



STILL TALKING

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



All Correspondence to: The Secretary, Laryngectomee Association of N.S.W. 39/122 Saunders Street
Pymont 2009. Ph. 02 95719220. Mob. 0437 378747 Email: admin@stilltalking.org
No 191 The Laryngectomee Association of N.S.W. December 08

OFFICE BEARERS 2008

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WHO TO CONTACT

BLOM SINGER SUPPLIES:- David Smith. 27 Bellevue Pde
North Curl Curl 2099. Ph 02 9939-1539 Ask for David
personally

SPEECH AIDS, BATTERIES PARTS, ADVICE ON REPAIRS

John Chaloner PO Box 31 Summer Hill. 2130
Ph 02 9799-1154

SHOWER SHIELDS, STOMA COVER MATERIAL AND WEL-

FARE MATTERS. Carol Gardner, P.O Box 380 Belrose
2085 NSW Fax & Phone 02 9451 7926

ACCOMMODATION ASSISTANCE WHEN NEEDING OUT

PATIENT TREATMENT AND AWAY FROM HOME:- Can-
cer Council of NSW 153 Dowling St WOOLLOOMOOLOO
2011 (PO BOX 572 KINGS CROSS 1340) Ph 02 9334-
1900 Fax 02 9357-2676 Or contact social worker at the
hospital you will be attending

Association web page www.stilltalking.org

International Association of Laryngectomees..

http://www.larynxlink.com/

NEXT MEETING



Will be the Annual meeting and
election of officers at the Uniting
Church Hall Carrington Avenue
Strathfield from 11am

Wed 18th February 2009

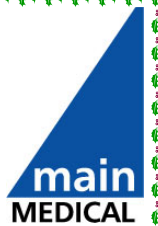
Join us for a light lunch and a chat afterwards

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Importers of Blom Singer



MONTHLY MEETINGS

N.S.W Association 3rd Wednesday of month Uniting Church
Hall Carrington Avenue. Strathfield at

NEW ENGLAND: Meets at 2pm 1stWed. Feb. Apr. June. Aug.
Oct. Dec. 2pm Conference Room. Rehab Unit Tamworth Base
Hosp. 02 67678369

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

NORTHERN RIVERS: 4 times annually at rotating venues
67678377 Contact Speech Pathology Lismore Base
Hospital

ALBURY: Contact Ph. 02 63232011 ext. 323

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

SOUTHERN DISTRICTS: Last Wed of month. 11am. Thomas
Rachael Moore Education Centre. Liverpool Hospital. Contact
Pres. Richard Patman 9607 6708 or John Peden 0422 543
036.

MID NORTH COAST Port Macquarie Community Health Cen-
tre. Feb. May. Aug. Nov Contact Camilla Strain (Speech Pa-
thologist) 65882732

CENTRAL COAST Meet at Central Coast Leagues Club. Co-
ordinator(s) Vicky Kelly (S.P.) and Ann Moloney (Gosford
Hospital) assisted by Bill Byfield 0402 045048

From the editors desk



I take this opportunity of wishing all our members, their carers and families, our health professionals and sponsors a happy and peaceful Christmas whatever your interpretation of it may be.

*Colin Bolton
Secretary/Editor*



Attitude is everything



There once was a woman who woke up one morning, looked in the mirror and noticed she had only three hairs on her head. 'Well,' she said, 'I think I'll braid my hair today.' So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. 'H-M-M,' she said, 'I think I'll part my hair down the middle today.' So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. 'Well,' she said, 'today I'm going to wear my hair in a pony tail.' So she did, and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. 'YAY!' she exclaimed. 'I don't have to fix my hair today!' Ω

Attitude is everything!

Courtesy NU Voice Arizona

Japanese Banks in strife

The Origami Bank has folded and the Sumo Bank has gone belly up.

The Ninja Bank has taken a hit, but is still in the black.

The Kamikaze Bank shares have nose-dived, and 500 staff at the Karate Bank have got the chop.

The Karaoke Bank has been put up for sale and is going for a song!

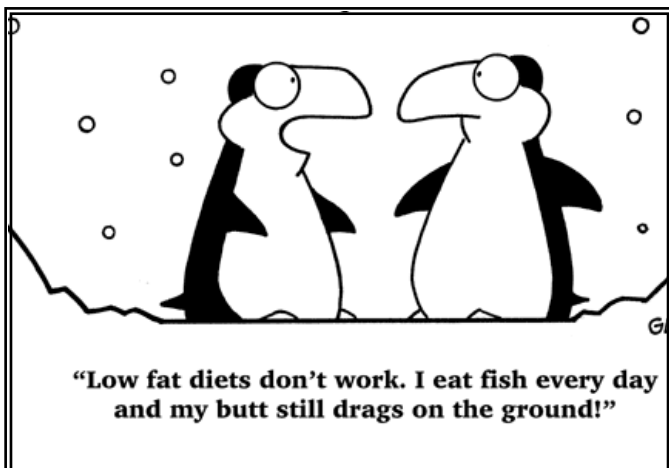
The Bonsai Bank has to trim some branches, while there is something fishy going on at the Sushi Bank. Staff there are expected to get a raw deal. Ω

Home computers are being called upon to perform many new functions, including the consumption of homework formerly eaten by the dog. ~Doug Larson

Don't forget membership fees are due see form in this issue



Wrong way: As a senior citizen was driving down the freeway, his cell phone rang. Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on Route 280. Please be careful!" "It's not just one car," said Herrman, "It's hundreds of them!" Ω



Visitor Training.

Seventeen members attended the visitor training day at St Vincent's organised by Helen Brake and Margaret Patterson. Assisted by Marie Craig & fellow Laryngectomee Peter Dixon who volunteered to act as the patient in role play scenarios.

The day was informative, educational and a great deal was learned from our tutors and fellow Laryngectomees.

I am not going to list those attending but I feel I must mention two very special people who were there Betty & John Homrigh. From Newcastle. Betty in her eighties had her Laryngectomee in March 2007 and now feels competent (and most certainly is) to give something back. Future Newcastle patients can only benefit from seeing her. John himself must set another record he has never been in hospital and added to this he commented "I was also a home birth" Betty & John celebrate their 60th wedding anniversary shortly we wish them well



The other week in the park at Wynyard there was a jazz band, people serving free coffee and others selling merchandise all dressed in pink T shirts, this was at 7 am, they were inundated with customers, they were of course raising money for breast cancer as well as raising awareness! - Why do I bring this up? Because at our last meeting the question was asked WHY does head and neck cancer and in particular Laryngectomees get so little recognition? The answer to me would seem obvious—because collectively we don't get off our collective backsides and do something about it! What can we do? We can write to our local Mps. The ministers of health both state and federal and complain about the lack of funding, advertising, the lack of publicity, the lack of support from any government department, Do you know that probably one of the worst, if not the worst public health systems in the western world i.e. the U.S.A gives more support and their health funds cover the costs of prostheses. In a recent Sydney Morning Herald article on Cancer. Head and neck cancer was reported as the most disfiguring of cancers and still gets little prominence.

Will we do anything about it—I doubt it we neither seem to have the will or the resolve. I hope over the next few weeks/ months you will prove me wrong ☹

Looking back on our history I see that as a group we were far more active when we had no money—street stalls were organised regularly and regardless of any funds raised it must have raised awareness. There is also a record of an anti tobacco protest outside the Hilton hotel in Sydney where a conference was being held by the tobacco industry — our group stationed themselves outside and sang (or tried to) "Smoke gets in your eyes" they were quickly moved on but at least they generated some publicity in the national press. I think our past editor Tony Krasnodebski was involved in this and I would like to hear more about it. I asked for interest in doing something about smoking awareness in school and the response has been nil, how much did we change with the endowment? Or is it just changing times and symptomatic of the times we find ourselves living in? Editor Ω

The aim of psychoanalysis is to relieve people of their neurotic unhappiness so that they can be normally unhappy. ~Sigmund Freud.

Psychoanalysis is confession without absolution. ~G.K. Chesterton

Alan's Servox Tips

In fifteen or so years of servicing and dealing with electrolarynx clients, my experience has been that very few people use the second button on their Servox, the Digital Servox offers a unique opportunity to correct this. Unlike its Inton predecessor, the Digital Servox can not only be adjusted in frequency on both buttons but also preset to different volumes.

If both buttons are tuned to the same frequency for normal speech, (instead of the usual Hi - Lo pitch) increase the volume on the rear button by holding the button down while pushing the rocker forward, until maximum volume is attained. Then adjust the volume on the front button in the same way, but rocking the control backwards or forwards until a suitable volume for a normal conversation is attained. **This allows the rear button to be used in the case of emergency or if you want to attract attention.** Remember that increasing the volume by pushing the rocker forward, may lose valuable time. It must be remembered however, to only adjust the volume on the front button while holding it down, otherwise both will change.

Alan Beale

Axion Biomedical

Service Agent for Main Medical. Phone 07 4169 0771

Funding for cancer scan left in limbo

Julie Robotham Medical Editor SMH
October 27, 2008

MORE than half the patients with advanced cancer have their treatment plans altered after undergoing a sophisticated form of body scan, Australian doctors have established in the most compelling evidence yet in favour of positron emission tomography.

But Federal Government funding for PET - which costs about \$900 a scan - remains in limbo. Interim Medicare arrangements, due to have expired in June, have been extended until 2010 - limiting access to adult patients at a handful of hospitals, and restricting the forms of cancer in which it may be used. Specialist doctors say they still do not know whether PET scans will be on the Medicare schedule when it is revised next month.

The PET technique, which assesses how far cancer has spread by scanning for metabolic "hot spots", could prevent futile surgery in people with advanced disease, said Barry Chatterton, the director of nuclear medicine and PET at the Royal Adelaide Hospital, avoiding them spending "half their remaining days recovering from a major operation". Although the scans were costly, "you can't put a price on quality of life" for someone who is terminally ill, he said.

A review of nearly 30,000 cases showed treatments changed for 59 per cent of ovarian cancer patients and 62 per cent of melanoma patients after a PET scan, compared with how their doctor thought they should be treated, Associate Professor Chatterton told the Annual Scientific Meeting of the Royal Australian and New Zealand College of Radiologists earlier this month. **For oesophageal and head and neck cancers, the proportions were 38 per cent and 34 per cent.**

PET was also starting to be used to evaluate a person's response to treatment, determining whether patients should continue with chemotherapy or radiation courses, Professor Chatterton said, but there was no Medicare provision for this application.


Robert Howman-Giles, the head of the department of nuclear medicine at the Children's Hospital at Westmead, said he was able to offer PET scans to children because a scanner at the hospital was established under one-off funding and was not bound by Medicare rules. But children elsewhere in Australia were missing out and it was not clear whether any new Medicare benefits would be drafted broadly enough to allow PET's use in children. ☞

Hugh Dixon, the president of specialist doctors' group the Australian and New Zealand Association of Physicians in Nuclear Medicine, wants better funding for PET, including some compensation for the cost of equipment, and an expansion to other cancers in which the technique had been shown to improve detection.

Under the interim funding arrangements, Medicare-funded PET scans for a range of cancers are limited to a small number of hospitals that contribute to a national data collection.

A spokesman for the federal Health Minister, Nicola Roxon, said the Medical Services Advisory Committee had advised that PET should receive funding for assessing colorectal cancer, melanoma, ovarian and oesophageal cancer, but not for stomach cancer.

Senator Bill Heffernan has called on the Rudd Government a company's licence on genes associated with cancer testing under a crown-use provision until an inquiry he is proposing can be held. The moves come after Genetic Technologies Ltd indicated it will begin enforcing its patent of two genes, forcing hospitals to use its laboratory for testing done in public labs. Ω



Keep vital info on hand

IF YOU or a loved one falls ill and you have to call an ambulance, do you know what to tell the paramedics?

- Finding out patient information is vital in helping to treat a patient.
- In a time of crisis, remembering either your own or your relative's medical conditions - including allergies - and medications can be confusing and difficult.
- The Ambulance Service of NSW has produced a handy Personal Health Diary to assist patients and paramedics, allowing vital health and personal information to be recorded and given to paramedics.
- Once completed the diary should be placed in a prominent position in the home - attaching it to the front of the fridge is a good idea.
- Keeping a copy in your wallet or handbag is helpful. NSW Ambulance particularly recommends the Personal Health Diary for the elderly, people living on their own, those with any type of medical condition or allergy or anyone taking regular, multiple medications.
- Remember to keep the details up to date and write clearly
- The Personal Health Diary is available all NSW Ambulance stations, or call 9320-7796 or download from www.ambulance.nsw.gov.au by clicking on "community information" then Personal Health Diary. Ω



Now that's an idea

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence the 'ICE' (In Case of Emergency) Campaign.

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As cell (mobile) phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call.. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as 'ICE.'

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc. A great idea that will make a difference.



For our overseas subscribers who will not understand the above. In a bid to help stimulate the economy (and placate angry pensioners,) the Federal Government has given a \$2,200 bonus payment to pensioner couples in time for Xmas

Larry Life



Brian & Carol Gardner travelling interstate stopped at the small town of Bredbo and went into the local pub looking for accommodation. The first person they saw in the hotel was a Laryngectomee - in fact he was the only person in there!

ODE TO COMMITTEE

Oh! Give me your plty, I'm on a committee,
Which means that from morning to night
We attend and amend, contend and defend
Without a conclusion in sight.
We confer and concur, we defer and demur
And reiterate all of our thoughts,
We revise the agenda with frequent addenda,
And consider a ioad of reports.
We compose and propose, we support and oppose,
And the points of procedure are fun,
But though various notions are brought up as motions
There's terribly little gets done.
We resolve and absolve, but never dissolve,
Since it's out of the question for us.
What a shattering pity to end our committee,
Where else could we make such a fuss?

"Don't worry about the world coming to an end today. It's already tomorrow in Australia." -Charles Schultz

I suffer from chronic apathy, I was going to go see a doctor about it, but I didn't really care.

If knees were backward, what would chairs look like?



IMPORTANT NOTICE

Subscriptions are due at the end of December - we still have on the books several un financial members from last year. As of 31ST March 09 all un financial members will be removed from the mailing list of Still Talking and will not be eligible to purchase goods through the association.

MINUTES OF MEETING HELD WEDNESDAY 19TH NOVEMBER 2008

IN ATTENDANCE:

Brian Gardner. Carol Gardner. Colin Bolton. Wyn Bolton. Tony Krasnodebski. Cate Durney. John Peden. Ruth Gray. Bruce Hodges. John Pyle. Noel Gildea. Don Newby. Russell Green. Barry Bunker. Pat Bunker. Lilah Walton. Pat Dawson. Pat Lamont. Peter M^c.Gregor Ross Gorren.

APOLOGIES Mary Haliburton. Herbert & Trudy Nolte.

MINUTES OF LAST MEETING:

_Resolved / John Pyle. Noel Gildea they be accepted as a true and correct record with no matters arising.

SECRETARY'S REPORT

Correspondence In: Bill Byfield re Cancer Council event at Erina Fair.

Correspondence Out: Margaret Patterson. Helen Brake thank you letters for visitor training programme. Bill Byfield advising that the event at Erina Fair would be held before circulation of next newsletter: Mil Plivalic re membership. Edward De Stafano re membership. Letters to all participants in visitor training programme (17)

Reported on trial use of HME and prohibitive costs of these applications at apporx \$10 per day which is not covered by PADP funding or health insurance policies.

Reported that visitor training programme was a success and the catering provided by St Vincent's Private was excellent (bill not yet received)

Resolved Noel Gildea/ John Pyle that report be received.

TREASURER'S REPORT

Treasurer's Report 19th November 2008

Adelaide Bank

Opening Balance	\$5,395.00		
Income	\$24.00	Expenditure	
	\$378,363.00	Patient Supplies	\$88.00
		Comp.Gift packs	\$644.00
		Travel/Accom	\$654.00
		Stat/Office	\$90.00
		Refund cruise	\$30.00

Totals **\$383,782.00** **\$1,506.00**

Balance of account \$382,276.00


Carol Gardner Treasurer

Commonwealth Bank

Income		Expenditure	
Opening Balance	\$5,784.00	November lunch	
Cancer council	\$288.00	Stationary/Office	
Sales	\$358.00	Phone/Internet	
Membership fees	\$674.00	Printing	
Donations	\$114.00	Postage	
		Patient Suuplies	
		Travel exp	

Total **\$7,218.00** **Total**

Balance of Account \$6,015.00

Carol explained the ramifications of the recent downturns in the economy and advised that some funds had been transferred to BT trust from Skandia and some had been frozen. A finance meeting will be held at the conclusion of this meeting and further advice sought from our fund managers. Contd: 

A payment for membership from the **Kings Langley** Branch of the Commonwealth Bank for membership was received with insufficient details. Can the member concerned please contact the treasurer so the payment can be credited

Resolved Bruce Hodges/John Pyle. That report be accepted:

WELFARE OFFICER'S REPORT

New members: Douglas Brown of Tempe. Perry Ping of Forster. Howard Marr of Ramsgate Beach. David J Smith of Muswellbrook. Robert Seale of Orange. Hovy Yapof of Sydney (proxy for father in Malaysia)

VALE: Mr. Sidney Sanders of Blacktown. Mr. Harley Mehlhopt. Mrs. MJ Thompson of Darling Point (formerly Bourke)

Seasons greetings to all and those not well at the moment especially Mary Halliburton our minute secretary Carol Gardner

SPEECH AIDS CO-ORDINATORS REPORT

The situation regarding Servox sales and repairs is still not finalised. The lengthy process of gaining TGA (Therapeutic Goods Administration) approval is almost completed by Paxton-Barrand.

Servox sales will be from –Paxton-Barrand 5/283 George Street (next to Wynyard rail station) Sydney NSW 2000 (02) 9299-4855 www.paxtonbarrand.com.au They will also have spare parts and do repairs but for the moment the previous agent is still the contact for those – Auditory Services Shop 5, 50 Main Street Croydon VIC 3136 (03) 9723-3780

www.servox.com.au Note that their address has reverted to their previous one from the details I gave a few newsletters ago, and they have a new phone number. Both the Paxton-Barrand and Auditory Services websites show they're owned by Euphony P/L so I guess this is just a realignment of the Servox agency within that company.

There is also an alternative Servox supplier/repairer – Main Medical is part of Clifford Hallam Healthcare P/L (www.ch2.net.au). Sales and spare parts from – Clifford Hallam Healthcare 3 Balibu Close Beresfield NSW 2322 (near Newcastle) (1300) 005-279 www.mainmed.com.au For repairs they recommend – Alan Beale Axion Biomedical 59 Haly Street Wondai QLD 4606 (near Kingaroy) (07) 4169-07771 Ω

GENERAL BUSINESS:

A Lengthy discussion took place on the quality of stoma covers we were offering that reached no conclusion other than if anyone has any skill in this regards and can offer a finished product we would like to hear from them It should be born in mind that the association sells these at cost (\$4)

Peter M^cGregor illustrating his culinary skills advised that a deep seated yearning to eat steak again was satisfied by marinating the steak for 24 hours in red wine along with the juice of Kiwi Fruit -

Comment: A well attended meeting that resulted in some discussion and new friends made, let us hope the trend continues in 2009 Ω *Colin Bolton* Secretary

· We now go into recess for the Xmas New year holidays and hopefully will come back in the new year re-freshed

· The executive committee extends seasons greeting to all members and health professionals.

· The next meeting will be The Annual Meeting Wednesday 18th February 2009 at 11am.

· The next newsletter will be sent out late January/early February and will contain the Agenda for the meeting. If you have any items for the agenda or nominations please send to The Secretary by the 23rd January 2009.

· Nomination form is included in this newsletter.



RENEWAL OF MEMBERSHIP

NAME PHONE.....

ADDRESS.....POSTCODE.....

SIGNATURE

Annual subscription is \$10.00.

Please post to The Treasurer. **The Laryngectomee Association of NSW P.O. Box 380 Belrose NSW 2085**

OR Membership fees can be paid directly into the following account:- L.A. of N.S.W. – BSB 06 2595 A/c 00905579. At any branch of the Commonwealth bank (Form reqd. No fee). Payment by internet banking does not require this form to be sent **BUT please include your name on transfer otherwise your membership will not be credited**

PLEASE TICK APPROPRIATE BOX

- Cheque enclosed
- Money Order enclosed,
- Payment made into bank: : Please add date of payment / / 2008/9
- I require a receipt



NOMINATION FOR OFFICE 2009— Laryngectomee Association of N.S.W

President.....
Vice President 1.....
Vice President 2.....
Secretary.....
Treasurer

Welfare Officer.....
Assistant Welfare Officer.....
Minute Secretary.....
Editor.....

.....
Signature

Please consider what you can do for ‘our’ association in the coming year. If you don’t feel able to nominate for office simply attending meetings makes a great deal of difference . It broadens our discussion base and you have the opportunity to tell us what we are doing wrong or right as the case may be.

It is also an opportunity to pick up hints and tips, hear how other Laryngectomees are getting on with their life and you may be able to contribute something that your fellow members may not have thought of

Colin Bolton Secretary

Nominations should be forwarded to the Secretary: 39/122 Saunders Street Pymont 2009 by 23rd January 2009
N.B It is permissible to nominate yourself.