NEWSLETTER

THE LARYNGECTOMEE ASSOCIATION OF QUEENSLAND INC.

AN ASSOCIATION DEDICATED TO THE WELFARE OF LARYNGECTOMEEES AND TO THE REGAINING OF SPEECH

REGISTERED BY AUSTRALIA POST

DECEMBER 1995

PUBLICATION NO QAWST3

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CHRISTMAS MEETING AND BREAKUP 1995

will be held

WEDNESDAY 20 DECEMBER 1995 AT 10.30 am

at

Qld Cancer Fund Headquarters, William Rudder House
553 Gregory Terrace Fortitude Valley
(parking available under building)

Any Bus you take to the Hospital should get you to the Qld Cancer Fund - get off at Cnr Brunswick Street and Gregory Tce STOP 7. Buses are Chermisde 172, Stafford 144, Grange 126, Stafford 44 and 44a.

Jen O'Hara
Joan Reynolds

**PRIZE FOR BEST CHRISTMAS OUTFIT **

Come along with a plate of Christmas goodies (if you are a cook!!)

See you all there.

PHONE NO. 07 33502152
This was one third of the action - another two greens were playing at the same time!

President of the Brighton Bowls Club Mr George Lietzow being congratulated on an outstandingly successful event by Norm Fredericks.

Other members there were Bill Robertson, Joe Foley, Frank Prussenski (playing), Daisy Barnes & Darby (playing) Damien Parry & family, Gloria O'Hanlon, Heather Winstone. Everyone enjoyed the very friendly atmosphere.

Fundraiser extraordinaire Ken Crockatt (Right) looking very pleased with proceedings with Alan Martin - local Bowls Club member as well as LAQ member!

Major sponsors were Carlton United Beverages, Tastee Products, Belvedere Hotel Woody Pt, Michael Larter, Chemist Woody Pt. Don't forget if you're down that way, please support our sponsors.

Just some of the amazing array of gifts donated for prizes for players, and raffle winners.

Next year perhaps LAQ members can add more to the raffle prizes.
Help at hand in charity bowls

THE Laryngectomy Association of Queensland will host a charity bowls day at Brighton Bowls Club on October 22.

Starting at 9.30am the morning will feature games of optional triples with prizes for winners and losers.

All money will be a-cultural for Queensland hospitals where operations are performed to help sufferers communicate with their families.

In six and a half years the laryngectomy association has raised more than $43,000.

So far this year, donations received or pledged have included $300 from the Brighton Bowls Club.

Anyone else wanting to make a donation or enquire about the charity bowls day can contact Ken and Eileen Crockatt on 3264 0799.

Bowl for research

BOWLERS from the northside will compete in a charity bowls morning at Brighton Bowls Club on Sunday from 9.30am.

The event is organised in aid of the Laryngectomy Association of Queensland (formerly the Lost Chord Club).

Sponsors are Carlton United Breweries, Tastee Products, Belvedere Hotel and Michael Larter Chemist, Woody Point.

Proceeds will go to buy equipment for hospitals where operations are performed to help patients communicate with their families.

"A LIGHT HEARTED APPROACH"

On 22nd October rain failed to dampen the spirits of the bowlers in action at the Brighton Bowls Club. Before the games were abandoned there was one very worried "Laro". I was trying to figure out about "Jack" because I often heard "Try and knock Jack" I really felt sorry for Jack with everyone wanting to knock him and was glad my name was Norm and not Jack. You guessed it, this was my first venture to a Bowls Game let alone a carnival and was relieved when Ken explained "Jack" to me.

Congratulations to Ken Crockatt for a Champion Day and it may interest and amaze you to know that during Ken’s leadership in Fundraising this gentleman and his family and friends have raised over $47,500 in seven years for the Club, this years carnival day raising $4120. WELL DONE To all those people who slaved in the kitchen & bar, and to our sponsors and all those who donated – A VERY BIG THANKYOU.

I was also delighted by the "Esprit de Corps" amongst the rival Bowling Clubs.

Good on you Ladies and Gentlemen of your chosen sport-you made "Our Day" and on behalf of the Laryngectomy Association of Qld, a very big thankyou to all the Bowlers that came and made it a great day for all.

Norm Fredericks (Alias Sir Norman)

BRIGHTON BOWLS CLUB, BRAMBLE BAY BOWLS CLUB AND THE DOLPHINS BOWLS CLUB have all become part of our Associations history with their support and true community spirit.

On Sunday 5th November the Redcliffe Dolphins Social Bowls Club held a Bowls morning for late player and member Dave Revitt. His wish was that any monies made on the day be donated to the Laryngectomy Club of Qld Inc.

$1,050.25 was donated to our Association and a NU VOIS electrolarynx has been purchased and inscribed " In Memory of David Revitt from his Redcliffe Mates 1995."
We sincerely thank everyone who took the time to write and share their experiences. It never ceases to amaze us just how much the human spirit can cope with. In speaking with many members it is clear that there is a great loss in their lives not eating and keeping up with others. (So much of our social lives and outings are designed around eating!) However, the vast majority decide to go on with life and enjoy it to the full.

Although people with swallowing problems often started out with a special diet as time passed and the situation became more familiar most people living in a family situation usually had everything the family had but done in the blender - whether this was roast and vegies, steak and onions, or wiener schnitzel - whatever the others had, so did they.

Kevin Delaney shared his experience:

Initially I went up to PA hospital to see Dr Harris, sometimes every month but the last time was 3 months ago. They take you in a wheelchair, take out any dentures etc, spray the throat, and put the bougie down for about half a minute and then you stay for observation for about half an hour. Once its over you can eat anything you like again. The only inconvenience is "Nil by mouth" from the previous midnight. (Its worth that though Kevin isn’t it if you can eat anything?)

********

C. Bullitho writes:

I read with interest your article on swallowing in October Newsletter. After a laryngectomy operation which I had 5 years ago, I have never been able to swallow enough food to sustain me, going from 10 stone odd to barely 7 stone. Like most other patients I had 5 days for 6 weeks radio-therapy. Could this have contributed to the cause? I wondered.

My surgeon could see no reason why I shouldn’t eat, he seemed to think it was all in the mind. I saw various other doctors all of whom did not come up with a solution. In the end result he decided tube feeding was the way to go. My throat still goes into spasms and is never free of pain. Pain killers get me through the day and with my 5 Ensure feeds my weight has very much improved.

Reflux medication helps as well. So one can see why, in my case swallowing is a very real problem one with which I just have to live.

By telling my story I may have helped another Laryngectomy with the same problem. Meanwhile spasms pain and myself live uncomfortably together.

*******

From J. Oakey...

One 2.2.81 I had my op and my larynx and oesophagus were removed after having radium 2 years previously. During the op my stomach was raised into my chest between my lungs which made big meals a miss, I have to have small ones vitamised or pureed. To swallow I had been given an artificial oesophagus made I believe from skin grafts, this allows pureed food and liquids to enter my stomach. I have bougie tubes sizes 19, 22, 24, 26 and 32 about 20" long. I have trouble after about 2 months getting even no 19 down and have to go the RBH to have a dilation. I go in Monday have a light anaesthetic Tuesday and home Wednesday. The throat stays open and clear for another couple of months then the same procedure again. This was the same for a long time and very trying up till 23.6.94 which was the last time I have had a dilation. The throat is incapable of taking a bougie tube but my puree (liquid food) goes down ok there is no expansion for normal food to go down the oesophagus. At the time right now I am have a piece of jam roll and that gets caught if I’m not careful. My wife Ivy, will advise about food she prepares.
As you are aware I had the full laryngectomy operation and the mouth and nose are so useless for breathing. At times I do use oesophageal speech.

From Ivy...

John has been on fully vitamised food (pureed food) for the past ten years. When he first came out of hospital, he could manage with minced food, but as time wore on the artificial oesophagus gradually narrowed so he has had to live on pureed food. He has exactly the same food as I have, including Sunday Dinners, Lamb, pork, corned meat, chicken and fish with plenty of vegetables in gravy. I cut everything small and vitamise it with plenty of gravy, white sauce or apple sauce. He has a salad every day, consists of meat, lettuce, cucumber, tomatoes and whatever other ingredients maybe in season, with mayonnaise and salad oil to liquefy to suit him. I make all sorts of creamed pudding and stewed fruits such as tapioca, macaroni, sago and rice.

I use the dried fruits as they are always available. Sometimes he has steamed pudding and sponge puddings and plenty of custard (vitamised) also lots of fruit salads with fruit in season.

Everything is vitamised together which he says is better, as he gets all the nourishment from them all. He has kept in good health, apart from his throat and put on condition on this type of diet. I am sure if other larsos in the same circumstances took note they will be able to do well too. Good Luck and Best wishes and healing to all larsos.

The last word from John ...

My op left me with no sense of smell (which is great at times!) but my taste never was missing. All my meals taste the same, (almost) but the vitamins are still there. I do suffer with reflux a fair bit but I use mylanta and at night I use high pillows. I cannot bend down for any length of time as there is no blockage to the stomach contents.

Hope this helps some should they be in the same boat as me.

Regards. John Oakey.

Ed. A word of advice about avoiding reflux when sleeping - it is actually better to buy a wedge of foam to slip under the mattress to raise the entire top of the bed rather than just prop your head up with pillows.

June Byrnes from the Gold Coast shares her story....

Dear Heather and Readers,

I am writing this letter, firstly to thank "our" -Norman for his article on the Bougie, I sure need on of those. I have had 2 radical operations in 1994, the first, a total laryngectomy, January 1994 then in November 1994 a tumour the size of a golf ball grew on my tongue and through it to lumps (?) down under my arm, (secondary cancer). However, thanks to Dr Perry, Dr Bennett and the wonderful team at PA in Brissie I had my cut out tongue half replaced with special grafting from my breast. Following 30 days of radiation and one dilation I am now left with a swallowing space not as big as a green pea and have to rely on sustagen 3 to 4 times a day. I am able to eat fried and boiled eggs for breakfast or Weet Bix and noodles, or vegies well mashed for dinner. My message to all Laro's is very simple, I could become very depressed, especially since my husband of 40 years could never learn to cope with my condition and we eventually separated last March, however, because of my wonderful friends, my children and grand children, my wonderful, wonderful speech therapists at the Gold Coast Hospital, Liz Kelly and Anita - at the end of the day I'm alive, I'm feeling very well and a happy disposition has been maintained. Life is wonderful, a positive attitude has been my main aim through all of the hurdles I've had to face added to by a large dose of faith in the Lord.

So, to every laryngectomee who reads this article I send this simple message.
A smile and these words will start your day off to be a happy one - "There is nothing that can happen to me today Lord that you and I can't get through together."

Warm regards,  
June Byrnes.

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ED: It seems courage is a common bond that laro's share. Thankyou again to all who have shared their experiences.

CURRENT PRICE OF STOCK ON HAND.

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<th>Item</th>
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<td>Foam (Thickness mm: 2.8, 3, 3.5, 4 and 4.5.)</td>
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<td>D/sided tape</td>
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<td>Badges</td>
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<td>Stoma Covers (White, Cream and Black)</td>
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<td>Shower Shields</td>
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Witty moment.

"You had better go, my husband just drove up!"
"Where's the back door?"
"We don't have one!"
"Where would you like one?"

***************

PEOPLE

Some folk are like wheelbarrows - no use unless pushed
Some folk are like canoes - they drift, unless paddled
Some folks are like Kites - they fly away unless kept on a string
Some folks are like tennis balls - you never know how they will bounce
Some folk are like balloons - full of the wind of their own importance
Some folk are like good watches - open faced, quiet busy, wholly dependable, exercising faith and full of good works.

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SWIMMING!!

Learners
The Association has agreed to go ahead with swimming workshops. The first will be held next year and we need to know what sort of demand there will be for this rehabilitation service. The cost of running the first course will be quite expensive and it would be expected most people would purchase their own swimming device which is approximately $450.00. Expressions of interest should be sent to the Secretary.

Instructors
People interested in becoming instructors (This includes speech pathologist, other therapists, nurses and doctors) should also write to the Secretary so we can get some idea of how widespread this service could be.

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VOLUNTEERS FOR TRAINING TAPE

Have you had problems on the telephone with switchboard operators and others? As part of our awareness campaign we are producing a teaching tape with a variety of voices demonstrated and are now calling for volunteers to cut this tape. Please contact us if you are willing to assist in this matter.

***************

SELF HELP FOR THE LARYNGECTOMEE

by EDMUND LAUDER Edited by James Lauder

The Laryngectomy Association has purchased stocks of these books for sale at $15 (cost price after postage from America and conversion to Australian dollars). We have donated one copy to all Support Groups and hope all major centres will have stocks available. They are an excellent reference book for anyone interested in laryngectomy.
VERY IMPORTANT DATE!!

Saturday 24 February 1996.
Roy Coulter Memorial Lecture 11am to 12
Lunch
12 to 1pm
Spouse and Family Workshop with Separate laryngectomee Workshop
Closing Session 2.30pm.

MARK YOUR CALENDARS NOW!!!!

Gold Coast members will be thrilled to know that the Qld Cancer Fund Gold Coast office is very generously providing a 22 seater bus for you to be transported free of charge to this Memorial Lecture!!! Notify that office ASAP of your intention to attend and we will have a great day!

ROCKHAMPTON SUPPORT GROUP NEWS.....

Are you ready for the Christmas Cruise on Wednesday 13 December. We embark from the Wharf on the Corner of William and Quay St at 10.30 am and return at 12.30 pm. Cost is $19.50 per head but if we get 20 people or more the cost will be reduced to $17.50. Morning Tea is included, so come along!!! Swimming in the River and Singing Christmas Carols is optional!!??

Unfortunately, there will be a presence greatly missed at this year's Christmas celebrations. In fact it will hardly be the same without him. Of course, I mean Roy Donovan who passed away on Nov 11 1995. Among other things, we will remember him for his great contribution to the laryngectomy community, his positive outlook and his sense of humour. He has visited many laryngectomees and supported them before and after their operations together with his wife Sue who has kept us all in line for many years.

We express our deepest sympathy to her and her family at this sad time and want her to know that our thoughts are with her.

Roy and Sue have worked tirelessly for our local lost chord club. Sue has organised our newsletter for many years and they have hosted many a party at their home. We would also like to take this opportunity to thank them for their unfailing contribution and friendship over the years. We hope to see Sue at this years Christmas gathering - we may need an official lifesaver on board!

Finally, I would like to let everyone know that I will be taking 12 months leave from the hospital next year and no, I'm not having a baby! I'll still be around the ridges and may turn up at a morning tea from time to time just so you don't forget me. The Speech Pathologist who will look after you for the year is Marian Foxcroft and I have invited her to the Christmas party so you can meet her. I have really enjoyed my association with you all over the last 4 years and wish you all a Merry Christmas and much happiness in 1996. Jane.

THIS NEWSLETTER WAS PUBLISHED WITH THE ASSISTANCE OF THE QLD CANCER FUND.

CLOSING DATE FOR CONTRIBUTIONS FOR NEXT NEWSLETTER 31st JANUARY 1996. (If Support Groups have dates set for meetings could they please let us know for that issue).
REDCLIFFE SUPPORT GROUP held the usual monthly meeting 20.10.95 and was a very well attended one with 14 persons in attendance. Three new members were welcomed by all namely Peter Leverstram, Patricia Hooper and Robbie Olive. — Peter is ex NZ and the two women are locals. All joined in discussions. Norm Fredericks and Joe Foley also came along with advice— on the activities of Laryngectomee Association. The event of the meeting I thought was a visit by Meghan and Liz Crow. Liz is a social adviser and gave a lengthy talk about how we could better our selves health wise and coping with grief, loss and death. The group were very taken in by the advise. Ann spoke about obtaining a form from the Transport Dept to provide when one is requested to take a RBT (Random Breath Test). Our usual Xmas dinner will be held 8.12.95 and very generously, our great friend and fund raiser, Ken Crockatt offered to hold it at his home. This offer was unanimously accepted with joy. Our next Meeting will be held Friday 17.11.95.

Regards John Oakey

PS: Since this report was filed a Christmas Bar-b-que was held at Ken and Elleens home and although there was not a huge crowd, a great time was had by those who attended and we thank Ken and Eileen for their wonderful generosity and friendship.

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We received the following letter from a physician who lives and works in the island of Madagascar.

"Sir: I enjoy receiving your newsletter. I mean that in Madagascar we are on the opposite side of the world and we feel really alone in the laryngectomee club."

"Madagascar is an island, slightly smaller than Texas, and very, very poor. In fact, one of the ten poorer countries around the world. The average income is yearly about $220 U.S. dollars per inhabitant. Maybe 50% of kids never go to school; pencils, paper are much too expensive. Many of the people are starving. What about health? You have to spend your entire monthly salary to pay cheapest antibiotics treatment. Larynx cancers? There are only a few. The reason is that people do not earn enough money to buy a whole pack of cigarettes; they buy one at a time. If you purchased an entire pack of cigarettes you would be considered a capitalist. There is not much drinking either but of course, larynx cancers do happen."

"We are only five ENT and head and neck surgeons for some 12 million people and I am the only one to perform laryngectomy and I am a French Navy surgeon. I am the only one to perform a laryngectomy for 2,000 miles around."

"Lack of medical staff is a daily problem. We have no C.T. Scan, no radiology (it has been out of order for six months) ; we have no spare surgical gloves, surgical threads and even X-ray standard films are used only in emergencies."

"About laryngectomies, each drain, each tube, each canula is a problem to obtain. I must wait three weeks for a pathological report as there is only one French pathologist in the island."

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GRADUATES OF THE 1995 LARYNGECTOMEE SUPPORT VISITOR TRAINING PROGRAMME
From left : Kevin Delaney, Bill Roache, Graham Dux, (Michelle Murphy, Course coordinator) Sue Collins and Ray Scott.

1995 draws to a close with the successful completion of our 2nd volunteer training programme for Laryngectomee Support Visitors. The Q.C.F. and the L.A.Q. are very grateful to Kevin, Bill, Graham, Sue and Ray for giving freely of their time and personal experience to support fellow laryngectomees.

We will be undertaking a new programme in 1996 and anyone wishing to apply to be a Support Visitor can contact Michelle Murphy on 258 2265 or write to Michelle at the Qld Cancer Fund.
Tennis Anyone?

If you saw someone arrive at the July IAL meeting in San Francisco completely out of breath, it probably was Judy Breckon of Little Rock, AR. She came straight there from playing in a US Tennis Association tournament in Mobile, AL, as a member of Arkansas' championship 3.5 women's team. Although they did not win the tournament, her team came in “about the middle of the pack.” Judy reports, “a respectable showing.”

Judy did not begin playing tennis seriously until she was 35 but has pursued it enthusiastically ever since. Her laryngectomy in December 1988, slowed her down only briefly. She plays on a 13-member team sponsored by the Rebsamen Tennis Center in Little Rock and admits to being the oldest member of the team whose ages range from 22 to 59. She is the only laryngectomee on her team and was the only one in competition at the Mobile tournament.

Handicapped? No Way

I grew up in the Boston area and worked for the Massachusetts State Office of Employment for 24 years. A smoker for many years, I quit in 1979, and took up distance running to improve my health. It soon became a full-time avocation for me. Then, in 1982, I was found to have a serious degenerative disease affecting my vision, which eventually left me legally blind (low vision but not sightless). I retired on disability, which gave me time to spend with my two young daughters.

Robert L. Keith, MS, CCC, who has directed the IAL Voice Institute since 1986, stepped down from that position following the 1994 session in Cherry Hill, NJ. Mr. Keith is an Associate Professor of Speech Pathology at Mayo Clinic in Rochester, MN. Under his direction, the Voice Institute gained a reputation as the premier program in the country for training speech pathologists to work with laryngectomized persons.

At the 1994 Annual Meeting, Keith was honored for his invaluable contribution to laryngectomee rehabilitation and was presented a gift by the IAL in appreciation of his work with the Voice Institutes.

Bob sends Christmas wishes to all his friends. Down Under Bob directed a TEP seminar in May.
UNBELIEVABLE!!! This story comes from 'Clan' the U.K. Newsletter.

A CLOSE ESCAPE

You may have seen Mr Gascoyne's terrifying ordeal on the 999 programme. Well here is his own account of what happened when he and his wife went out for dinner one evening...

I had been kindly invited out to a friend's house for dinner and I had never been to the house before, but my son and my wife Rachel had been there previously. Neither of them could remember the detail of where the house was except that it was sited near the River Trent.

Having been given the address my wife and I endeavoured to look for the property and as I always carry a little pencil torch with me I duly looked at the numbers on the doors with my torch, I mention this because it is quite significant.

Going Down

I remember looking up to a light in one of the houses and then the next thing I recall is dropping into the water. I am able to swim but I seemed to have great difficulty on this occasion. I recall I tried to grab the side of the river bank but it was just a brick wall and there was nothing to hold on to and from there on I just seemed to go down. I do remember trying to swim to get to the surface but to no avail, obviously I was running out of energy.

I was dropping further down and after what seemed a long time but must have only been minutes I recall thinking to myself 'what a way to die at 67 years of age'.

Remembering

Following that I remember nothing until about a week later when I, so to speak, woke up with my wife at my side. I could remember everything that had happened to me until I became unconscious. I was surprised I suppose to see Rachel.

During the first day of consciousness I do remember, after I had come to, seeing two Police Officers in another part of the Intensive Care Unit. I thought to myself, surely they do not think Rachel pushed me in. I was quite drowsy after seven days of being unconscious and it probably took me a day before I thought about asking Rachel how I got out of the river. In due course she told me what happened and how she jumped in and pulled me to the side while I was unconscious.

The above facts are the facts as I recall them.

How Fortunate

Now just as a matter of interest and to show how fortunate I was, we had been away on holiday at Christmas and Rachel had made up her mind to swim a lot to get fit. By the end of the first week in January she was very very fit and it would be this fitness and her ability to life-save that got me back to life.

It All Helped

There were many other matters which contributed to my being rescued.

Rachel evidently shouted for help and realising that every second was valuable took the risk of jumping in hoping that someone would hear and call the emergency services. Without them we would both have drowned. Within seven minutes, I am told, there were two ambulances, two fire engines and two police cars. Believe it or not the ambulance men had had a lecture that morning and as far as I am aware the only one ever on how to deal with a laryngectomy who had fallen into deep water. The torch which I mentioned earlier must have been still on as it was the one thing that Rachel saw that made it possible for her to see me. It was a cold, dark, winter night when she jumped into the river and it had always been a mystery to me how she found me.

I am quite reasonably well known in the area which meant that the Head Ambulance man, who comes from the village, immediately knew me. Also one of the Firemen knew me. He was about 5'6" and a very strong fellow and he tipped me upside down for the water to pour out of the laryngectomy hole. I was taken to the local hospital and as I was over 65 very few Intensive Care Units will take people over this age and I was whisked off to Lincoln Hospital. They did a magnificent job of keeping me alive as Rachel and all my family were told I probably only had a couple of hours to live.

D.W.H. Gascoyne
MONTHLY MEETINGS:

☐ SYDNEY: Third Wednesday, 11am at NSW Cancer Council offices, 153-161 Dawling Street, Woolloomooloo.
☐ NEWCASTLE: Third Tuesday, 6pm, Mayfield Bowling Club, Inglis Street, Mayfield.
☐ PARRAMATTA: Second Tuesday, 12.30pm, Masonic Club, 163 George Street, Parramatta.
☐ ILLAWARRA: Third Wednesday, 2.30pm, Warilla Medical Centre, Belfast Street, Warilla.
☐ RICHMOND VALLEY: First Wednesday: even numbered months – 2pm, St Vincent’s Hospital, Avondale Avenue, Lismore.
☐ LOWER NORTH COAST: First Tuesday, 2pm, Staff Centre, Manning Base Hospital, Tara.
☐ DUBBO: Lourdes Hospital. Contact 068 84-5855 for meeting time.

OFFICE BEARERS 1995

ACTING PRESIDENTS AND VICE-PRESIDENTS: Bill Byrne, 422 Guildford Road, Guildford, 2161, 892-1634.
Mrs Jean Case, 11 Gleedstone Parade, Lindfield, 0270, 416-9067.
SECRETARY/TREASURER: John Nicholson MBE, 160 Francis Street, Richmond NSW 2753.
(045) 76-1413; fax (045) 76-4412.
WELFARE OFFICER: Mrs Lilah Walton, 23 Baker Street, Kensington 2033, Phone and fax 663-2550.
MINUTES SECRETARY: (Pro tem) Desna Nicholson, 160 Francis Street, Richmond NSW 2753. (045) 76-1419; fax (045) 76-4412.
LARYNX OFFICER: John Chaloner, 111 Station Street, Petersham 2049, 560-2852.
PUBLICITY/EDITOR: Alan Dear OAM, 14 Robin Avenue, Turramurra 2074, 449-2917 (H); 282-1678 (O); fax 0988-4726.

COMMITTEE MEMBERS:
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Pat Rodgers, 279 St Johns Road, Glebe, 2037, 692-8995.
John Stein, 13 Westawa Road, Northbridge, 2063, 958-7259.

No 52
December 1995

A HAPPY AND HEALTHY CHRISTMAS AND NEW YEAR TO OUR READERS

As the end of 1995 draws near we find we are no closer to solving a problem that has plagued the Association ever since it was founded — tracking down and visiting EVERY new laryngectomee before surgery.

Western Districts branch is as anxious as the rest of The Laryngectomee Association of NSW to get things moving in this regard and Alan Dawson and Jock Felton made a special effort to attend the monthly meeting of the Association in November to discuss the matter.

Secretary John Nicholson has arranged a meeting with the NSW Cancer Council to see if perhaps we can develop a joint initiative to solve the problem and we hope to report further in the next newsletter.

Speaking of which ... this is the last newsletter for 1995. The next one will appear at the beginning of February 1996, in time for the annual general meeting. Enclosed with this issue is a nomination form for 1996 office bearers and a membership renewal form. There will be two slight changes to the composition of the executive committee for 1996 — there will be a vacancy for an assistant secretary/minutes secretary and the larynx officer’s title has been redefined as speech aids coordinator. If you would like to nominate someone, or someone else for a position in the Association, please complete the form as required and return it to the Secretary before January 31, 1996. Remember that to nominate or second a person, or to vote at the AGM you (and your nominee) must be financial. Please complete the membership renewal form at the foot of the nomination form and return it with your $20 to ensure you are financial for 1996.

Our appeal in the previous newsletter for those who received copies marked with a red spot to renew their membership drew a disappointing 20 responses.

We have therefore had to delete 67 unfinancial members from our mailing list — meaning an annual saving of nearly $350 on postage for the newsletter alone.

WHO TO CONTACT

FOR Bivona and Blom-Singer supplies — David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2096. Phone (02) 939-1539.
FOR speech aid batteries, parts and repairs — John Chaloner, 111 Station Street, Petersham, NSW 2049. Phone (02) 560-2852.
FOR stoma covers, shower shields — Lilah Walton, 23 Baker Street, Kensington, NSW 2033. Phone and fax (02) 663-2550.
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEES ASSOCIATION OF NSW, HELD ON WEDNESDAY, OCTOBER 18, 1995, AT THE NSW CANCER COUNCIL ROOMS, WOOLLOOMOOLOO.

The Chair was taken by the Secretary, John Nicholson who opened the meeting at 11.10am.


APOLOGIES were accepted from Alan Dear, Bill Byrne, John Chaloner and Jean Case.

MINUTES of the September meeting, as distributed, were accepted on the motion of Frank Coughlan, seconded Pat Rodgers.

BUSINESS arising from these minutes. Few have so far accepted for the Christmas party, but hopefully the numbers will build.

REPORTS

SECRETARY'S REPORT, OCTOBER 1995

Dubbo laryngectomee support group At the invitation of the Speech Pathology Department of Lourdes Hospital, Dubbo, my wife and I attended the meeting of the laryngectomee support group at that hospital on September 25, 1995. Ms Kate Starick, speech pathologist at Lourdes, has restarted this group and at the meeting they elected their president and secretary.

I am sure they will be a successful supportive group.

Kate can be contacted at the hospital on 068-845-855. The elected secretary is Mrs S. Baker, Peppercorn Farm, Wellington, 2820.

Membership On behalf of the committee I would like to welcome the following new members: Ms Dodre Bundle, Nowra; Mr E. J. Nicholls, Griffith; Ms Diane Wright, Woy Woy (speech pathologist); Mr Ray Matthews, Ermington; Mr D. Rushworth, Granville;

Ms A. Butler, Cherrybrook; Mr B. Hooper, New Zealand and Mr W. J. Byfield, Paddington.

Vale I would like to pass on our sincere condolences to the family and friends of Mr W. Nichol of Stanwell Park, who died recently.

Wagga Wagga Support Group It was interesting to read in the latest issue of the newsletter from Victoria that some laryngectomees at Wagga are interested in forming a support group in Wagga. I have spoken to the speech pathologist at Wagga Base Hospital and offered our Association's assistance if needed. She will have one of their members contact me shortly.

Support Visitor Service The Queensland Cancer Fund is producing a Laryngectomee Support Visitor Service brochure which I am sure would be of interest to many of us in NSW. I will ask The Laryngectomee Association of Queensland to send me a copy so we can study it for possible use here.

Subscriptions Some 20 members have so far responded to our call for payment of subs for 1995 but there are still many outstanding. Members are reminded that the subscription for 1996 becomes due on January 1, 1996.

Accepted on the motion of Lilah Walton, seconded R. Younger.

CORRESPONDENCE, October 1995

1. Western Districts Branch. Seeking a seminar to discuss the lack of communication between hospitals and our Association re new laryngectomees. Also to discuss the lack of assistance to spouses of laryngectomees by hospital support staff.

2. Speech pathology department, Woden Valley Hospital. Invitation to our secretary and his wife to attend planned meeting of laryngectomees and speech pathologists in Canberra on October 28, 1995.

3. International Association of Laryngectomees, USA. Enclosing certificate recognising our five years as a member of that Association.


5. Australian Association for Speech and Hearing. Seeking our comments about disability discrimination that is related to the way a person communicates. Detail required by October 25, 1995.

6. Telstra. Confirming our Association will be listed in future printings of the White Pages and is now available with Telecom directory assistance service.

7. Newsletters from Associations/clubs in the other states and overseas.

— John Nicholson, Secretary

Accepted on the motion of Lilah Walton, seconded Marion Lyons.

TREASURER'S REPORT, OCTOBER 1995

The Treasurer reported there was a credit balance in the working account of $10,104.

Accepted on the motion of John Nicholson, seconded Bruce Darlington.

WELFARE OFFICER'S REPORT, OCTOBER 1995

1. Telephone call from a P. Little (speech pathologist, Cootamundra) requesting an electro-larynx for a laryngectomee in her care. I advised her to request assistance from others in the area who use an electro-larynx and ring back.

2. Lawrie Wright of the Australian Cancer Society re a letter he received from a woman in England about assistance for a friend of hers. I have replied to the best of my ability and hope the information I sent will be of use.

3. Call from G. Giraud of Lismore saying hello and inviting the secretary and partner and myself to a meeting. I replied we would when finance is available.

4. Call from Bill Spillane whose mother was 95 on October 14, just 17 years after having had a laryngectomy. Hope it was a great day Eileen.

5. Phyllis King rang to tell us Harry died on September 17. He was president of Newcastle some years ago and had been a
laryngectomee for 26 years. Our deepest sympathy to the family.

6. I have posted out many patient packs as politely requested by the Secretary.

7. Went with my husband to visit a lady laryngectomee from Bargo who had been out of hospital for one week. Hopefully Evelyn will be well enough to come to the Christmas party. I also delivered a patient pack to her.

8. Visited Raymond Morgan, another new laryngectomee who came to collect his own patient pack.

9. Attended Eleanor Butt’s funeral and was presented with a donation of $192 from the people gathered there. Her children spoke very highly of the assistance she had received from The Laryngectomee Association of NSW.

10. Thanks to Beryl Whittaker of Dubbo for her gifts of dolls to raffle.

11. Get well wishes to Alan Dear, Anne Taylor, Wal Arnold and Eric Smith and any others on the “poorly” list.

12. Letter received from Frances Stack, a laryngectomee speech pathologist from the Mayo Clinic. Now over 60 she had her laryngectomy 40 years ago. Now retired from the clinic, she still travels widely to talk about the operation and subsequent treatment.

— Lilah Walton, Welfare Officer

Report adopted on the motion of Pat Rodgers, seconded by R. Younger.

GENERAL BUSINESS

1. Discussion on letter from Western Districts Branch_b. The meeting agreed on the need for hospital visits both pre-and post-operatively to laryngectomees and their families. Executive committee will try to arrange a seminar at which discussions will be held between laryngectomees and medical professionals.

2. Lilah has very little white material, but has some suitable fawn for anyone wishing to make stoma covers. If anyone knows of a suitable supply point please let us know.

There being no further business the chairman closed the meeting at 11.50am and lunch was enjoyed.

MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW, HELD ON WEDNESDAY, NOVEMBER 15, 1995, AT NSW CANCER COUNCIL ROOMS, WOOLLOOMOOLOO.

Chairman: Bill Byrne.

Present: 14 laryngectomees and two non-laryngectomees.

Apologies: Jo and Len Nowland.

Business:

1. Minutes of the previous meeting. These are yet to be distributed in the next newsletter, together with minutes of this meeting.

2. Christmas party. There are 65 acceptors for the Christmas party to be held on Saturday, November 18 at Kirribilli Ex-Services Club.

3. Western Districts branch and hospital visits. (See Secretary’s report for details).

REPORTS

SECRETARY’S REPORT, NOVEMBER 1995

Membership: On behalf of the Association’s committee I wish to welcome the following new members: Mrs E. Edwards, Bargo; Mr Peter Beasley, Watson, ACT; Mr Barry McKay, Weston, ACT; Mrs J. Heicke, O’Connor, ACT; and Mr R. McClure, Maroubra. We hope that you will become active members and make use of the facilities that the Association may be able to provide.

Unfortunately I have also to report that the following members have died in the past few weeks and we extend our sincere condolences to the families and friends of these departed members: Mr W. Nicol, Stanwell Park; Mrs E. Dutt, Arndcliffe; Mr George Merrifield, Greenacre.

Brian Hay of Vincentia has advised me that he is on the move to Queensland and that he will not be able to attend our Christmas party this year. All the best Brian and we hope that all goes well in Queensland.

Canberra visit: Thanks to the invitation from Magdaleen Rozsa, speech pathologist at Woden Valley Hospital, Lilah Walton, my wife and I attended the dinner that Magdaleen and her fellow speech pathologists had arranged for Canberra and district laryngectomees. More than 30 laryngectomees and their spouses and friends attended this excellent function and Des and I were asked to address them. No doubt this group will become a successful support team and all will benefit from their regular meetings. If anyone in the Canberra area wants more information then please give Magdaleen a call at Woden Valley Hospital.

Dubbo support group: Kate Starick, speech pathologist at Lourdes Hospital, Dubbo has advised me that their support group is meeting regularly and that interesting matters concerning laryngectomees and their spouses are being discussed. At their first meeting in September the members elected Arthur Styche as their president and Sheila Baker as their secretary.

Wagga area: I had a call from Mr H. J. Davies of Wagga Wagga this week. He is a laryngectomee living at South Wagga and he is interested in our Association’s activities and I think he is looking forward to forming a support group there.

Hospital visits: The meeting that was scheduled to be held with Louise Burton, manager, patient and family support at the NSW Cancer Council on November 15 has had to be deferred for a week. We will be discussing the hospital visiting procedures now in place and suggested changes to these procedures. A report on this meeting will follow in a subsequent newsletter.

CORRESPONDENCE, November 1995

1. Newsletters from overseas clubs and clubs/associations in other States.

2. Brochure entitled Rescue Breathing for Laryngectomees produced by The American Cancer Society. Intend to discuss this publication with
the Australian Cancer Society as it could be useful for ambulance, police and so on.

3. Western Districts Branch. Invitation to members to attend their Christmas party at 12.30pm, December 12 at the Masonic Club, 163 George Street, Parramatta. Contact June Coutts [02-624-7382] or Helen Morley [047-311-161].

4. Kate Starick, speech pathologist, Lourdes Hospital, Dubbo. Progress report on support group.

5. Magdalen Rozsa, speech pathologist at Wodan Valley Hospital, ACT. Thank you card for our attendance at their initial gathering.

6. Card from Dorothy Norma, Audrey, Robert and families of the late Mrs Eleanor Butt who died recently at the age of 94.

7. Mrs Jo Nowland. Apology for inability to attend November meeting and a further donation of $50.

8. Mr Robert Butt. Son of the late Mrs Eleanor Butt, enclosing copy of the eulogy read at his late mother’s funeral service. Also enclosing a donation of $50.

9. International Association of Laryngectomees, USA. Renewal of membership and five-year membership certificate.

10. Mr Alan Dear, OAM. Thank you letter for flowers while in hospital.

11. Heather Winstone, Queensland Laryngectomee Association. Details of the hospital visitors procedures in force and a proposal to amend those procedures. Also brochure on hospital visitors.

— John Nicholson, secretary
Moved Alan Dear, seconded Alan Dawson.

TREASURER’S REPORT, NOVEMBER 1995
The Treasurer reported that the Association was in a sound financial position.

— John Nicholson, treasurer
Moved Alan Dear, seconded Alan Dawson.

WELFARE OFFICER’S REPORT, NOVEMBER, 1995
1. I have purchased stoma cover material which is available at $5 a metre so please let me have your orders and money and I will send them as soon as possible. As I will be out frequently over the Christmas period it would be a good idea if you gave me your orders by mail rather than by phone.

2. Received a thank you card from the family of the late Eleanor Butt plus her Servox which is greatly appreciated. Our sympathy and best wishes to her family in their loss.

3. Met a country laryngectomee who was visiting his wife at St Vincent’s and he told me he had received his NuVoice from PAPD at his local hospital. I rang the hospital concerned and spoke to the speech pathologist who told me he was eligible for assistance. His experience shows that it’s worthwhile trying at your local hospital for PAPD assistance!

4. Jack Darby from Glendon sent me some very attractive pen sets to raffle that he makes from wood. If anybody would like to order direct from Jack, contact him at Lot 3, Glendon Lane, Glendon via Singleton 2330, phone 045-747-324. Prices are: Pen and letter opener with perfume container $30; pen only $16. I have samples if anyone would like to see them.

5. I have been visiting a country lady laryngectomee on request from her speech pathologist.

6. I had a ring from Gwen Smith of June.

7. I have sent patient packs to John Chaloner, Bruce Darlington and John Williamson.

8. My videotape of Three precious minutes is missing. If you have it, or know its whereabouts, please contact me urgently. Likewise my copy [the only copy] of the French translation of You can say that again. I would appreciate the return of that too.

9. Our best wishes go to anyone not feeling the best.

10. Our deepest sympathy to the Brinckley family of Umina, and to the Merryfield family of Villawood. Our thoughts are with you in your loss.

— Lilah Walton,

Welfare Officer
Moved Alan Dear, seconded Pat Rodgers.

Other business:
1. Lilah Walton gave details of the organisations she had been in touch with [Ambulance, Fire Brigade, Police Academy etc] about treatment of laryngectomees.

2. Lilah noted that a member of the Association had said monthly meetings were no longer worth attending as matters discussed by the executive committee were not disclosed to the general meeting. Lilah said she had read a number of recent newsletters to check if this was the case. She said to her knowledge all executive committee discussions and decisions [except those of a confidential or personal nature, relating to members] had been disclosed either in the newsletter or at the general meeting.

3. Meeting closed at 11.50am. Alan Dear, acting minutes secretary.

The following article appeared in The Sydney Morning Herald of Saturday, October 21, 1995

Fighting cancer is her cause

Dynamic Elaine Henry is a power behind Monday’s Breast Cancer Day, writes MEELISSA SWEET.

ONE hand on the wheel, Mrs Elaine Henry continues chatting as she firmly rams her boat into others which have floated into her “parking” space at the Berowra Waters private jetty.

A crashing of bows later, a space is cleared and her boat is neatly parked.

Mrs Henry, executive director of the NSW Cancer Council and some would say one of the most powerful people working in cancer in Australia, is used to getting what she wants.

When she was sports-crazy
Elaine Carrington growing up in Annandale, she was happy to play with her brother and his friends "as long as they played the games I wanted to play".

More recently, the former secretary who once dreamed of becoming an air hostess so she could travel the world has transformed the Cancer Council from a backwater organisation into a rapidly expanding empire.

When Mrs Henry, 50, was appointed to her current position 10 years ago, the council had 33 staff and an annual income of $4.3 million. Now there are 174 staff and the annual income is $41 million, the council has offices throughout the State and operates a successful chain of shops expected to sell about $5 million worth of sun-protection products this year.

The council is now one of Australia's major sources of funds for cancer research and expects to distribute almost $4 million in 1995-96 for scientific, epidemiological, behavioural and psychosocial research. Another $32 million will be spent running breast and cervical cancer screening programs.

The council has recently also pulled off two major coups, which have caused some rumblings. It won a $15 million, two-year contract to operate the National Breast Cancer Centre, which some had expected would be established within a hospital.

Mrs Henry also recently enticed Professor Bruce Armstrong, one of the world's leading cancer epidemiologists, away from heading the Australian Institute of Health and Welfare to head a new Cancer Control Information Service, to be based at the council.

Perhaps her major achievement, however, has been to put cancer, once not a word said out loud, on the public agenda. Her raising of awareness has undoubtedly contributed to widespread support for Australia's Breast Cancer Day.

But despite the high public profile Mrs Henry has developed since first starting work at the council as education officer in 1981, surprisingly little is known about the private person.

Colleagues are shocked when they hear that the immaculately coiffured, elegantly tailored look disappears on weekends when Mrs Henry escapes to the impressive home she and husband Robert have built at Berowra Waters, on the edges of the Hawkesbury River.

**CAN YOU HELP?**

LILAH Walton would like returned to her urgently her videotape of *Three precious minutes* and her copy (the only copy by the way) of the French translation of *You can say that again*.

There she is happiest in scruffy clothes and up to her elbows in cement, lifting rocks, digging dirt and building stone walls to landscape a garden rising steeply behind the house. But even then Mrs Henry dwells on the subject which consumes almost all her waking hours: "This is where I think about ... what we have got to do next week," she says, looking over the stone walls which have taken five years to build.

Mrs Henry agrees there are parallels in her transformations of her harsh backyard and the NSW Cancer Council. She arrived at the block in 1981 unhappy to be back in Australia after 14 years in Britain determined to grow flowers in the wilderness.

Similarly, she recalls being shocked when she first started at the Cancer Council to discover there were no statistics on cancer, let alone policies or plans for action.

She was welcomed to her new job by an executive's comment that "you weren't my choice but let's see what you can do". These were just the words needed to set Mrs Henry, who says she has always been a determined, disciplined person who rises to a challenge, on her path.

"And the Cancer Council was such a challenge; I just couldn't walk away from it," she says. Similarly, when the executive director's position came up several years, she was furious to be given only 10 minutes notice to prepare for an interview. "It was probably the best thing possible because ... maybe I had an 'I'll show them' attitude."

The job demands a broad range of skills. Mrs Henry, who is qualified in both science and marketing, has to be a marketer, an educator, administrator, scientist and strategist.

When there is time, she cultivates the social networks so vital for fund-raisers. Driving down the river towards her house, she familiarly reels off the names of the rich and famous who live nearby. "And John Laws is around the corner," she adds.

She also has to be a politician, treading a fine line between attracting funds (she doesn't wear trousers to work in case it offends older donors who might drop in unexpectedly) and taking a tough public stance on controversial issues.

Critics say she is sometimes too concerned about the council's image, maintaining a strict control of its operations which some say is counterproductive.

There are also some concerns that she can be too cautious and conservative in her public pronouncements for fear of alienating the lucrative business community and "top end of town".

But even her critics acknowledge that Mrs Henry, who was last year awarded an Order of Australia medal in the Queen's birthday honours list, works incredibly hard. Twelve-hour days are the norm and that does not include the evening committee meetings, social functions or weekend work.

She has cut Cancer Council costs by travelling economy class, catching buses, and decorating her office with second-hand furniture, some of which she has picked up at garage sales.

Mrs Henry, who chose not to have children, has no major regrets about devoting her life to the cancer cause, although
she would like more time to indulge her love of cooking, and admits her social life has suffered.

"I suppose I live my work," she says, with a characteristic wrinkling of her nose. "I don't know how people sit down and don't do anything at all. I am not like that."

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There's still a long way to go...

By Desma Nicholson

OUR daughter Jane recently spent some time interviewing trained nurses for positions at a major Sydney hospital.

She posed the question "How would you ensure good communication with a person who has just had a laryngectomy?"

The answer — and not just from one, but from many — "Talk slowly, use simple words and you may have to use some mime."

Jane said she did not know that laryngectomees had also had their brains removed.

Needless to say they did not score well...

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NEWS FROM HERE AND THERE

ILLAWARRA branch reports it has solved the problem of having to pre-book electricity outlets at sites where they have been holding fundraising stalls.

Illawarra is well known for supplying tea and coffee at its stalls and, as John Devenney reports in a recent newsletter:

"Sometimes, in order to get a good position, we had to weave long lengths of lead under, over and around various obstacles. It was rather dangerous, so we decided that we had to be self-sufficient and not depend on electricity for boiling water.

With some of the proceeds from our stalls we purchased two cradles, each with three gas rings, gas bottles, regulators and hoses plus two large stock pots with taps. In addition we purchased a trailer and had it fitted with a lockup metal canopy. We are now equipped to quickly harness up and set up our tent on any site, in any position we choose, without being dependent on a network of leads to the electricity outlet."

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CHATTANOOGA Choo Choo Lost Chord Club Newsletter printed the following letter in its November-December 1995 issue:

SIR, I enjoy receiving your newsletter. I mean that in Madagascar we are on the opposite side of the world and we feel really alone in the laryngectomy club.

Madagascar is an island, slightly smaller than Texas and very, very poor. In fact it is one of the 10 poorest countries in the world. The average income is about $220 per inhabitant. Maybe 50 per cent of kids never go to school; pencils, paper are much too expensive. Many of the people are starving. What about health? You have to spend your entire monthly salary to pay for the cheapest antibiotics treatment. Larynx cancers? There are only a few. The reason is that people do not earn enough money to buy a whole pack of cigarettes; they buy one at a time. If you purchased an entire pack of cigarettes you would be considered a capitalist. There is not much drinking either but of course larynx cancers do happen.

We are only five ENT and head and neck surgeons for some 12 million people and I am the only one to perform a laryngectomy and I am a French Navy surgeon. I am the only one to perform a laryngectomy for 2000 miles around.

Lack of staff is a daily problem.

We have no CT scan, no radiology (it has been out of order for six months); we have no spare surgical gloves, surgical threads and even X-ray standard films are used only in emergencies.

About laryngectomies — each drain, tube and cannula is a problem to obtain. I must wait three weeks for a pathological report as there is only one French pathologist in the island.

I have performed only three laryngectomies in two years. If your readers have any unused tubes, cannulas and such they will be most welcome.

May I add that a nurse in my ENT department earns about $US20 a month and our patients pay $US3 a day and often cannot afford that much. And for $3 a day patients expect food, medicine nurses, attendants and surgical equipment. However I will continue to do my best and if one of your readers has the opportunity of helping us out, I would be very grateful.

— Pierre de Rotarian, Antananarivo, Madagascar.

Lilah Walton has the full address of Dr de Rotarian, if readers would like to help out with a cash donation. Please contact Lilah in the first instance.


DON'T FORGET — YOUR ANNUAL FEES ARE DUE BY JANUARY 31, 1996
No 51 October 1995

UNFINANCIAL MEMBERS

If this issue of the Newsletter carries a red spot in the top right hand corner of this page, it means that according to our records the person to whom it is addressed is unfinancial.

Until subscriptions are brought up to date, no more Newsletters will be sent to the addressee of this issue.

PLEASE NOTE THAT THE NOVEMBER ISSUE OF THE NEWSLETTER WILL BE COMBINED WITH THE DECEMBER ISSUE AS OUR EDITOR IS TAKING SOME LEAVE. THE NEXT ISSUE, TO BE PUBLISHED IN DECEMBER, WILL BE MAILED ONLY TO MEMBERS WHO ARE FINANCIAL.

MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW HELD IN THE ROOMS OF THE NSW CANCER COUNCIL ON WEDNESDAY, SEPTEMBER 20, 1995


Apologies

We were accepted from Alan Dear, John Chaloner, Jean Case and Pat Rodgers.

Chairman Bill Byrne opened the meeting at 11.15 am.

Minutes of the August meeting as distributed were accepted on the motion of Lilah Walton and seconded by John Stein.

REPORTS

SECRETARY’S REPORT, SEPTEMBER 1995

Membership

On behalf of the committee and Association members may I welcome the following new members: Mr D. August, Rose Bay and Mr John Lott of Wallsend. We hope you will be able to attend our monthly meetings and that you will avail yourselves of the assistance that the Association can provide.

Vale

I would like to pass on our sincere condolences to the

WHO TO CONTACT

FOR Bivona and Blom-Singer supplies and Stom-Vents – David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone (02) 939-1539.

FOR SPEECH AID BATTERIES, PARTS AND REPAIRS – John Chaloner, 111 Station Street, Petersham, NSW 2049. Phone (02) 560-2852.

FOR STOMA COWLS, SHOWER SHIELDS – Lilah Walton, 23 Baker Street, Kensington, NSW 2033. Phone and fax (02) 663-2550.
families and friends of the following members who have died: Mr W. J. Harris, Port Macquarie; Mr M. T. Nolan, Campsie; Mr Hugh Mackay, Bateau Bay and Mr S. Glinellis, Canterbury.

Subscriptions Elsewhere in this Newsletter, mention will be made of unfinancial members. I remind those who visit new laryngectomees that some are still using the old membership form that shows the annual membership fee as $5. Would you please check the forms and change the subscription to $20. I have copies of the amended forms for those who may need new ones.

I hate to do this, but I have to remind members that the 1996 subscription becomes due on January 1, 1996 and, naturally, we would appreciate payment of subscriptions by that date, if possible.

Canberra support group Ms Magdalena Rozsa, speech pathologist at Woden Valley Hospital, Canberra, intends to arrange a social gathering for laryngectomees and their spouses in October, but no date has yet been fixed. Magdalena will be contacting all laryngectomees in the Canberra area shortly with details of the function.

CORRESPONDENCE
1. Numerous letters from members with their subscriptions.
2. Mrs M. Doheny, Port Macquarie. Donation of $50 in memory of Bill Harris, a member who died recently.
3. Mrs J. Nolan of Campsie. Advising of the death of her husband Mark, one of our members. Also sent our Association a donation of $30.
4. Association of Self Help Associations and Groups. Notifying us of a special general meeting of that group.
5. Asia Pacific Incentives and Meetings Expo. Providing advance information on proposed meetings in 1996.
7. Telstra White Pages. Confirming our Association will be listed in the next edition of the Sydney White Pages.
8. New Voice Association of South Australia. Payment for shower shields.
9. New Voice Association of North East Victoria and Southern NSW. Seeking information about our Association and pointing out that the Albury address in the Newsletter is incorrect.
10. Chief Secretary's Department. Detailed information concerning the conduct of raffles and general community gaming by charities. Also advising of the introduction of Gaming and Racing to replace the Chief Secretary's Department.
11. Discussion paper from the Commonwealth Disability Services legislation. A long comprehensive paper. The Secretary's report was accepted on the motion of Lilah Walton, seconded by John Stein.

Treasurer's Report
We are in a sound financial position, but the more than $2000 outstanding in unpaid member's fees continues to be of concern. We hope those who have not paid their dues will respond positively following the publication of this Newsletter.

— John Nicholson, Secretary/Treasurer

The Treasurer's report was accepted on the motion of Bruce Darlington, seconded by Marion Lyons.

Welfare Officer's Report
1. The son of Emilio Admilik rang to tell me his father had died and the Indian-manufactured electro-larynx sent by Chattanooga Choo Choo Lost Chord Club had been given to a doctor in Argentina to be passed on to a new laryngectomee.
2. I wrote to the postmaster at Vincentia re Brian Hay [newsletter returned] but to date [after a month], there has been no reply.
3. Sister Jacqueline Cooper from Griffith Hospital rang me about a laryngectomee. I posted her six You can say that again booklets, but Helen Brake, speech pathologist at St Vincents rang her and the gentleman concerned was not a laryngectomee. Helen was ringing the speech pathologist at Griffith about this matter but I have not heard back from her.
4. Request from Cooma Hospital, via John Nicholson, for a hospital pack, which was sent.
5. Had a ring from Rayleen Nichols about her father at Westmead. I rang Elizabeth, the speech pathologist, but everything seemed OK about the visit, etc.
6. Bill Byrne rang me. Mrs Allan had rung him about a friend in Canberra wanting information about a friend of hers in Melbourne who had a friend in Canberra wanting information on The Laryngectomee Association of NSW. I rang Mrs Allan requesting the Canberra person ring me or write.
7. Mrs Adrienne Bugler contacted me requesting information on LA of NSW. Posted her a membership form, plus a newsletter. She is included with ENT nurses.
8. Laryngectomee visitor forms received this month have been from John Williamson [POW] and John Chalenor [RPA].
9. I still have stoma material at
$5 a metre.
10. The only people I know on the "not-so-well" list are Wal Arnold and Eric Smith. Our best wishes to you, as well as anyone else not feeling the best.

11. I attended the Association of Self Help Organisations and Groups of which we are a life member, but because it was complicated and would require more space than the editor would allow me I will report on the AGM later.

I left at 4pm. Don’t forget your gifts for the Christmas party.

— Lilah Walton,
Welfare Officer

The Welfare Officer’s report was accepted on the motion of John Stein, seconded Frank Coughlan.

GENERAL BUSINESS
1. The editor of the Newsletter, Alan Dear, is taking some leave so there will not be a November issue of the Newsletter.
2. Marion Lyons asked what arrangements had been made for the Association’s Christmas party. Arrangements are in hand and details are included in this newsletter.
3. David Smith’s position is still unclear. It was announced at the general meeting that Bill Byrne and Jean Case would act as joint acting presidents until next year’s Association elections, but Pat Rodgers advised Alan Dear on Friday, September 22, that he thought David would return to the position. (This information has been included as part of general business after discussion with the Secretary-Treasurer.)
4. More than 100 members have not paid their 1995 dues — if you are one of them there will be a red sticker on the cover of this newsletter. If no payment is forthcoming your name will be removed from the mailing list.
5. The New Voice Association of SA has published a history of its first 20 years. The co-authors are Lorna Belcher and her late husband, Ralph. Lilah Walton has a copy for anyone interested.

THERE being no further business the chairman closed the meeting at 11.40am.

CODE FOR DRIVERS
You watch the fellow who drives ahead
You watch the fellow behind
You look to the right, you look to the left
And drive with a calm clear mind
But the person you really have to watch
On the highway of life
you’ll find
Is the person behind
the person ahead
And ahead of the person behind.

— Anonymous

Our thanks to Don Grinhm of Wollar, NSW for this contribution. They’re always welcome, so if you have something to offer, please send it to the editor at the address on the front of the Newsletter.

• ∙ ∙ ∙ ∙

* Jack Klugman

Giving voice to his optimism

AFTER throat surgery he could barely whisper — but now the mouth that roared is back.

JACK Klugman never had a voice to soothe babies. He barked at Tony Randall on The Odd Couple and roared at co-workers as Quincy.

But six years ago, after doctors removed his right vocal cord to save him from cancer, his trademark bellow became a raspy whisper.

"The tabloids had me dead," the 73-year old actor recalls wryly.

"I was bitter. I was

CHRISTMAS PARTY 1995
THE TREASURER, THE LARYNGECTOMEE ASSOCIATION OF NSW, PO BOX 58, RICHMOND, NSW, 2753.

Please reserve me ..... tickets for our annual Christmas party at Kirribilli Ex Services Club, 11-23 Harbour View Crescent, Lavender Bay 12 noon to 2pm, Saturday, November 18. I enclose $10 for each laryngectomee and partner or $20 for non-laryngectomies. Please include list of names of people in your party so name tags can be prepared and RETURN THIS COUPON TO THE TREASURER BY NOVEMBER 1 SO CATERING CAN BE ORGANISED.

Total enclosed $ ......
NAME ........................................
ADDRESS ......................................
Your receipt will be mailed to you. It will be your entree card to the party so please remember to bring it with you.
confused. I sat in my apartment alone. I didn’t want anyone to feel sorry for me."

But in mid-1990 a turning point came.

"The American Cancer Society asked me to give a speech to some cancer survivors in Atlanta.

"I said, ‘Are you crazy? I can’t even whisper’. Finally they talked me into it.

"When I got there the PA system stunk and I was furious. Then all these people who had fought cancer started coming up to me.

"They weren’t even thinking about their own suffering. Every one of them said, ‘Jack we’re praying for you. You’re going to be fine’.

"I started to cry. That kicked me right out of the ‘why me?’ rut.

"His other lifeline was longtime pal Randall.

"Tony was everything,” he says. “He doesn’t know what he did for me.”

But Randall refuses credit.

"Sure, I forced him to go back to work, but that would have happened anyway.

"There’s no stopping this guy... he’s got the spirit of a bull."

It was Randall who conceived the very funny Eagle Snack ads that brought the pair back together on the small screen several years ago.

Then Tony invited Jack to appear on stage with him. Impossible.

Not after six months of unorthodox vocal exercises designed by Gary Catona, voice coach to such stars as Liza Minnelli and Shirley MacLaine.

In May of ’94 Klugman was on stage with Randall, together again as The Odd Couple.

"I said my first line — my voice was scary — and I could hear the audience shifting in their seats,” he recalls.

"I just wanted to run off the stage. Finally about two minutes later I have a very funny line: ‘I have brown sandwiches and green sandwiches’.

"Felix asks ‘What’s the green?’ I say it’s either very new cheese or very old meat.

"The crowd just roared. After that it went like clockwork. It was such a night!"

"Today the actor’s voice is nearly back to its former gruff register with the help of an innovative throat prosthesis.

"It’s funny; I never felt I was going to die, but I was terrified that I wouldn’t be able to act again,” he says.

"Acting gave me everything. Acting has been my best friend.

"I wish it hadn’t happened, but I got more good out of this than bad,” he adds.

"I’ve got the voice of a 16 year old. Now I’m looking for a doctor who can give me the body of a 16 year old."

This article, by Jeanne Wolf, originally appeared in the American magazine TV Guide, August 12-16, 1995. We have reprinted it from the newsletter of Chattanooga Choo Choo Lost Chord Club.

THE EXECUTIVE COMMITTEE MEETING OF THE LARYNGECTOME ASSOCIATION OF NSW AT 10 AM WILL PRECEDE THE GENERAL MEETING OF THE LARYNGECTOME ASSOCIATION OF NSW WHICH WILL BE HELD AT 11 AM ON WEDNESDAY, OCTOBER 18 AT THE ROOMS OF THE NSW CANCER COUNCIL, 153-161 DOWLING STREET, WOOLLUMPOOLOOGO. MEMBERS, THEIR SPOUSES, PARTNERS AND FRIENDS ARE WELCOME. MORNING TEA IS SERVED AT THE END OF THE MEETING.

CHRISTMAS PARTY 1995
THE TREASURER, THE LARYNGECTOME ASSOCIATION OF NSW, PO BOX 58, RICHMOND, NSW, 2753.

Please reserve me ..... tickets for our annual Christmas party at Kirribilli Ex Services Club, 11-23 Harbour View Crescent, Lavender Bay 12 noon to 2pm, Saturday, November 18. I enclose $10 for each laryngectomee and partner or $20 for non-laryngectomees. Please include list of names of people in your party so name tags can be prepared and RETURN THIS COUPON TO THE TREASURER BY NOVEMBER 1 SO CATERING CAN BE ORGANISED.

Total enclosed $ .......
NAME .......................................................................
ADDRESS ..................................................................
Your receipt will be mailed to you. It will be your entree card to the party so please remember to bring it with you.
FINANCIAL MEMBERS

A CANTOR at our meeting revealed that nearly half the financial members at the present of the Laryngectomee Association of NSW are not paying their 1995 membership fee. As the year is now nine months old, this position is far from satisfactory. It also places a severe strain on the finances of the Association. Your Committee asks that if you have not yet paid your 1995 membership fee of $25 please do so now, otherwise your name may be deleted from the newsletter mailing list.

SECRETARY’S REPORT, AUGUST 1995
Membership On behalf of the association I welcome Mrs D.A. De Silva of Penrith as our only new member this month.

May I also pass on our sincere condolences to the families and friends of the following members who have died in the past few weeks: Mr T.N. Ray of Northmead, Virginia and J. Whitehead of Penrith, and Mr J. McGregor of West Ryde.

The newsletter sent to Ms J.C. Clarke of East Gosford was returned. This month received NOT AT THIS ADDRESS. If anyone knows her new address would they please let us know.

LADIES GROUP: At the last meeting Mrs A. Smith, the new speech pathologist at Liverpool Hospital, Owies — mentioned that she would like to arrange for a ladies’ group to meet at the hospital on September 26. All laryngectomees and their spouses who would like to attend should contact her on 434-35-855 to obtain further details.

Hospital Visits Our Welfare Officer has advised us that it has been reported to her that two new laryngectomees living in Guildford were not visited while they were in hospital in Sydney.
This disturbing matter is being investigated as in both cases the people concerned knew nothing of the lot of OMRV or how and where to obtain their own vehicle, same equipment was used.

If any similar cases of similar nature would they please be brought to the attention of the WDF Officers or myself below. (See WDF Officers report for additional details on this matter).

Correspondence

1. Mrs M. R. Noonan, Director, Victoria, Seeking copy of pattern for the second vehicle.

2. Australian Association of Speech and Hearing.

Exposing a paper presented at our last meeting to provide training for A.A.S.H. workshops.

3. Royal North Shore Hospital Discussion paper on hospital visits to or by language therapists.

4. New South Wales Association of North East Victoria and Southern NSW. Seeking information about last A.A.S.H. NSW.

5. Correspondence from other states and from the USA.


7. Langara Society Club of WA. Asking for any news we could be sent.

8. Chairperson of NSW, Tennessee, in fact, for acquisition and purchase of our newsletter.

9. International Association of Language Teachers. Inquired for list of suppliers of voice aids and accessories in USA.

10. Royal North Shore Hospital. Seeking update of our association's activities for individuals in the community information researchers directory.

11. Department of Telecommunications. Request for information on current data.

12. Pacific Medical Supplies. Payment of invoice.


15. WIDEWORLD'S REPORT

Preliminary reports that while the Association was in a sound financial position, since 1950 was still owing to special membership fees for 1956. Officers would be unable to assess this amount and in some cases the newsletter might be withheld from those who did not become financial.

-- John Melcher, Secretary-Treasurer

LARYNX OPINION'S REPORT

MY thanks to David Smith for taking on the Larynx Opinio's job during my absence. Also many thanks to Jack and his secretaries for maintaining such a splendid service and equipment handling a substantial load.

It would be very much appreciated if the Larynx Opinio's could give us more comprehensive information about the Hereweath series of waxes and other aids. Larger articles and editorial points.

Members who are having problems with their battery changers are advised that if it is of this design, they should check the yellow wires under control switches, service and repair. See their nearest supplier.

If the repair time is going to be lengthy we may be able to load them a charger in the meantime.

-- John Melcher, Larynx Opinio's

MONTHLY MEETING

All advised of the previous issue of the Federation this month. The meeting was postponed from Wednesday, August 26, due to lack of meeting space at the NSW Center Council.

Unfortunately only 3 or 4 members turned up for the later meeting. Whether the change of meeting venue was
This disturbing matter is being investigated as in both cases the people concerned knew nothing of the LA of NSW or how and where to obtain shower shields, voice aid repairs and so on.

If any member hears of similar cases would they please let the Welfare Officer or myself know. [See Welfare Officer's report for additional detail on this matter].

Correspondence
2. Australian Association of Speech and Hearing. Expressing disappointment at our inability to provide finance for its Mudgee workshop.
3. Royal North Shore Hospital. Discussion paper on visits to or by laryngectomees.
4. New Voice Association of North East Victoria and Southern NSW. Seeking information about LA of NSW.
5. Newsletters from other states/clubs and from the USA.
7. Laryngectomy Club of WA. Asking for only one newsletter to be sent.
8. Cancer Council of NSW. Reimbursement, in part, for the preparation and postage of our newsletter.
9. International Association of Laryngectomees. Updated list of suppliers of voice aids and accessories in USA.
10. Royal North Shore Hospital. Seeking update of our association's activities for inclusion in its community information resources directory.
11. Australian Taxation Office. Repayment of TFN incorrectly debited to our account.
12. Pacific Medical Supplies. Payment of account.

14. Paxton-Barrand Hearing Aids Pty Ltd. Letter thanking them for their kind donation of a Jedcom speech aid.

Treasurer's Report
The Treasurer reported that while the Association was in a sound financial position some $2,500 was still owing in unpaid membership fees for 1995. Efforts would be made to recover this amount and in some cases the newsletter might be withheld from those who did not become financial.

— John Nicholson, Secretary/Treasurer

Larynx Officer's Report

MY thanks to David Smith for taking on the Larynx Officer's job during my recent absence. Also many thanks to Kevin Barrand of Paxton-Barrand in Sydney for his donation of surplus speech aid equipment following a stocktake.

I would like to remind members that the LA of NSW does not supply the 9 volt rechargeable batteries used in speech aids such as the Nu Vois. These are fairly readily available at Woolworth variety stores, larger supermarkets and electrical suppliers.

Members who are having problems with their battery charger are advised that, if it is out of warranty, they should check the Yellow Pages under electrical appliances, service and repairs, for their nearest repairer.

If the repair time is going to be lengthy we may be able to lend them a charger in the meantime.

— John Chaloner, Larynx Officer

Welfare Officer's Report

The St Mary's laryngectomy referred to in the last newsletter was asked if he would like to see somebody from LA of NSW and declined. I was told this by a speech pathologist so in future I shall ring the speech pathologist involved to check.

I had a ring from a social worker at Bankstown Hospital. A patient there has a friend overseas for whom he wishes to purchase an electro-larynx. I suggested he give me a ring when he is ready so I can supply more details.

Mrs Cedric Giles from Macksville rang me to tell me her husband had to send his Servox to Melbourne for repairs and was without voice for 10 days. If this happens to anyone in future please ring our Larynx Officer, John Chaloner. He usually has a spare electro-larynx which is available for loan to all financial members.

People are requesting stoma covers in the new material I wrote about in the last newsletter. I don't have the material made up—that's up to you. It's $5 a metre and you sew them yourself.

I will be attending a meeting of the Association of Self Help Organisations and Groups [representing LA of NSW] on August 19 and will report on that in the next newsletter.

Those that I know of on the “not-so-well list” are Ada Barnett, Wal Arnold and Bruce Darlington. Cheers to all of you.

I have received only one visitor's report this month from John Chaloner—which I hope is the only new laryngectomy.

— Lilah Walton, Welfare Officer

MONTHLY MEETING

AS advised in the previous issue of the Newsletter, our monthly meeting was postponed from Wednesday, August 16 to Wednesday, August 23 due to lack of meeting space at the NSW Cancer Council.

Unfortunately only a few members turned up for the later meeting. Whether the change of meeting date was
not prominently reported in the Newsletter, or the date was inconvenient for most people, or people just forgot we don’t know.

However the turn up on August 23 was so low it was not possible to hold a monthly meeting.

It may be more practical in future to cancel the meeting if it cannot be held at the usual time and venue.

— Editor

NEWS FROM HERE AND THERE
THE Laryngectomy Club of Western Australia has changed its monthly meeting venue to CWA House, 1174 Hay Street, West Perth. Secretary Jim Maxwell said the new address was more central for members and with no traffic problems. Jim said the Club’s membership had grown in the last year “and I fear it will continue to climb”.

Patients can’t comprehend doctors’ bad news survey finds

CANCER STUDY REVEALS MYTHS ABOUT SURVIVAL
By MELISSA SWEET
Medical Writer

CANCER patients often are greatly mistaken about the extent of their illness and whether they are expected to survive, a new study says.

The study, involving 120 Sydney patients and five doctors, found more than half of the patients who had been told they had no chance of survival believed they had good odds.

It reveals major communication breakdowns between doctors and cancer patients but the researchers say these are often because of a healthy process of patients trying to deny their disease, rather than doctors being poor communicators.

Nearly half the patients did not know the extent of their illness, or incorrectly identified it while a third of those whose cancers had spread believed this was not so.

In most cases, the doctors had not realised the patients had misunderstood the information.

The study, [which had not been published at the time this article first appeared] was presented at a National Breast Cancer Centre workshop in Sydney. It also showed that many patients, especially men, use denial as a way of coping.

It comes as the country’s biggest cancer fundraising event, Daffodil Day, is held in every state. The NSW Cancer Council aims to raise $750,000 to improve cancer information and support services.

Professor Stewart Dunn, director of the medical psychology unit at the University of Sydney and Royal Prince Alfred hospital, said the new findings suggested many patients did not want to hear their doctor because they were in "denial mode".

"We found that denial is a way of dealing with severe distress which is more likely to be used by people when cancer is more severe and when the prognosis is poorer," he said.

Contrary to popular belief, this was a healthy way of coping as studies had shown that heart disease patients and severely burned children who tended to dismiss the significance of their illness recovered more quickly.

Professor Dunn said there was widespread concern that the trend for doctors to give as much information as possible, out of fear of being sued, would be counter-productive, as it may overburden patients and increase anxiety.

In a typical 28 minute consultation, a cancer patient received one new piece of information a minute - which was just too much for traumatised people to absorb, he said.

A recent study had also challenged the common belief that cancer patients wanted to be fully informed and actively involved in decision-making about their care. While 60 per cent of healthy people said they would want this if they had cancer, 60 per cent of cancer patients said they would rather leave it up to their doctor.

Ms Kay Roy, 50, who was diagnosed with breast cancer two years ago, recalls that she remembered nothing from what the doctor said in the initial consultation other than "you can expect a normal lifespan".

"So I obviously picked up the words I wanted to," she said.

"I think there is a general discrepancy between what the doctor says and the patient hears. I thought I was cool, calm and collected but I must have been in a state of shock. The words just seemed to flood over me."

Ms Roy of Wahroonga said it was another two weeks — when she was recovering in hospital from surgery — before the reality began sinking in.

(This report appeared originally in The Sydney Morning Herald of August 18, 1995).

Young and poor are victims of cigarette price war

THE young and the less well off would be the victims of the price cutting wars announced in August by the three tobacco giants, Wills, Philip Morris and Rothmans, according to Action on Smoking and Health director Anne Jones.

"The price war will make it harder for young people and low income groups to stop smoking as the cheaper cigarettes are, the harder it is to give them up. It also means more children will be able to afford to take up the habit," Ms Jones said.

Unfortunately the public health gains from the recent tax rise in the NSW budget
undermined as research showed that for every 10 per cent increase in the price of cigarettes, there was a 14 per cent fall in consumption among children and a 10 per cent fall among low income groups.

The tobacco industry was worried, Ms Jones said, as it lost 19,000 smokers who died each year, and 150,000 stopped smoking.

"That leaves children as the key to continued growth as 70,000 start smoking each year — as long as they can afford the prices.

"The price wars are simply an exploitative and ruthless move by tobacco companies to protect their huge profits and attract a steady stream of new smokers, most of which will be children," Ms Jones added.

Australia should follow USA lead in classifying nicotine as a drug

The declaration of nicotine as a drug by the USA Food and Drug Administration has been welcomed by Australian health groups who have lobbied for years to have cigarettes classified as a drug and in the same category as other drugs of addiction.

"The absence of proper classification has meant that tobacco products are neither classified as a drug, nor a food which means that they are widely available, promoted and sold as commonly as milk and bread," Ms Anne Jones, director of Action on Smoking and Health said in Sydney.

"What other product on the supermarket shelf contains 39 carcinogens and numerous toxic substances, but the producers are not required by law to fully disclose the contents and additives on the packet," she asked.

The classification of nicotine was the key to further regulation as the presence of nicotine in tobacco products made them addictive and was the reason many people smoked, despite the overwhelming evidence of the deadly effects of tobacco use.

Tobacco companies had exploited this loophole as it was well known that some had manipulated nicotine levels in cigarettes because of the link between sales and addiction.

The proper classification of tobacco products as drugs would open the way for further restrictions on the sale, availability and promotion of those products.

About 70,000 children in Australia start smoking each year, and surveys showed that despite it being an offence to sell cigarettes to children, they found it relatively easy to purchase their own from corner stores and vending machines.

"Health groups will continue to pressure government authorities for the proper classification, regulation and control of nicotine content in tobacco products, in keeping with other drugs of addiction," Ms Jones added.

MONTHLY MEETINGS:
- **SYDNEY**: Third Wednesday, 11am at NSW Cancer Council offices, 153-161 Dowling Street, Woolloomooloo.
- **NEWCASTLE**: Third Tuesday, 6pm, Mayfield Bowling Club, Inglis Street, Mayfield.
- **PARRAMATTA**: Second Tuesday, 12:30pm, Masonic Club, 163 George Street, Parramatta.
- **ILLAWARRA**: Third Wednesday, 2.30pm, Warilla Medical Centre, Belfast Street, Warilla.
- **RICHMOND VALLEY**: First Wednesday; even numbered months – 2pm, St Vincent's Hospital, Avondale Avenue, Lismore.
- **LOWER NORTH COAST**: First Tuesday, 2pm, Staff Centre, Manning Base Hospital, Taree.
- **DUBBO**: Lourdes Hospital. Contact 068 84-5855 for meeting time.

OFFICE BEARERS 1995
- **PRESIDENT**: David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone 939-1539
- **VICE-PRESIDENTS**: Bill Byrne, 79 Hawkeview Street Guildford 2161, 892-1634. Mrs Jean Case, 11 Gladstone Parade, Lindfield, 2070. 416-9067.
- **SECRETARY/TREASURER**: John Nicholson MBE, 180 Francis Street, Richmond NSW 2753. (043) 78-1415; fax (043) 78-4412.
- **WELFARE OFFICER**: Mrs Lilah Walton, 23 Baker Street, Kensington 2033. Phone and fax 663-2550.

MINUTES SECRETARY: (Pro tem) Desma Nicholson, 160 Francis Street, Richmond NSW 2753. (043) 78-1415; fax (043) 78-4412.

LARYNX OFFICER: John Chaloner, 111 Station Street, Petersham 2049. 560-2852.

PUBLICITY/EDITOR: Alan Dear OAM, 14 Robin Avenue, Turremurray 2074. 449-2917 (H); 282-1678 (O); fax 988-4726.

COMMITTEE MEMBERS:
- Don Jackson (Hunter District representative) 5 Mary Street, Bellbird, 2325.
- Pat Rodgers, 2/79 St. Johns Road, Glebe, 2037. 692-8995
- John Stein, 13 Weetawa Road, Northbridge, 2063. 958-7259

No 50 September 1995

FINANCIAL MEMBERS

A CHECK of our records reveals that nearly half the laryngectomees on the books of The Laryngectomy Association of NSW and who receive the monthly newsletter have so far failed to pay their 1995 membership fees. As the year is now nine months old, this position is far from satisfactory. It also places a severe strain on the finances of the Association. Your Committee asks that if you have not yet paid your 1995 membership fee of $20 please do so now, otherwise your name may be deleted from the newsletter mailing list.

SECRETARY’S REPORT, AUGUST 1995

Membership On behalf of the association I welcome Mrs L.A. Da Silva of Petersham as our only new member this month.

May I also pass on our sincere condolences to the families and friends of the following members who have died in the past few weeks: Mr T.N. Roy of North Essendon, Victoria; Mr John Mason of Normanhurst and Mrs Josephine Osmo of West Plymble.

The newsletter sent to Ms J.C. Clarke of East Gosford was returned this month marked NOT AT THIS ADDRESS. If anyone knows her new address would they please get in touch with me.

DubbO group Ms K. Starick, the new speech pathologist at Lourdes Hospital, Dubbo, contacted me last week to advise that the Dubbo group would be meeting at the hospital on September 25. Laryngectomees and their spouses who would like to attend should contact Kate at 068-845-855 to obtain further details.

Hospital visits Our Welfare Officer has advised me that it has been reported to her that two new laryngectomees living in Griffith were not visited while they were in hospital in Sydney.

WHO TO CONTACT
- FOR Bivona and Blom-Singer supplies and Stom-Vents – David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone (02) 939-1539.
- FOR speech aid batteries, parts and repairs – John Chaloner, 111 Station Street, Petersham, NSW 2049. Phone (02) 560-2852.
- FOR stoma covers, shower shields – Lilah Walton, 23 Baker Street, Kensington, NSW 2033. Phone and fax (02) 663-2550.
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MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW HELD ON WEDNESDAY, JULY 19, 1995, AT THE NSW CANCER COUNCIL, WOOLLOOMOOLOO.

MEETING OPENED at 11.10 am

APOLOGIES: David Smith, Pat Dawson, Tom Jackson, John Stein, Jo and Len Nowland, Alan Dear.

MINUTES of the last meeting: accepted on the motion of Alan Dawson, seconded Lilah Walton.

REPORTS

SECRETARY’S REPORT

Membership For the first time in many years no new members joined us in the month just passed. I hope that this has been caused by the absence of operations in the Sydney area during the last four weeks.

Two newsletters have been returned marked “LEFT ADDRESS”: if anyone has the address of Brian Hay of Vincentia and James Gallagher of Sealforth please let me know.

Shower shields We ordered some 50 shower shields from Med Mart in the US on May 24, but to date we have not received them. I have made one phone call but could only get their answering service. I will give them a few more days before calling them again.

Country news I understand that Bill Harris, who recently spent some time in hospital in Sydney, is back home in Fort Macquarie and is now trying a Servox. Stick with it Bill and yell out if any of us can be of help.

We have not heard any news from the group of laryngectomees which got together for the first time in Dubbo in January this year. Could someone out there please let us know how things are going and whether you need any assistance.

CORRESPONDENCE — July 1995

1. Alan Dear — Thank you letter to the Association.

WHO TO CONTACT

FOR Bivona and Blom-Singer supplies and Stom-Vents — David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone (02) 939-1539.

FOR SPEECH BATTERIES, PARTS AND REPAIRS — John Chaloner, 111 Station Street, Petersham, NSW 2049. Phone (02) 560-2852.

FOR STOMA COVERS, SHOWER SHIELDS — Lilah Walton, 23 Baker Street, Kensington, NSW 2033. Phone and fax (02) 663-2550.
5. Health Link, Westmead Hospital. Seeking update of our activities.

6. NACAN, Canberra. Seeking update on our organisation.


8. Laryngectomee Club of India. Advising us that rechargeable 9 volt batteries can be used with their voice aid.

9. Letter from David Smith, tendering his resignation.


11. Mrs Margaret Silver. Thank you letter following her husband, Albert's death.

12. The Sydney Institute. Seeking our membership of that institute.

13. Patricia and Shayne. Literature on the forthcoming seminar they will be conducting on stress, humour and health.


15. Sydney on Sale. Invitation to their trade show.

16. Newsletters from other laryngectomee associations and clubs in Australia and overseas.

— John Nicholson, secretary

TREASURERS REPORT

The Treasurer reported that the Association was financially viable.

Moved John Chaloner, seconded Alan Dawson.

WELFARE OFFICER'S REPORT

1. Shower shields have not arrived yet but should not be much longer.

2. I managed to purchase a roll of stoma cover material and because I bought the roll I was able to obtain it at the favourable price of $5 a metre. It is cream coloured so if you want any please let me know.

3. Bill Harris from Port Macquarie came down to Neringah Hospital and David Smith took him a Servox. Thanks David, Bill is back home now with speech. Thanks also to the speech pathologist at Neringah.

4. I rang Camp Quality about the puppet show. They are unable to do anything specific as far as laryngectomees are concerned but told me they make a point of speaking to children about the dangers of smoking.

5. I had a ring from the wife of a new laryngectomee from St Marys. Her husband didn't have a visitor. As you all know this worries me — I can't understand how somebody can be "missed".

I also had a letter from John Williamson about a patient who had also been "missed" [see my report in the July Newsletter] and I quote from John:

"This bloke Worthington has never been mentioned to me. I only know what I have read in the Newsletter. Also the speechie asked me had I visited him. My response was 'I did not — NO, I know of him.'"

John has done 10 visits this year.

6. A young lady who had had a tracheotomy rang me from Wagga wanting to know if there was any association for tracheotomy patients. I suggested she join the LA of NSW and she is to ring me back.

7. As you have all read in the July Newsletter Albert Silver died suddenly. Lesley and Alan Dear and I attended the funeral at Northern Suburbs Crematorium. I shall miss my friend, as I am sure will all members of the Association.

8. I received my microphone/amplifier from Heather Webster at Chesalon Nursing Home, Jannali. She has recommended the families of patients with Parkinsons disease purchase one. It's great to know it was helpful.

— Lilah Walton, Welfare Officer

GENERAL BUSINESS

The Association's microphone has been left with Liz Symonds of the Cancer Council.

IMPORTANT

The next meeting of the Laryngectomee Association of NSW will be held at the NSW Cancer Council on Wednesday, August 23 and NOT on our usual third Wednesday of the month. Please pass this information on to your friends and fellow members in case they fail to read this issue of the Newsletter.

Acknowledgements always welcome!

BRUCE Darlington and Lilah Walton recently lent a helping hand at St George Hospital and received this letter thanking them for their trouble:

Dear Lilah and Bruce,

On behalf of the participants in the head, neck and plastics nursing course I am writing to thank you for your witty and informative presentation.

These courses run on a very low budget, but are essential for the ongoing professional development of nurses in specialty fields.

Without the kind contribution of people like yourselves these courses wouldn't run.

I have enclosed a small cheque as a sign of our appreciation.

I hope that you both may be available to do such talks in the near future.
NEWS FROM HERE AND THERE

GEORGE DRUM of Chattanooga Choo Choo Lost Chord Club reports that the Indian electro larynx is meeting with growing success, with outlets now in France, Spail, England, Jamaica and India. He says he has received good reports from Estonia, Finland and Sweden.

Man overboard

The following article is reprinted from CLAN, the newsletter of the National Association of Laryngectomy Clubs of the UK.

By Mike Shaw

I was born on the Isle of Wight and now live in Ibiza, Spain. Consequently sailing is a habit with me. I had my laryngectomy in Barcelona in 1990.

The first time I was in a boat afterwards was a bit nerve wracking but after a few trips the self confidence came back. (When you gotta go, you gotta go) I work as an artist and last summer one of my models introduced me to an American who needed a crew to sail his yacht to Amsterdam.

Being just divorced and fancy free I naturally volunteered for the job.

Luckily I managed to get hold of a French canal pilot and we discovered that even if we took off all possible superstructure we would still be too tall to pass under the bridges.

So we set sail to go via Gibraltar. While there we sold the boat to a Moroccan and delivered it to Casablanca.

I think the hairiest moment was in Gibraltar. We had an altercation with the harbour master who objected to our satellite dish on the quay and to the dog going shore without a lead. So we steamed down to Shepherds which is the town market mooring, but much more friendly and, incidentally, cheaper.

While we were still two metres from the jetty, the skipper told me to jump ashore with the mooring line.

I took a deep breath (I couldn't shout as far as the bridge) and jumped.

I made it.

When I left the ship in Casablanca I told the owner he was a very brave man to take on a laryngectomee as crew.

He said: "No problem. If you go overboard, you can just stick your finger in it!"

VOICE AID QUALITY

MUCH has been written and said over the years about the design, quality and cost of various voice aids. We reprint the following letter from CLAN without comment:

We at Kapitex have read with interest comments regarding speech aids and prices over the past few issues of CLAN.

Mention has been made of "high prices". We would like to take this opportunity to inform your readers that the products normally available in the UK are of the highest quality and standards.

The products are also produced in small quantities compared with "consumer electrics" hence a higher price. Also the products are sensitive pieces of equipment which play an important role in effective communication and rehabilitation.

Kapitex has spent many thousands of pounds having products approved to the necessary safety standards which is now vital in the National Health Service. Cheap products have not passed these standards.

Price is an important element in a purchase decision - thankfully the vast majority of users of these communication aids have them supplied by the NHS. Kapitex offers a first class repair service, free evaluation service (to speech therapists) and is investing in product development to further the quality and efficiency [one hopes] of speech aids for voice disorders.

Kapitex evaluates many products from overseas and, to date, I am afraid, many do not represent good value (even if they are cheap) due to poor quality of workmanship and poor sound production.

Please be assured that we at Kapitex will do our best to ensure that quality and reliability of product performance are utmost, in order to ensure user and prescriber confidence to contribute to effective social integration and rehabilitation.

Michael R. Eaton, Marketing director, Kapitex Healthcare Ltd, UK.

TRAVELLER'S TALE

IF you're travelling south in NSW, make sure to pay a visit to RAAF Base at Wagga where a recently opened museum, dedicated to the history of the RAAF in the area, promises to hold something of interest to everyone.

Secretary/treasurer John Nicholson and wife Desma were on the museum's official opening guest list (and why not — their son Squadron Leader Adam Nicholson was the assistant director of the committee formed to set up the
museum.

According to the official press release, apart from the exhibits, visitors are promised a warm welcome with a memorial garden, barbecues, car park and full access for those with disabilities.

The external display includes a variety of aircraft including a Canberra bomber, Winjeel trainer and Sabre and Vampire fighters.

In his opening address Group Captain David Judge said there was a wealth of history and memorabilia potentially available on the base and in the Riverina region.

"With a bit of effort we could pull some of it together and create a mini museum to add some extra interest to the aircraft display.

"This project is not just a RAAF promotion - although it does promote the history of the RAAF in the Riverina and RAAF Base Wagga.

"We wanted to capture and preserve some of this history before it was lost.

"One of our driving forces for the museum and associated gardens was our desire to do something to honour those who had trained at Wagga for service and sacrifice for their country."

Group Captain Judge said it was already proving to be a a growing tourist attraction for Wagga.

He stressed it was not just a RAAF project, as it involved many workers including sailors, soldiers, airmen and airwomen, and civilians from the base and community volunteers.

The project also received strong support from the local community and from the RAAF Museum, Point Cook, Victoria.

Still on travelling

THE Oxford, UK, club newsletter advises: Laryngectomees when travelling abroad, and taking out an insurance policy against cancellation, and for medical treatment and the like are advised to obtain from their doctor a letter or certificate to the effect that they are in good health at the time of booking their travel arrangements.

This could be valuable should they subsequently have to cancel their trip through becoming ill and the insurance company concludes that they could have been unwell at the time of their booking — simply due to their laryngectomy.

The Provox Indwelling voice prosthesis

From the newsletter of The Laryngectomee Association of Queensland comes news of the Provox, claimed to be a very low resistance valve for easier speech, easy maintenance and resistance to candida (thrush).

ACCORDING to Lisa Cazilato who spoke to a recent meeting of the LA of Q, the big difference between the current prostheses (Blom Singer and Bivona) is that their flanges are flexible and soft to pop in and out.

On the other hand the Provox has fairly rigid flanges and, once in place, should not be dislodged by coughing.

The average lifespan of the prosthesis is 235 days (they have been used in Holland since 1988) and it does not need to be removed as long as it is operating efficiently.

The main reason for replacement is the eventual leakage due to improper valve closure.

However the Provox comes with a plug to fit while eating and drinking and a replacement is awaited.

Suitable candidates for such a semi-permanent prosthesis that only needs cleaning with a little brush (supplied) are those with sight problems, arthritis, and other hand problems or poor hand-eye coordination.

This is not to mention, of course, those people who simply get fed up with all the procedures involved in daily maintenance of their prosthesis.

A few have now been done in Brisbane and it appears another important option has been added to choices available to laryngectomees after laryngectomy.

Lisa commented that the range of sizes (6, 8 and 10mm) was limited compared to the others and the Provox might be too small for a lot of people.

Each candidate for a Provox needed to undergo a thorough assessment before acceptance.

Doctors needed to have the correct insertion kit and it could be done under anaesthetic in a hospital, or, if it was replacing a prosthesis it could be threaded through the old one with a local anaesthetic on an outpatient basis.

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THE EXECUTIVE COMMITTEE MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW AT 10 AM WILL PRECEDE THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW WHICH WILL BE HELD AT 11 AM ON WEDNESDAY, AUGUST 23 AT THE NSW CANCER COUNCIL, 153-161 DOWLING ST, WOOLLOOMOOLOO. MORNING TEA IS SERVED AT THE END OF THE MEETING.
MONTHLY MEETINGS:

☐ SYDNEY: Third Wednesday, 11am at NSW Cancer Council offices, 153-161 Dowling Street, Woolloomooloo.

☐ PARRAMATTA: Second Tuesday, 6pm, Mayfield Bowling Club, Ingall Street, Mayfield.

☐ ILLAWARRA: Third Tuesday, 12:30pm, Masonic Club, 162 George Street, Parramatta.

☐ RICHMOND VALLEY: First Wednesday, even numbered months — 2pm, St Vincents Hospital, Avondale Avenue, Lismore.

☐ LOWER NORTH COAST: First Tuesday, 2pm, Staff Centre, Manning Base Hospital, Taree.

☐ DUBBO: Lourdes Hospital, Contact 068 84-5855 for meeting times.

OFFICE BEARERS 1995

PRESIDENT: David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone and fax 939-1539

VICE-PRESIDENTS: Bill Byrne, 79 Hawkesbury Street Guildford 2161, 043 182-1643, Mrs Jean Case, 11 Gladstone Parade, Lindfield, 2070, 416-9067.

SECRETARY/TREASURER: John Nicholson MBE, 160 Francis Street, Richmond NSW 2753. (045) 78-1415; fax (045) 78-4412.

WELFARE OFFICER: Mrs Lilah Walton, 23 Baker Street, Kensington 2033, 663-2550.

MINUTES SECRETARY: (Pro tem) Desma Nicholson, 160 Francis Street, Richmond NSW 2753. (045) 78-1415; fax (045) 78-4412.

LARYNX OFFICER: (pro tem) David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone and fax 939-1539.

PUBLICITY/EDITOR: Alan Dear OAM, 14 Robin Avenue, Turrramurra 2074. 449-2917 (H); 282-1678 (O); fax 988-4726.

COMMITTEE MEMBERS:
John Stein, 13 Weetawaa Road
Northbridge, 2063. 958-7259

THREE VACANCIES STILL EXIST
HOW ABOUT NOMINATING AND GIVING YOUR COMMITTEE A HELPING HAND

No 48 July 1995

MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEEE ASSOCIATION OF NSW HELD ON WEDNESDAY, JUNE 21, 1995, AT NSW CANCER COUNCIL, WOOLLOOMOOLOO.

THE President opened the meeting at 11.10 am.

PRESENT as per attendance book, 12 members and supporters.

APOLOGIES were accepted from Alan Dear, Albert Silver and John Stein.

MINUTES of the May meeting as distributed were accepted on the motion of Lilah Walton and seconded by Bruce Darlington.

BUSINESS arising from those minutes. The president welcomed Tom Jackson, a new committee member and delegate from the Hunter Valley branch of The Laryngectomee Association of NSW.

REPORTS

SECRETARY'S REPORT, June 1995

Membership I would like to welcome the following new members and ask them to try to come to one of our meetings — or one of our branch meetings — so they may meet other laryngectomees and become aware of what is being done to assist laryngectomees in all ways possible: Mr G.H. Brinckley, Umina; Bob Vuckovich, Earlwood; Mr E.G. Plunkett, Cessnock; Mr J. Gordon, Padstow; Mr R. Worthington, Campbelltown; Mr D. M. Junkins, Marsden Park; Mr A. M. Fowler, O'aks Estate (ACT); Mr J.S. Morgan, Balgowlah; Mr W.S. Love, Five Dock; Mr A. Ortiz, Parramatta; and the following nurses from Prince of Wales Hospital — Ms Cath Reynolds, Bondi Junction; Ms V. Bustamanta, Coogee and Mrs J.S. James of Ramsgate.

Regrettfully I have also to report three of our members died recently — Des Leahy of Richmond, Tom Roy of North Essendon, Victoria, and Albert Silver of Killara.

We extend our very sincere condolences to the families and friends of these departed members.

Telecom assistance In the correspondence section of this report I have listed the telephone number members can use to obtain information about the equipment Telecom provides for members with disabilities. Those members who need hands-free telephones etc should ring that number if they want advice on this important matter.

Queensland association I have received the Laryngectomee Support Visitors Handbook produced by the Queensland

WHO TO CONTACT

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FOR speech aid batteries, parts and repairs — (pro tem) David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone (02) 939-1539.

FOR stomacovers, shower shields — Lilah Walton, 23 Baker Street, Kensington, NSW 2033. Phone (02) 663-2550.
Cancer Fund in association with the then Lost Chord Club of Queensland. This is a fine set up and we will be examining their procedures in detail with a view to implementing similar structures in NSW.

**Country members** During a recent visit to a country area I found that many members are missing out on assistance from speech pathologists and others because there are none with those skills within a reasonable driving area, or they are just not available. I don’t know what, if anything, we can do assist, but if anyone has the time to write to me about any problems then at least we will know and can see what we can do to help. Please keep in touch with us on any matter that may be of concern to you or other laryngeectomies.

**CORRESPONDENCE, JUNE 1995**

1. **International Association of Laryngeectomies** Details of the 44th annual meeting being held in San Francisco from July 25-30.

2. **State Library of NSW** Details of a new information service and asking for suggested list of books they should obtain.

3. **Aging and Disability Department** Advising that the department is now located at level 13, 83 Clarence Street, Sydney. Phone [02] 367-6850.

4. **The HEAPS Project** Seeking information about our Association.

5. **Australian Cancer Society** Details of last National Laryngeal Cancer Support Committee meeting which included the visitor guidelines produced by the Queensland Cancer Fund and The Laryngeectomee Association of Queensland. Confirming that both Ansett and Qantas will make appropriate provisions for laryngeectomees provided adequate notice is given of proposed travel. ACS was unable to get recognition of the costs problem for laryngeectomees from the Federal Government, but efforts will continue. The booklet You can say that again is to be revised.

6. **Mrs M Doherty, Port Macquarie** Seeking details of laryngeectomees living in Port Macquarie. (Information supplied and have since met Mr Bill Harris at Port Macquarie).

7. **Anti Discrimination Board of NSW Bulletin.**

8. **Aged and Disability Service of Telecom** Providing details of the procedures now to be followed by those wanting special equipment from Telecom. The Disability Enquiry hotline is a free call – 1-800-068-424 – which is staffed between 9am and 5pm, Monday to Friday. The new forms for the equipment can be obtained from Telecom shops, or by ringing the above number.

9. **Mr B.R. Mason, Bexley** Seeking details of how to obtain a hands free telephone. Details supplied.

10. **Mr G. Brinckley, Umina** Seeking details of our Association and of the items we can provide to laryngeectomees.

11. **National Relay Service Information** Details of the new service. If any member would like a brochure on this service please let me know and I will send you one.

12. **Hurstville City Council** Seeking update on our Association.

13. **Western Districts branch** Advising that Bill Byrne will be its representative/delegate on our committee.

14. **Hunter Valley branch** Details of its newly elected committee and advising that Don Jackson will be its representative/delegate on our committee.

15. **NSW State Cancer Council** Asking whether we would prepare an article for inclusion in its schools’ bulletin Cancer Action.

16. **Med Mart USA** Order for shower shields.

**BUSINESS ARISING FROM THE SECRETARY’S REPORT**

Lilah Walton spoke in favour of The Laryngeectomee Association of NSW adopting a similar visitor’s guide book to that issued in Queensland. Queensland has given us permission to reproduce any or all of their manual. Members expressed dismay that so many patients did not receive either a pre- or post-operative visit from an experienced laryngeectomee. How do we overcome this? Those who had received visits found them most helpful.

**TREASURER’S REPORT**

The Treasurer’s report, showing a credit balance of $9406 (that is a net gain of $2000 for 1995) was read and accepted on the motion of Lilah Walton and seconded by Bill Byrne.

— John Nicholson, secretary and treasurer

**WELFARE OFFICER’S REPORT**

1. Jennifer Barham’s laryngeectomee course, which was to be conducted with Bruce Darlington as a Servox user, was cancelled. More news on this later when a new date has been arranged.

2. I have given Woden Valley Hospital two hospital packs, as well as stoma covers as requested. I received the shower shield sample from Pacific Medical ($38 each). I think the one we are currently buying is better, but I would like advice from laryngeectomees who have used both.

3. I had a ring from Mr Worthington’s son. Mr Worthington had not had a hospital visitor. John Nicholson was able to visit him at his home. Thank you John.

4. I also had a ring from a chemist who wanted me to send him a “voice box string”. I thought it knew most things about laryngeectomees, but this puzzled me. It was not an electro-larynx cord. If he rings me back I will let you all know the answer.

5. Eric Smith has had a stay in hospital with pneumonia. Trust you are now 100 per cent Eric.


7. I had a ring from Bonny Dun who for years was our secretary. Bonny has had a stroke and has just arrived home from hospital. We all wish you well Bonny.

8. Lorna Belcher, secretary of the New Voice Association of South Australia rang to inform us South Australia is
celebrating its 26th birthday in August. Also Western Districts is celebrating its 10th birthday in August. Happy birthday to both.

9. All members will be sorry to hear Alan Dears father died on June 19, 1995. To Alan, Lesley and the family our heartfelt sympathy.

— Lilah Walton, Welfare Officer

LARYNX OFFICER’S REPORT

David Smith, acting larynx officer, says he is handling all requests with no real problems.

PROSTHESIS OFFICER’S REPORT

David Smith has had enquiries about the new indwelling prosthesis — this can only be supplied at the request of a doctor or a speech pathologist. Cost is $145, but we are not aware of its effectiveness as yet.

Enquiries from members about coughing, dry stoma and stoma bleeding led to much discussion at the meeting about prevention and the methods used by various laryngectomies. Remember the air entering the stoma should be warm and moist to prevent irritation of the lining of the trachea and bronchi, as well as irritation of the lungs.

A warm covering worn over the stoma cover in the cold weather is the best method of achieving this.

A warm woollen scarf, a high necked woollen jumper, or a knitted high necked woollen stoma cover are all suitable coverings. A pattern for a suitable woollen stoma cover is available from the Secretary.

GENERAL BUSINESS

1. Discussion on stoma cover material Lilah Walton will buy fabric from Verity Materials.

2. Hunter Valley member has invented a device enabling a laryngectomee to give or received expired air resuscitation. This device will be on display at the next meeting.

3. A long discussion on the help available from government or other agencies to laryngectomees for essential supplies. It appears that differing amounts of help are available from different hospitals.

Some help is available from PADP when funds are available — each hospital seems to have its own method of distributing PADP funds. Country hospital seems to give better service, some being particularly good. Most medical funds now seem to reimburse contributors for prosthesis supplies.

We would appreciate reports from members on their difficulties or successes.

The Australian Cancer Society has made representation to the Federal Government for Medicare to help but with no result yet.

4. Donation A donation of $50 was received from Jo Nowland. Thank you once again Jo.

THERE BEING NO FURTHER BUSINESS, THE PRESIDENT CLOSED THE MEETING AT 12.15PM.

NEWS FROM HERE AND THERE

THE Cancer Foundation of Western Australia has formed a cancer information service staffed by qualified counsellors and enquiries officers.

They will answer all queries about cancer and leukaemia and can be reached (for the cost of a local call) from anywhere in WA on 13 11 20.

The service is available seven days a week from 8am to 8pm weekdays and 9am to 3pm on weekends.

Albert Silver — an appreciation

ALBERT Silver, former vice-president and minutes secretary of The Laryngectomee Association of NSW died suddenly on Saturday, June 24, 1995.

Aged 72, he had been a member of the Association for eight years and was active in promoting the welfare of laryngectomees.

He was one of the first members of the Lansw to complete the accredited laryngectomee hospital visitors course.

Albert was born in Lithuania and with his family emigrated to Australia in 1929, settling in Broken Hill.

He was educated at Broken Hill High School and later attended Sydney University where he studied for and received his degree of Bachelor of Civil Engineering. From 1943 to 1946 Albert served with the RAAF.

With a Broken Hill background he had a natural interest in mining and his first job was with North Broken Hill.

His profession eventually took him to most Australian states as well as Vanuatu, Canada, the United States, a spell in Alaska, and South Africa.

Albert was a keen golfer and a member of Monash Golf Club where he played off a respectable handicap until a few days before his death.

In 1946 Albert married Margaret, a mining engineer's daughter from Broken Hill.

He is survived by his brother Harold; his wife Margaret and their children Philip, Helen and Andrew; daughter-in-law Ginny; grandchildren Tom, Liz and Rachael and her husband Richard and their daughter (Albert's great-granddaughter) Hannah whom he met for the first time shortly before his death.

Our sympathies and condolences are extended to Albert's family.

MONTHLY MEETINGS:

☐ SYDNEY: Third Wednesday, 11am at NSW Cancer Council offices, 153-161 Dowling Street, Woolloomooloo.
☐ NEWCASTLE: Third Tuesday, 6pm, Mayfield Bowling Club, Ingal Street, Mayfield.
☐ PARRAMATTA: Second Tuesday, 12.30pm, Masonic Club, 165 George Street, Parramatta.
☐ ILLAWARRA: Third Wednesday, 2.30pm, Warilla Medical Centre, Belfast Street, Warilla.
☐ RICHMOND VALLEY: First Wednesday: even numbered months – 2pm, St Vincents Hospital, Avondale Avenue, Lismore.
☐ LOWER NORTH COAST: First Tuesday, 2pm, Staff Centre, Manning Base Hospital, Taree.
☐ DUBBO: Lourdes Hospital, Contact 068 844-5855 for meeting time.

OFFICE BEARERS 1995

President: David Smith, 27 Bellevue Parade, North Curly Curl, NSW 2095, Phone and fax 939-1539
Vice-President: Bill Byrne, 79 Hawksview Street Guildford 2161, 922-1534
Mrs Jean Case, 11 Gladstone Parade, Lindfield, 2070, 416-9067
Secretary/Treasurer: John Nicholson MBE, 160 Francis Street, Richmond, NSW 2753, (045) 78-1415, fax (045) 78-4412
Welfare Officer: Mrs Lilah Walton, 23 Baker Street, Kensington 2033, 663-2550

MINUTES

Secretary: Albert Silver 89 Spencer Road, Killara 2071, 498-4390
Larynx Officer: (pro tem) David Smith, 27 Bellevue Parade, North Curly Curl, NSW 2095, Phone and fax 939-1539
Publicity/Editor: Alan Dear OAM, 14 Robin Avenue, Turramurra 2074, 449-2917 (H); 282-1678 (O); fax 988-4726

COMMITTEE MEMBERS:

John Stein, 13 Weetawaa Road Northbridge, 2065, 958-7250
THREE VACANCIES STILL EXIST HOW ABOUT NOMINATING AND GIVING YOUR COMMITTEE A HELPING HAND

No 47 June 1995

MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW HELD ON WEDNESDAY, MAY 17, 1995, AT NSW CANCER COUNCIL, WOOLLOOMOOLOO.

PRESENT: The meeting was attended by eight laryngectomee members and four non-laryngectomee members. The President noted that the inclement weather may have caused some absences.

APOLOGIES: Apologies were tendered by Lilah Walton, for Alan Dear, Bonnie Dun and Babes O’Sullivan.

MINUTES of the April meeting as distributed, and tabled before the meeting, were accepted on the motion of Bruce Darlington, seconded by John Nicholson. No business arose from the minutes.

REPORTS

SECRETARY’S REPORT — MAY 1995

Membership Only one new member has joined our Association in the past month, Mr Mladen (George) Saric of Lakemba. We hope that he is well and that in time he will be able to attend one of our meetings. Regrettfully I have to report that I have been advised that the following members have died since our last report: Mr Ken Latimore of Harrington and Mrs N. Hodges of Brighton-le-Sands. We extend our sincere condolences to the family and friends of these deceased members.

National Relay Service I have received brochures from the National Relay Service — a service supported and funded by the Department of Human Services and Health and Communication and the Arts. As the brochure says: “Now, with the assistance of trained operators from the National Relay Service, anyone who is deaf or who has a speech, hearing or other communication impairment can enjoy the benefits of the telephone service that most of us take for granted”. I have not been able to find out much more than is contained in the brochure, but it seems that pensioners may be able to receive assistance through the provision of a typewriter used for use with this service. Those wishing to find out more should contact 1800 806 775 — a free call from anywhere in Australia.

Voice aids The Indian-made voice aid called Electroarynx is available from the Laryngectomee Club of India or the Chattanooga Choo Choo Lost Chord Club at a cost of $US150. There are differing views on the ordinary 9-volt battery operated

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FOR speech aid batteries, parts and repairs — (pro tem) David Smith, 27 Bellevue Parade, North Curly Curl, NSW 2095, Phone (02) 939-1539.
FOR stomas covers, shower shields — Lilah Walton, 23 Baker Street, Kensington, NSW 2033, Phone (02) 683-2550.
voice aid but at that price it could be a good investment. I will try to get some opinions from those who have tried this aid, and report them to you in the Newsletter.

**Stoma cover material** We can obtain good quality white cotton stoma cover material in Sydney and other colours from a source in Melbourne. However if anyone knows of a supplier of coloured material suitable for stoma covers would they please obtain a small sample and send it to our Welfare Officer, Mrs Lilah Walton, 23 Baker Street, Kensington, 2033. We want to obtain supplies without having to pay the expensive transport cost from Melbourne.

**CORRESPONDENCE, MAY 1995**

1. Newsletters from interstate and intrastate laryngectomee clubs and associations.

2. To Australian Association of Speech and Hearing. Advising them of our inability, at this time, to provide financial assistance to them for their planned workshop in Mudgee in September 1995.

3. Chattanooga Lost Chord Club, Georgia, USA. Fax to Alan Dear offering to provide the Indian made voice aid to Nelson Hinlo in the Philippines and a laryngectomee in Argentina. They have been advised of the action we have taken in these matters.

4. Laryngectomee Club of India. In response to our letter to them they have provided information concerning their locally made Electrolarynx. That item is available from them at the cost of $US150.

5. Leichhardt Council. Seeking information on our roles.

6. Laryngectomee Association of Victoria. Copy of the literature they have on the Indian-made voice aid. Item is available from Chattanooga Lost Chord Club at the same price — $US150.

7. National Relay Service. Providing details of the planned introduction of what will be known as the National Relay Service which will permit communication to a central point by the use of a typewriter connected to a telephone. May be provided to some pensioners. Literature on this matter will be sent to all members with the next Newsletter.


— John Nicholson, Secretary

The Secretary's report, together with the correspondence as detailed, was adopted. Moved Lilah Walton, seconded Sid Lowe.

**FINANCIAL REPORT**

John Nicholson again reported a favourable financial status, in that with two sundry debtors (for Newsletter subsidy), we had a profit, year-to-date of $2600.

Moved Albert Silver, seconded Pat Rodgers.

**WELFARE OFFICER'S REPORT**

IT HAS been a very busy month.

Firstly, thank you Kath Fisher for the goods you donated. They were soon placed and a letter of thanks was received from the recipient.

I had a ring from Heather Webster of Chesalon Nursing Home, Jannali. Two of her patients have Parkinson's disease and have no voice volume and could I help. I sent her my mike/amplifier to try.

A man from Argentina contacted me re his father (in last month's Newsletter) and our good friends from Chattanooga Choo Choo Lost Chord Club have donated an Indian electrolarynx. Thank you one and all.

I have had another call from a chap whose father had a laryngectomy in India wanting help. More details as they come to hand.

I rang Julie Nance, Daily Telegraph Mirror reporter about her story in the paper. She did not write the headline "Coping without a voice" and, like myself, thinks it totally misleading.

**On the sick list** Dr T. Williams has had a heart attack as has Mavis Bentley. Jo Nowland has had an eye operation. To all we wish you a speedy recovery. The same to those who are sick and about whom we have not heard.

Had a request for a visit to a laryngectomee in a hospital at Petersham and Bruce Darlington did the visit. Thanks Bruce.

Anybody wishing to call and see me please ring beforehand to make sure I am home. Norman, my husband, knows nothing of my laryngectomee welfare work and cannot assist you. My filing system is in code and known only to me Norman says.

I still have outstanding accounts for goods I have sent. I think I will have to have money before goods are posted in future.

Start saving your money to buy present/raffle tickets for the Christmas party at Kirribilli Ex Services Club on November 18.

Good news for laryngectomees travelling by plane. Graeme Innes, Qantas disability project manager, is trying to have oxygen masks suitable for laryngectomees on all domestic and overseas flights.

I have had an ENT doctor write a letter and our Secretary is writing one from us. I will report progress.

— Lilah Walton, Welfare Officer

Report accepted on motion of Len Nowland, seconded Dave Smith.
LARYNX OFFICER'S REPORT
ON behalf of John Chaloner, who is overseas, David Smith reported that he had loaned out two Servoxes, and sold some batteries. On the prosthesis side, everything was fairly normal.

Moved Des Nicholson, seconded Lilah Walton.

GENERAL BUSINESS
The President was pleased to have read out to those present a letter he received from Mr Anderson, from Taree. It was outstanding for the following reasons: Mr Anderson was 91 years old when he had his laryngectomy. He has a prosthesis, and manages very well. He is now 93 years old (or young).

As a matter of interest to all members, the letter is published in full in this Newsletter (see page 6). What can not be seen, is the firm and precise lettering of Mr Anderson's hand.

Congratulations from the NSW Association, and we claim this as a record achievement.

As a further example of laryngectomy achievement, Bruce Darlington quoted a recent case, where he was called in to demonstrate the Servox for a laryngectomy. Although the patient was 88 years old, he managed a Servox well, in two weeks.

As noted by the President, these examples just show what can be achieved.

2. On a matter of responsibility to the NSW Cancer Council, who give us a venue, we have to leave the rooms in the same condition as we find them. Members took the hint, and helped in the clean-up after the refreshments.

Meeting closed 12.10 pm.

— Albert Silver, Minutes Secretary

CANCER — WHO CARES?
UNFORTUNATELY I was unable to attend the National Laryngeal Cancer Support Committee meeting and the Cancer Who Cares conference held in Melbourne in March. I understand from a number of sources that the conference was excellent and highly informative. I am therefore very grateful to Lorna Belcher, secretary/newsletter editor of the New Voice Association of South Australia for allowing the NSW Newsletter to use her report, which follows, on the conference.

— Alan Dear

Cancer: who cares conference report

THIS Conference was held at the Southern Cross Hotel, Melbourne from March 29 to 31, 1995.

I attended this Conference on March 29 and 30 as the South Australian representative of the New Voice Association of South Australia Inc.

The Conference Committee had catered for an expected 400 but over 500 attended which stretched the facilities to the limit and meant that still more applicants had to be turned away.

The purpose of the Conference was to bring together for the first time members of cancer support groups and services across Australia for fellowship and for discussion of key issues.

There was also a contingent present from New Zealand.

Dr Nigel Gray, Director of the Anti-Cancer Council of Victoria welcomed everyone and introduced the Hon Marie Teahan, Minister for Health, who officially opened the Conference. The Minister spoke with warmth and concern for the hundreds of patients who have to battle cancer and was impressed with the number of participants who had made the effort to attend.

Heather Wain — president of the Australian Cancer Society — the conference chair, followed and gave us an overview of the conference — how to find our various workshops and facilities and so on, before introducing the main speaker — Dr Lesley Fallowfield — director, Communications and Counselling Research Centre, London Hospital Medical College.

This very talented lady conveyed her message to us all with heartfelt warmth and understanding for the concerns of cancer sufferers who feel very1 distressed through lack of communication with their doctors and health care workers. An overview of this presentation follows.

OVERVIEW
Communication in Cancer Care
By Dr Lesley Fallowfield — Reader in Psychooncology, University College Hospital, London and Director of Cancer Research Campaign Communication and Counselling Research Centre.

Many patients with cancer express considerable dissatisfaction with much of the communication that takes place between themselves and their health carers. In particular, lack of information about the diagnosis, what the future holds and potential treatment options can cause uncertainty, anxiety and distress. Poor communication can lead to misunderstanding about the importance or relevance of different tests, under-reporting of symptoms and side-effects and can negatively influence the motivation to accept different treatments. All this
affects the quality of patients' lives. Such situations are also disturbing for patients' families and are personally and professionally unrewarding for health carers. Reasons for communication failures are numerous and complex, but one cause of this sorry state of affairs is the generally poor training given to our cancer carers in effective communication skills.

Although medical training usually produces technically competent and scientifically sound doctors, it does little to ensure that they can communicate well.

In Britain we have set up programs for senior doctors to help correct this problem and several Australian doctors who specialise in cancer have come over to do the course. They are now keen to set up similar training programs in Australia. If we really wish to help patients cope more easily with their disease and its treatment we need to equip our doctors and other cancer carers with better communication and counselling skills.

I opted to attend the group for Cancer support group members which I found very interesting and informative.

The afternoon program was presented by Patricia Cameron-Hill and Dr Shayne Yates titled "Staying positive! — a key to good communicating".

It was an entertaining presentation on attitude, self-confidence and managing the way you feel. I am very sorry that all our members were not able to share this marvellous presentation with me.

Patricia and Shayne have formed a professional presentation team evolved from a close working relationship in health care. Since 1984 they have applied their insight and a remarkable talent for enjoyable instruction to bring relief to the demotivated and despondent.

In 1992 Patricia was recipient of the Certified Professional Speakers [CPS] Status, the highest award made by the National Speakers Association of Australia. They have presented to over 40,000 people in Australia, New Zealand, Singapore and the United States.

Patricia Cameron-Hill would have to be the most energetic and inspirational person I have ever had the pleasure to meet and I'm sure the majority of those who shared this presentation came away stimulated and determined to get on with their lives.

The following morning began with Dr Lesley Fallowfield speaking about Quality of life in breast cancer which would not be of specific interest to our members.

After morning tea break we again formed groups similar to the day before with a choice of six sessions. I chose to attend a session titled — "In touch with ourselves — in touch with others", and while it was interesting I don't feel I have anything to report on this session.

The afternoon began with a panel of oncologists replying to questions supplied by the audience relating to cancer treatment in the 1990s — pursuing better quality years. They answered prearranged questions from the audience.

The following session presented by Associate Professor Michael Carr-Gregg, Education and Training Unit Centre for Adolescent Health was titled "When going to pieces holds you together".

Michael Carr-Gregg spoke with great depth of his own experience of being diagnosed as having cancer when he was in his teens and the subsequent personal trauma of coming to terms with this illness, particularly the problems associated with family and friends.

No one wanted to know about his fears — there was no one to listen. He felt he was an embarrassment to his family which, following his recovery, led to him being the instigator of the cancer support group for teenage patients.

Thank God for this man who had the personal experience and educated health knowledge to make sure other young patients are now spared his personal traumas.

He presented this very sad experience, laced with touches of humour and we felt very privileged that he was prepared to share his personal battle with cancer with us and was prepared to answer many questions from the audience.

A summary of his talk follows.

**When going to pieces holds you together...**

The impact on the family of a cancer diagnosis

A personal perspective by Associate Professor Michael
IT is difficult to imagine any other event short of death itself, that produces more tension, pain and suffering for parents than the diagnosis of a life-threatening illness in their offspring. The impact of such a diagnosis tears in to the family's life as a functioning unit and confronts each member with the crisis. The rapid and dramatic changes in social conditions, together with advances in medical knowledge, have led us to expect nothing less than perfect health and longevity.

The low mortality, characteristic of many developed nations in the western world, has encouraged the development of intense parent-child bonding. By comparison with former generations, whose struggle against malnutrition, widespread infection and disease produced a kind of "defensive pessimism" towards serious illness and death, the present generation of parents does not expect their offspring or their peers to develop a life-threatening illness, let alone die.

It is within this context that the response of families to the threatened or actual loss of a loved one from cancer may best be understood.

Drawing on the speaker's own personal experience, as well as his clinical work with CanTeen, this paper discusses the impact his diagnosis of cancer had on the physical and mental health of others within his family. The paper discusses how the threatened severance of such closely intertwined relationships, in the absence of traditional support networks such as the extended family, community support and religious beliefs, place such families "at risk" of serious negative psychosocial consequences. It concludes that this fact alone is justification for the existence of an Australian Cancer Society and why one of its primary orientations should always be emotional support of patient and family.

The Laryngectomee Association of NSW gratefully acknowledges the financial help of Snap Printing of Gordon in producing this issue of the Newsletter. To Peter Burton and his willing staff, thank you very much. If you need anything printed, please remember Snap Printing of Gordon.

The final session for the day was led by Professor Ray Lowenthal from Tasmania and the following overview adequately covers his subject.

**IMPROVED quality of life through home cancer treatment**

Professor Ray Lowenthal
Director of Medical Oncology, Royal Hobart Hospital, Hobart, Tasmania.

MODERN treatment of cancer is less burdensome, has fewer side-effects, is more likely to be effective and to improve the patient's quality of life than used to be the case. For example, advances in anaesthesia and surgery mean operations are safer than they were, recovery is swifter and the potential for cure or at least significant relief of symptoms is greater.

Better and more accurate instruments for delivery of radiotherapy have lessened unwanted effects on normal tissues and led to greater rates of cure or at least reduction in tumour size, with lessening of symptoms caused by the tumour.

Anti-cancer chemotherapy is less of an ordeal than previously — indeed, less than commonly perceived — thanks to new highly effective anti-nausea medications, white blood cell growth factors which are able to cut short the vulnerable period of low cell counts that often follow administration of chemotherapy, and development of less toxic drugs. At the Royal Hobart Hospital we have built on these advances and since 1989 have offered patients an "outreach" service.

Treatments have been given in patients' homes and workplaces, as well as in local practitioners' surgeries and nursing homes. Services offered include injections and intravenous infusions of chemotherapy, antibiotics, interferon and growth factors; monitoring of blood counts; care of permanent venous access devices; counselling and education; attendance at funerals, and post-bereavement visits.

Patients aged 18-80 with a wide range of cancer diagnoses have used this service.

In the first five years, there were 5444 home visits to 424 patients; of these, 1688 visits were for administration of chemotherapy to 179 patients. In a recent three month period 28 per cent of the haematology/oncology clinic chemotherapy was administered at home. No serious problems were encountered and only two patients declined further treatment at home. Close surveillance and recognition of potential problems, together with psychological support and education enabled many patients to remain out of hospital, with some remaining in the work force. Patients claimed to enjoy a better quality of life through home treatment. In addition the service facilitated a reduction in
hospital bed days and less use of hospital facilities with the potential to produce significant cost saving for the health system.

THE celebratory conference dinner was held on the Thursday evening at the Southern Cross Hotel and was very well attended.

Following the dinner Dr Margaret Skene, who was the chairperson of the committee which organised the conference, spoke from the dais, thanking everyone for their attendance and several presentations followed.

Our dear friend and Life Member, Margaret Beare and husband Bob attended and Margaret was presented with a certificate, acknowledging her efforts in forming the Breast Cancer Support Group which is celebrating its 20th birthday this year. The Breast Cancer Support Group also received a certificate to commemorate this milestone.

The Laryngectomee Association of Victoria received a very ornate certificate to commemorate its 40th birthday. Congratulations to all of the recipients of these prestigious certificates.

My personal congratulations to the organising committee for presenting a wonderful conference, I feel very privileged to have been able to attend.

— Lorna Belcher


STOP PRESS

Hunter Valley appoints delegate

FOLLOWING the invitation of The Laryngectomee Association of NSW to branches to nominate a delegate to attend monthly meetings, Hunter Valley branch has appointed Don Jackson as its representative. We welcome Don to our meetings.

Hunter Valley office bearers for 1995-96 are as follows: President: Dawn Lovett; vice-presidents: Horrie Bentley, Don Jackson, Arthur Homer; secretary: John Lovett; treasurer: Cliff Youngberry; assistant treasurer: John Peden; welfare officers: Horrie Bentley, Kevin Paul, Don Jackson, Vic Mayfield, Arthur Homer. Social committee: Myra Youngberry, iris Paul, Betty Jackson; Liaison officer: Jackie Seabrooke; Publicity officers: John Lovett and Jackie Seabrooke.
MONTHLY MEETINGS:

- **SYDNEY**: Third Wednesday, 11am at NSW Cancer Council offices, 153–161 Dowling Street, Woolloomooloo.
- **NEWCASTLE**: Third Tuesday, 6pm, Mayfield Bowling Club, Ingal Street, Mayfield.
- **PARRAMATTA**: Second Tuesday, 12.30pm, Masonic Club, 163 George Street, Parramatta.
- **ILLAWARRA**: Third Wednesday, 2.30pm, Warilla Medical Centre, Belfast Street, Warilla.
- **RICHMOND VALLEY**: First Wednesday, even numbered months - 2pm, St Vincents Hospital, Avondale Avenue, Lismore.
- **LOWER NORTH COAST**: First Tuesday, 2pm, Staff Centre, Manning Base Hospital, Taree.
- **DUBBO**: Lourdes Hospital. Contact 068 84-5855 for meeting time.

**OFFICE BEARERS 1995**

- **PRESIDENT**: David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone and fax 939-1539
- **VICE-PRESIDENTS**: Bill Byrne, 79 Hawksworth Street Guilford 2187, 892-1624.
- **SECRETARY TO TREASURER**: John Nicholson MBE, 160 Francis Street, Richmond NSW 2753. (049) 78-1415; fax (049) 78-4412.
- **WELFARE OFFICER**: Mrs Lilah Walton, 23 Baker Street, Kensington 2033, 663-2550.
- **SECRETARY**: Albert Silver 89 Spencer Road, Killest 2071, 496-4390.
- **LARYNX OFFICER**: (pro tem) David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone and fax 939-1539.
- **PUBLICITY/EDITOR**: Alan Dear OAM, 14 Robin Avenue, Turramurra 2074, 449-2917 (H); 922-1678 (O); fax 998-4726.

**COMMITTEE MEMBERS:**

John Stein, 13 Westawaa Road, Northbridge, 2063, 956-7259
THREE VACANCIES STILL EXIST
HOW ABOUT NOMINATING AND GIVING YOUR COMMITTEE A HELPING HAND

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**REPORTS**

**SECRETARY'S REPORT, APRIL 1995**

Membership. I would like to welcome the following new members to our Association with the hope that they are well and that some of them may be able to attend one of our meetings or those conducted by our branches: Mr Jim Fagan, Killarney Vale; Mr David Logue, Triangle; Mr Francis Bombardi, Nourmea and Mr Barry Mason, Bexley. May I also extend the Association's condolences to the families and friends of the following deceased members: Mr Albert Chandler, Glebe; Mr Laurie Carpenter, Canowindra; Mr R.J. Kelly, Campbelltown.

The envelope containing the last Newsletter to Mr J.F. Bond of Sutherland has been returned marked "left address". If anyone knows Mr Bond's new address would they please let me know.

**Committee.** As you will see in the correspondence we have invited the branches at Illawarra, Western Districts and Hunter Valley to consider nominating delegates to attend our monthly meetings. I will report further on this matter in the next Newsletter.

**Assistance to Philippine laryngectomies.** At the request of Mr and Mrs Nerona of Quakers Hill we have been trying to assist them in obtaining the appropriate voice aid for their nephew, Nenio Fino who recently became a laryngectomee in the Philippines. We have been in touch with the agencies concerned in the Philippines, but it seems far from easy to purchase a voice aid in that country. We will continue to follow up this matter.

**Stoma cover material.** Ten metres of white

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**WHO TO CONTACT**

FOR Bivona and Blom-Singer supplies and Stom-Vents - David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone (02) 939-1539.
FOR speech aid batteries, parts and repairs - (pro tem) David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone (02) 939-1539.
FOR stoma covers, shower shields - Lilah Walton, 23 Baker Street, Kensington, NSW 2033. Phone (02) 663-2550.
stoma cover material has been purchased and more will be obtained shortly. We are trying to obtain various covers and when these are purchased members may, in turn, purchase the material from our Welfare Officer, Lilah Walton.

CORRESPONDENCE.
1. Mrs C. Nerona, Quakers Hill. Seeking assistance in selecting the most appropriate voice aid for her nephew in the Philippines.
2. FAXs and letters to National Cancer Society of Malaysia, Philippine Cancer Society and University of the Philippines concerning the voice aid for Nelson Hinlo — new laryngectomy in the Philippines.
3. Consumer Affairs, reminder that returns are due (ours was sent on time).
4. University of NSW. Concerning planned one-day workshop designed for association officials and office bearers. Cost is $495 so we will not be attending.
5. Western Districts branch — cheque for batteries and shower shields.
6. Alan Dawson — letter re the death of Laurie Carpenter of Canowindra.
7. Letters to Illawarra, Hunter Valley and Western Districts branches inviting them to consider nominating a delegate to attend our monthly meetings. Such delegates would become members of the management committee.
8. Newsletters from interstate clubs and branches in NSW. The newsletter from Tasmania advised that Geoff Urquhart had been elected president and Cathie Sargent vice-president of the Tasmanian Lost Chord Club.
10. Ohmeda. Confirming that they will pay our Association 50 cents for each of their fliers that we send to members with our Newsletter.

11. Patricia and Shayne, Melbourne. Brochures on the courses they run on stress management etc.
12. Department of Social Security. Update on pension rates etc.
14. Southern Sydney Area Health Service. Order form for membership for the speech pathologist at Sutherland Hospital.
15. Letter to Mrs Elaine Henry, NSW Cancer Council. Offering our help in attending and lecturing school children as part of the Cancer Council's anti-smoking campaign.

— John Nicholson, Secretary

The adoption of the Secretary's report, and the correspondence items was moved by John Stein, seconded by Lilah Walton, and carried.

FINANCIAL REPORT
In his dual role of Secretary/Treasurer, John reported on the favourable financial balance for the month. We received a refund from Ohmeda of $1260 for Storn Vents returned, and members subs and donations resulted in a trading surplus of $1985 for the year to date.

— John Nicholson, Treasurer

Moved Lilah Walton, seconded Albert Silver. Carried.

WELFARE OFFICER'S REPORT
1. I had a call from a laryngectomee's wife, resident in Macksville, who ordered a shower shield from a local chemist. Naturally, he was unable to supply one, so I wrote to him, advising that shields are purchased from me and I followed this up with the Pharmacy Guild of Australia, who will put a par in their bulletin.
2. A call was received from Prince of Wales Hospital, informing me of a person wanting to undertake the swimming course. I have passed his name on to the Westmead speech therapist.
3. A man from Argentina phoned me seeking advice on behalf of his father, who had just become a laryngectomee in that country. He said that there were no speech aids available in Argentina.
4. I had a visit from the Barry Masons, from Bexley. Although only three weeks since his operation Barry speaks so well with a Servox, that he is ready to go back to work.
5. I sent best wishes to Mr Armitage, who is presently a patient at Lady Davidson Hospital at Turramurra, and wish him a speedy recovery, and to others who have not been 100 per cent.
6. Mr Tony Ortiz, who was operated on at Westmead, and does not speak English (he is Spanish). I have sent him a translation of one of our laryngectomee book in Spanish, and similarly, with Francis Bombardi, from New Caledonia, who speaks only French, I was able to supply him a copy printed in French.

Members and readers of this Newsletter should be aware that we can provide publications in both languages to assist ethnic patients, as well as being able to arrange for interpreters when required.
7. I report that some patients in hospitals are being visited by non-accredited visitors. This will be taken up by myself and the President, with speech therapists.
8. I have received thank you cards from Kath Fisher and Sheila Baker.
9. I have sent a few shower shields, and some stoma covers, and in some cases, I have not received payment. Those who have not paid, please do so, because our Treasurer gets cranky with me if I have outstanding accounts.

— Lilah Walton, Welfare Officer
WHY HUMIDIFICATION?

The function of the upper respiratory passages is to filter, warm and humidify inhaled air.
If the inhaled air is not humidified the mucus tends to dry up and its increased viscosity inhibits the transport of mucus in the outward direction by the cilia of the epithelial cells.
As a result of this drying up process the upper respiratory tract become irritated and coughing is frequent.
There is also an increased risk of infections.

THAT IS WHY YOU SHOULD USE STOM-VENT® 2!

Stom-Vent® 2 is a Heat and Moisture Exchanger. On EXPIRATION the heat and moisture will be absorbed by Stom-Vent® 2. On INSPIRATION the heat and moisture will be transferred back to the incoming air. The normal function of the upper respiratory system has been restored for the laryngectomized patient with the help of Stom-Vent® 2.
Stom-Vent® 2 provides a certain amount of breathing resistance which helps to maintain an almost normal degree of expansion of the lungs (lung capacity). This is of great importance for satisfactory oxygenation of the blood passing through the alveoli of the lungs.
Stom-Vent® 2 has been designed to facilitate the use of a voice prosthesis. It may easily be closed intermittently to allow the use of the voice prosthesis. The larger area of the adhesive makes the Stom-Vent® 2 particularly useful for laryngectomees with a deeply sited stoma.
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Instruction for Use:

1. Use of Stom-Vent® 2 should be started as soon as possible after the operation.

2. The patient may experience a certain amount of difficulty in breathing through the Stom-Vent® 2 during the first week, particularly if he has had his stoma for some time. Mucus production may also increase for a while, but will settle down after a week or two.

3. The area around the stoma should be cleaned and then dried carefully. This is important from a hygienic point of view and for good adhesion to the skin.

4. The protective paper should then be removed and the Stom-Vent® 2 placed directly over the stoma.

5. Stom-Vent® 2 is a disposable product and should be replaced daily or as needed.

Please note:
Do not nebulize through Stom-Vent® 2. The nebulization spray may obstruct the Stom-Vent® 2.

Technical Data:
- The heat and moisture exchanger in the Stom-Vent® 2 consists of a piece of absorbent corrugated paper without additives.
- The corrugated paper forms a highly effective heat and moisture exchanger with a couple of hundred open parallel channels.
- The adhesive strip is made of non-irritant polyethylene. The adhesive is allergy tested.
- The holder is made of polyethylene.
- Each pack contains 20 Stom-Vent® 2 and 10 cleaning towels.
- Product No: 43322.

References:

Stom-Vent® is a registered trade mark and a patented product from:

Gibeck Respiration AB
Box 711
S-194 27 Upplands Vasby
Sweden

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PRESIDENT'S REPORT
THE President reported on a number of items coming within his activities for the month:

1. Alan Dear's indisposition for which we all wish him the very best in his forthcoming treatment.

2. Jo Nowland is hospitalised for some eye treatment, and we wish her a speedy recovery.

3. As acting Larynx Officer, David advised that all was normal; he had supplied three batteries to Servox users.

David then introduced Mr Michael Jordan, from Pacific Medical, who spoke on the range of products as available to laryngectomees.

The main items were Roquet Stoma covers, for which a number of enquiries had been received. Although a wide range of colours had been advertised, swatches of fabric had not been yet received.

On the Barton Mayo Buttons, data showed about a 70 per cent success rate.

A drawback was the cost (about $120) which meant, in a case of non-suitability, that the unit could not be returned.

In question time Mr Jordan said that no specific hospital had been made a contact centre, but Westmead had been very co-operative. He also promised trial shower shields for Lilah Walton.

A vote of thanks to Mr Jordan was carried by acclamation.

The meeting closed at 11.45 a.m.

— Albert Silver, Minutes Secretary

Lower North Coast — laryngectomee support group

TERRY Shapter called on Albert Silver at Diamond Beach [near Taree] to report a very active support group, covering members from Pacific Palms, Forster, Tuncurry, Hallidays Point, Taree and Wingham.

The group meets at Manning Base Hospital on the first Tuesday of each month from 2 to 4 pm.

The aims of the group are to support laryngectomees and their families as they adjust to changes in their lifestyle, and to educate the general public about laryngectomee capabilities.

The group prefers to remain affiliated, rather than form a sub-branch, and we wish them continued success.

THE publication of the May newsletter is partly subsidised by Ohmeda, distributors of the Gibeck Stom-Vent in Australia.

The Laryngectomee Association of NSW gratefully acknowledges Ohmeda's support.

New technology — the indwelling voice prosthesis

ONE of the greatest single advances in laryngectomees' regaining of speech in recent years has been the development of the voice prosthesis through the pioneering work of Eric Blom and Mark Singer in the US. The prosthesis has meant that some laryngectomees have regained speech before they leave hospital. The following article, reprinted from IAL News, details the latest developments in voice prostheses.

AFTER 15 years it could be said that the tracheo-oesophageal (TEP) procedure for restoration of voice after laryngectomy has come of age.

To produce voice thousands of laryngectomees are now using a tiny prosthesis which is inserted into a surgically created passage in the stoma though the common wall which separates the trachea from the oesophagus.

The puncture is often done as a primary procedure, that is at the same time as the laryngectomy.

In other cases the surgeon may prefer to do the TEP several months after the laryngectomy surgery.

Some laryngectomees have chosen this method of voice restoration many months or even years after their initial surgery.

Strict criteria are used to determine if a patient is a candidate for the TEP procedure.

First and foremost is the surgeon's assessment of the patient's physical suitability.

Then there is an insufflation test which determines whether the patient can produce acceptable voice.

Among other criteria are motivation and good hand/eye coordination.

The laryngectomee is taught how to insert the prosthesis and remove it for cleaning and maintenance.

Eric Blom PhD of Indianapolis, Indiana and Mark Singer MD, a former colleague who is now practising in California, were pioneers in the development of the technology which enables laryngectomees to regain speech soon after surgery.

Several years ago, however, Dr Blom observed that as some of his early patients grew older they were unable to insert and remove the prosthesis with ease.

There were also patients who enjoyed the benefits of TEP voice but were reluctant, for one reason or another, to manage the routine maintenance, and there were patients in underdeveloped countries where there were few professional services available.
It became obvious that a prosthesis which could remain in place longer would better serve all of those patients.

Dr Blom returned to the laboratory and designed an indwelling low pressure voice prosthesis which is inserted by the physician or the speech pathologist.

The trauma free insertion is accomplished with the use of a gel-cap which is slipped over the collar of the prosthesis to fold it.

When the prosthesis is in place, the gel-cap melts and the retention collar opens to hold the device firmly against the wall of the oesophagus.

For hygienic reasons Dr Blom recommends that the indwelling prosthesis, which has no strap and does not require tape on the neck, be left in place for no longer than six months.

There are two European indwelling prostheses on the market which are similar to the Blom-Singer.

These are inserted through the mouth under local anaesthetic by a physician only.

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Editor's note: As far as the Newsletter is aware the indwelling voice prosthesis is not yet available in Australia. It should not, however, be far away.

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Twenty one years ago...

(Some months ago the Newsletter asked if anyone could shed some light on the early days of the Newsletter, then published by the Lost Chord Club of NSW. Our Welfare Officer Lilah Walton, rummaged through her files and found a copy of the handwritten June 1974 edition from which we reprint this editorial extract:"

"IN producing the Newsletter we firstly believe it is our duty to be passing on information of forthcoming events and items of local and overseas interest to members. However as mentioned the Club consists of a huge number of people of all different social, ethnic, political and environmental standing, tied together only by the laryngectomee."

"And the Club ties together these people only because information (whether interesting or not) is so limited.

"The Club was constituted 16 years ago... and has grown up as a curious mixture.

"Never the specialist, but always the jack of all trades, the Club has successfully performed in such roles as pre-operation hope, speech therapy, visual aid, hint and/or emotional helper, information and people passer-oner and so on.

"The roles have only one common factor. They are the actions of a fluid group of people ready to fill any role left vacant at the time by the normal institutions. And as far as the laryngectomee is concerned that's a hell of a lot.

"Now please don't think we're knocking this. We think it's fantastic and sincerely hope it can be kept up as successfully in the future as it has been in the past.

"We merely wish to point out to all that we shall therefore always have to be on the lookout for new needs, new ways and new helpers as well as continuing the old."

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NEWS FROM HERE AND THERE

CONGRATULATIONS to Heather Winstone on being elected president of The Laryngectomee Association of Queensland.

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CHATTANOOGA Choo Choo Newsletter reports sadly that the world's oldest laryngectomee, Mr Harry Hurst of Colwyn Bay died in his sleep on January 20, 1995 at the age of 104.

He had his laryngectomy 18 years ago at the age of 86 and spoke with an electrolarynx.

Chattanooga reports that the oldest laryngectomee now known of is the centenarian Mr Nealie Price of Black Mountain, North Carolina who notched up his 100th birthday on November 5 last year.

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THE Australian Cancer Society has decided it is time for a review of the official laryngectomee publication You can say that again particularly in the areas of "care and cleaning of the tracheostomy tube", "getting your voice" back and "the stoma".

It would also offer an ideal opportunity to update other areas of the book that members may care to identify and include new information or revise old material.

If you have any suggestions, please write to me with them at the address shown on the front page of the Newsletter.

--- Alan Dear

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THE NEXT EXECUTIVE COMMITTEE MEETING OF THE LARYNGECTOME ASSOCIATION OF NSW AT 10 AM WILL PRECEDE THE GENERAL MEETING OF THE LARYNGECTOME ASSOCIATION OF NSW WHICH WILL BE HELD AT 11 AM ON WEDNESDAY, MAY 17, 1995 AT THE ROOMS OF THE NSW CANCER COUNCIL, 153-161 DOWLING STREET, WOOLLOOMOOLLOO.

MEMBERS, THEIR SPAUSES, PARTNERS AND FRIENDS ARE WELCOME. MORNING TEA IS SERVED AT THE END OF THE MEETING.

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MONTHLY MEETINGS:
- **SYDNEY**: Third Wednesday, 6pm, Mayfield Bowling Club, Ingall Street, Mayfield.
- **NEWCASTLE**: Third Tuesday, 12.30pm, Masonic Club, 163 George Street, Parramatta.
- **ILLAWARRA**: Third Wednesday, 2.30pm, Warilla Medical Centre, Belfast Street, Warilla.
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- **DUBBO**: Lourdes Hospital. Contact 068 84-5655 for meeting times.

OFFICE BEARERS 1995
- **PRESIDENT**: David Smith, 27 Bellevue Parade, North Curri Curl, NSW 2059. Phone and fax 939-1539
- **SECRETARY/TREASURER**: John Nicholson MBE, 160 Francis Street, Richmond NSW 2753. (045) 78-1415; fax (045) 78-4412.
- **WELFARE OFFICER**: Mrs Lilah Walton, 23 Baker Street, Kensington 2033. 663-2550.

MINUTES
- **SECRETARY**: Albert Silver 89 Spencer Road, Kilara 2071. 498-4390
- **LARYNX OFFICER**: John Chaloner, 111 Station Street, Petersham 2049. 560-2852.
- **PUBLICITY/EDITOR**: Alan Dear OAM, 14 Robin Avenue, Turramurra 2074. 449-2917 (H); 282-1678 (O); fax 988-4726.

COMMITTEE MEMBERS:
- John Stein, 13 Westawaa Road, Northbridge, 2063. 958-1259
- Three vacancies still exist
- How about nominating and giving your Committee a helping hand

No 45 April 1995

MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMY ASSOCIATION OF NSW, HELD ON WEDNESDAY, MARCH 15, 1995, AT THE NSW CANCER COUNCIL, WOOLLOOMOOLOO.

PRESENT: Nine laryngectomees, six non-laryngectomees as per attendance book.

APOLOGIES: Were accepted from Marion Lyons, Alan Dear, Albert Silver and John Chaloner.

THE PRESIDENT opened the meeting at 10.15am.

MINUTES of the February meeting as distributed were accepted on the motion of Alan Dawson, seconded by Jo Nowland.

SECRETARY'S REPORT, March 1995

FUND RAISING APPROVAL. The Chief Secretary's Department has advised that approval has been granted to our application for an authority to raise funds for charitable purposes. The new authority number is CFN11839 and this will supersede number CC17127 where it appears on our stationery.

HOSPITAL VISITS. Strathfield Private Hospital sought our assistance during the month in providing a laryngectomee, who used a voice aid, to visit one of their patients — a new laryngectomee who did not speak English. Bruce Darlington handled this crisis for us.

MEMBERSHIP. On behalf of the committee I would like to welcome the following new members: Mr W.H. Carman, Cudal; Mr S. Glinelis, Canterbury; and Mr Ray Eyre of Lemon Tree Passage. I must also report sadly that Mrs N. Hodges of Brighton-le-Sands has died. We extend sincere condolences to her family and friends.

FINANCIAL ASSISTANCE, AUSTRALIAN ASSOCIATION OF SPEECH AND HEARING. The letter from this organisation seeks financial assistance for the "rural laryngectomy workshop" that it plans to hold at Murdgate in September 1995. We will be seeking more information about this workshop so the matter can be discussed at our next meeting.

CORRESPONDENCE, March 1995.

1. Mrs Jo Nowland. Donation of $50.
2. To David Ashby, Laryngectomee Association of Victoria. Advising him that as far as we know none of our members will be attending the Cancer Council conference in Melbourne at the end of March 1995.

[Subsequent to the meeting Alan Dear, our delegate to the NLCSC, advised that the Australian Cancer Council would assist financially for him to represent the LA of NSW at the laryngectomee session of the Cancer Who Cares? conference]

WHO TO CONTACT
- FOR Bivona and Blom-Singer supplies and Stom-Vents – David Smith, 27 Bellevue Parade, North Curri Curl, NSW 2059. Phone (02) 939-1539.
- FOR SPEECH AID BATTERIES, PARTS AND REPAIRS – John Chaloner, 111 Station Street, Petersham, NSW 2049. Phone (02) 660-2852.
- FOR STOMA COVERS, SHOWER SHIELDS – Lilah Walton, 23 Baker Street, Kensington, NSW 2033. Phone (02) 663-2550.
3. Australian Cancer Society. Advising that the National Laryngeal Cancer Support Committee will be held in Melbourne on March 28. See previous item.
4. Pacific Medical Pty Ltd, Melbourne. Cheque for $180 which is payment for the postage on the March Newsletter. This was in return for the inclusion of a brochure from the company with the newsletter. The company also offered to send a representative to our April meeting.
5. NSW Health. Its newsletter In Focus.
7. Australian Association of Speech and Hearing. Seeking financial assistance for a "rural laryngectomy workshop" that it plans to hold at Mudgee in September 1995.
8. Anti-Discrimination Board of NSW. Quarterly newsletter.
10. German-Australian Chamber of Industry. Details of the Interhospital 95 conference being held in Germany in April 1995.
11. To Ohmeda Company. Again seeking payment of the $1260 the company owes us for return of Stom-Vents last year.
12. To Hunter Valley, Western Districts and Illawarra branches. Sending them application forms to raise funds as a charity. The branches have to apply for authority to fund raise in their own right as we do not control and direct the branches.
13. Chief Secretary's Department. Advising that our Association has been given authority to fund raise for charitable purposes. Our new number for this is CFN1839.
— John Nicholson, Secretary
Moved Bruce Darlington, seconded Bill Byrne.

Business arising from Secretary's report.
1. Bruce Darlington reported on a most successful visit to a laryngectomyee who spoke only French and where an interpreter was required.
2. Alan Dawson reported that Western Districts branch had applied to become a fund raising charity in its own right.

TREASURER'S REPORT, March 1995.
The treasurer reported a credit balance of $7639 in the working account.
— John Nicholson, Treasurer
Moved John Stein, seconded Bruce Darlington.

WELFARE OFFICER'S REPORT, March 1995
I have had some answers left on our answering machine but I inadvertently wiped them off without writing them down so if anyone has rung and not received a reply, please ring me again.
Held a letter from Adam Coleman, clinical nurse educator from St George Hospital asking me to speak to nurses during the month which I did with Bruce Darlington.
I have had a ring from a speech pathologist from another hospital complimenting Bruce and myself on the talk; she said the nurses from her hospital enjoyed it.
I have ordered the stoma cover material but when it arrives in Sydney is anybody’s guess. I feel because they know that we have to have the material, they will ask what ever price comes into their heads. It has once again increased in price so I’m sorry to say that I will have to increase the price for ready-made ones. I stress that I will not supply non-financial members. I fail to see why they should benefit, getting them at cheap prices when they don’t pay their $20 subscriptions. They are available as per the brochure enclosed with the last newsletter. I will sell them the material if they require it.
I have visited new laryngectomees when requested. I visited a lady at Balmain and another lady at St Vincents.
Helen Brake is in hospital. Hurry back and we all wish you a speedy recovery.
If anyone would like to do the swimming course, but is unable because of cost, would they please ring me to discuss it.
Which kind ladies are going to volunteer to do the sandwiches for the next meeting?
— Lilah Walton, Welfare Officer

LARYNX OFFICER’S REPORT, March 1995
John Chaloner is on leave until the end of June. Meanwhile his duties have been taken over by David Smith who has all the equipment so please call him with any artificial larynx problems. His phone number is on the front page of the newsletter.

PROsthesis OFFICER’S REPORT, March 1995
David reported he had been offered some video tapes from the USA detailing the new indwelling prostheses and will get them as soon as possible.

GENERAL BUSINESS
1. Moved Lilah Walton, seconded Alan Dawson that the three vacancies on the committee be filled with
delegates from the branches. Secretary to write to the branches asking them to nominate delegates to fill these vacancies. The meeting carried this with enthusiasm as it was felt the branches should be represented on the parent body.

2. Secretary to write to NSW Cancer Council and the Department of Education suggesting that a strong anti-smoking education programme should be introduced in schools and offering to help get such a project under way.

3. Welfare officer had some problems with Strathfield Private Hospital but these seem to have been resolved.

4. William Carruthers of Pacific Medical Supplies will visit a meeting in the near future.

5. Committee will try to arrange a Christmas party at the same venue as 1994. There being no further business, the president closed the meeting at 11.40am.

Perth leads battle in treating rare voice disorder

Editor's note: While the following article is not directly connected with laryngectomees, we will all recognise the anxiety, doubt and confusion experienced when our voice is threatened. It is encouraging to know that dedicated research is being carried out in Australia with such impressive results. It must give us hope that one day something will be found that will eliminate the need for laryngectomy.

by Marnie McKinnie of AAP

THE most potent toxin known to man has given Helen Moyle of Subiaco and Gordon Tompsett of Glennforest, Western Australia, back their voice. It is made from the same bacteria which causes serious cases of botulism food poisoning.

Royal Perth Hospital has become an Australian leader in using botulinum toxin to treat their uncommon speech disorder known as spasmodic dysphonia.

The WA pair suffered from uncontrolled muscle spasm in the vocal cords, which forced the cords to remain closed.

They were left with strained, strangled, raspy speech which kept cutting out.

The battle to talk was so difficult they were left with strained chest, stomach and neck muscles.

Mrs Moyle, a 47-year-old nurse, lost her voice when she was 19 years old, before her adult children were born.

Sixty-five-year-old Mr Tompsett’s voice went 10 years ago and he was forced to give up his job as a housing consultant for new homes. At first he thought he had throat cancer.

Along with their voice, they lost their self-esteem and became withdrawn.

For years there was no successful treatment and many doctors suspected their condition was psychological because in many cases it first appeared after a period of stress or an illness.

But between them they tried surgery, psychology, acupuncture and hypnotherapy.

When Mrs Moyle’s voice finally returned last year after her first treatment at RPH with the toxin she burst in to tears.

Mr Tompsett, who has now had eight injections of the toxin, has taken up reading books to his grandchildren.

"It was like being given your legs back," he said.

RPH neurologist John Dunne said small amounts of the botulinum toxin had proven to be successful in paralysing a selected muscle, such as laryngeal muscle.

He first detects the overactive problem muscle using a machine that targets the muscle’s electrical activity and then the toxin is injected directly.

The treatment lasts 8 to 12 months in most cases and is given along with speech therapy, overseen by RPH speech Pathologist Helen Sjardin.

About 160 patients with poor muscle control have been treated at RPH with Botox in the past four years. Their conditions have ranged from muscular sclerosis, stroke and spinal injury to spasmodic dysphonia.

The toxin was first used on humans in the US in the mid 1980s to treat patients with an uncontrollable squint.

Dr Dunne said that the botulinum toxin in small amounts was a safe form of treatment and people had to realise that other more common drugs such as penicillin come from fungus and could be lethal in big doses.

Recent research suggests that spasmodic dysphonia may be partly due to a chemical imbalance in the area of the brain involved in coordinating movements of muscles throughout the body.

Researchers are now studying a potential genetic link.

RPH staff believe there may be other West Australians with spasmodic dysphonia who are unaware of the benefits of the toxin.

RPH spasmodic dysphonia patients treated with the toxin have now set up a strong support group.

Among them is a former ABC newreader who experienced problems with certain words and worked hard for years to disguise his problem before people noticed.

He was eventually forced to give up the news in 1975
when the problem became
too great.
Information on the support
group can be obtained
through RPH's speech
therapy department.

✦ ✦ ✦ ✦

Who said you'd
never play music
again?

EDMOND B. Ames of New
Bedford, Massachusetts, has
another name: Eddie Stack.
That's the stage name he
used when he played
saxophone at the famed
Newport Jazz Festival on
three occasions before he
became a laryngectomee in
1982.
And that's the name he uses
now he's back playing sax
again.
Stack was director of New
Bedford Human Relations
Commission at the time of
his surgery and was told
that he would not be able to
play his beloved saxophone,
talk, taste or smell after the
operation.
Determined to survive, his
positive attitude helped him
achieve excellent
oesophageal speech and
regain most of his sense of
taste. He missed his
saxophone though, and
considered that part of his
life only a memory, as he
returned to an otherwise
normal life.
Eddie Stack speaks annually
to a class of nursing
students at Bristol College in
Fall River, Massachusetts,
urging the future nurses to
help patients develop the
kind of "yes, I can' attitude
they will need when they
return to their families, jobs
and the realities of life," he
says.
Two years ago a student
called Steve Dumenigo
heard Eddie Stack lecture
and afterwards told him he
thought he could continue
to play his saxophone.
"All it takes is getting air
into the mouthpiece," the
student insisted.
He even sketched the
devised he envisaged.
Dumenigo's idea was not
workable, but it gave Stack
the incentive to invent a
device of his own.
He obtained the parts from a
health care company and
took them with his own
sketch to the owner of a
dental laboratory who made
the device.
One June 1 last year, Eddie
Stack again spoke to the
graduating class at Bristol
Community College.
And then he played his
saxophone for them, the
same great jazz that had
been so much a part of his
life before his laryngectomy.
The air compressor on the
floor behind him pumped air
through the thin, barely
visible tube running into his
mouth.
The air was manipulated in
his mouth and forced
through the saxophone's
mouthpiece. Neither the
tube nor the compressor was
directly connected to the
saxophone.
Stack is seeking a patent on
the device. "No one, to my
knowledge, has ever done
anything like this before.
Now I can play as long as I
want to," he says happily.
He believes it could be used
with several wind
instruments such as flutes,
clarinets and trumpets, but
doubts if it would work with
oboes, tubas or bass
saxophones which require a
lot of wind.
Stack wrote to the IAL news:
"As this letter was being
typed, I was contacted by
the New Bedford Committee
for music, asking if I would
be interested in opening the
annual 'Whaling City Jazz
Festival' ... In a word my
reply was 'YES'."
When Eddie Stack is not
playing saxophone these
days, he spends his time
with his six well-loved
grandsildren and working
at his part time job as a van
driver for New Bedford's
Opportunity Centre,
transporting its clients back
and forth to their homes.
He revels in the fact that 14
of his clients call him
"Papa", a name he can add
to Edmond B. Ames, public
servant, and Eddie Stack, sax
artist.
(This article is reprinted
from IAL News. It originally
appeared in the New
Bedford Standard Times,
under the byline of
Gretchen Fehrenacker.)

Editor's note: I believe there
are other instances of
laryngectomees — at least
two in Australia — who
have continued playing
wind instruments after
surgery. One plays the
baggpipes and other a
harmonica. We would be
delighted to hear from them
and publish their stories.
Please contact me at the
address or phone number
on the front page of the
newsletter if you'd like to
talk about your ability to
pursue your love of music
after a laryngectomy.

✦ ✦ ✦ ✦

STOP PRESS
A videotape of Dr Eric
Blom's new in-dwelling
voice prosthesis will be
shown at the next
meeting of The
Laryngectomee
Association of NSW.

✦ ✦ ✦ ✦

THE EXECUTIVE
COMMITTEE MEETING
OF THE
LARYNGECTOMEE
ASSOCIATION OF NSW
AT 10 AM WILL
PRECEDE THE GENERAL
MEETING OF THE
LARYNGECTOMEE
ASSOCIATION OF NSW
AT 11 AM ON
WEDNESDAY, APRIL 19,
1995 AT THE NSW
CANCER COUNCIL, 153-
161 DOWLING ST,
WOOLLOOMOOLLOO.
MEMBERS, THEIR
SPOUSES, PARTNERS
AND FRIENDS ARE
WELCOME. MORNING
TEA IS SERVED AFTER
THE MEETING.
President's Inaugural Message

WITH our annual general meeting behind us I would like to welcome the new committee and farewell some old members. In particular I would like to mention Alan Dawson, our president for the past four years. I feel his elevation to Life Member of The Laryngectomee Association of NSW is a fitting reward for all the hard work he has put in.

Similarly I would like to thank Bruce Darlington for his untiring work as Treasurer.

This was his second stint in that position and I think everyone will agree he carried out his duties with precision and dedication.

I know all members of the Association will join me in wishing Alan and Bruce, not forgetting their wives Patricia and Beryl, well in their "retirement".

We are grateful for John Nicholson stepping in as Treasurer, adding to his already full plate as Secretary, and for Jean Case and Bill Byrne accepting nomination as vice-presidents.

Although Albert Silver stepped down as a vice-president I am pleased he has agreed to continue as minutes secretary — a most important role both from a legal standpoint, as we are an incorporated body, and for recording our history.

I could not complete this, my first message as president, without also acknowledging Lilah Walton's agreeing to continue as our welfare officer, and Alan Dear as publicity/newsletter editor.

I will be replacing John Chaloner as larynx officer for a while this year when he and his wife take a well deserved trip.

Finally, a hearty welcome to John Stein as a committee member.

Unfortunately the three other committee vacancies could not be filled at the annual general meeting and I urge anyone who feels they could contribute to please come to the next meeting and offer their services.

— David Smith, President, 1995.
MINUTES OF THE
ANNUAL GENERAL
MEETING OF THE
LARYNGECTOMEE
ASSOCIATION OF NSW,
HELD ON WEDNESDAY,
FEBRUARY 15, 1995,
HELD AT NSW CANCER
COUNCIL ROOMS,
WOOLLOOMOOLOO.

ATTENDANCE. The
meeting was attended by
17 laryngectomee
members, and 14 visitors.

CHAIRMAN. The retiring
President occupied the chair. In welcoming
members to the Annual General Meeting, he
thanked both the outgoing
committee for their loyal
support, and all present for
their contributions in
keeping the Association
viable and active. A special
welcome was extended to
Jennifer Barham, speech
pathologist from St George
Hospital.

APOLOGIES. Apologies
were received from Lilah
Walton, Alan Dear, Babs
O'Sullivan, John
Williamson, and Pat
Rodgers.

MINUTES OF ANNUAL
GENERAL MEETING
1994. The minutes of the
1994 Annual General
Meeting, as published in
the March 1994 Newsletter,
and circulated to members
were adopted as a true
record. Moved Bill Byrne,
seconded David Smith.

There was no business
arising from the minutes.

ANNUAL ACCOUNTS. The
financial statements for the
year ending 1994, duly
prepared, and audited by
P.S. Carpenter, Dowie & Co
were tabled by the
Treasurer, with copies for
perusal by members. The
Treasurer reported an
operating loss of $2383.10
for the year.

ELECTION OF OFFICERS
FOR 1995. John
Nicholson took the chair for
the election of office bearers
for 1995.

The first item was the
acceptance of the
Committee recommendation for the
election of Alan Dawson as
a life member of the
Association. In moving the
motion, John referred to
Alan's continuous efforts
over the past four years,
and he recommended this
acceptance by the meeting.
Seconded by Jean Case,
and carried by acclamation.

The following office
bearers were single
nominations, and hence
elected unopposed.

President: David Smith.
Publicity officer and
Newsletter editor: Alan
Dear.
Minutes secretary: Albert
Silver.
Larynx officer: John
Chalonier (see note later in
newsletter).
Welfare officer: Lilah
Walton.
Secretary & Treasurer:
John Nicholson.

The following were
elected by nominations by
the meeting:

Vice-presidents: Bill
Byrne. (nominated David
Smith, seconded John
Chalonier); Jean Case
(nominated Alan Dawson,
seconded Albert Silver).
Committee: John Stein
(nominated David Smith,
seconded Alan Dawson).

Three other vacancies
exist for Committee, and
members are asked to
consider standing,
particularly new members.
David Smith then took
over as chairman for 1995.

1994 was the adoption of the annual
accounts, as reported previously and tabled.
Moved John Chalonier,
seconded Alan Dawson.

Carried.

The following reports
were then presented:

PRESIDENT'S ANNUAL
REPORT
I BELIEVE 1994 was a
successful year for the
Association and that we
have continued to meet the
aims and objects of our
Association — particularly
in the welfare area.

All members of the
committee have carried out
their duties in a competent
manner and I thank them
for their continued report.

In addition I wish to thank
my wife Pat, Lilah Walton
and Des Nicholson for
arranging refreshments
after each monthly
meeting.

I have enjoyed the years
I spent as your president
and wish members of the
committee every success in
1995.

Alan Dawson,
President, 1994

SECRETARY'S REPORT
FEBRUARY 1995
Dubbo support group.
Lilah Walton, our welfare
officer, my wife and I
travelled out to Lourdes
Hospital, Dubbo on
January 23 1995 for the
inaugural meeting of the
laryngectomee support
group. This successful
gathering was organised by
the speech pathologists at
Lourdes hospital — Louise
McFadden, Chantal
Younger and Sharon Peters. Seven
laryngectomees and several
spouses from Dubbo and
Coomababaran attended
and all seemed keen to
form a committee and get
started as soon as possible.

We addressed the
gathering and provided
them with as much
information as we could on
all aspects of our
Association's aims and the
assistance that the Assoc-
iation can provide. I am
sure that this group's
members will benefit from
the formation of the
support group and I thank
the three speeches who
organised the meeting for
their invitation to attend
the first meeting.

New members. On behalf
of the members of the
Committee I would like to
to welcome the following new
members: Sidney
Harrison, Brooklyn;
Darrell Maher, Mosman;
Ms J. Cahill, speech
pathologist at Woden
Hospital, Canberra; Colin
Rofe, Chatswood (Colin
was flying Dakotas between
Japan and Korea when I
first met him in Japan, and

although it is great to hear from him again I would have preferred him not to be a laryngectomee — as we would wish all new members). Other new members are Mr B. McKay, Weston and Les Crump, Cessnock. I must also report that Mr Walter Hayter of Thornton, Mr John Hudson of Bexley and Mr Alan Eyre of Collaroy Plateau have died and we extend our sincere condolences to the families and friends of these members.

**Stoma covers.** Enclosed with this issue of the newsletter is a leaflet from Pacific Medical supplies. They have offered to cover the cost of postage of the newsletter in return for our distributing the leaflet for them. If any members know of other organisations which might like to avail themselves of this service, please let me know.

**Cancer conference, Melbourne.** The Australian Cancer Council is holding a conference titled *Cancer — Who Cares?* at the Southern Cross Hotel, Melbourne, on March 29, 30 and 31. There will be a session for laryngectomees and the cost for that session will be $50, which includes lunch and morning tea.

I have been asked to advise David Ashby, secretary of the New Voice Association of Victoria if any of our members intend going so if anyone is considering such a trip please let me know and I will arrange for you to receive a copy of the enrolment form.

**Subscriptions.** A number of people have not paid their 1995 subscriptions of $20 and I would be grateful to receive them as soon as possible. I have taken over the job of treasurer following Bruce Darlington’s decision to step down from the job.

**Legal requirements**

In the terms of the requirements for our annual return to the Department of Consumer Affairs it is moved: "That all office-bearers of the Association be authorised to sign, on behalf of the Association, those forms and returns required by the Department of Consumer Affairs and Chief Secretary’s Department."

This is a statutory requirement and there being no need for discussion it was formally accepted.

**Correspondence.**

1. President of Probus Club, Drummoyne. Thanking Alan Dawson for his address to that club.

2. Chief Secretary’s Department. Acknowledging our application for an authority to fundraise under the Charitable Fundraising Act and seeking additional information.

3. Mr W.D. Evans of Burwood. Seeking confirmation that his subscription had been received.

4. Mr H.V. Bentley, welfare officer, Newcastle branch. New member application for Mr G. Roberts of Merewether.

5. Mrs Jo Nowland. Asking that information about our Association be sent to Mrs F. Buckshath, a charity worker. Also thanking secretary for despatching this detail.

6. Newsletters from other laryngectomee bodies in Australia and the USA.

7. Neon Pigeon Pty Ltd. Donation of $200 for assistance provided by Alan Dawson for the Tobacco Labelling campaign.

8. Lourdes Hospital, Dubbo. Invitation to attend their inaugural supporters club meeting and agenda for that meeting.


10. Mr I. McKellar of Allambie. Donation of $202 made by the niece and nephews of the late Mr Eric Bruce.

11. Mrs Pam Hall. Advising us of the death of her brother, Mr Alan Eyre, one of our members.

12. Mrs Jenny Barket, social worker at St Vincent’s Hospital. Seeking information about our Association.


16. Letter from the Bega Division of St John Ambulance seeking information about laryngectomees in order that their members can obtain more information about assisting laryngectomees when such help is needed.


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**WELFARE OFFICER’S REPORT.**

(The report was presented by Des Nicholson, in Lilah Walton’s absence):

Happy, healthy new year everybody.

Received letters from: Barbara Murphy, speech pathologist, Walkato Hospital, Hamilton, New Zealand re hospital visitors and patient packs. I sent one hospital pack with a letter explaining to the best of my ability, but did suggest she contact a Sydney speech pathologist. Julia Brett, speech pathologist Dunedin Hospital, New Zealand requesting shower shields
and information on patient packs.

Heather King, a new member’s wife, re Harry’s Servox on loan from hospital.

Eileen Spillane, saying the best Christmas venue/party yet.

Lynn Simmons, who is our hard working lady at the Australian Cancer Society offering to supply to the LANSW [as a personal donation] all You can say that again books. Thank you Lynn this is a very large donation over 12 months and also saves me a lot of trouble. Had a ring from a lary’s wife about a gentleman in same ward who had not had a lary visitor.

Swimming course for laryngectomees
Speech Pathology at Westmead Hospital in conjunction with Karin Isman, private speech pathologist are organising a Larkel swimming course from March 20 to 24 at the hospital.
The approximate cost is $600 and the patient will need to pay his or her own transport and accommodation. As spots are limited please register your interest as soon as possible by contacting Chris Izatt or Helen Wilson on (02) 633-6500 by March 10.

On enquiring I discovered the gentleman was not becoming a lary. I do appreciate any one who rings me about non-visited larys-to-be, because I hate the thought of anyone missing out.

Visited Dubbo with Des and John Nicholson. John will give full details in his report.

Karen Isman from RPA speech pathologist had another boy. Congratulations to the Isman family.

Had a ring from the clinical specialist at Peat Island Centre. They had a gentleman who has just become lary and also a praised everyone who was involved at Gosford Hospital. It’s nice to receive praise instead of complaints.

I have no more stoma cover material at the moment, but will be ordering more and will let you know through the newsletter when it arrives.

Bruce Darlington visited eight new larys at RPA, one at St George; Ron Coates visited one at Nepean; Stan Morley one at Liverpool; John Williamson five at POW and I know John Chaloner has done visits to St Vincents. Thank you visitors.

Kate Reid, speech pathologist from Concord rang wanting to know now that visitors only have the hospital patient packs what happens to the lary who doesn’t want to see a visitor from LANSW? St George speech pathologist asked the same question.

Unfortunately during our break we have had some bereavements — Will Soeterboek of Wollongong, Alan Eyre, Collaroy, Joan Kelly, Granville and James McIlrath, Hornsby. To all families, our deepest sympathy.

— Lilah Walton, Welfare Officer.


Carried.

LARYNX OFFICER’S REPORT
From March 13 to July 2 inclusive the Larynx Officer’s duties will be handled by David Smith (02-939-1539) as I will be unavailable.

— John Chaloner, Larynx Officer

GENERAL BUSINESS.
The chairman opened a discussion on prosthesis developments; apparently a new prosthesis was to be marketed by Blom-Singer, and we were awaiting data from the Blom Singer representative, Mr Michael Schlasser. It is planned that a video will be shown at next meeting if contact can be made with Mr Schlasser.

An interesting discussion followed among prosthesis wearers. The biggest variable appears to be in the life of a prosthesis, which can be from a few days, to up to 12 months. Considering the high cost, this is a very important factor.

Jennifer Barham indicated that her hospital would be interested in compiling a data bank on prosthesis life, if members could provide information. She also reported how appreciative a St George country patient was about having a Dubbe support group available when he would be discharged.

[Full marks to John, Lilah and Desma for their efforts. See Secretary’s report]

The meeting closed at 11.50, and a light lunch was served.

— Albert Silver, Minutes Secretary

THE EXECUTIVE COMMITTEE
MEETING OF THE LARYNGECTOME ASSOCIATION OF NSW AT 10 AM WILL PREcede the GENERAL MEETING OF THE LARYNGECTOME ASSOCIATION OF NSW WHICH WILL BE HELD AT 11 AM ON WEDNESDAY, MARCH 15 AT THE ROOMS OF THE NSW CANCER COUNCIL, 153-161 DOWLING STREET, WOOLLOOMOOLLOO. MEMBERS, THEIR SPOUSES, PARTNERS AND FRIENDS ARE WELCOME. MORNING TEA IS SERVED AT THE END OF THE MEETING.
BUCHANAN STOMA PROTECTORS.
The Buchanan protector is a must for all stoma patients. It warms, moistens and filters the inspired air. It helps to reduce the risk of chest infections and reduces sputum production. Completely washable.

$8.50
STANDARD
$8.30
SMALL

LARYNGOFOAM
Offers a light weight, comfortable alternative to the Buchanan protectors. Available in two colours - white and flesh.

$22.00
BOX 30
$32.00
2 X BOX 30

SHOWER SHIELD
This simple protective device allows stoma patients to shower with confidence. The P.V.C. material helps prevent water from entering the stoma.

$38.00

ROMET COVERS
You can now dress normally with these stylish Romet covers. The Romet covers are made from high quality mercerised cotton. Available in a wide range of colours in two weave patterns (x and y) see inset.

$17.00

NECKERCHIEFS
For the smart dresser, fashionable and distinctive neckwear is now available. The neckerchiefs' design and patterns extend the wardrobe. They are made from silk and come in a range of colours. Please note that from summer to winter the colours and designs will change.

$30.00

BIONAIRE HUMIDIFIER
Dry air can cause considerable discomfort. The Bionaire humidifier creates a fine mist, so that the inhaled air will have the moisture to prevent problems associated with warm, dry air.

Price on application

AMPLI-CORD
Ampli-cord gives those with weak or whisper voice the choice of hand held or handset microphones with the option of an extension speaker.

Price on application

ATOMISER
Useful for both patient and professional. With its unique flexible nozzle - local anaesthetic and medication can be directed to the parts that need it most.

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SALIVART
Salivart replaces human saliva that is no longer being produced by the body. It covers the mucosa, providing fast, temporary relief. It contains no alcohol, glycerin, preservatives, additives, artificial flavours or colours.

$27.00
25ML
$36.00
75ML

For any enquiries on any of our displayed products, please contact:

PACIFIC MEDICAL SUPPLIES
1ST FLOOR
484 SWAN STREET
RICHMOND VIC 3121
TELEPHONE: (03) 428 8118

*Please note:
Prices are correct at time of publication, but are subject to change without prior notice.
10.10.94
<table>
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<th><strong>STOMA STUDS</strong></th>
<th><strong>SWIMMING AID</strong></th>
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<td>An all silicone product that is designed to support the tracheal anatomy. For use with a voice prosthesis, a fenestration can be made with curved scissors, easily cleaned and maintained. Available in a large range of lengths and diameters.</td>
<td>A simple alternative to the vent. It is also used to support the tracheal anatomy. The round edges ensure that it is comfortable to wear. Sizes: 8mm - 14mm</td>
<td>For the laryngectomee that loved water sports prior to surgery. This device will offer a water tight protection either in the water or out.</td>
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<td>With this unique brush, it is no longer necessary to remove the speaking valve for cleaning. It will help clean out food particles without the problems of taking out the valve. Also useful for those hard to get at places when the valve has been removed. A small guard prevents the brush from damaging the prosthesis.</td>
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<td>Designed to operate on standard or rechargeable 9V batteries, it comes with a full two year warranty. This light (weight - 5ozs), is virtually indestructible. Comes complete with two rechargeable batteries, battery recharger, one oral adaptor and intra-oral tubes.</td>
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BUCHANAN STOMA PROTECTORS.
The Buchanan protector is a must for all stoma patients. It warms, moistens and filters the inspired air. It helps to reduce the risk of chest infections and reduces sputum production. Completely washable.

$8.50
STANDARD
$8.30
SMALL

LARYNGOFOAM
Offers a light weight, comfortable alternative to the Buchanan protectors. Available in two colours - white and flesh.

$22.00
BOX 30
$32.00
2 X BOX 30

SHOWER SHIELD
This simple protective device allows stoma patients to shower with confidence. The P.V.C. material helps prevent water from entering the stoma.

$38.00

ROMET COVERS
You can now dress normally with these stylish Romet covers. The Romet covers are made from high quality mercerised cotton. Available in a wide range of colours in two weave patterns (x and y) see inset.

$17.00

NECKERCHIEFS
For the smart dresser, fashionable and distinctive neckwear is now available. The neckerchiefs’ design and patterns extend the wardrobe. They are made from silk and come in a range of colours. Please note that from summer to winter the colours and designs will change.

$30.00

BIONAIRE HUMIDIFIER
Dry air can cause considerable discomfort. The Bionaire humidifier creates a fine mist, so that the inhaled air will have the moisture to prevent problems associated with warm, dry air.

Price on application

AMPLI-CORD
Ampli-cord gives those with weak or whisper voice the choice of hand held or handset microphones with the option of an extension speaker.

Price on application

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$250.00
Number 43, February, 1995

EDITORIAL

ONCE again it is time for our annual general meeting when all positions on the executive committee are declared vacant and nominations for all positions are announced.

I hope that you will be able to find time to attend the AGM and vote for the 1995 office bearers and raise any matters you think are pertinent to the efficient running of The Laryngectomee Association of NSW.

It is also the proper time to help set the agenda for the Association for 1995.

As you are aware I will not be standing for office this year but I will be taking a close interest in the Association’s affairs and helping out where I can.

My best wishes to the new President and committee for 1995.

— Alan Dawson, President

VALE LEO BRILLEY

WITH sadness I report the death of Leo Brilley who was for many years our visitor at St Vincent’s Hospital. All who knew him knew what a conscientious person he was, always finishing a conversation by telling you a yarn.

To Joan and sons, our deepest sympathy.

— Lilah Walton

Leo Brilley — an appreciation

LEO was born in Cowra on August 17, 1921, one of 10 children of John and Amy Brilley.

Coming from such a large family, he developed strong family values and the importance of loving and caring for others.

He was highly committed and proud of his Irish Catholic and Australian heritage.

Leo was aptly named — Leo by name, Leo by nature, or Leo the Lion. This reflected his strength of character and independence with the ability always to make his presence felt.

When war broke out, like many young men he joined the Army, serving with the 6th Division 2/2 Battalion. He saw active service on the Kokoda Track in New Guinea, and in Borneo.

WHO TO CONTACT

FOR Bivona and Blom-Singer supplies and Stom-Vents — David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. Phone (02) 939-1539.

FOR SPEECH AID BATTERIES, PARTS AND REPAIRS — John Chaloner, 111 Station Street, Petersham, NSW 2049. Phone (02) 569-2852.

FOR STOMA COVERS, SHOWER SHIELDS — Lilah Walton, 23 Baker Street, Kensington, NSW 2033. Phone (02) 663-2550.

COMMITTEE MEMBERS:
The above and:
Bill Byrne, 79 Hawksworth Street Guildford 2161. 932-6364.
Mrs Jean Case, 11 Gladesville Parade, Lindfield, 2070. 416-9067.
Jock Felton, 29 Percy Street, Marayong 2148. 622-3524.

OFFICE BEARERS 1994

PRESIDENT: Alan Dawson, 3/10 May Street, Eastwood, 2122.
874-8868. Fax 874-8868.

VICE-PRESIDENTS: Albert Silver, 89 Spencer Road, Killara 2071. 498-4390.
Pat Rodgers, 279 St John’s Road Glebe, 2037. 692-8995.
David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2099. 939-1539

SECRETARY: John Nicholson MBE, 160 Francis Street, Richmond NSW 2753.
(04) 78-1415; fax (04) 78-4412.

TREASURER: Bruce Darling, 5 Alexander Street, Arncliffe, 2205. 599-2540.

WELFARE OFFICER: Mrs Lilah Walton, 23 Baker Street, Kensington 2033. 663-2550.

MINUTES

SECRETARY: Albert Silver.

LARYNX OFFICER: John Chaloner, 111 Station Street, Petersham 2049. 580-2852.

PUBLICITY/EDITOR: Alan Dear OAM, 14 Robin Avenue, Turramurra 2074. 449-2917 (H); 232-1678 (O); fax 989-4726.

ALL CORRESPONDENCE TO: The Secretary, The Laryngectomee Association of NSW, 160 Francis Street, Richmond NSW 2753 or PO Box 58, Richmond NSW 2753 or facsimile (045) 78-4412.
The strong bond of mateship led him to join Paddington Woollahra RSL Club where he had been a member since the sixties and was an active contributor to the club's poker machine fund.

The residents of Dillon Street always knew when he was on his way home from the pub with his loud and melodious rendition of Danny Boy resounding with a chorus of howling dogs.

He made many friends in all walks of life through his open, friendly nature and sense of humour. He was never short of a succession of jokes to brighten any situation.

He was a man of many skills. He worked on the Snowy Mountains project, for the State Electricity Commission of Victoria, Sydney's Eastern Suburbs railway, as a barman, as a council worker with Southern Riverina County Council, as fitter with the gas company, and as a fitter and turner and painter and decorator working with his brother Bill for many years.

He worked at Sydney Hospital and for a short while at St Vincents and finally at Royal North Shore. He retired in 1986 following his laryngectomy.

He joined the Lost Chord Club in 1987 and devoted his time to visiting hospitals to allay the fears of others facing the operation, letting them see how successful the operation and rehabilitation can be.

A few weeks ago Father Geoffrey gave him the last rites. After Father Geoffrey left Leo remarked to his wife Joan that as he did not feel any obvious change he must have been a good bloke all along.

His later life was devoted to giving to others. He appreciated the time and attention he gave to others and all they gave to him.

His last wish was to thank you all for sharing your lives with him.

Our thanks to these donors

TREASURER
Bruce Darlington reports the following have made generous donations to The Laryngectomee Association of NSW. We extend to them our gratitude.

Tony Sims, Malua Bay; Mrs Brittian [address unknown]; Anonymous $10; Bill Eccleston, Hurstville Grove; Bill McColl, Emu Plains; John Stein Northbridge; Jo Nowland, Padstow Heights; Leo Brilley, Paddington; Arnciffe Uniting Church Friendship Centre; Mrs M. Geraud, Port Macquarie.

In addition to the above we would like to convey a special thank you to Heather, Andrew and Alan Bruce, niece and nephew of the late Eric Bruce of Allambie. Heather, Andrew and Alan live in the UK and kindly sent us $200 — a very kind donation that will be of great use in our welfare work.

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HOW ADDICTIVE IS NICOTINE?

THE US Food and Drug Administration is considering the addictiveness of nicotine and is investigating whether tobacco companies sell cigarettes for nicotine's drug effects. Such a finding could lead to FDA regulation of cigarettes.

"The real pleasure is in the brain," said Mr Jack Henningfield, a pharmacologist with the National Institute on Drug Abuse.

When a healthy brain has been exposed to nicotine for many years it grows extra nicotine receptors.

"And then when the person stops smoking, the receptors get hungry and the brain doesn't function quite right."

A surge of nicotine emanates from the lungs to the heart to the rest of the body in about 15 seconds.

"In the process nicotine alters electrical activity between brain cells, triggering release of brain chemicals and hormones and making the heart beat faster.

"It alters brain waves involved in thinking."

"Meanwhile smoke changes the composition of a smoker's blood."

"Cells that normally carry oxygen to vital organs instead transport toxic carbon monoxide, a deadly gas."

— From USA Today and IAL News

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New voice prosthesis

WE have received from the United States a videotape of Eric Blom's new indwelling voice prosthesis.

It appears to offer many advantages over earlier prostheses including a longer life and easier insertion.

Hopefully the new device will be available in Australia in the not too distant future.

We hope to show the videotape at the annual general meeting on Wednesday, February 15.