



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.

Issue No. 309

The Laryngectomee Association of NSW Inc©

March 2020

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: Nigel Balm, PO Box 443 Woy Woy, NSW 2256 0449 155 766 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

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

MEETINGS

February – November, 3rd 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 meeting 18th March

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

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

COFFS / CLARENCE: Shearwater Lodge, Coffs Health Campus. 2pm every 3rd Thursday, Bi-monthly

Contact Melissa Parish 02 6656 7606

Minutes of Meeting of 19th February 2020.

Laryngectomee Association of NSW Inc

The Meeting, held at Level 1, Sydney Mechanics School of Arts, Pitt St, Sydney, commenced at 10:44 am with the President, Les Byrnes occupying the Chair & welcoming members.

Attendance:

Laryngectomees: Les Byrnes, Chris Barrett, John Pyle, John Challoner, Vicky Pedras, Peter Tierney, Greg Joss, Nigel Balm

Non-Laryngectomees: Irene Hansford, Yvonne Byrnes, Cathy Edwards, Carol Gardner, Glen Williams, Judy Kelly, Megan Williamson (ATOS)

Apologies: Ken Hansford

Minutes of Previous Meeting:

Minutes of the November LANSW Inc meeting were accepted as read and adopted.

Secretary's Report February 2020:

Incoming correspondence:

1. Irene Hansford – a thank you letter after Ken attended meeting to discuss his radical surgery (email)
2. Geoff Stevens – membership renewal

3. NetRegistry – website hosting renewal notice (email)
4. Ken Hollis – membership renewal and request for receipt
5. Peter Dixon – membership renewal and request for receipt
6. Barry Bunker – invoice and payment for batteries
7. Robyn Stark – February 2020 copy of New Voice – hard copy and email
8. NSW Fair Trading – copy of LANSW Inc Constitution – Model rules with cover letter
9. Victoria Gill (ATOS) – information on new Welcome Home Kit

Outgoing correspondence:

1. Ken Hollis – member fee receipt sent as requested
2. Irene Hansford – reply to her email in regard to Ken’s decision to have operation (email)
3. Allan Harris – new member welcome letter
4. Cheryl Shirt -new member welcome letter
5. Peter Dixon – member fee receipt
6. Lisa Heathcote – email to confirm deposit payment for a new member
7. NSW Fair Trading – request for copy of LANSW INC Constitution
8. Ken Davis – sent financial records to MTWO accounting partners for auditing

New members:

Please welcome: Allan Harris of Sanctuary Point; Cheryl Shirt of West Pennant Hills; Ken and Irene Hansford of Castlereagh.

Member renewals:

Geoff Stevens (2020), Chris Miller (2020), Nola Peden (2020), Victoria Zammitt (2020), Wally Bak (2020), Nicola Banovic (2020), Donald Ian Watt (2020), Michael Twiss (2020), Harold Knight (2020), Allan Ryan (2019), Yvonne Byrnes (2020), Colin Phelan (2019), Terry Black (2020), Alfred Draper (2020), Geoff Stevens, (2020) Ken Hollis (2020), Nigel Balm (2020), George Hoyn (2020), Neville Mullavey (2020), Peter Dixon (2020), Stan Baker (2020), Greg Joss (2020), Hugh Small (2020), Gail Barnett (2020), David Anderson (2020), Marie Gawin (2020)

Unknown deposit in Port Macquarie (\$10) 25 November 2019 – if the member who deposited this amount could let us know their name, we can credit their membership fee.

Membership Status as of 19 Feb 2020

Row Labels	Count of Member Type	Count of Financial Status
Life Member	6	6
Regular	232	232
Arrears	178	178
Financial	54	54
Widow	17	17
Grand Total	264	264

Administration:

LANSW Inc Constitution

With the approach of the LANSW Inc AGM, I contacted NSW Fair Trading for a copy of the LANSW Inc Constitution. The document in my possession, handed over from Raymond Chappelow, did not seem complete and showed numerous amendments for an intended update of our constitution.

The search from NSW Fair Trading is complete and resulted in informing us that LANSW adopted the Model Rules upon incorporation. As there have been no amendments made since incorporation, the NSW Fair Trading has deemed our constitution to be the Model Rules. I now have a copy of the Model Rules with a cover letter to confirm that the Model Rules are our constitution.

Secretary's report was read and accepted.

Treasurer's Report November 2019:

PAYMENTS

1. Nigel Balm – reimbursement: postage/stationery, NetRegistry domain registration and office supplies – \$69.49
2. Les Byrnes – reimbursement Christmas Raffle wines - \$125
3. Nigel Balm – reimbursement: office supplies, portable hard drive and case for LANSW – \$91.98
4. Glenda Tierney – reimbursement: for catering and raffle prizes - \$535.00
5. George Southgate – Editor Float Top Up - \$389.80
6. Ryde Eastwood Club – Christmas Party - \$2145.60
7. Tanya Gough – Neck breather seatbelt covers - \$612.00
8. Nigel Balm – reimbursement: NetRegistry website hosting - \$234.25

Vale Nancy Studholme

Lynette Porter, daughter of Nancy Studholme, kindly wrote to inform us that Nancy passed away on the 15th January 2020. In her email she commented "The newsletter was of great benefit for Mum and she enjoyed receiving it." On behalf of the LANSW Inc we offer our deepest condolences to Frank (Nancy's husband), Lynette Porter and family.

Vale Don Webster

Sue Isemonger, daughter of Don Webster, kindly wrote to inform us that Don passed away on the 12th December 2019. In her email, Sue wrote "I would just like to say thank you, Dad did appreciate receiving the monthly letter, he loved the "Funnies" page. And thank you for your support over the years, Dad managed to live alone & care for himself for the last 10 years, it was eventually chest infections and lung problems that resulted in his passing, although he was 93! He had lived a great life and he had his 4 children there with him when he passed". On behalf of the LANSW Inc we offer our deepest condolences to Sue Isemonger and family.

Can you hear my voice?

Have you heard? There's a laryngectomee choir in the UK called Shout at Cancer. The choir, created by Dr. Thomas Moors, is the world's only charity specialised in speech training with music after laryngectomy. Upon hearing the story, American film maker Bill Brummel, also a laryngectomee, was so inspired by the choir he decided to make a documentary movie about the transition from life with a voice box to one without.

Sponsored by ATOS Medical the movie 'Can you hear my voice?' had its world premiere at the Odeon BFI Imax in London on February 2, 2020. The good news is, it's coming to Australia and will premiere in New South Wales in April, and then shown at various locations around Australia.

Featuring members of the choir, the movie is both moving and inspirational and should be seen. You can view the trailer for the film on YouTube: https://www.youtube.com/watch?v=Uc_Dt358meI

For information on the Australian premiere of 'Can you hear my voice?' Or regional showings of the film, please contact ATOS Medical via telephone 1800 286 728 or email info.au@atosmedical.com.au

Financial Statement:

2019 financial records are currently with the auditors. Auditors report will be available early March.

Cheque Account Balance as of 17 February 2020: \$55,880.86

	January	February	YTD
Income			
Stoma covers	156.00	72.00	228.00
Shower sheilds	0.00	60.00	60.00
Batteries	0.00	45.50	45.50
Patient Supplies (General)	0.00	0.00	0.00
Membership Fees	0.00	50.00	110.00
Association Donations	0.00	0.00	0.00
Fund Raising/Raffles	0.00	0.00	0.00
Interest	0.00	0.00	0.00
Total Income	216.00	227.50	443.50
Cost of Sales			
Stoma Covers	0.00	0.00	0.00
Shower Shields	0.00	0.00	0.00
Batteries	0.00	0.00	0.00
Patient Supplies	0.00	0.00	0.00
Expenditure			
Welcome Packs	0.00	0.00	0.00
Speech Aids	0.00	0.00	0.00
Postage	0.00	0.00	0.00
Printing	0.00	0.00	0.00
Stationery	0.00	0.00	0.00
Accounting / Fees	0.00	0.00	0.00
Telecom / Website	234.25	0.00	234.25
Office Supplies	0.00	0.00	0.00
Catering	0.00	0.00	0.00
Venue Hire	0.00	0.00	0.00
Support Donations	0.00	0.00	0.00
Travel / Accommodation	0.00	0.00	0.00
Insurance	0.00	0.00	0.00
Christmas Party	0.00	0.00	0.00
Sundries	0.00	0.00	0.00
Total Expenditure	234.25	0.00	234.25
Net Profit/(Loss)	-18.25	227.50	209.25

Welfare report :

Welfare report presented by Yvonne Byrnes – items sold or distributed as below.

November 2019

2 x Welcome packs

1 x stoma cover

1 x shower shield

December 2019

20 x Double stoma covers

January 2020

10 patient packs to Wally Bak

13 x single stoma covers

2 x shower shields

1 x Welcome Pack

Welfare Float Balance: \$66.90

Welfare report was read and accepted.

General business

Les Byrnes opened general business with a comment regarding supplying stoma covers in patient packs. He asked the committee and members whether there was still value in supplying stoma covers in patient packs as he suspected that some patients may not even use them. This led to an open discussion about immediate post operative needs – i.e. stoma covers required by patients for a variety of reasons; cover the stoma to prevent particles entering; to cover stoma during family visits or if young children are present. It was noted that the material used is no longer available and that eventually we will run out of supplies. It was deemed that we would continue to search for suitable material or alternative suppliers of stoma covers. In the meantime we will continue to supply stoma covers in patient and welcome packs.

Les then mentioned that Victoria Gill from ATOS had contacted us for feedback on inclusions in their ATOS Welcome Home pack. ATOS provides ATOS customers with a welcome pack that includes a Welcome Home Laryngectomy booklet, emergency card, car sticker plus other items of use for a new Laryngectomy. Les commended ATOS for supplying these items. Irene Hansford (new member) who's husband recently underwent a Laryngectomy procedure was able to comment on the usefulness of the items provided in the pack. It was noted that although very welcome, some items were not of use owing to the particular circumstances of Ken's surgery.

Les noted that probably the item of most highly regarded pre-surgery and definitely immediately post-surgery is our You Can Say That Again booklet; a valuable source of information available as printed copy and on our website. Irene Hansford mentioned that she found the booklet online when looking for information for Ken pre-surgery. It also prompted them to attend a meeting before surgery to help them with their decision making.

Les noted that additional items included in our welcome packs, such as foam pads, remove wipes, mirrors, lights were all very useful for new laryngectomees. It was noted that any items that ATOS could provide patients in addition to our patient and Welcome Packs was highly commended.

Nigel Balm opened a discussion regarding LANSW trialing a bookkeeping software

Program to assist with keeping track of our finances. He discussed why he felt it would benefit the association and possibly reduce the auditors annual bill. Currently we keep financial records on Excel spreadsheets. The process of inputting data is slow and can lead to inaccuracies which are hard to trace. In addition, we still use paper invoices and have receipt books. Moving to a digital platform will progress us to a more efficient way of handling our finances. Irene Hansford raised concern that members may not have access to computers or have email addresses. Nigel stated that in such cases we would encourage members to ask a family member or friend to supply an email access. If this is not possible, we would still be able to print and mail invoices and receipts. Nigel stated that members would not really be affected by the change, except that it would be more efficient. This move would ensure that we progress to a digital platform and not get left behind, which could, in the future, hamper our operations. Nigel suggested that if in agreement, we trial a software package and that he report on his findings at the next meeting. It was agreed to proceed with the trial.

Nigel Balm next directed a request to Greg Joss, our website administrator. Nigel asked if the website home page could be reduced in content by removing some of the older items, such as information on past Christmas parties, older newsletter links, Vale notices and items that are considerably old in content. Greg replied that he did not consider the home page to have too much information as when reading the page, you only read one part of it. If you wish to read more you scroll down the page. Nigel commented that the page was confusing in that the navigation was not easy and that it was difficult to find information. Greg did not agree and said that the website content was mainly supplied by our newsletters and that readers if they wish can spend several hours reading items in the newsletters. Nigel commented that finding the information was difficult and the organisation of the page confusing.

At this point Nigel said that he did not agree with Greg's perception of the homepage and further wished to raise the idea that we have a new website. He praised Greg for his contribution to date, but he felt that it was time to pursue a more modern, intuitive and user friendly website. Nigel stated that our members are spread far and wide and that it is our responsibility to reach out to them via our Newsletters, email, direct mail and our website. An investment in this area will move us forward into the 2020's. Nigel suggested we look at getting professional help to design and build a new website. Greg asked how much this would cost and Nigel replied with an estimate of between \$5-\$10,000. This investment would allow us to better manage membership, supplying welfare items, accessing information. A new website would have a content management system allowing us to more easily and efficiently maintain and add content to the website as we wished.

Greg appeared to be reluctant to the idea and stated that he agreed to take on the website admin from a technical perspective but has not received input for content, hence the newsletters have been the main source of content. He mentioned that he has been working with computers since 1961 and that he could build whatever pages we want over time without the need to bring in professional assistance. We just need to let him know what is required and he will create the pages.

At this point it was apparent there was a difference of opinion and vision for the future of the website and the discussion was closed by Les Byrnes, for the present time.

There being no further business the meeting adjourned for a light lunch and refreshments at 11:48 am

The next meeting will held be the LANSW Inc AGM to be held on Wednesday, 18th March at Level 1, Woolley Room, Sydney Mechanics' School of Art, 280 Pitt Street, Sydney, NSW 2000.

The next edition of Still Talking newsletter will be issued early March.

Stop Press

Editors opinion only: COVID19

We gave you information last issue about protecting yourselves from the above, by Dr Itzhak Brook.

We did this to protect our members but I don't think it was sufficient: enough.

The virus is spread 3 ways:

Viral droplets from coughing and sneezing

Aerosol droplets from just breathing them in, if your within 6 feet of an infected person

Touching surfaces that have the virus on them then touching your face.

The virus can only enter the body through the mouth, nose or eyes.

So theoretically lary's need 2 masks, one for the stoma and another for the mouth and nose.

They should try to stay away from people by at least 6 feet.

When they leave the house they should avoid touching their faces as they will surely come into contact with surfaces. Also thoroughly keep their hands sanitised. It Has been found that the virus can survive from up to 2hours too 9 days on surfaces.

For more info go to WHO

<https://www.who.int/>

Keep safe
george

Funnies



A duck walks into a pub and orders a pint of beer and a ham sandwich. The barman looks at him and says, "Hang on! You're a duck." "Yep," replies the duck. "And you can talk!" exclaims the barman. "Yep again", says the duck, "Now if you don't mind, can I have my beer and my sandwich please?" "Certainly, sorry about that", says the barman as he pulls the duck's pint. "It's just we don't get many ducks in this pub. What are you doing round this way?" "I'm working on the building site across the road," explains the duck. "I'm a plasterer." The flabbergasted barman cannot believe the duck and wants to learn more, but takes the hint when the duck pulls out a newspaper from his bag and proceeds to read it. So, the duck reads his paper, drinks his beer, eats his sandwich, bids the barman good day and leaves. The same thing happens for two weeks. Then one day the circus comes to town. The ringmaster comes into the pub for a pint and the barman says to him, "You're with the circus, aren't you? Well, I know this duck that could be just brilliant in your circus. He talks, drinks beer, eats sandwiches, reads the newspaper and everything!" "Sounds marvellous," says the ringmaster, handing over his business card. "Get him to give me a call." So the next day when the duck comes into the pub the barman says, "Hey Mr. Duck, I reckon I can line you up with a top job, paying really good money." "I'm always looking for the next job," Says the duck. "Where is it?" "At the circus," Says the barman. "The circus?" Repeats the duck. "That's right," replies the barman. "The circus?" The duck asks again, "with the big tent?" "Yeah," the barman replies. "With all the animals who live in cages, and

performers who live in caravans?" says the duck. "Of course," the barman replies. "And the tent has canvas sides and a big canvas roof with a hole in the middle?" persists the duck. "That's right!" says the barman. The duck shakes his head in amazement, and says "What the f—k would they want with a plasterer?" A guy lies on his bed, reading a book. His girlfriend comes from behind and starts clapping on his ass. What are you doing? Playing percussion. Would you like to play the flute? I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness. Never hit a man with glasses. Hit him with a baseball bat. With sufficient thrust, pigs fly just fine. If your dog is barking at the back door and your wife is yelling at the front door, who do you let in first? The dog, of course. He'll shut up once you let him in. I was thinking about how people seem to read the Bible a whole lot more as they get older. Then it dawned on me... they were cramming for their finals. Where do you get virgin wool? — Ugly sheep. What do you call a deer with no eyes? No eye deer. "The rock climber was much boulder than his wife and decided to climb the world's tallest mountain. When asked what she was going to do with him gone so long, she responded, 'Alpine for his return and climb the walls with boredom.'"