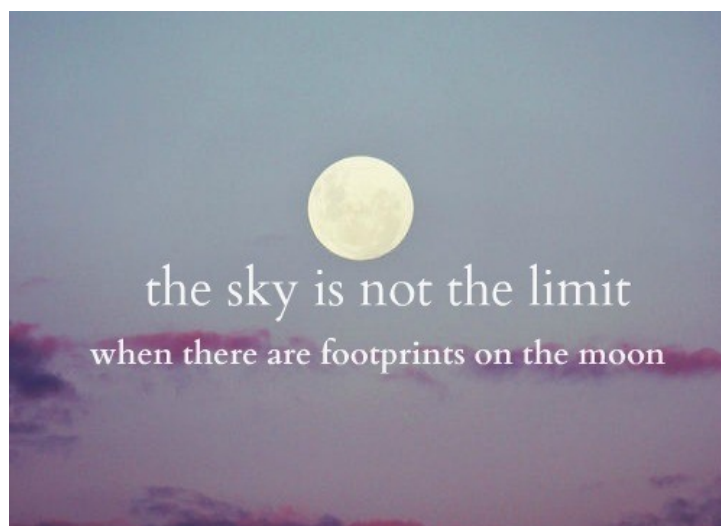
Think your having a bad day?



# Trivia

Answers before the funnies Pg.

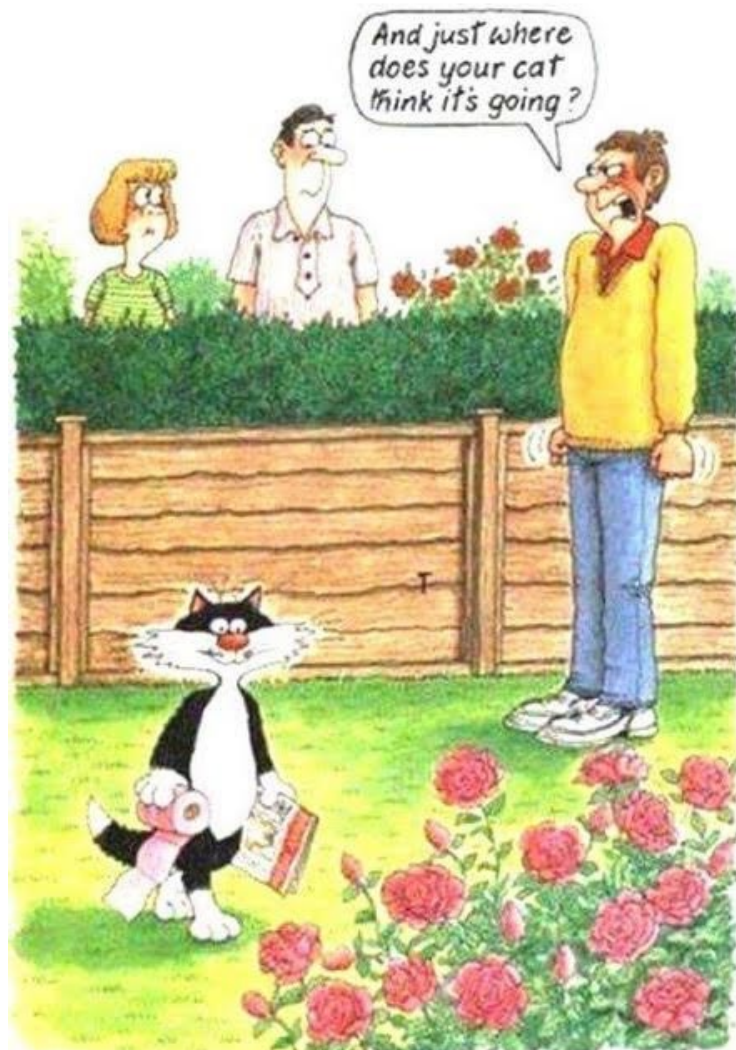
- 1) What is the name of the dog from the 1960s television cartoon The Jetsons?
- 2) What is the heaviest naturally occurring element found on Earth?
- 3) "My bologna has a first name" are the first words of a classic Jingle advertising what company?
- 4) What three countries share a border with North Korea?
- 5) Who was the first U.S. president that was born a citizen of the United States?
- 6) Which book holds the record of being the most stolen book from public libraries?
- 7) In 1796 Edward Jenner developed the vaccination for what disease?
- 8) Florence Nightingale aided the sick and wounded during which war?
- 9) What ingredient is added to white sugar to make brown sugar?
- 10) The Canadian flag features a leaf from which type of tree?
- 11) Trevi fountain is located in the capital city of which European country?
- 12) According to the bible, who was the longest lived person on Earth?
- 13) Who was the tallest actor ever to win an academy award?
- 14) Which actor played a FedEx employee that became marooned on an island in the 2000 drama film Cast Away?
- 15) In what year did the great fire of London take place?
- 16) What is the only U.S. state without a rectangular flag?
- 17) Who was the first performer at the 1969 Woodstock festival?
- 18) What is the most visited museum in Europe?
- 19) A Moscow Mule is a type of cocktail popularly served in what?
- 20) What is the largest rodent found in North America?

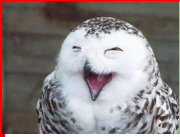




## Trivia answers

- 1) Astro
- 2) Uranium (U92)
- 3) Oscar Meyer
- 4) China, Russia, and South Korea
- 5) Martin Van Buren
- 6) Guinness Book of World Records
- 7) Smallpox
- 8) The Crimean War
- 9) Molasses
- 10) Maple tree
- 11) Italy
- 12) Methuselah: 969 years
- 13) Tim Robins in 2003 for Best Supporting Actor in Mystic River
- 14) Tom Hanks
- 15) 1666
- 16) Ohio
- 17) Richie Havens
- 18) Louvre, Paris, France
- 19) Copper Mug
- 20) Beaver





# Funnies



**A guy** in a bar leans over to the guy next to him and says, "Want to hear an accountant joke?" The guy next to him replies, "Well, before you tell that joke, you should know that I'm 6 feet tall, 200 pounds, and I'm an accountant. And the guy sitting next to me is 6-2" tall, 225 pounds, and he's an accountant. Now, do you still want to tell that joke?" The first guy says, "No, I don't want to have to explain it two times."

**"Shhaayyy, buddy,** what's a Breathalyzer?" asked one drunk to his friend at the next barstool. "Well, I'd have to say that it's a bag that tells you when you've drunk way too much," answered the equally wasted gent. "Ah hell, whaddya know? I've been married to one of those for years!"

**A blonde** and a brunette are sky-diving. The brunette jumps out the plane and pulls the cord - nothing happens. She pulls the emergency cord and still nothing. The blonde jumps out of the plane and yells "Oh! So you wanna race, huh?"

**"Doctor, doctor!"** said the panic-stricken woman, "my husband was asleep with his mouth open, and he's swallowed a mouse! What shall I do?" "Quite simple," said the doctor calmly. "You just tie a lump of cheese to a piece of string and lower it into your husband's mouth. As soon as the mouse takes a bite haul it out." "Oh, I see. Thank you, doctor. I'll go around to the fishmonger straight away and get a codshead."

"What do you want a cods head for?" "Oh- I forgot to tell you. I've got to get the cat out first!"

**A farmer** walks into a bar with a horse. He says, "I will give any of you \$1,000 if you can make my horse laugh." A man yells, "I'll take that bet," and leads the horse into the men's room. After a couple seconds, a loud braying laugh is heard from behind the door. The farmer screams to the man, "OK, I'll give you \$2,000 if you can make my horse cry." The man shouts, "You're on!"

After a few more seconds, the man exits with the horse trudging behind him with tears streaming down his long-snout.

Flabbergasted, the farmer asks, "How did you do it?" The man replies, "I said that my d\*\*k was bigger than his and he laughed. Then I showed it to him."

**Teacher:** "Little Johnny, give me a sentence using the word, 'geometry.'"

**Little Johnny:** "A little acorn grew and grew until it finally awoke one day and said, 'Gee, I'm a tree.'"

**A few days** after her husband's death, a grieving widow accidentally receives an e-mail from a man waiting for his wife in Miami.

The e-mail reads:

Dearest Wife,

Just got checked in. Everything prepared for your arrival tomorrow.

P.S. Sure is hot down here.

**A university** creative writing class is asked to write essays containing these four elements: religion, royalty, sex and mystery.

The prize-winning essay reads: "My God," said the Queen, "I'm pregnant. I wonder whose it is?"

**A pom,** fresh off the plane at Sydney airport, is trying to negotiate Australian customs. Finally, when it's his turn to get his passport stamped, the customs officer starts rattling off the usual questions:

C.O. - How long do you intend to stay?

POM - 1 week.

C.O. - What is the nature of this trip?

POM - Business.

C.O. - Do you have any past criminal convictions?

POM - I didn't think we still needed to!

**The first** computer dates back to Adam and Eve. It was an Apple with limited memory, just one byte. And then everything crashed.

**I asked** my North Korean friend how it was there, he said he couldn't complain.

**My girlfriend** is always stealing my t-shirts and sweaters... But if I take one of her dresses, suddenly "we need to talk".