OFFICE BEARERS
PRESIDENT: Les Byrnes, 82/79-87 Boyce Road, MAROUBRA, 2035.(02) 93440445. 0401585287 penbyrnes23@gmail.com
VICE PRESIDENT, WEBSITE ADMIN: Greg Joss 61 Morrice Street, LANE COVE 2066 (02) 9427 0509
VICE PRESIDENT: Peter Tierney, 11Berrico Place, BANGOR, 2234 (02) 9543 0478
SECRETARY/TREASURER: Nigel Balm, PO Box 443 Woy Woy, NSW 2256 0449 155 766 lansw@stilltalking.org.
WELFARE OFFICER: STOMA COVERS, SHOWER SHIELDS, Patient Packs & Welcome Packs: Yvonne Byrnes Unit 82/ 79-87/Boyce Rd Maroubra. 2035. Phones 93440445/ 0423517737. email ybyrnes23@gmail .com
ASSISTANT WELFARE OFFICER Wally Bak 4 Swords Ave., Mt Druitt, 2770 (02) 9864 6205 wallybak@gmail.com
SPEECH AIDS COORDINATOR: BATTERIES FOR SERVOX, LOAN SPEECH AIDS, ADVICE ON REPAIRS Chris Barrett 8 Sacha Terrace Terrigal NSW 2260 Ph: 0243851440 . chrisbarrett1951@hotmail.com
EDITOR: George Southgate, 65 Church St Glen Innes 2370 Ph 0417174456 geocentric.gs@gmail.com
ACCOMMODATION ASSISTANCE WHEN NEEDED
OUT-PATIENT TREATMENT AWAY FROM HOME:
Cancer Council NSW, 153 Dowling St, WOOLLOOMOOLLOO, 2011 (PO Box 572, Kings Cross, 1340), Phone: 13 11 20. (Information & Support) Or contact Social Worker at hospital you will be attending. www.cancercouncil.com.au
ASSOCIATION WEBPAGE:
www.stilltalking.org.
INTERNATIONAL ASSOCIATION OF LARYNGECTOMEES: www.theial.com/ial
WEB WHISPERS: www.webwhispers.org

MEETINGS
February – November, 3rd Wednesday Of the month. Sydney Mechanics School of Art, 280 Pitt St, SYDNEY at 10.45 am. (EXCLUDING JULY, DETAILS TO BE ADVISED) Regional meetings Pg. 2 Meetings will be followed by light refreshments. Laryngectomees, friends, families, professionals all welcome.
Further update on Bionic Voice research

(please see in BOLD below)

You may recall that Dr Farzane Ahmadi PhD has been doing research on a “Bionic Voice” for laryngectomees for some years, firstly at Sydney University, then at Western Sydney University, and now she is at Nagoya University in Japan for 1 year working with the leading professor in this type of research.

She and others have created a start-up company called Laronix Pty Ltd and they have a website ‘www.laronix.com’. The website is in its’ infancy but will contain more information as the research progresses.

They are after a few electrolarynx users for a short trial of some of their devices. If you are an electrolarynx user, aged 75 or younger, and have been a laryngectomee, and would be interested in assisting them please contact me and I will put you in touch with them. They have now extended the trial of their latest device to include people who have been a lary for more than 5 years.

Thank you.

John Chaloner
(member of the LANSW)
E: jchal@tpg.com.au
Ph: 9560-2852
Minutes of Meeting of 20th November 2019.

Laryngectomee Association of NSW Inc
The Meeting, held at Level 1, Sydney Mechanics School of Arts, Pitt St, Sydney, commenced at 10:50am with the President, Les Byrnes occupying the Chair & welcoming members.

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

Non-Laryngectomees: Yvonne Byrnes, Glen Williams, Glenda Tierney, Carol Gardner, Irene and Ken Hansford, Cathy Edwards, Curtis Woodward (ATOS) Megan (ATOS)

Apologies: None

Minutes of Previous Meeting
Minutes of the October LANSW Inc meeting were accepted as read and adopted. Secretary's Report November 2019

Incoming correspondence
- Edward Gregory – membership renewal
- Gary McDonald – membership renewal
- Bob Anderson – email asking to forward his email to Guus Nobbenhuis
- Karen Gardner – email enquiry regarding financial status of member Frederick Gardner
- John Chaloner – donation
- Barry Bunker – membership renewal
- Eric Barnier – membership renewal. Incorrect cheque - payee to Nigel Balm
- John Lovett – Invitation Christmas party of the Hunter Valley branch of LANSW
- Tanya Gough Gypsy Stitches – Invoice for neck breather seatbelt sleeves
- Laryngectomee Assoc VIC – November edition of The New Voice newsletter
- Owen Reynolds – membership renewal
- Peter Kelly – membership renewal
- John Douglas – membership renewal
- Julian Quintana – membership renewal
- Clarence Walters – membership renewal
- Gunter Fahrenhorst – membership renewal
- Kylie Campbell SMSA – email confirmation of room booking

Outgoing correspondence
- Bob Anderson – reply to his email informing unable to contact Guus via email. Will forward his contact details via letter
- Karen Gardner – email to inform that Frederick Gardner member dues are paid up for 2019
- Eric Barnier – return Postal Order for $10. Explained we require cheque paid to LANSW Inc.
Robin Miners – explained that member fees run from 1 January. Robins last payment covers for 2019 and renewal for 2020 will be due 1 January 2020
Tanya Gough – payment for neck breather seatbelts sleeves
George Southgate – cheque for top up of Editor Float
Membership

New Members: Nil

Membership Status as of 19 November 2019

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Administration

ABN Registration: ATO have finally updated our records to reflect new Public Officer and location of charity administration office.

SMSA Room Hire: our regular meeting room has been booked for all of 2020 with exception of June, when our meeting will be held at St. Georges Hospital.

SMSA Emergency Evacuation Procedures: I am in possession of the SMSA Emergency Evacuation Procedures and have kept a soft copy on file. Laminated copies will be produced and distributed to Office Bearers to ensure we have these at hand for any meeting.

Still Talking Domain Registration: our domain registration is due for renewal. We currently hold both stilltalking.org and stilltalking.net. stilltalking.net is in arrears and will be released if we do not pay fee by 9/12/19. Do we want to keep this?

Treasurer’s Report November 2019

CLAIMS

No Claims
# Financial Statement 19 November 2019

## Profit and Loss

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<th>YTD</th>
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|                      |         |          |         |
| **Net Profit / (Loss)** | -23.80 | -507.00  | 7053.74 |
General Business

Les Byrnes provided a brief verbal Welfare Report advising on welcome packs, supplies and stock on hand. This was followed by a comment from Les Byrnes that the Laryngectomee Association of VIC were interested in obtaining the emergency neck breather seatbelt sleeves recently ordered and distributed to LANSW members who had requested them. Les had been in contact with Robyn Stark of LAVIC in regard to obtaining extra supplies. It was resolved that Robyn would contact Tanya (the lady that made the seatbelt covers) and order them directly from the supplier. This was declared an easier solution than LANSW acting as a middleman and forwarding supplies to LAVIC.

Business then focused on the forthcoming Christmas Party with Les commenting that there were currently 26 members booked for the event. Les also advised that he was pleased to advise there would be members of ATOS medical attending the event, confirmed by Curtis Woodward who was in attendance at the meeting. Exactly who at this stage would attend was to be confirmed.

The Newcastle Christmas Party, organised annually by John and Dawn Lovett, was mentioned as a great annual event that was always well attended. Les advised that this year he would not be able to attend as he and Yvonne would be on a cruise. However, he hoped that somebody from the LANSW committee would be able to attend. Nigel Balm advised that he would definitely attend on behalf of the association.

John Chaloner commented on the recent retirement of Lorrance Lancaster, President and long time supporter of the Laryngectomee Association of VIC. He suggested that it would be good to acknowledge his 25 years plus service to the association with a mention in the LANSW newsletter.

This was followed by a short discussion on how to increase the number of members attending the Christmas Party. Glenda Tierney asked if members knew they could bring a guest. It was noted that the invitation in the Newsletter mentioned that guests were welcome.

Les then welcomed two non-members, Ken and Irene Hansford. They introduced themselves and Ken told us he was attending the meeting as he was in the middle of making an important decision about radical surgery involving the removal of his larynx and tongue. He wanted to meet with other laryngectomees to discuss what life is like after a laryngectomee. Without the surgery his illness was deemed to be life limiting, while the procedure would render him unable to talk and become a total neck breather.

Secretary’s Note: I have been informed by Irene that Ken had his operation in December and after six weeks in hospital returned home at the end of January. We wish him a speedy recovery!

The discussion with Ken then led to Nigel raising a question on how Lary’s were coping with the bush fire smoke and what could be done to mitigate the effects. Input from Curtis Woodward and others at the meeting agreed that wearing an HME every day was a first line of defence. In addition, wearing a stoma cover on top of the HME could offer further protection. Curtis mentioned that ATOS produced a HME micron, a ‘super filter’, that
that provides improved protection against smoke and germs.

Nigel Balm then commented on mental health. He shared with the meeting that post-surgery he had suffered depression and that he wondered how many other lary patients also suffered with post surgical depression. He listened to a podcast that talked about how larys can often withdraw from friends and family and owing to their withdrawal they fall off the radar and don’t get the necessary support. Nigel expressed that he felt most post surgical help and support was focused on the physical aspects of healing. He suggested that it would be good if the LANSW investigates initiatives to raise awareness on mental health. Les suggested that we could invite a mental health professional to address a meeting.

There being no further business the Meeting adjourned for a light lunch and refreshments at 11:4pm.

The next meeting will held be on Wednesday, 20 February 2020 at Level 1, Woolley Room, Sydney Mechanics’ School of Art, 280 Pitt Street, Sydney, NSW 2000.

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

Stop Press

Laryngectomees are more susceptible to respiratory infection because the air they inhale is not filtered by passing through their nose. Consequently, they are at increased risk of inhaling respiratory pathogens (viruses, bacteria, and fungi) directly into their lungs. Therefore, laryngectomees have to vigilant and protect themselves from respiratory all pathogens during the influenza season and other viral epidemics.

- Respiratory pathogens most commonly spread from an infected person to others through:
  - The air by coughing and sneezing and rarely, fecal contamination
  - Close personal contact, such as touching or shaking hands
  - Touching an object or surface with the pathogen on it, then touching the stoma, mouth, nose, or eyes before washing hands.
  - Laryngectomees can protect themselves by getting vaccinated (when a vaccine is available) and:
    - Wearing HME 24/7 especially when being around other people. HME with greater
    - Wearing a surgical mask over the stoma (see pictures how to modify the mask

Continued Pg 11
NOTICE OF ANNUAL GENERAL MEETING
THE LARYNGECTOMEE ASSOCIATION OF NSW INC, Y1316543
Annual General Meeting will be held at 11am, on WEDNESDAY, 18th MARCH, 2020
Level 1, Sydney Mechanics School of Arts, 280 Pitt Street, Sydney 2000

ELECTION OF OFFICERS AND EXECUTIVE COMMITTEE
In accordance with the constitution of the Association, nominations for the positions listed below can only be accepted from financial members in writing and must be submitted prior to the AGM. Please post signed nomination forms to: LANSW Inc. PO Box 443, Woy Woy, NSW 2256.

THE FOLLOWING OFFICER BEARERS and COMMITTEE MEMBERS ARE TO BE ELECTED
President, Vice-Presidents (2), Secretary, Treasurer, Welfare Officer, Editor, Speech Aids Coordinator, Committee Members (2)

NOMINATION FORM
LARYNGECTOMEE ASSOCIATION NSW INC. EXECUTIVE COMMITTEE 2020
I, _______________________________________________________________ (please print full name)
Nominate ____________________________________________________________
(NOTE: You may nominate yourself for any position)

For the position of _____________________________ for the LANSW Inc
Signed ___________________________________________ Nominator
Signed ___________________________________________ Nominee
Signed ___________________________________________ Seconder
Date ____________________________________________

MEMBERSHIP RENEWAL FORM
LANSW Inc Membership Fee is $10 per annum, due on the 1st of January each year.
Please make payment by direct deposit, bank transfer, cheque or money order.
Cheques/money orders, payable to LANSW Inc, should be sent with this form to:
The Treasurer, LANSW Inc, PO Box 443 WOY WOY, NSW 2256.

When paying by direct deposit/bank transfer, please make payment to:
The LANSW Inc bank account, BSB: 062 595 A/C Number: 00905579

Please ensure you reference your deposit with your name, e.g John Smith - Member Fee.
Failure to reference your payment may render your membership as non-financial.

NAME: _______________________________________________________________________
ADDRESS: ___________________________________________________________________
POST CODE: ______________________ PHONE: _________________________________
EMAIL: ______________________________________________________________________

Payment Date: _____________________ I require a receipt: [ ]
Payment Type - please tick:
Cheque [ ] Money Order [ ] Bank Transfer [ ] Branch Deposit [ ]
THE LARYNGECTOMEE ASSOCIATION OF NSW INC
CHRISTMAS LUNCHEON, 30 NOVEMBER 2019
• Filtering ability would work better in reducing the risk of inhaling the virus (i.e., Provox Micron TM, Atos Medical's XtraMoist)

• Washing hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. This especially important before managing their stoma, and touching their HME when speaking using tracheoesophageal speech.

• Avoiding touching the stoma, HME, eyes, nose, and mouth with unwashed hands.

• Avoiding close contact with sick people.

• Cleaning and disinfect frequently touched objects and surfaces.

A surgical mask with four strings can be modified to fit over the stoma. One of the strings can be extended with extra string; and the lower pair of strings can be tied behind the back. (see pictures)

Thanks
Itzhak Brook MD
Professor of Pediatrics and Medicine
Georgetown University Washington DC
And the Lord said unto John, "Come forth and you will receive eternal life". John came fifth and won a toaster.

The leader of the vegetarian society just couldn't control himself anymore. He just needed to try some pork, just to see what it tasted like. So one summer day he told his members he was going on a vacation. He packed out of town, and headed to the nearest restaurant. After sitting down, he ordered a roasted pig, and impatiently waited for his delicacy. After just a few minutes, he heard someone call his name, and to his great chagrin he saw one of his fellow members walking towards him. Just at that same moment, the waiter walked over, with a huge platter, holding a full roasted pig with an apple in it’s mouth. “Isn’t that something,” says the leader after only a moments pause, “all I do is order an apple, and look what it comes with!”

Where do you find a cow with no legs? Right where you left it.

A fellow walked into a bank in New York City asking for a loan for $4000 dollars. “Well, before we lend you the money we are going to need some kind of security” the bank teller said. “No problem” the man responded here are the keys to my car “you’ll see it, it’s a black Porsche parked in the back of the parking lot.” A few weeks later the man returned to pay off his loan. While he was paying it up, along with the interest of $11 dollars, the manager came over, “sir, we are very happy to have you’re business, but if you don’t mind me asking, after you left we looked into you and found out that you are a millionaire, why would you need to borrow $4000 dollars?” “Well, the fellow responded it’s quite simple, where else can I park my car for three weeks in New York for $11 dollars?”

The city miser was on his death bed, as his last request he asked to be alone with his lawyer, doctor, and priest. “I know I am going to die” he said ” and I would like to take my money with me, so I am going to give each of you $150,000 and I want you to each make sure the money gets in the coffin.” It was a few days after the funeral when the priest over

flowing with guilt finally confided to the other two that he only put $100,000 back. “I’m glad you brought it up” said the doctor, “because I have also been feeling guilty, I only put $80,000 back.” “You people should be ashamed of yourselves” stormed the lawyer “stealing money like that, am I the only honest person here? Here look at this” he said pulling out his check book, “look I wrote out a check for the full $150,000!”

I think I would like a job cleaning mirrors, it's just something I could really see myself doing.

Two guys were playing golf, one of them was about to swing the golf club when he noticed a funeral procession going by on the street. The man stopped in mid-swing and closed his eyes and said a short prayer. The other man truly inspired, remarked, clearing his throat, “wow that was one of the most beautiful things I have ever seen.” “Well”, the other man said “I was married to her for 35 years.”

A man named Marty called his son just before Christmas. “Harry I have news to tell you, I know it’s going to upset you but I have made up my mind and there is nothing you can do about it. I have decided to divorce your mother.” “But dad how can that be the son asked “you have been married for 40 years, and you always seemed to get along? What happened suddenly?” “Son, I have made up my mind, and I don’t want you to try to convince me out of it.” “OK” the son responded “but promise me you won’t do anything until I come and talk to you in person, and I am going to ask all of the siblings to fly in also. “Alright” said the father hanging up “you have my word. “Well” said Marty, turning to his wife “I got them all to come here and I didn’t even have to pay for the tickets.”

“It’s always hard to explain puns to kleptomaniacs because they’re always taking things literally.”

My best mates and I played a game of hiding and seek. It went on for hours... Well, good friends are hard to find.