



Still Talking

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

All correspondence to: The Secretary. Laryngectomy Association of NSW PO Box 58 Richmond. NSW 2753. Fax 02 4578 4412 Phone 02 4578 1415

No 174

The Laryngectomy Association of N.S.W

March 07

MONTHLY MEETINGS

NEW ENGLAND: 1st Wed. Feb. Apr. June. Aug. Oct. Dec. 2pm Conference Room. Rehab Unit Tamworth Base Hosp. 02 6767 8377

NEWCASTLE: 3rd Tues. Mayfield Bowling Club. Ingall St. Mayfield. Contact John Lovett 02 4954 8308

ILLAWARA: 3rd Wed. 2:30pm Warilla Medical Centre. Belfast St. Warilla.

NORTHERN RIVERS: 4 times annually – rotating. Contact J Basso. 184, Ballina Rd. Goonellabah 2480. Ph 02 66245192

ALBURY: Ph. 02 63232011 extn. 323

CANBERRA: 1st Thu. 11am. Mar. June. Sep. Dec. Canberra Hospital

SOUTHERN DISTRICTS: 4th Wed. 11am. Thomas Rachael Moore Education Centre. Liverpool Hospital. Ph. 02 96076708

MID NORTH COAST Port Macquarie Community Health Centre. Feb. May. Aug. Nov. Contact Craig Suossari 02 65882823

OFFICE BEARERS 2007

President: Brian Gardner
4 Merelyn Road. Belrose 2085
02 9452- 2858

VICE PRESIDENT: Russell Green
17/765 Princess Hwy. Blakehurst 2221
Ph. 95473669

VICE PRESIDENT (2) Peter MacGregor
39/39 Cook Rd, Centennial Park 2011
2 9547-3569

SECRETARY/TREASURER: John Nicholson MBE.
PO Box 58 Richmond 2753 Ph 02 4578-1415
Email desnic@bigfoot.com.au

MINUTE SECRETARY: Maralyn Ploenges

SPEECH AIDS COORDINATOR: John Chaloner
PO Box 31 Summer Hill 2130
02 99799-1154

WELFARE OFFICER: Carol Gardner 4 Merelyn Rd
Belrose 2085 Ph 02 9542-2858

EDITORIAL

Antoni Krasnodebski our editor has retired after 7 years of tireless work for the cause. For my sins I am the new editor and you will notice slight changes in style that are inevitable with such a change. I am relatively new to the association so I do not have the depth of knowledge or experience that Antoni had and any help or suggestions will be appreciated.

By way of introduction my name is Colin Bolton, I am 73 years of age and live at Pymont. NSW. I became a Laryngectomee in May 2006.

Any suggestions or contributions can be sent to 39, Harbourview Towers, 122 Saunders Street. Pymont 2009 Phone 02 9571 9220 Email: stilltalking@inet.net.au

I am hoping that together we can personalise the newsletter by publishing some of your experiences as a Laryngectomee, carer or speech pathologist – good or bad, there must be a wealth of information and stories out there that we can share (also it will help me a great deal with content) I will also endeavour to publish letters sent, you may be trying to seek support, establish a group, re-invigorate your group, have tips and suggestions – or dare I say it complaints.

In the past we have had the newsletter printed gratis, sadly this has now changed making it more important that subscriptions are paid if you want to receive the newsletter and the myriad of other associated benefits so **IF YOU HAVE NOT ALREADY DONE SO PLEASE RENEW YOUR MEMBERSHIP WITHOUT DELAY**

WHO TO CONTACT

BLOM SINGER SUPPLIES:- David Smith. 27 Bellvue Pde North Curl Curl 2009. Ph 02 9939-1539 Ask for David personally
SPEECH AIDS, BATTERIES PARTS AND ADVICE ON REPAIRS
John Chaloner PO Box 31 Summer Hill. 2130 Ph 02 9799-1154
STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS. Brian or Carol Gardner, 4 Merelyn Rd. Belrose 2085 Ph 02 9452- 2858
ACCOMMODATION ASSISTANCE WHEN NEEDING OUT PATIENT TREATMENT WHEN AWAY FROM HOME:- Cancer Council of NSW 153, Dowling Street, Woolloomooloo. PO Box 572 Ph 02 9334-1900 Fax 02 9357-2676 Or contact social worker at the hospital you will be attending

LARYNGECTOMEE ASSOCIATION OF NSW SECRETARY'S REPORT - FEBRUARY 2007

The last couple of months have been quite busy with so many members renewing their memberships - **however more than half our members have not completed this chore - please remember your renewal was due on January 1st .**

NEW MEMBERS

Mr R W Singleton of GROSE WOLD
Mr Robert Muir of BARDON, Q'LAND
Mr S Abbas of AUBURN
Mr A W Raymer of ERINA
Ms Therese Kessey of LIVERPOOL
Mr R K Beazley of TERRIGAL

DECEASED MEMBERS

We are sorry to report that that we have received notification of the deaths of the following members:

Mr N Bluett of CHATSWOOD
Mr V Jones of GUILDFORD
Mr R C Jobson of MATRAVILLE
Mr Zamel Ziada of PADDINGTON

To their relatives and friends our condolences.

A newsletter addressed to Mr Robert Blain of 1 Clarendon Rd Peakhurst has been returned endorsed as no longer at this address" – if anyone has any information on Mr Blain please let the secretary know.

MEETING ROOM - agreement for the use of the Uniting Church hall at Carrington St , Strathfield has been signed for the year 2007. Meetings every third Wednesday of the month at 11 am.

SUPPORT GROUPS correspondence has been received from the Cancer Council of NSW re a course for Cancer Support Group Leaders. The course is free and available to any one who feels they would like to become a support group leader. There will be two courses each of one whole day duration, one in April and one in October. Further information is available from our President Brian Gardner who also has the application forms. Kim Pearce at the Cancer council can also give information

FUNDS : I have had some discussion with Professor Chris O'Brien's staff in connexion with assistance they may require for the Sydney Cancer Centre. The head of Head and Neck problems at that Centre will be corresponding with us shortly.

We have had a report from Ms Julia Maclean, the speech pathologist that we are supporting with funds for her research into swallowing problems after laryngectomy. (Report attached)

John Nicholson MBE.

Laryngectomy Association NSW AGM update, 2007 Julia Maclean PhD student

Completed to Date:

- A Literature review has been conducted examining swallowing disorders following g Laryngectomy. This has included looking at normal swallowing, the anatomy and physiology of swallowing, changes following a Laryngectomy and swallowing changes with aging. This is in the final stages of editing. These will form the first 2 chapters of the thesis.
- A questionnaire has been sent to all of the head and Neck Surgeons across Australia regarding their surgical and reconstructive techniques. Twenty-six have been received so far and the results are currently being compiled.
- The Literature Review presentation is complete and ready for presentation on February 28, 2007.

Research Plan:

- Attend research methodology meeting in Melbourne January 24 and 25
- Present literature review - February 28, 2007
- Methodology to be presented - May Dune, 2007
- Commence data collection mid next year
- **Presentations Planned:**
It is hoped that part 1 of this research will be presented at the EGFL – European Study Group for Laryngectomy in Rope in June 2007 and at the ANZHNS meeting in July 2007.
- Part 1 will also be presented at the Australia and New Zealand Head and Neck society meeting in Brisbane later this year.

NORTHERN RIVERS LARYNGECTOMEE ASSOCIATION 184 Ballina Road, Goonellabah N.S.W. 2480 Ph. 0266245192

OUR AIM IS TO HELP, SUPPORT AND SURVIVE

We didn't have a Xmas Party as such but we did have our Dinner Meeting at Mary Gilhooley's Irish Pub on Friday 26th January 2007. Our numbers were down with only 10 attending. This time I offered # \$20.00 door prize this was won by Jim Flick which he much appreciated.

It was with much regret that we lost one of our longest serving Laro members, John Fernance our deepest sympathy to all his family.

Next meeting will be at the home of one of our members it will be in the form of a Barbecue. The time for this event has still to be arranged along with the exact venue.

John Basso – President

Speech Aids Co-ordinators' annual report

In 2006 your Association lent to its' members a Servox speech aid on 5 occasions, a Nu-Vois on 8 occasions and a Cooper Rand on 1 occasion.

In 2006 your Association sold its' members 18 batteries for the Servox type speech aid and 2 batteries for the Nu-Vois type speech aid – absorbing the GST cost each time (i.e. not passing it on to the member).

A reminder that we only sell batteries to people who are members. Australia Post has recently increased the cost of postage & packaging but at the February AGM the decision was made that the Association would also now absorb the p&p costs for items mailed to members. Therefore the new prices for batteries supplied to our members (only) are –

Varta for Servox & Romet speech aids – \$17.70 each

Varta 9volt for Nu-Vois & SolaTone/TruTone speech aids - \$16.40 each.

During 2006 we were very glad to receive into our “loan” stock the following speech aids from the families of our late members –

Servox from Brain Hay, Toby Gee and David Lamont

Cooper Rand for John Coverdale and Vince Cashman

Nu-Vois from Bill Eccleston

DSP-8 parts from Liverpool Hospital Speech Pathology.

We thank them for their donations – they will be put to good use.

Minutes of Meeting 21st February 2007

Meeting commenced 11am with President Brian Gardner in chair.

Present: John & Des Nicholson, Don Newby, Russell Green, Ray Bennett, John Chaloner, Alex & Helen Szanye, Bruce Hodges, Noel Hannon, Maralyn Pleonges, Peter McGregor, W. Singleton, Muriel Imer, S Imer, Eileen Hull, Patricia Lamont, Brian & Carol Gardner and Mary Halliburton.

Apologies : Allan & Pat Dawson, Lilah Walton, Faith Green, Colin & Wyn Bolton and Phyllis Ploenges.

Annual general meeting

Nominations for positions were taken and are as follows with these positions filled; President – Brian Gardner

Vice President – Russell Green/ Peter McGregor

Treasurer – John Nicholson

Speech Aids Coordinator – John Chaloner

Welfare Officers – Carol Gardner/ Bruce Hodges

Editor Newsletter – Colin Bolton

Minute Secretary – Maralyn Ploenges

General Meeting

Sec/treasurers report presented by John Nicholson as appears in newsletter, moved Russell Green and seconded Carol Gardner.

Welfare officers report

Carol Gardner reported some phone calls received from new Laryngectomees and 25 complimentary packs sent to new members.

General business

Des Nicholson read letter from Cancer council re those interested in starting support groups to attend a meeting at Cancer council. Des took opportunity to raise question of problems experience by associations with memberships aging and also illnesses reducing meeting attendances. For example, due to John's illness with precludes him from driving they will not be able to attend the meetings for much longer, however, they will be able to continue the secretary/treasurer work from home for a while. More discussion is to take place with the cancer council but Kim Pierce said there may be possibility of help by them with secretarial and administrative work. A workshop will be held on 28th of April with President Brian Gardner and welfare officers Carol Gardner and Bruce Hodges to attend.

Carol Gardner suggested association bear postage costs of goods sent out to Laryngectomees association members. Peter McGregor presented motion that this take place and this was unanimously carried by the meeting.

John Chaloner suggested moving starting time to 11.30am so as to avoid recess at adjoining school which generates a lot of noise. It was decided to leave starting time at 11am.

Des Nicholson suggested John Chaloner and Tony Krasnodebski be made life members, the president will look in to procedures for this.

Mary Halliburton reported on the folding of Western District Association due to illness and failing membership. The main problem was the terminal illness of our much loved president Allan Dawson who, with his wife Pat, were the heart and soul of the Association. A farewell lunch will be held in the bistro of the Ryde Eastwood leagues club at 12 noon on Tuesday 20th March.

President Brian Gardner said due to the retirement of editor Tony Krasnodebski the printing for the newsletter was a problem but a generous offer by Michael Scaller will cover that issue.

Maralyn Ploenges suggested the NSW Association consider paying the cost of batteries and valves but John Nicholson said often free articles are not valued. Carol Gardner said this same discussion had taken place re stoma covers but once again it was felt that a charge where possible would be the better option. John Nicholson reported a five year campaign to get government subsidies for these goods appears to be hopefully getting good results.

Brian & Carol Gardner attended the funeral of member Noel Bluett who had been an active and loyal member of the association. His obituary appears in the newsletter.

The meeting closed at 12.15pm and all adjourned for a welcome lunch.

Next meeting March 21st.



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**"Whenever something goes wrong,
I just push this little button and restart.
I wish my whole life was like that!"**

TREATMENT WITH FRINGE BENEFITS

VIAGRA Yes you have read it correctly! Viagra is one of the latest drugs being investigated as a possible treatment in preventing the high blood pressure which can occur in the major artery supplying the lungs resulting in breathlessness. But don't go reaching for that bottle yet. Viagra has only been trialled on a small number of people and has not been conclusively shown to improve lung function yet! Stay tuned for more details.

DECAL USED IN HOSPITAL VISIT

Recently I had a visit to hospital for a bit more surgery and was worried about going into a ward afterwards that was not familiar with Laryngectomy patients. So I stuck the DECAL available from the association on the back of my wrist and just about everyone I came into contact with noticed it and asked about it.



Brian & Carol Gardner at the Xmas lunch

Two neck breathers were conversing with their electro larynx while working on their computers. Suddenly, this message appeared on their monitor screens "Are you mocking me?"

Overheard at the Cancer Society Dance: "When I dance with a neck breather, he breathes hot air down my cleavage."

A neck breather was touring a large auto production plant and commenting on the 'high tech production methods using his electro larynx. Slowly, one of the production robots reached out and gave him a big friendly hug and a high five

THE VALUE OF TIME

To realise the value of **ONE HOUR** ask the lovers who are waiting to meet.
To realise the value of **ONE MINUTE** ask a person who missed the train.
To realise the value of **ONE SECOND** who just avoided an accident.
To realise the value of **ONE MILLISECOND** as the person who won a silver medal at the Olympics
Treasure every moment you have.
YESTERDAY is history **TOMORROW** is a mystery and **TODAY** is a gift. That's why it is called **THE PRESENT**

CLEANING YOUR STOMA IN PUBLIC

We have all had the experience of having to clean to get voice back whilst out and about and it isn't a pretty sight removing mucous from a hole in the neck.

One solution is to use disabled facilities but these are more and more starting to be locked, probably because of drug use. There is a solution to this you can get a key if you provide a letter from you doctor or health worker. The keys are only available from Master Locksmiths and the toilets show the **MILAK** symbol

The next meeting of the Laryngectomy Association of NSW will be Wednesday March 21st at the Uniting Church Hall, Carrington Avenue, Strathfield at 11am

There is on site parking and it is a short walk from the Railway Station.

Laryngectomees, carers, friends families and professionals all welcome



That's all folks - don't forget those contributions

OBITUARY – NOEL BLUETT 1929 - 2007

Born on 14 March 1929, Noel grew up in Burwood and was educated by the Christian Brothers at Burwood and Strathfield. After school, it was not long before he started work in the Bankruptcy Branch of the Commonwealth Attorney General's Department. He remained there for almost 43 years rising to the position of Official Receiver NSW and ACT in 1977. He held this role until January 1990, when he retired from public service.

In private life, Noel placed great importance on his home and family. He married Josephine in 1955 and they settled in Chatswood, next to Lane Cove National Park. He worked hard to keep the surrounds of the house in good condition, initially clearing and levelling the land and constructing retaining walls and garden beds from rock on the property. Maintaining the lawns was a particular speciality. He also strove for the perfect passionfruit vine, often cursing possums and other native wildlife in their efforts to rob him of this goal.

Over the years Noel developed a hobby in woodwork and was often found at his workbench. He accumulated a diverse quantity of hardware and tools and was happy to share these with friends and family when needed. Almost to the end, while he was still at home, he enjoyed spending time

tidying his garage workshop and maintaining his tools.

As an early settler of the area, Noel maintained a strong interest in the neighbourhood's environment, often encouraging the council in his special ways to make improvements.

In 2005 he and Josephine reached a milestone, celebrating 50 years of marriage. Their marriage shared many joys and sorrows. After his retirement they enjoyed travelling to many parts of Australia. These trips were carefully planned by Noel with the same attention to detail shown in his working life. In the last years, as Noel's illnesses progressed, Josephine devoted her time to his care.

As a father, Noel is fondly and gratefully remembered by his four children, Frances and Christopher for times spent at the beach, at football and cricket matches, at school events and for his interest and support with their later studies and careers. He also found great interest in the activities and wellbeing of his four grandchildren, Fiona Margot, Ellen and Alison and his great grandchild, Sophie. They brought much joy into his later life.

Noel's sense of humour and turn of phrase are well-known to those with whom he worked and socialised. Known as a master of brief phraseology, many of his sayings are now engraved into family vocabulary.

What is not well-known is his quiet generosity to many individuals, groups and associations. He did this without call for recognition. In particular, he devoted many years to junior rugby league, an interest carried over from his youth. He was a member of the NSW Junior Rugby League, Treasurer of the North Sydney District Junior Rugby League Football Club for a decade, Life Member of the North Sydney District Junior Rugby League and Life Member of the North Sydney Rugby League Football Club. He was a faithful supporter of the Bears over many years and was greatly saddened with their removal from the first grade competition.

Noel was also a very religious man, with a particular liking for the Jesuit order. He read widely about the Jesuits and gave generously to their activities. St Mary's was his local church for almost 50 years. In his last years, Noel bore his growing physical disabilities without complaint, always considering there were others with greater troubles. Although he struggled to understand his illnesses, he gained strength and comfort in dealing with them from his Catholic faith.