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
WELFARE OFFICER: Cathy Edwards
STOMA COVERS, SHOWER SHIELD, WELFARE MATTERS: Cathy Edwards, PO Box 54, ALLAWAH, 2218. 02 9587 9636 cedwards53@bigpond.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

NEXT MEETING
3rd 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.

ACCOMMODATION ASSISTANCE WHEN NEEDED
OUT-PATIENT TREATMENT AWAY FROM HOME: Cancer Council NSW, 153 Dowling St, WOOLLOOMOOLLOO, 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 St. George Hospital 17th October
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 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 melissa.parish@ncahs.health.nsw.gov.au

Minutes

Laryngectomee Association of NSW Inc.
Minutes of Meeting of 19 September 2018

The President, Les Byrnes, declared the Meeting open at10:45am, welcoming members present and representatives from Atosmedical, Ed Feist & Liz Nickel.

Attendance – Laryngectomees
Frank Campbell; Cate Durney; Greg Joss; Antoni Krasnodebski; Peter Tierney; Vicki Pedras & Les Byrnes.

Attendance – Non- laryngectomees
Glenda Tierney; Carol Gardner; Glenn Williams; Ed Feist & Liz Nickel.

Apologies
Raymond Chappelow & Cathy Edwards

New Member
Charles Herbert of Allambie Heights

Renewal
Khalil Achkar of Yagoona

The Minutes of the August Meeting, having been circulated, were accepted as read, and being no business arising were adopted.

Correspondence
Incoming
1. Kay Hyman, CEO Nepean Blue Mountains Local Health District Response to R Chappelow’s letter about experiences as lary in local hospitals
2. Dr. Julia McClean email re assistance with the arrangement of St. George Hospital venue
for LANSW October Meeting
3. CBA – Society Cheque Account Statement for period 1 June > 31 August ’18
4. NSW Fair Trading – re changes to annual financial reporting obligations
6. Information on Disability Education & Awareness Services (ideas) – re supply of
   Information for IDEAS SERVICES DATABASE Update ID: 1640
7. LAVictoria – The New Voice September 2018

Outgoing
1. Letter of Welcome to New Member –
   Charles Herbert of Allambie Heights
2. R Chappelow’s letter about experiences as lary in local hospitals

The correspondence from the CEO of Nepean Blue Mountains Local Health District
(responding to Raymond Chappelow’s letter) was discussed with the consensus that it is
difficult to provide the same emergency health services available in the metropolitan hospitals
in regional hospitals.

Some discussion ensued regarding stoma covers and the material used for their production.
Ed Feist and Atos will investigate the types of stoma covers and the likelihood of obtaining a
source for the material. Frank Campbell reported on his experience with voice prosthesis
leaking too soon after fitting. His speech pathologist has advised the supplier as it appears
there may be some faulty batches of this product.

Ed Feist also advised that there is a Vega product available (albeit considerably more
expensive but still qualifying for Enable funding in special circumstances) which repels
Candida.

Les Byrnes advised that the Term Deposit has now been transferred to our working account
(CBA Society Cheque Account) and will appear in our next monthly financial statement.

General Business

Items submitted via email from the secretary for discussion were tabled.

(1. Term Deposit - $40000 closed. Why?
   (not earning interest now)
2. Account signatures update – act now
   (update overdue)
3. Unfinancial Members – Carol offers to assist with Address Labels – George with
   Mailing – Raymond with letter to unfinancial members.
4. 2019 Meetings – When/Where – decision needed by November Meeting
5. 2019 Membership Application Form – Fee – Raymond suggests no discounting
6. Business Cards – act now – Raymond to organise???

Term Deposit previously dealt with and banking authority updating deferred to another
meeting

An item re dates & venues for 2019 deferred to a Committee Meeting.

Membership Application Form to remain same for 2019 re fee payable i.e., Subscriptions for
new members paid on or after 1 July will cover the following calendar year as well.

Peter Tierney volunteered to invite John Lovett to MC our 2018 Christmas Luncheon. Glenda
Tierney advised that raffle prize purchases were proceeding well. All financial members are
requested to advise the Secretary ASAP if they intend to attend the luncheon of 24 November
2018 at Ryde-Eastwood Leagues Club, West Ryde.

**Next meeting to be held on 17 October 2018 a St. George Hospital, Kogarah.** Directions
etc. were included in the September newsletter. Unfortunately, the October posted newsletter
Laryngectomee Association of NSW Inc.
Minutes of Meeting held 17 October 2018.

The Meeting commenced at 11:00 a.m. at a venue in St. George Hospital, Kogarah with the President, Les Byrnes occupying the Chair. The President welcomed those present including Speech Pathologist, Dr. Julia Maclean who expressed her gratitude that the meeting was at the venue. Dr. Julia advised that the Occupational Therapist, Clara Gordon will be addressing attendees about Head & Neck Lymphoedema.

Attendance – Laryngectomees:
Peter Tierney; Vicki Pedras; Peter Dixon; Frank Campbell; Les Byrnes; Barry Bunker; Keith Anderson & Wally Bak

Attendance – Non-laryngectomees:
Christine Dixon; Glenda Tierney; Glenn Williams; Pat Bunker; Curtis Woodhead (Atosmedical); Julia Maclean (St. George Hospital Speech Pathologist); Guest Speaker, Clara Gordon (St. George Hospital Occupational Therapist)

Apologies:
Raymond Chappelow; Cathy Edwards; Carol Gardner; Peter Kelly & George Southgate.

Vale:
Keith Carpenter of Eleebana & Ray Russo of Willoughby.

New Members:
Anne Marks of Curtin, ACT & John Norris of Gillieston Heights.

Renewals:
Kerry Kennelly of Mortdale; Vicki Pedras of Marrickville & Barry Bunker of Carlton.

As the previous meeting’s minutes were not circulated to members, (as was advised in the September Still Talking) the President gave a summary of them & advised that they would be included in the November Edition of Still Talking.

Correspondence was tabled (as follows) & the request from the Coffs Coast H & N Group for a donation of $500:00 towards the cost of their Christmas Dinner was approved. Members were advised of an invitation to members from elsewhere in NSW to attend.

Correspondence Incoming
1. Sue Hass of Coffs Harbour H & N Support Group – request for donation for Xmas
2. John Lovett of Hunter LANSW – Membership Application of John Norris & Xmas attendance
3. ACNC Quarterly
4. Alla Khlebakov – attendance at Xmas, fee & donation
5. Emails between Greg Joss & Les Byrnes re “Random Display Machine” purchase for raffles
6. Belmont 16ft Sailing Club Ltd – with donation on behalf of the late Keith Carpenter
7. Julie Selkirk (daughter of the late Ray Russo) advising of Ray’s death (28/09/18) & donation of supplies
8. Sue Hass (Coffs H & N) re “Speech Assistant” from Google Play
9. Anne Marks – appreciation of gift pack

**Correspondence Outgoing**
1. Belmont 16ft Sailing Club Ltd – thank-you letter + receipt
2. Condolence Cards re the late
   Keith Carpenter of Eleebana
   Ray Russo of Willoughby
3. Letters of welcome to new members
   Anne Marks of Curtin ACT
   John Norris of Gillieston Heights

**Claims for Payment**
1. Sydney Mechanics’ School of Arts – Rent (September) - $42.00.
2. Hunter Branch LANSW – Sundries - $100.00
3. R Chappelow – Stationery (Condolence Cards) - $15.05
   Post - $24.00
   Total - $39.05
4. C Edwards – Post (float) - $383.40
5. Coffs Coast H & N Group – Donation for Xmas Dinner - $500.00

**General Business**
1. Wally Bak suggested the Association investigate investing funds in ‘blue chip stocks’ for a better return on investment.
2. Members agreed to purchase a ‘Random Master Display Raffle Machine” and appropriate tickets for use at the Christmas Luncheon & other events.
3. Christmas Luncheon: Curtis Woodhead from Atosmedical offered to provide the “Lucky Door Prize”; raffle prizes already organised by Glenda Tierney; President to confer with Secretary re liquor prizes.
4. The issue of ‘Accreditation for Hospital Visitor’s’ was raised by the President. Julia Maclean explained that due to several new guidelines and qualifications introduced into the health system, the accreditation process is not as easy as it once was. The Association will enquire with the Cancer Council re recruiting members who are interested in becoming an Accredited Hospital Visitor.

The formal meeting then adjourned for Clara Gordon to address the meeting about Head & Neck Lymphoedema. Written material was handed to members explaining the symptoms, prevention & management of this problem, (the causes being outlined in the literature.) This information will be included in a future newsletter.

Following this most informative presentation, the meeting closed at 12:10pm for lunch as provided by LANSW.

**NEXT MEETING AT USUAL VENUE IN PITT STREET on 21 NOVEMBER 2018.**
The date will be the closing date for notification of intention to attend Christmas Luncheon of 24 November 2018.
The (following) Welfare Report & Financial Statement were read, accepted & tabled.

WELFARE REPORT FOR August/September 2018/October 2018

PATIENT PACKS

Wally gave out 5 Packs to Royal North Shore Hospital
Rebecca Capper Gosford Hospital 5 packs
Amanda Bailey 5 Packs John Hunter Hospital Newcastle

STOMA COVERS & ACCESSORIES

<table>
<thead>
<tr>
<th>Inv No</th>
<th>Name</th>
<th>Goods</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>0470</td>
<td>Peter Kimber</td>
<td>1 membership</td>
<td>$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 stoma covers</td>
<td>10.00</td>
</tr>
<tr>
<td>0470</td>
<td></td>
<td></td>
<td>18.00</td>
</tr>
</tbody>
</table>

Emergency Cards sent

Packs for New Members

Charles Herbert
John Norris
Anne Marks

Allambie Heights
Gillieston Heights
Curtin ACT

Postage Costs

<p>| | |</p>
<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Float - given in June 2017</td>
<td>$ 500.00</td>
</tr>
<tr>
<td>Balance b/f</td>
<td>$ 278.10</td>
</tr>
<tr>
<td>Small Satchel X 10</td>
<td>$ 80.75</td>
</tr>
<tr>
<td>Small Satchel X 10</td>
<td>$ 80.75</td>
</tr>
</tbody>
</table>

**total** $ 161.50   **$ 116.60**
Government Funding Now Available in ACT

The Australian Capital Territory (ACT) Government has approved funding for the use of Heat & Moisture Exchangers (HME), Electrolarynx and Voice Prosthesis for people that have had a Laryngectomy. This funding is being supplied through the Domiciliary Oxygen and Respiratory Support Scheme (DORRS) and is similar to the NSW Healthshare Enable Program. For more information please contact your treating clinician.

Provox TruTone EMOTE® Electrolarynx

Atos Medical is very excited to announce that the TruTone EMOTE® Electrolarynx is now available in Australia! One of the key features of the EMOTE® is the Emotion™ Button which allows the user to have variance in pitch, enabling a more naturally sounding voice and the ability to express emotions.

I was absolutely astounded by the range and sound volume of this unit, as well as the life of the battery between charges, I talk a lot, and only need to recharge the battery every ten days or so.

I’ve had the TruTone EMOTE® for nearly a year now, and people have told me that I sound the same as I did before the operation, and I have very few problems being understood on the phone, which has made me a very happy man. I also torment my dogs by singing to them, and I’m improving!

Mel Rissler – Newcastle, NSW

We are able to offer an unbeatable price on the EMOTE, which is the best available worldwide. For more information, please contact one of our Atos customer service team members on 1800 286 728.
An electrolarynx is often used right after surgery, before healing enough to speak with a voice prosthesis. Many also choose to use an electrolarynx as backup, or a permanent means of communication.

- To communicate immediately after surgery while healing
- To communicate while learning to speak with a voice prosthesis
- As a backup in case other form of speaking fails

Provox TruTone EMOTE

Allows for variance in the tone of voice to let emotions be heard
- The exclusive Emotion™ Button is easy to use

Allows changes in voice volume from whispering to loud
- Check out the exclusive Whisper mode for monotone users

Simple and easy to use
- Intuitive adjustments, no tools needed
- Easy-set modes for push-button simplicity
- Quick and easy monotone modes

Proven intelligibility
- Published study proves intelligibility

Comfortable, ergonomic and sleek design
- Hourglass design for better grip

Up to a month battery life and USB charging
- Charges just like your phone
- Most users experience 25-35 days between charges
Reminder
Your Invited

**Bookings will close on November 24th**

This year’s Christmas Party for the Laryngectomee Association of NSW is to be held on Saturday 24 November 2018 at Ryde Eastwood Leagues Club at 12 noon till 3pm.

- There is **NO charge** for Laryngectomees, their partner/carer.
- There is **NO charge** for Speech Pathologists/Health Professionals
- The cost for visitors is $35 and is subsidised by the Association

Please ring Raymond asap

On 400 409 325
The Laryngectomee Association of NSW Incorporated

ANNUAL GENERAL MEETING 10:45am, WEDNESDAY, MARCH 20 2019

ELECTION OF OFFICERS AND EXECUTIVE COMMITTEE

Under the constitution of the Association, nominations for these positions must be made in writing, prior to the meeting, BY FINANCIAL MEMBERS of the Association.

The nomination must carry the signatures of the nominee, nominator and seconder and be lodged with The Secretary, LANSW, Villa 65/9 Col Drewe Drive, SOUTH BOWENFELS, 2790 by 13 March, 2019

THE FOLLOWING OFFICES ARE TO BE FILLED:

President   Vice-Presidents (2)   Secretary   Treasurer
Assistant Secretary/Treasurer   Welfare Officer   Speech Aids Co-ordinator   Editor
Committee Members (2)

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NOMINATION FORM

Laryngectomee Association NSW, Committee, 2019

(please use block letters)

I……………………………………………………………………………………………………………

(NOTE—You may nominate yourself for any position)

Nominate……………………………………………………………………………………………………

For the position of……………………………………………………………………………… of LANSW

Signed…………………………………………………………………….. Nominator

Signed…………………………………………………………………. Nominee

Signed………………………………………………………………. Seconder

Date……………………………………………. …………….

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RENEWAL OF MEMBERSHIP

NAME…………………………………………………………………… PHONE……………………

ADDRESS…………………………………………………………………………

POSTCODE…………………..

Email……………………………………………………………………

Annual subscription is $10

Post this form to The Treasurer, LANSW, Villa65/9 Col Drewe Drive, SOUTH BOWENFELS, 2790

Payment can be made by cheque or money order or by depositing funds into a Commonwealth Bank to account of LANSW—BSB: 062 595 A/c No 00905579. PLEASE ensure Bank transmits your name otherwise notify the Treasurer of your payment.

Ensure that LANSW have your current contact details.

Payment by internet does not require this form to be sent, but please include your name on transfer otherwise your membership will no be credited.

PLEASE TICK WHATEVER APPLIES

——-Cheque enclosed  _____Payment made to Bank: Date of Payment / /201

—— Money Order enclosed _____I require a receipt

Payment made to bank: Please add date of payment / /201_

_____ I require a receipt.
A little trivia

THE LIQUID INSIDE YOUNG COCONUTS CAN BE USED AS A SUBSTITUTE FOR BLOOD PLASMA.

DONKEYS KILL MORE PEOPLE ANNUALLY THAN PLANE CRASHES OR SHARK ATTACKS.
YOU BURN MORE CALORIES SLEEPING! THAN YOU DO WATCHING TELEVISION.

THE FIRST PRODUCT TO HAVE A BAR CODE WAS WRIGLEY’S GUM.

AMERICAN AIRLINES SAVED $40,000 in 1987 by eliminating one (1) olive from each salad served in first-class.

VENUS IS THE ONLY PLANET THAT ROTATES CLOCKWISE.

APPLES, NOT CAFFEINE, ARE MORE EFFICIENT AT WAKING YOU UP IN THE MORNING.


WALT DISNEY WAS AFRAID OF MICE!

PEARLS DISSOLVE IN VINEGAR!

IT IS POSSIBLE TO LEAD A COW UPSTAIRS... BUT, NOT DOWNSTAIRS.

A DUCK’S QUACK DOESN’T ECHO, AND NO ONE KNOWS WHY.

DENTISTS HAVE RECOMMENDED THAT a toothbrush be kept at least Six (6) feet away from a toilet to avoid airborne particles resulting from the flush.

Have a very merry Xmas and happy New Year! Cheers George
A lady helps her husband install a new computer. Once it is completed, she tells him to select a password, selecting a word that he'll always remember. As the computer asks him to enter it, he looks at his wife and with a macho gesture and a wink in his eye, he selects a word: mypenis. As he hits "enter", to validate the selection, his wife collapses with laughter and rolls on the floor in hysteria!! As the computer says password to small.

A NICE, CALM, AND RESPECTABLE LADY WENT INTO THE PHARMACY, WALKED UP TO THE PHARMACIST, LOOKED STRAIGHT INTO HIS EYES, AND SAID, "I WOULD LIKE TO BUY SOME CYANIDE." THE PHARMACIST ASKED, "WHY IN THE WORLD DO YOU NEED CYANIDE?" THE LADY REPLIED, "I NEED IT TO POISON MY HUSBAND." THE PHARMACIST'S EYES GOT BIG AND HE EXCLAIMED, "LORD HAVE MERCY! I CAN'T GIVE YOU CYANIDE TO KILL YOUR HUSBAND. ABSOLUTELY NOT! YOU CANNOT HAVE ANY CYANIDE!" THE LADY REACHED INTO HER PURSE AND PULLED OUT A PICTURE OF HER HUSBAND IN BED WITH THE PHARMACIST'S WIFE. The pharmacist looked at the picture and said, "You didn't tell me you had a prescription."

What did one bee say to the other bee? Wasabi!

"Papa, what is the person called who brings you in contact with the spirit world?"

"A bartender, my boy.

Two elephants meet a totally naked guy. After a while one elephant says to the other: "I really don't get how he can feed himself with that thing!"

A guy spots a sign outside a house that reads "Talking Dog for Sale." Intrigued, he walks in. "So what have you done with your life?" he asks the dog. "I've led a very full life," says the dog. "I lived in the Alps rescuing avalanche victims. Then I served my country in Iraq. And now I spend my days reading to the residents of a retirement home.

The guy is flabbergasted. He asks the dog's owner, "Why on earth would you want to get rid of an incredible dog like that?"

The owner says, "Because he's a liar! He never did any of that!"

A wife asked her husband: "What do you like most in me, my pretty face or my sexy body?"

He looked at her from head to toe and replied: "I like your sense of humor!"

An Arab, Frenchman, American and a Mexican are riding down the highway. The Arab picks up an AK-47. He shoots a couple of rounds and then throws the gun out the window. The American asks him why he threw the gun in the window and the Arab says they have so many of those where he is from he doesn't care about what happens to them.

The Frenchman picks up a bottle of wine and drinks a little and throws it out the window. The American asks him why he tossed it. The Frenchman says they have so much of it where he is from he doesn't care what happens to it.

The American picks up the Mexican and throws him out the window!

Yesterday I saw a guy spill all his Scrabble letters on the road. I asked him, "What's the word on the street?"

Q: What is the ideal weight of a lawyer? A: About three pounds, including the urn.

A dog walks into a bar and hops up on a stool. He looks at the bartender in the eye and says, "Hey, guess what? I can talk. Have you ever seen a talking dog before? How about a drink?" The bartender thinks for a moment and says, "Sure, the toilet's right around the corner."