ALL CORRESPONDENCE TO: The Secretary, The Laryngectomy Association of NSW, PO Box 58, Richmond NSW 2753 or Fax 045 78 4412.

MONTHLY MEETINGS:
#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
#NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Boreas Rd, Broadmeadow.
#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.
#WOLLONGONG: Third Wednesday, 2.30pm at Wollongong Hospital, Wollongong.
#RICHMOND VALLEY: First Wednesday of EVEN NUMBERED MONTHS, 2pm at St. Vincent's Hospital, Avondale Park, Lithgow.
#LOWER NORTH COAST: First Tuesday, 2pm at Staff Centre, Manning Base Hospital, Taree.
#DUBBO: Lourdes Hospital, Dubbo.
#ALBURY: Ph. 063-23-2011, ext 523

EDITORIAL
Well the time has come for us all to take a deep breath and refresh our selves for the year ahead. We do not meet now until our Annual General Meeting in February, though most of us will be contactable between now and then. Happy Holidays to you all, and may your God smile kindly upon you in 1997

We are always sorry to hear of another who is fighting the throat cancer and to hear of one such as Norm O'Neill who has given so many of us pleasure on the cricket field makes us doubly sad - we all wish him well and can assure him there is life after the struggle and we are here to prove it.

Talking of cricket I am writing this on the second day of the Sydney Test - and where is our Speech Aids Officer, John Chaloner? He is at the cricket as a guest of the ABC and will lunch in the Kippax Room with some of the ABC personalities. Have a happy day John and drop a few names when we see you next.

To carry on the cricket theme - one of our members, Richard Patman is a practicing cricket umpire. Can you think of a better profession for a laryngectomyee? His decisions are always relayed by means of well defined hand signals, and though he is often shouted at, protocol demands that he not shout back!! A case of a soft answer turning away wrath I guess.

WHO TO CONTACT
FOR BIVONA AND BLOM-SINGER SUPPLIES -David Smith, 27 Bellevue Pde, North Curl Curl. 2099 Ph. 9939-1539
FOR SPEECH AID BATTERIES, PARTS & REPAIRS - John Chaloner, 111 Station Street, Petersham. 2049 Ph 9560-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilie Walton, 23 Baker Street, Kensington. 2033. Ph 02-9663-2550
The treasurer is very grateful for all those who have so promptly paid their 1997 subscriptions, it makes getting the books ready for the auditor and the Annual General Meeting much easier when there is no last minute rush. To the rest of you, please pay soon to ensure your member privileges for the next year. And don’t forget there is still time to nominate for the 1997 committee - if you would like to serve on the committee and there is a position you fancy you may nominate yourself and we will find a seconder I have no doubt.

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MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW HELD IN THE UNITING CHURCH HALL, CARRINGTON AVENUE, STRATHFIELD on Wednesday 20th November 1997

PRESENT J Nicholson, W Byrnes, S Lowe, J West, B Darlington, O Harvey, L Newton, W Lindsay, P Rogers, D Newby, V. Garisyne, K Antonsen, N Hannon, H Stone, J Costigan, P Halliburton, J Stein, L Stein, D Harvey, A Andrew, B Dun, E Newton, J Newton, E Lindsay, M Silver, N Brayshaw, D Nicholson, L Walton, M Lyons and M Halliburton. (At least I think that’s who you were - your writing is not the best!!-Ed)

APOLOGY was accepted from J Chaloner.

THE PRESIDENT John Stein opened the meeting at 11am welcoming new members and expressing delight at the good attendance.

THE MINUTES OF THE OCTOBER MEETING as distributed were accepted on the motion of B Darlington, seconded O Harvey.

THE SECRETARY/TREASURER REPORT was presented by John Nicholson.

“I would like to thank all those who have sent in their 1997 subscriptions so promptly - it was indeed gratifying to receive such a rapid response.

We have had several new members in the past few weeks and on behalf of the Association may I welcome:

Mr B H Ward of Lalor Park,
Mr T W McKenzie of Attunga,
Ms Lola Thompson of Lilyfield,
Mr R Patman of Sadlier.

With regret, I have to report that we have been advised that the following members have died:
Mr John Statham of Portland,
Ms Maria Csanalosi of Darcyville
Mrs E Ware of Bensville
Mrs E Spillane of Niagra Falls.

Our sincere condolences go to the families and friends of these departed members.

Christmas Party A reminder that reservations for the 1996 Christmas Party close on the 30th November so please let me know quickly if you wish to come.

Donations I wish to acknowledge the donations made by the following members and/or organizations:

J Nowland of Padstow Heights
Joe Righini of Isacca ACT
Don Vowles of Ermington
Stan Morley of Penrith
Bill McCell of Emu Plains
Frank McGee of Dubbo
Uniting Church, Arncliffe
Bill Lindsay of Bateau Bay
Joc Corcora of Stanmore.

Your assistance is greatly appreciated.

Post Hospital Rehabilitation During the month I was pleased to receive a visit from a Nursing Sister from Concord Hospital. She was preparing a paper on post-hospital rehabilitation of laryngectomees so I hope the information we relayed to her was beneficial.

CORRESPONDENCE
1. Australian Cancer Society. Advising that they will arrange to convert video ‘Check the Neck’ for Australian Machines.
2. AIME ‘97. Literature to seminars in Melbourne.
3-11 Apologies for non-attendance at Christmas Party from Prof. C J O’Brien, Mr L A Wright, Dr G Halliday, Dr B Sheridan, Dr A Poole, Ms R Chapman, Dr I Cole, Ms E Henry, Ms K Isman.
12 University of New England Health Studies Programme
13 Dr John Gambrill – Tendering his resignation
14 Western Districts Branch Christmas Party Invitation.
15 Hunter Valley Branch Christmas Party invitation for two representatives.
16. Mrs Thora Smith, Sans Souci, Photograph and details of her voluntary work.
17 Mrs L Da Silva - photograph and handy hints.
18 Queensland Cancer Fund advice of appointments changes.
19 Arncliffe Uniting Church, donation of $125.00
20 Mrs Jo Nowland, donation of $50.00
21 Newsletters from other Laryngectomy Clubs/Associations in Australia and overseas
22 Numerous 1997 subscriptions.

These reports accepted on the motion of B Darlington, seconded O Harvey.

WELFARE OFFICERS REPORT was presented by Lilah Walton.
1. A letter from Stan Morley, requesting stoma covers for Western Districts member. Samples were sent but returned as not suitable - I am unable to obtain material required by this member.
2. Laurie Wright is now the proud grandfather of a beautiful girl.
3. Gladys Bird from Vincentia sent gifts for the Christmas raffle.
4. Mr and Mrs Oehm are back in Wagga but have to return for radiotherapy.
5. Six more patient packs have been sent to Concord but as yet have not been acknowledged
6. Six more packs also sent to St Vincent's.

This report accepted on the motion of B Byrne, seconded O Harvey

PRESIDENTS REPORT was presented by John Stein.
Received a call from Kristen, speech pathologist at St George Hospital, requesting a pre-operative visit for a lady who was to be operated on the following Monday. I was unable to help but was able to contact John Chaloner who made the visit. Bruce was in Melbourne I believe and Kristen was apologetic for asking at such short notice but these things happen some times. Hopefully the updated list of visitors will be available soon and speech pathologists will have more to call on in these circumstances when regulars are not available. I called Harold Pearson at Barrack Heights. Spoke to his wife who assured me that Harold was doing well and about to start radio-therapy

Posted a copy of the RPA episodes featuring Dolores to Don Grinham at Wollai. Don returned the tape a couple of weeks later.

Last week I received a letter from John Chaloner regarding a new laryngectomy at Lismore seeking help regarding an Audio- typename. Bob Mansell as well as having a laryngectomy has also had a total glossectomy (removal of tongue). He and his wife are learning sign language, but Bob wants to communicate more naturally with his friends and fellow citizens. John had been contacted by Vanessa Jerome from Lismore Hospital to get help for Bob. John Nicholson was able to give me contact phone number for Telstra Disabled Services, this information I have passed on to Vanessa at Lismore. I have asked her to let me know the outcome.

My wife and I have been attending with other laryngectomy and ex-cancer sufferers the Cansupport meetings at Royal North Shore Hospital. Missed one last week but should be able to get to the last two.

Finally, thankyou for the support in this last year. I hope the new meeting format will be acceptable to members in 1997. If not then talk us and we will change. A special thankyou to John and Des Nicholson for their effort this year and their assistance to me as I settled in as chairman.

A Happy Christmas to all, and particularly those who have been battling ill-health. I wish for you all good health for the coming year. Look forward to seeing many of you at the Christmas Party and at the AGM on February 19th at 11am, here at Strathfield.

John Stien
This report accepted on the motion of L Walton, seconded H Stone.

GENERAL BUSINESS
1. Marion Lyons thanked the Association for the support extended to her and Frank, during Franks illness and his subsequent death. Special mention was made of the assistance of Lilah Walton who lightened Marions load considerably
2. John Nicholson reminded the meeting we were invited to the Western Districts Christmas Party to be held on the 10th December at the Masonic Club, cnr George and Purchase St Parramatta. Acceptances to Stan Morley before 2nd Dec.
3. There was animated discussion on ways and means of raising money to assist Bob of Lismore with the purchase of a communication aid. Decisions were deferred until further word was obtained from Vanessa.

The president closed the meeting at 12.15pm, once again wishing all members a Happy Festive Season.

A light lunch and good fellowship was enjoyed by the members present.

PRESIDENT

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[This to me was a very good meeting with lots of interchange of ideas and participation by all members present - lets keep it up - Ed.]

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COMMITTEE PROFILE No 6
BILLY BYRNE

Bill is a long time member of the Association and has been on the committee for a number of years and served as a vice-president for the last two.

Bill who is seventy four had his larynectomy in 1977, after which he gave up his job as a plumber for a period of eight months. He then continued working until 1981.

He lives alone since his wife died sadly of cancer seven years ago.

When asked about his sport or hobbies he told me he is very fond of old-time dancing, is too young to take up bowls yet but has a very full social life.

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Thankyou to the Australian Cancer Society for adapting 'Check The Neck' for Australain videos.

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HANDY HINTS

We had a lovely letter from Leony da Silva in which she included a couple of recipes for us to try.

**FLU CONTROL**

Into a small pot slice two lemons and boil in water with two teaspoon of garlic.

Cool and drink - honey or sugar can be added to sweeten.

Leonay suggests its a little bit bitter but "don't worry - its good for your blood too"

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**RHEUMATISM & ARTHRITIS SOOTHER**

Grind and squeeze the flesh of a fresh coconut and boil to get the oil. Bottle the oil and add pounded fresh ginger. Stand for a time and then use the oil to rub into the painful parts of your body.

This remedy can be used in any occasion or climate Leony tells us.

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STOP PRESS

CHRISTMAS PARTY

LUCKY DOOR PRIZE - Monach Medical who supply Tracheo Oesophageal Shunt accessories etc have donated to us as a Lucky door prize for the party a very worth while hamper - good luck to us all!

RAFFLE - Lilah reports that she has already an interesting bundle of prizes for the Christmas raffle but still hopes that you will be bringing more. And bring your money with you.
YOUR URGENT ATTENTION!

The Christmas outing and bus trip planned for this coming weekend up to the home of John and Rikki Cooney at Nanango has been cancelled.

Tragically, Rikki died from a severe asthma attack a short time ago. I know I speak for everyone in sending John and Scott our very sincere sympathy at this time. The loss of someone like Rikki who was so full of life leaves a very big space indeed. The P.A.H. Support Group in particular sends its love and sympathy to John.

There will not be any replacement bus outing this year.

YOU ARE INVITED TO ATTEND

THE CHRISTMAS MEETING of L.A.Q. To be held at 10.30 am WED 18TH DECEMBER

Qld Cancer Fund- William Rudder House 553 Gregory Tce Fortitude Valley.
Parking available underneath building.

Hospital Staff, relatives and friends are very welcome. Good cooks are also encouraged to reveal their talents. Lucky door prizes- competitions and catching up with old friends as well as meeting new ones- Come along and make it a Meeting to Remember. We hope to see you there!!

THIS NEWSLETTER WAS PUBLISHED WITH THE ASSISTANCE OF THE QUEENSLAND CANCER FUND.
Congratulations to all concerned with the LARYNGECTOMY STUDY DAY held at the Qld Cancer Fund on 19th October. Presented by the Otolaryngology, Head and Neck Nurses Group and the Speech Pathology Department of the Princess Alexandra Hospital. The aim of the day was to provide the opportunity for both nurses and speech pathologists to increase their level of knowledge in this area—combining theory and practice. Particular thanks to those laryngectomised individuals who attended and provided some of the most valuable learning opportunities of the day by sitting patiently whilst people with little or no experience removed and inserted prostheses. You were the heroes of the day, and everyone appreciated your generosity of spirit very much. Participants travelled from as far afield as Cairns and Northern NSW, and the response to the event was so favourable, that plans are afoot to run a similar Day next year.

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BRIAN ROACH has written to apologise for his absence from meetings. He is now back at work with Qld Rail since 2nd September after having been off since the 27th November last year. He wishes everyone all the Best - And the same to you Brian.

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JOE FOLEY has also tendered his resignation from the Executive as his full-time work is now expanding into new areas and he is currently having to do a crash course in computers—all of which leaves no time for other commitments. Congratulations Joe and every success in your new career.

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Dear Fellow "Laros"

Some time ago, I wrote "my story" to our Newsletter. It told of my problems in total, one of which was my being unable to eat without making just about everything like Baby Food, after requests were made regarding an article "Sir Norman" had written for readers to send in their story.

I am absolutely jubilant to be able to now report, that on the 31st July, I had day surgery for what would be my third dilation of the oesophageal tube in 2 years, the first one a complete failure (too soon) the 2nd one, pretty good, but, still I had to give a lot of food the mash treatment, 3rd time lucky!

Dr Ali, of Gold Coast Hospital Southport, agreed to do another dilation, seven months after the 2nd one because I felt it was so close to being 100% and "BINGO" now it's the 10/10/96 and I can eat EVERYTHING without any trouble except steak which I have never eaten anyway. I eat hamburgers and all veges, salads, most fruit, and have slowly gained weight without Sustagen or such, so PLEASE, DON'T GIVE UP! See your Doctor about a further dilation. If it can happen for me, maybe it can happen for you. - What a huge difference it has made to my life believe it or not, I now "feel normal".

I suggest we name our newsletter "The Laros' Own"Bulletin. Best wishes to All for the coming Festive Season, and a big, big thankyou to my Speech Therapist Michelle Brown.

June Byrnes.

Dear June- Thankyou for sharing this with others. We are so pleased persistance has paid off, and hope others with similar problems will become more determined to find their own solution.

Tom Lannigan of 37/99 Short Street, Boronia Heights 4124 writes that he lives by himself having moved up from Sydney and if anyone is travelling his way they are welcome to come in for a cup of coffee. He found out about the Club from a stay in PA hospital earlier with heart trouble, but because he doesn't drive cannot make it to any meetings. "God Bless you all—Have a nice Christmas Your friend Tom"

And a very nice Christmas to you Tom from all of us.
CANCER INFORMATION NETWORK BREAKS ISOLATION BARRIER

A computer assisted, state-of-the-art, information service designed to fill a yawning gap often experienced by cancer patients, their families and friends, students and in some areas even health professionals was launched by the Queensland Cancer Fund in October.

Queensland Cancer Fund Executive Director Mr Graeme Brien, explained that each year tens of thousands of Queenslanders were diagnosed with cancer and, for many of these people, suddenly the need for information about the disease, its treatment and services relating to cancer became all important.

"The problem of where to get that information and at what cost can be seen as yet another burden on top of all the other practical and psychosocial issues often experienced by the new patient and their carer," he said.

To overcome these difficulties, the Cancer Fund has now established a Cancer Information Network with a special phone number (1300 361 366) which can be rung from anywhere in Queensland for the price of a local call.

The Cancer Information Network's trained staff are supported by computers with a software program which was especially designed for this purpose and a huge database of information.

This information covers all cancer issues including prevention, early detection, treatment, types of support services available and where these are located throughout the State.

At a previous meeting Brian Church came to demonstrate his LIGHTWRITER (see arrow in picture on right). As you can see, it is a very portable compact size, and the voice it produces is of excellent quality in fact Brian has one of the most easily heard voices at our meetings! The keyboard is compact so you can type your message in, hit the speak button, and it can say your message in a variety of voices-the choice is yours. It has an American accent but this is soon forgotten. If you wanted to spend hours you could spell words so they would be pronounced more Australian.

There is really quite a need for several of these machines amongst our community but the cost at just over $4000 is very significant. Obtaining at least another two will be a goal for 1997.

PRICE LIST OF CURRENT SUPPLIES.
(office open Wednesdays)
Phone (07) 3258 2259 At other times our phone answering machine will take messages.

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FOAM SHEETS $2.50
PLEASE STATE THICKNESS REQUIRED
2.8, 3, 3.5, 4, 4.5
(IF YOU ARE UNSURE OF THICKNESS
PLEASE RING OR WRITE REQUESTING
SAMPLES)

INDIVIDUAL PREPACKED FILTERS
(WHITE OR TAN) 70 cents each

DOUBLE SIDED TAPE $2.50

STOMA COVERS - SINGLE SIDE (FRONT) $4.
DOUBLE SIDE (FRONT & BACK) $6.

PERSONAL ALARMS $6.00

SHOWER SHIELDS $23.00

LEATHER BELT POUCHES $12.50

BUCHANAN FILTERS $8.50 $7.50
(LARGE or SMALL)

SELF-HELP FOR THE LARYNGECTOMEE $15.00

PLEASE ADD POSTAGE

* ALSO OUTSTANDING PRIVATE ACCOUNTS
(NORM IS OUT OF POCKET)
ROCKHAMPTON LARYNGECTOMEE SUPPORT GROUP.

At a recent meeting of the Rockhampton Support Group a new committee was formed:

Chairperson: Father Bob CULLINANE  
Secretary: Pat LAWTON  
Treasurer: Lionel BARRY  
Social Co-ordinator: Wendy THOMPSON  
Publicity Officer: Sue DONOVAN

I am writing seeking permission from your association if our support groups name "Rockhampton Laryngectomee Support Group" be accepted.

We have recently received an electro larynx donated by a social club in Rockhampton. We wish to formalise out Club to enable us to have a Bank account for maintenance of our servox's.

I am Senior Sergeant of Police, in charge of North Rockhampton Station should you require any further information.

Yours faithfully

Pat Lawton  
Secretary.

Congratulations to all concerned with the new committee. Perhaps there's a story for the newsletter in how you manage to get a social club to donate an electrolarynx? With such a dynamic group abroad we look forward to hearing of your forays into the local community!

Heather.

SUNSHINE COAST DISTRICT HEALTH SERVICE

Just a short note to let you know what's been happening here on the Sunshine Coast. The Sunshine Coast Branch has been busy planning activities for Cancer Awareness Week. We organised some posters and pamphlets from the Qld Cancer Fund.

Some of the group went to local schools and gave presentations to some year 7 classes. Both the children and members enjoyed it thoroughly. They will be reporting back to the rest of the group at our next meeting on 5 December 1996.

Other activities that the group decided on were to send information packs (especially regarding resuscitation) to Sunshine Coast Ambulance Centres and Nambour General Hospital's Department of Emergency Medicine. It was not possible to give talks to the staff at these places due to roster difficulties. A poster display was set up in the foyer of Nambour General Hospital for the week as well.

May be you could include news of the groups activities in the next newsletter.

We would also like to welcome our newest member Ron.

Regards.

Again, congratulations to everyone involved with these community activities, promoting awareness, educating & public relations in general. These are signs of a Great Community Support Group!

ROBYN VINCENT  
SPEECH PATHOLOGIST  
NAMBOUR GENERAL HOSPITAL
GOLD COAST
LARYNGECTOMEE SUPPORT GROUP
CHRISTMAS MORNING TEA.

WHEN?? Tuesday 3rd December    Around 10 am
WHERE?? The home of Laraine and Rod Turville
        8 BOXTHORN STREET
        BELLEVUE PARK 4215    Phone 5539 4450

WHAT TO BRING??
1. Please bring a plate of food to share for morning tea.
2. Tea & coffee are provided. Please bring any other drinks you'd like.
3. Your musical talents- Laraine has an organ if anyone is keen to play or sing.
4. A folding chair. (optional- Laraine can seat approx 30)

AGENDA!! EAT, DRINK and be MERRY
ENQUIRIES: Michelle Brown, Speech Pathology, Gold Coast Hospital
           (07) 5571 8211    Pager 529

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MINUTES of Gold Coast Meeting Held 31/10/96 Over 30 people attended with Guest Speaker
Des Kurtz from Old Ambulance presenting information on First Aid for people who have had a
laryngectomy. Michelle has some spare basic first aid booklets at the hospital if you missed the talk.
The local ambulance educators will be looking into incorporating information about laryngectomy
into their training and policy, after consultation with Speech Pathology at the Gold Coast Hospital.
There was also discussion about FIRST AID ALERT cards for people to carry in their wallets etc.
Most of the cards have information for “neck breathers” but no information regarding what to do
if the person uses a voice prosthesis. The American Cancer Society produces one for voice prosthesis
users, and if you would like a photocopy of the card, please contact Michelle.

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REDCLIFFE BAYSIDE CHRISTMAS BREAKUP

FRIDAY 13TH DECEMBER- 11A.M. ONWARDS
AT KEN & EILEEN CROCKATT’S 92 KING STREET, WOODY POINT.

Any inquiries Ph 3284 0799.

REDCLIFFE SUPPORT GROUP NEWS: Unfortunately the last 2 meetings have had
very small attendances due to an unacceptably high rate of illness in our area.
Several people are still quite sick and we wish them all a return to good health.
Anne and Ron have now returned from their holiday in Europe and we look
forward to hearing of their travels in the next newsletter
OTHER GROUPS

QLD SUPPORT GROUPS:
L.A.O. Third Wed every 2nd month.
Qld Cancer Fund 553 Gregory Tce 10.30am
Partner support Gloria O'Hanlon 38575646

R.B.H. Head & Neck Support Group
Second Thurs every month 2-3pm(Aug 8th)
Good Samaritan Sisters 126A Fuller Street
Lutwyche (Plenty of parking)
Contact: Jen Frisby Ph 3253 8026

P.A.H. Laryngect. Support Group
First Mon every month 10.30-12,
Rehabilitation Unit P.A.
Contact: Liz Reeves Ph 3240 5006

TOWNSVILLE GROUPS
Head & Neck Grp Last Friday every month.
Level 6 Oncology Bldg TGH 10am
Contact Georgina Tutt 077 819454
Laryngect Support Group
Townsville RSL 5pm last Fri each month

CAIRNS Support Group. Contact
Rebecca in Speech Pathology,
Cairns Base Hospital Ph 070 506 382

TOOWOOMBA Laryngect. Support Group
First Fri every second month 12.30
Speech Dept, Cossart House Twns Hosptal
Contact Danielle Hornsby 076 316345

MACKAY Last Friday every month
10.am to 11 am at Mackay Base Hosp.
Contact: Kylie McGrath 079 515 279

92 King St.,
WOODY POINT 4019

To- All members of the Laryngectomee Assocn,

Another successful Bowls Day at
Brighton Bowls Club in August- $5,074. The day was fantastic and should be
repeated in 1997. Everyone praised the day and we may be embarrassed by the
members wanting to attend

After next year’s Charity Bowls Day I will be calling it A DAY.
Support Groups and members around the State will have to pull together
and make these days a financial success as well as informing the public.

In closing, I wish you all a Merry Xmas and a Happy New Year
Maybe one day we will see a complete cure for all our problems.

Keep pushing our organization

Yours faithfully

Ken Crockatt.

Thankyou Ken, and we all wish you a Happy Xmas and Good Health in the New Year. Thankyou
also to you and Eileen for your continuing generosity in providing the place and hospitality for
the Redcliffe and Bayside Christmas Breakup.

From NORM IN THE OFFICE

It was with great pleasure (to me) I recently received a couple of PROFESSIONAL
new members to the Club.
Apparently word got out about my whinging and they decided to do something
about it. It is certainly appreciated when non-laryngectomees pay membership
fees.

Thankyou to Monarch Medical for your kind donation, and to the Speech
Pathologists and Doctors who have joined up during the year. Our organization
deps on donations and dues and although we finally reached a total of 201 paid
up members in 1996 there’s room for improvement in 1997. If it seems like I’m nagging
at times the reason is= I know how much it costs to keep our store cupboard filled!
and the postage..... and the newsletter...etc etc. But evidently I’m not allowed to
collect dues this newsletter-I have to wait til the first issue next year for the form to
be printed to give everyone a bit more cash over Christmas.
Anyway Hello and Seasons Greetings to all those people who’ve got to know this
year & those I’ve yet to annoy/confuse-

Back next year- "SIR" NORMAN.
Lessons from the Olympic Games

1. The mind is powerful.
   Every field of human endeavour could be enhanced through “sports psychology”. These skills are totally learnable.
   Here’s what you can do:
   ➤ Read uplifting books and magazines. Turn off the television on violent scenes and depressing programs. Choose humorous and happy shows.
   ➤ Learn how to use the power of your mind.
   ➤ Mix with positive people. (We become like the people we spend most time with!)

Happiness is a choice.
   Here’s what you can do:
   ➤ Remind yourself at the start of the day to enjoy the day. Avoid saying “I can’t wait to get home.” or “I can’t wait for the weekend.” These comments program you to be unhappy now.
   ➤ Look for the good things in your life. Take stock. Any time you’re happy, it’s because of what you’re thinking about.
   ➤ Life is not always fair. We are meant to learn from these times and move on.

Self discipline is rewarded.
   There are some things that you have to do, that you don’t feel like doing. Successful people do the things that unsuccessful people are not prepared to do.
   Here’s what you can do:
   ➤ Do one thing you’ve been putting off. If it’s physical exercise, set a goal to walk for 30 minutes every day. No excuses. Tick the calendar as you do it and notice how you feel more in control of your life.
   ➤ Keep promises. Forget words like “I’ll try” or “Maybe”, use “I’ll be there” and “I will do it”.
   Athletes use the strength of goals and dreams to focus their thinking. They use powerful imagery of themselves winning to give the mind a picture of what must become reality.
   Athletes understand self discipline. They must train whether or not they feel like it. They use their mind power to overcome physical resistance and pain.

Dr. Shayne’s Health Tip
Go bananas!
   The secret is out. Athletes know the value of eating bananas and now you can too. Here’s the nutritional content and benefit of the banana:
   Complex carbohydrate: gives you lasting energy.
   No fat: keeps your weight under control.
   Potassium: good for blood pressure.
   Vitamin B6: helps reduce PMT.
   Fibre: keeps you regular.
   Skins: make them easy to carry and eat anywhere.
   Also a good fertiliser for rose bushes and sug homs! Take a banana to work each day for energy trowh and missed meals. Great if you wake up in the night hungry. Easily digested.
I'm sure I am not alone in asking "Where did this year go?" For some of our readers it will have been a watershed in their lives undergoing laryngectomy, but for many others it will have been just another year, but faster, and of course we shouldn't take life for granted but somehow it's human nature as emergencies fade away so does our sense of truly appreciating the little things that make life worthwhile. Somehow we have also ended up with a lot of investigations underway and conclusions not quite reached yet. You will recall the crisis in supply of electrolarynxes - this situation has not yet been resolved but a great deal of work and thought has gone into this matter and at the present time a suggestion which I considered a bit radical when it was first proposed is now being put to you the members for your reaction. We are considering donating the Electrolarynxes that are now out in the field, being cared for various hospitals, to those hospitals to be considered then the property of the Depts (although donated by the Laryngectomy Association of Qld). This would help administration in both the hospitals and the Association as every year the Auditors have to do their best to track down elusive instruments, just as the Speech Pathologists have to track down elusive laryngectomees. It would mean we would have to increase the number of instruments the L.A.Q, keeps in its Office so people from the private sector and others will always have them available for loan. This would also determine just how many "good" instruments we have as no hospital would take anything else on their inventory. As the value of these instruments is over $70,000 this tends to make us look like a wealthy club with a lot of assets which probably would work against us in applications for funding, when in fact the reality may be nothing like this value as instruments age or are damaged. So, we are interested to hear your thoughts on this matter. Another investigation that was going to simplify matters for people was the investigation of batteries which has become so complicated it's almost in the too hard basket. The variety of batteries, the difference in the charges they hold and the power expended, the variety of battery chargers, deciding what cost differences are justified and what are not - we have almost become battery scientists and we WILL find the best battery even if we run out of charge doing so! At our Special Meeting, it was unanimously passed that the financial year would end 30th November. So the start of the new Financial Year is now 1st December. Hopefully this will ensure our books are audited by the required date. Well I seem to have run out of room so I would just like to wish each & every person everything they would wish themselves for Christmas and the New Year - and a cure for cancer in 1997. Take care of yourselves - Love to All - Heather.

Merry Christmas

A CHRISTMAS PRAYER

Bless us, Lord, this Christmas With quietness of mind: Teach us to be patient And always to be kind: Give us reassurance When everything goes wrong, So our faith remains unfltering - Our hope and courage strong, And show us that in quietness We can feel Your presence near. Filling us with joy and peace All seasons of the year.

Helen Steiner Rice

And from everyone doing the newsletter the Best of everything in 1997.
MONTHLY MEETINGS:

#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
#NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Booreas Rd, Broadmeadow.
#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.
#ULLAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Belfast St, Warilla.
#RICHMOND VALLEY: First Wednesday of EVEN NUMBERED MONTHS, 2pm at St Vincent's Hospital, Avondale Av, Lismore.
#LOWER NORTH COAST: First Tuesday, 2pm at Staff Centre, Manning Base Hospital, Taree.
#DUBBO: Lourdes Hospital, Last Monday of month, 10. am Conference room.

EDITORIAL
MEETING FORMAT CHANGED
At the October general meeting it was decided, on the recommendation of the committee, to combine the business of future committee and general meetings of the Association. Therefore, unless there is a special reason for a committee meeting, no committee meetings will be scheduled and the general meeting will commence at the normal time - i.e. 11.00 am on the third Wednesday of each month, February to November inclusive.

ELECTION OF OFFICE BEARERS
The election of office-bearers for 1997 will be held at the Annual General Meeting (AGM) of the Association which will be held at 11.00am on Wednesday 19th February 1997. A nomination form for office bearers is included with this Newsletter and members are reminded that such nominations will close on the 31st January 1997. Further nomination forms may be photocopied or obtained from the secretary on request.

ANNUAL SUBSCRIPTIONS
Annual subscriptions become due on the 1st January 1997 and there is a form for the renewal of such subscriptions included in this Newsletter. Your early return of your subscription to the Secretary/Treasurer would be appreciated.

WHO TO CONTACT
FOR BIVONA AND BLOM-SINGER SUPPLIES -David Smith, 27 Bellevue Pde, North Curl Curl. 2099 Ph. 9939-1539
FOR SPEECH AID BATTERIES, PARTS & REPAIRS- John Chaloner, 111 Station St, Petersham.2049 Ph 9560-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS- Lilah Walton, 23 Baker Street, Kensington. 2033. Ph 02-9663-2550
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW HELD IN THE UNITING CHURCH HALL, CARRINGTON STREET, STRATHFIELD on Wednesday 16th October 1996.


Apologies were accepted from L Walton, R & P Daley, P Rogers.

The President, John Stein opened the meeting at 11.00am and welcomed those present.

He extended sympathy to those recently bereaved - making special mention of the family and friends of Frank Coughlan. Frank was a past-president of the association, a tireless worker for laryngectomees and a hospital visitor for many years.

John welcomed new members to the Association hoping that their membership will be of benefit to them and the Association.

The Secretary/Treasurer’s Report and Correspondence was presented and accepted on the motion of D August, seconded J Nowland.

Report

On behalf of the Association may I welcome the following new members:

Mr Vince Cashman of Tamworth and Mr Franz Schubert of Wingham.

Mention of these two members was made in the Presidents Report in last months newsletter and I am pleased to report that their membership is now confirmed.

Unfortunately I have to report that advice has been received of the death of the following members

Mrs E Ware of Bensville
Mr J R Young of Yennora
Mr Frank Coughlan of Greenacre.

We extend our sincere condolences to the relatives and friends of these members. Frank as all old members of the Association will know, was the President for some years and his winning smile will be missed by all. Despite being a laryngectomee Frank regularly participated in the ’Sydney to Surf’ run and he spent many hours visiting and encouraging new laryngectomees

VISITORS COURSE Ms Margaret Patterson, speech Pathologist at Royal North Shore Hospital, and others will be conducting a Laryngectomy Training day for hospital visitors on 16th October 1996. I believe there are eight laryngectomees and some spouses attending this training day. We hope those people will be able to attend our meetings and give us up-to-date reports.

IAL VIDEO- CHECK THE NECK. The International Association of Laryngectomees has forwarded to us a copy of the video ‘Check the Neck’. This video replaces “Three Critical Minutes” and it reflects the most accurate information available for the resuscitation of laryngectomees at this time. We will have the video converted for use in Australian machines and when that is done it will be made available for use by members. We will obtain additional copies that we can make available to emergency service units (ambulance, police, fire etc)

CORRESPONDENCE
1. Commonwealth Department of Health and Community Services. Advice concerning International Day of Disabled Persons on 3rd December 1996. Anyone wishing to be part of this day please contact the committee.
2. Mrs J Nowland. Donation of $50.00
3. Ms Margaret Patterson, RNS Hospital Timetable for Laryngectomy Training Day.
4. Several members seeking membership cards.
5. Telstra. Advice that our telephone number from August 1997 will be 02-4578-1415 and our Fax number will be 02-4578-4412.
6. I.D.E.A.S. Incorporated. Advice of planned national research on communications

Technology.
7. Newsletters from other Australian and overseas Laryngectomee Associations.

Welfare Officers Report
I had telephone calls from
1. Trangie Community Nurse (Lucy) re suction for a laryngectomee. If anybody requires suction an ambulance attendant can give you assistance but tell them what you require when telephoning.
2. Alma Bourke re stoma covers for her husband Roy who is in a nursing home.
3. John Stein re Richard Tatman. I rang Richard who told me he had only two stoma
Page 3

covers that he received in his hospital pack two years ago.

It is with sadness that I report on the death of Frank Coughlan on 10/10/96. Frank was a past president, a conscientious hospital visitor and a 1996 committee member. To Marion we send our heartfelt sympathy.

I have also been notified of the deaths of
Terry Ede of StMarys
Doug Yell of Trangie
Bill Daniels of Bexley

To their families and friends our heartfelt sympathy.

CHRISTMAS PARTY. -Don’t forget it!!!
And also your present for the raffle - nothing too small and nothing too big.

Accepted on the motion of D August, seconded J Nowland.

Speech Aids Officer’s Report.
John Chaloner reported a very quiet month.

Presidents Report

John Stein did not report a quiet month.

On October 1st I received a phone call from Kristen Fulton requesting a visitor with a Tracheo Oesophageal Shunt for Mr Harold Pearson at St George Hospital. Mr Pearson was due to have his prosthesis fitted next day so I went to visit him and gave him a patient pack. In company with Kristen I spent an hour giving him the benefit of all the experiences I had gained from fellow laryngectomees as well as my own experiences.

My wife and I attended the first of the new Cansupport meetings in the current series at the Royal North Shore Hospital. The opportunity to meet many more patients who have beaten their cancer as well as fellow laryngectomees in this informative environment was appreciated by both my wife and I.

One laryngectomee I met was Richard Patman who asked to be put in touch with someone to help him join the Association. He approached the right person and I was only too happy to put him in touch with Lilah and John to organize contact and arrange his membership.

Sadly I attended Frank Coughlan’s funeral service at St Paul’s, Bankstown on Tuesday 15th October. Along with my wife and other Laryngectomee Association of NSW members we also attended Rookwood for the final farewell. I regret that I had not known Frank longer, as from those who did I learned that he was a real gentleman. Our deepest sympathy goes to Marion and his family.

Val Daley rang to tell me that her husband, Ron, had had a stroke and was in hospital and may need an operation. We will be thinking of both Ron and Val while they cope with this setback.

I also received a letter from Don Grinham of Worral asking for a loan of the tape of Dolores operation as seen on RPA. I replied to Ron that it would be sent on as soon as it was evident that Dolores was no longer in the episodes.

Thankyou.

Accepted on the motion of L Stein seconded J Nowland.

GENERAL BUSINESS

1. John Stein told the meeting that the committee had discussed the possibility of combining the Committee and General meetings.

Advantages would be:

a. The elimination of presenting the reports twice

b. Members waiting for the General Meeting to commence would not have to wait outside in all sorts of weather

c. Members should feel more involved in more decisions.

Moved H Stone ,seconded S Lowe that the Committee and General meetings be combined and start at 11.00am , sharp. Carried.

The President explained that if confidential or sensitive matters needed to be discussed by committee only then a meeting of committee could be called after the General meeting.

There being no further business the President closed the meeting at 11.35am.

as usual we enjoyed the cup of tea, chat and sandwiches which included the ever popular egg filling(evenly for you Pat)

President.................................(John Stein)

1996 CHRISTMAS PARTY

Almost 50 people have sought reservations for the Christmas party to be held at the Kirribilli Ex- Services Club on 14th December. Reservations close on the 30th November so if you intend attending please let me know as soon as possible.
COMMITTEE PROFILES No 5

BRUCE DARLINGTON.
Bruce is sixty nine years old and has been a member of the Laryngectomee Association since his laryngectomy 15 years ago. During that time he has been a most active member serving as Treasurer for seven years and on the committee for many more. He lives with his wife of many years, Beryl and has three daughters and five grandchildren. Beryl says he’s very patient when she takes him around the craft shops and stalls - and she never misses one. He is an electrical fitter but has not worked at the trade for many years, going into the administrative side of the business before his retirement. Bruce is an excellent Servox speaker and has been doing hospital visiting for fourteen years and still hasn’t slowed down. He enjoys fishing and the occasional social and unskilled game of golf. He tells me he also gardens on an ‘as necessary’ basis!

INTERNATIONAL DAY OF DISABLED PERSONS
The Department of Health & Family Services, Disability Services Program, GPO Box 9848 CANBERRA CITY,A.C.T. 2601 has advised us that the International Day of Disabled Persons will be celebrated around the world on December 3rd 1996. We have been invited to become involved in the celebration and if possible I think we should accept the invitation. However I am stuck as I have no real ideas as to how or where we can become involved.

If any member has any ideas in this regard please let me know of your suggestion/s. I have applied for the Media Resource Kit that the National Information Communications Awareness Network(NICAN) is preparing and that kit may contain information we can use. This matter will be discussed at our November meeting and we would like a good attendance to talk over any ideas. If you are unable to attend the meeting please put your ideas on paper and send them to us. If you have no ideas please come anyway - the more people there the better the ideas will flow and develop.

NOVEMBER MEETING
LARYNGECTOMEE ASSOCIATION
N.S.W.
will be held in the
UNITING CHURCH HALL
Carrington Avenue
STRATHFIELD
11am, Wednesday 20th
November 1996
Light lunch served after the meeting
Parking on site
COME AND BE PART OF THE DECISION MAKING.

The November meeting will be our last for 1996. 1997 starts with our Annual General Meeting on 19th February. You will receive a Newsletter in December and a reminder notice in early February.

FROM AUSTRALIA TO SCOTLAND
Last week we received a phone call from a lady in Penrith. She is a Scottish lady who now lives here but her parents are still in Scotland. About one month ago her father had a laryngectomy so she watched the episodes of RPA covering Dolores experiences with interest. She received word that her father was not receiving much support - only one brief visit from a speech pathologist with no word of a follow-up, no indication of where to get help etc. - in fact it seems he was just sent home to cope as best he could. Naturally she was worried so showing initiative she rang Prof. Chris O’Brien’s rooms hoping to speak to him. This she was unable to do but they suggested she ring the Cancer Council which she did - and from them received our phone number. We were able to give her the address and telephone number of the United Kingdom National Association of Laryngectomee Clubs which she will pass on to her mother. She is also calling in today to get a copy of ‘You Can Say That Again’ and any other literature which she and her parents may find helpful!!!
THE LARYNGECTOMEE ASSOCIATION OF NSW

ANNUAL GENERAL MEETING 11am, WEDNESDAY, FEBRUARY 19th 1997
ELECTION OF OFFICERS AND EXECUTIVE COMMITTEE

At the Annual General Meeting of the Laryngectomy Association of NSW, to be held on
Wednesday, February 19th, 1997 all offices and committee positions will be declared vacant.

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

The nomination must carry the signatures of the nominee, the nominator and
seconder, and be lodged with the Secretary of the Laryngectomy Association of NSW,
PO Box 58, RICHMOND 2753, by 31st January 1997.

The following offices are to be filled:-

President Vice-Presidents(2) Secretary Treasurer
Assistant Sec/Treas. Welfare Officer Speech Aids Co-Ordinator
Publicity Officer Newsletter Editor Committee Members (2)

NO\NM\TATION FORM

LARYNGECTOMEE ASSOCIATION NSW, COMMITTEE 1997
(PLEASE USE BLOCK LETTERS)

I..........................................................................................................................

Nominate..............................................................................................................

For the position of ......................................................................................... Of LANSW

Signed.................................................................................................................(nominator)

Signed.................................................................................................................(nominee)

Signed.................................................................................................................(seconder) Date................

ALL SUBSCRIPTIONS DUE 1st JANUARY 1997

PLEASE RETURN THIS SECTION TO:- Mr John Nicholson
Treasurer LANSW
PO Box 58
RICHMOND 2753

I ENCLOSE MY CHEQUE/MONEY ORDER FOR $20.00 BEING FOR RENEWAL OF MEMBERSHIP

NAME.............................................................................................................

ADDRESS.........................................................................................................

....................................................................................................................POSTCODE........
EDITORIAL

At our August meeting three members of the Western Districts Branch, viz Stan Morley (President), Alan Dawson (Treasurer) and Ron Carlson joined us to discuss with your committee hospital visiting and other matters. These discussions were very fruitful, and we were glad when the three were able to stay on for the general meeting.

We hope that other of our members who may be visiting from the country may be able to join us at Strathfield at 11.00am on the third Wednesday of each month when we meet to discuss matters of mutual interest. You would be most welcome, we would love to put faces to the names of all our members. There is plenty of car parking space on site, the train station is handy, and the cuppa and sandwiches etc served at the end of each meeting give time for us all to meet each other less formally.

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

BLOM-SINGER PRODUCTS.

Also in attendance at that meeting were Garth Smithers and Ms Roslyn O'Shea from Monach Medical. This company has taken over as supplier of Blom Singer Voice Restoration Products from Paxton Barrand. Monach Medical's Sydney office is at 7/35 Old Northern Road, BAULKHAM HILLS, 2153, telephone 02-9686-3452.

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SLIPPERY-ELM POWDER

The September edition of the 'Clan Newsletter', which is published by the National Association Of Laryngectomees Clubs in the U.K. Included a precis of the article submitted by our member Mr A T Krasnodebski of Bondi on the use of slippery elm powder for the relief of reflux. The word is travelling around the world.

That National Association celebrated its 20th year this month and has nearly 100 affiliated clubs.

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

CANBERRA

Peter Beasley, a member from Watson, A.C.T., tells me that he too has commenced using slippery elm powder and is finding it quite helpful. He also told me that a group of laryngectomees is meeting monthly in Canberra and they are hoping to form their own club shortly.

Thankyou for your letter Peter and good-luck to these Canberra members.

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

DO YOU TOO HAVE A TIP TO PASS ON TO OTHER MEMBERS?

Please put pen to paper and we will pass it on.
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE
ASSOCIATION OF N.S.W.
18th SEPTEMBER 1996
THE PRESIDENT John Stein opened the
meeting 11.05 am and welcomed the visitors
Roslyn O’Shea and Garth Smithers from
Monach Medical

PRESENT: W Byrnes, J Nicholson, J Stein, J
Chaloner, A Dawson, J Nowland, B Darlington,
S Morley, R Carson, W Lindsay, K Antonsen,
H Stone, J Correia, R Daley, S Lowe, L
Walton, D Nicholson, L Stein, B Dun, M
Hannon, D Youngs, E Lindsay, G Smithers, R
O’Shea, M Lambs, V Daley

MINUTES OF THE AUGUST MEETING as
distributed in Newsletter were accepted on the
motion of J Chaloner, seconded J Nicholson.

SECRETARY/ TREASURERS REPORT.
New Members
On behalf of the committee I wish to welcome
the following new members:
Mr Peter Lehn of Waverley
Mrs P A Levido of Dubbo
Mr Jim McCarrol of Gladesville
Mr John Statham of Portland
Mr R Rosborough of Pendle Hill
Mr Ian Wall of Primbee

We hope that some of these new members will
be able to attend our meetings either in Sydney
or at one of the branches or both.

Hospital Visits Last week my wife and I
visited Mr Les Moore at Liverpool Hospital.
Les was to undergo surgery on Friday and
wants to see us in a couple of weeks time.

I hope that members saw last week’s episode of
‘R.P.A’ which included, in part, John
Chaloner’s visit to a lady at RPA Hospital who
was to undergo a laryngectomy operation.
Followups will be in the next few episodes.

Christmas Party
So far we have twenty bookings for the
Christmas Party. Don’t forget bookings close
on 20th November and the party will be held on
12th December.

Membership Cards If any member would like
to have a membership card (wallet size) then
please let me know and I will post one to you.
The card shows name and address, telephone
number, and a statement “I cannot raise my
voice and am unable to blow air from my
mouth” as well as “I am a laryngectomee and
have no voice box (larynx)” It also has a ‘First-Aid Note’ ‘MOUTH TO NECK
RESUSCITATION IS ESSENTIAL’

Treasurers Report - The association is still in a
sound financial position with a credit balance
$1500.00 more than at the beginning of the
year, with $10,580.00 in the working account.

Report carried on the motion of A Dawson
seconded L Walton.

CORRESPONDENCE:
1. Mr John Williamson advising of change of
address.
2. Western District Branch. Concerning
hospital visitor update, and bages for Newcastle
Branch Committee.
3. NOVUS AUSTRALIA, inviting our
association to be part of their Health & Welfare
site on the Internet.
4. Monach Medical, advising they are now
suppliers of Blom-Singer Voice Restoration
products. They have offices in Sydney,
Melbourne and Brisbane.
5. Mr Peter Beasley of Watson, ACT, including
a donation advising us that he finds slippery
elm powder quite good and that a small group of
Laryngectomees meets monthly in Canberra.
6. Mrs Dawn Dyer of Budgegowi with
photographs of her husband Alan in his garden
for use in the reprint of “You Can Say That
Again”
7. Mr John Stein of Northbridge with
photographs for reprint.
8. Mrs Margaret Silver with photographs of her
Albert at golf and at work for the reprint.
9. Mr S R Singh of Fiji asking for confirmation
that his subs are up to date and correcting his
initials on the address list.
10. Mrs Jo Nowland of Padstow Heights
enclosing a donation of $50.00
11. Mr E Lindsay of Bateau Bay, payment for
showershield.
Elaine Jackson (who won the pen set) found she was feeling the cold windy blasts of winter so knitted herself some stoma covers and kindly sent me some. If anyone would like one to wear or copy the design I will send one. I think they are great - thanks Elaine.

Hope you all watched RPA on Channel 9, 12/9/96, I thought John Chaloner came over very well and who knows - maybe this will be his forte and we will be asking for his autograph. (I’m already dining out on the fact that I know him - Ed)

A gentleman from Brisbane who had seen the show phoned me wanting to contact John as they had worked together many years ago in New Guinea and had lost touch with each other. Congratulations John - you are a wonderful advertisement for the Association.

John Stein has a tape of the show if anyone wants to borrow it.

Had letters from: 1. John Devenney with press cuttings from their anniversary party, 2. Jane and Jack Darby who will be attending the Christmas party, 3. Thankyou from Leslie Edwards.

Leslie Dear leaves Sunday to spend time in England with her daughter. Bon Voyage Leslie.

Carried on the motion of J Chaloner, seconded B Darlington.

PRESIDENTS REPORT.

Had a call from Dave Smith regards Franz Schubert, a nurse at Taree Base Hospital. Dave met Franz as well as Rob Anderson while visiting the Taree area last month. Franz had joined the Association but no newsletter was reaching him. At Dave’s request I followed this up with John Nicholson who has taken steps to ensure Franz is on the mailing list. Franz travels out to see Rob regularly and assists him with his prosthesis removal and cleaning. That is a big hearted gesture Franz, Well done and welcome to the Association.

Also received a phone call from Kim Amery, speech pathologist from Tamworth Hospital. She was seeking information for a new Laryngectomee, Vince Cashman who was after a shower shield. Vince had sent his Membership application but it had not arrived in Sydney. I put Kim in touch with Lilah and John
who organized membership and shield for him. I rang Kim next day to tell of progress and pass on information to help Vince cope with life as a 'neck breather'. Welcome Vince - we are only a phone call or a letter away if you need help or advice.

Last but by no means least - I am saddened to hear that Frank is so sick. I spoke to Marion last week by phone to re-assure her that we are thinking of Frank and are available for help. Unfortunately due to infection in my family I dare not visit at this point.

Carried on the motion of J Chaloner, seconded B Darlington.

**GENERAL BUSINESS**

1. The meeting decided to have a identity form printed for visitors to leave with patients in case they forget the name of the visitor.
2. Ms Roslyn O'Shea addressed the meeting on the service to be provided to Blok-Singer users. She assured members there should be no change in the price of goods.

There being no further business the chairman closed the meeting at 11.40am after which refreshments and fellowship were enjoyed by all.

President
(John Stein)

**OCTOBER MEETING**

11.00 am, WEDNESDAY 16th
UNITING CHURCH HALL
CARRINGTON AVENUE
STRATHFIELD

This meeting will be preceded by a committee meeting at 10.00 am

Light refreshments will be served after the meeting

SEE YOU THERE!!

COMMITTEE PROFILES No 4

John Nicholson was born and spent his early life in Trundle NSW. He joined the RAAF at 18 and retired as a Wing Commander in 1974. He then took the position of Secretary/Manager of the Hawkesbury District Agricultural Association, from which he retired in 1989. He served in local government from 1974 to 1987. John had his laryngectomy in 1980 and was fortunate to attain oesophageal voice shortly after, so was back at work within the month. After retiring from full time work he felt he had time to be of use to the 'Lost Chord Club' and has been secretary since joining.

He has retained his interest in the Agricultural Association serving as president for two years, and Chief Art Steward for seven years. He also enjoys the occasional game of bowls and is an enthusiastic, if unskilled, gardener.

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

**THOUGHTS ON AGING**

**OR**

**THINGS AIN'T WHAT THEY USED TO BE**

You know inside your head that you are the same person you were when you were twenty -- you don't feel any different - until you try to move quickly! - but so many things have changed:--

the days are getting shorter and there aren't nearly as many in a year as there used to be -- the print in newspapers is much smaller--
the bank tellers and policemen and doctors are all so much younger than they used to be --
they are making the eyes of needles so much smaller --
the summers are hotter and the winters colder and we don't have nearly as many of those beautiful balmy days as we had when we were kids--
stairs are much steeper - you know thats true because you need the help of the railing going down as well as going up --
its further to the corner shop when you need a paper --
you seem to look the same height but you know you must be growing because when you need to pick up a dropped something the floor is much further away --
and isn't it sad that your friends are all looking so old!!!
AGING
or
JUST MATURING?

by John Williamson

Aging is a process, about which I'm not too sure,
Experience is lacking, as I've not been this old before!
Some knowledge did come early, at a healthy sixty-five.
But! Can anybody tell me while I'm still alive,
Of what becoming ag-ed is, the effects, I'd like to know!
This may take a long time, but I'll carry on and grow.
I do not count the wrinkles, or feel that I'm left out.
It's when my Mind becomes evasive, it then creates some doubt.
Is grey hair the first sign, will lust disintegrate?
Have I a need to diet, or will I leave it all to Fate?

I can exercise in many ways, my Life not nullify.
It does require some effort, but will not let Life go by.
There are times my Life's a Foxtrot, a Quickstep mat then follow,
And when I feel it's Waltz Time, of Memories I then borrow.
The timing doesn't matter, myself will get around
Leave the aging moods behind me, and not be too profound.
The attitudes that daily change, can't be hidden any more,
The fact is now accepted - I've not been this old before.

This, then starts me thinking of what I have today
Is a lifetime of experience, that I can share, and may
Say to all who ask me, try to come to terms with Age!
There will be times I'll be morose, within myself a rage!
Some aches require sedation, as frustration with the pain

Creates a problem, physical, in my cared for aging frame.
There is a life to live, a word to give, encourage and enjoy.
Maturation, as it stands with me, but of some aspects coy!
But when I sit and meditate, and quietly add life up
I put to self a question, to which I answer still
"STAND UP"

WE ARE NOT ALONE!!

According to the Japanese Federation of Laryngectomees there are more than THREE HUNDRED THOUSAND laryngectomees in Hong Kong, Malayas, Sri Lanka, Pakistan, Thailand, Nepal, Indonesia, Philippines and Singapore.

SCHOOL TALK
(from CLAN Newsletter)

Tobacco companies claim that smoking tobacco does not kill anyone!!
It's like saying jumping off the Empire State Building doesn't kill anyone. In both cases it's what happens later that ends up killing you!!

N.S.W. CANCER COUNCIL
THANKYOU

The N.S.W. Cancer Council re-imburse our Association the sum of $250.00 each month towards the cost of printing and posting some 350 Newsletters to members and friends here and abroad. This financial assistance is most sincerely appreciated by the members of the Association. The Council has also been most generous in allowing us the use of its rooms for meetings etc.

DONATIONS
At the August meeting Mr Jose Carreira of Stanmore and Mr Bill Lindsay of Bateau Bay each donated $50.00 to the association.

THANKYOU.
CHRISTMAS PARTY ————-1996

TO 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 12.00 noon to 3.00 pm, Saturday 14th December 1996. I enclose $15.00 for each Laryngectomee and/or partner, and/or $25.00 for each non-laryngectomee.

Please include the names of the people in your party so that name tags can be prepared. Would you also please ensure that this coupon is returned to the Treasurer no later than 20th NOVEMBER so that catering can be organized.

TOTAL ENCLOSED..............................

NAME........................................................................................................

ADDRESS...................................................................................................

......................................................................................................................

GUESTS NAMES. 1....................................................................................... 2...................................................................................................................... 3...................................................................................................................... 4...................................................................................................................... 5...................................................................................................................... 6......................................................................................................................

Your receipt will be mailed to you. It will be your entree card to the party so please remember to bring it with you.
NOTICE OF EXTRAORDINARY MEETING.

The Laryngectomy Association of Queensland Inc. is calling a special meeting on Wednesday 23rd October at 10.00 a.m. Qld Cancer Fund Headquarters, William Rudder House, 553 Gregory Terrace Fortitude Valley.

BUSINESS OF MEETING: A special resolution will be put to members that the end of financial year be changed from the 31st December, to the 30th November each year.

This proposal follows extensive discussions between our Treasurer, the Department of Consumer Affairs and our Auditors, as we have now had problems 2 years running in having the audited accounts ready for presentation at our Annual General Meeting, and for submission to the Department by their required date.

Although it is only one month earlier, the timing of accountancy activity means our Accounts arrive to be done at a much more suitable time.

PLEASE NOTE! This Meeting will take the place of the usual General Meeting which would have taken place on the third Wednesday of October, in order to give adequate notice of the above proposed resolution.

Please come along, meet new friends & bring a plate to share for morning tea if you can. Parking available underneath the building. Any Bus to the Ekka will take you there. Stop 7, Corner of Brunswick St & Gregory Tce.

Mark your diary now WEDNESDAY 23rd OCTOBER. 10 a.m.

ALSO for those of you who have missed seeing the truly OUTSTANDING story of Delores having her laryngectomy on R.P.H. (Thursdays 9pm Channel 9) we will play the tape. We certainly hope all Support Groups have made copies of this wonderful film for publicity & education use.
BRIGHTON BOWLS CLUB  CHARITY DAY

Sponsors:-
Carlton United Breweries (Qld), Tastee Products, Belvedere Hotel (Woody Point)
Michael Larter Chemist (Woody Point) and Coca Cola Amatil (Qld) Ltd

Once again the wonderful bayside community hosted and participated in the greatest fund-raising event in our calendar. Ken and Eileen Crockatt were again the organising force of an incredible band of helpers and the atmosphere was wonderful. Although the 4th green was officially resting, special dispensation was sought and granted for use on the day to accommodate all the players that registered to play. Bob Talt from the Belvedere sold raffle tickets during the morning to assist the final amount- which was an amazing $5029!! which is after expenses.

Thankyou to everyone who participated particularly the President & members of Brighton Bowls Club. Alan, Trevor, Jim & all the regular supporters including the laryngectomees, their families and friends who came to enjoy the day and show their support.

The array of prizes was amazing and I hope my missing camera turns up soon so I can include photos in the next issue. As President of the Association I would like to express our truly heartfelt appreciation of the hardwork done by such supporters of our welfare.

Very sincerely
Heather Winstone.

A SPECIAL TRIBUTE from Norm Fredericks.
Written "On The Spot" Brighton Bowls Club.

To me words at times are meaningless, but special words to a special person mean quite a lot.
Yes, I am writing about a Great Man (Mr Ken Crockatt).

To you new members, this person is a remarkable man. In eight years this gentleman with his tremendous band of hard workers has raised $50,000 for our Association - to help supply the information Kits to you, help supporting each other through the bimonthly newsletter, and help in the purchase of all types of aids and equipment. So you can see in your Executive staff emotions really run high for this person on this very special Brighton Bowls Club Day.

Also a word of Praise to all our sponsors- Thankyou Again! A job well done. Being the year of the Olympics one would have thought one of the chocolate companies would have donated their "GOLD Chocolate medals" to all you unknown workers for the Club. The only "Gold" I saw (and had) was the liquid kind.

THE CARNIVAL

You know, I did not realise BOWLS was such a violent sport. Last year "Jack" got a hiding, and this year I felt sorry for "Kitty" as it was her turn this year. When you come to think of it here are some of the terms used (with my version/interpretation)

A. USE THE GRASS (Bring a blanket)
B. TRY FOR JACK (A glutton for punishment)
C. GO FOR KITTY (Domestic violence)
D. BACK DOOR (A narrow escape)
E. PUT A BRAKE ON THE SKATES (Moving too fast)
F. GET ON THE PILLS (Whoa Neddy)
G. 2 FINGER SIGN (Two to the Valley)
H. OUTSTRETCHED HANDS (Typical Fish Story)

These are probably only a few expressions used in the game, and being a NOVICE I was upset at the "violence" involved - it would be too much for my overworked TICAL as I would have to swallow more PILLS.

Luckily for us the day was fine with a slight breeze and everyone enjoyed the day and the "liquid".

Some people even won on the Pokies!

So in closing, WELL DONE BRIGHTON BOWLS CLUB, SPONSORS & HARD WORKERS

Kindest Regards on behalf of the Laryngectomee Club

"Sir" Norman.
The day I received that devastating phone call from John Quayle - "Sorry Grahame, it is cancer" the questions which we have all experienced started rushing through my mind. As I was home alone and facing a Laryngectomy at least, I thought I would discuss my predicament with the motor cycle that I was rebuilding. I lit up a cigarette, sat down on a stool, and went through the pros and cons of the situation and the effects it would have on my future. I finally came to the realisation that there was no reason that I could not continue to have a fairly normal lifestyle after surgery and go ahead with the rebuild of both my life and my bike.

I was rebuilding the motor cycle to my own appearance and requirements. It is a 1966 Suzuki T20 Hustler which is a six speed 250cc two stroke. Estimated speed of approximately 150-160 kms per hour. I was rebuilding it for use at the Time Regularity events at Lakeside Motor Raceway.

It was 18 months after my treatment that the bike was completed and with the annual classic race meeting, I finally fulfilled that promise I made to myself. No trophies were won by me for the bike events over the two days of racing but I received huge personal satisfaction. This to me was the biggest trophy of all.

One of Grahame's bikes ridden by his younger brother won the 350cc production Class at the very first motorcycle race meeting held at Lakeside and recently they were invited back to the Historic 30 year Anniversary Meeting at Lakeside.

Concerned about the effects of air rushing down his stoma Graham has created an ingenious protector based on the shape of the shower shield. He moulded wet leather (available as offcuts in craft shops) over a wooden mould to dry, and found it very effective against the 40 knot headwinds that were blowing that day.

Grahame who is now almost 2 years post-op, has excellent speech with an electrolarynx and would be happy to hear from other enthusiasts. 42 Bulgin Ave., Wymnum North 0 4178.
Message from the Executive Officer

- the Review of DSP recipients (who moved to DSP more than five years ago without a medical review)
- “Some minor changes of revised impairment tables” to ensure that those customers whose impairments only have a relatively small impact on their overall ability to work will not be eligible for DSP
- the increase in co-payments and changes to access to the Pharmaceutical Benefits Scheme
- the absolute lack of mention of mental health issues except for the National Youth Suicide Strategy and the training of general practitioners and health workers
- the deferred consideration of the election commitment to assistance for students with disabilities; and
- the reduced backdating of Child Disability Allowance

Sue Collins - Executive Officer

September and Springtime is here!
- Or is it?

In the aftermath of the first Commonwealth Coalition Government budget handed down in fourteen years, it may be a little hard for people with disabilities, the aged, indigenous Australians, migrants, students and the unemployed to believe that spring has come!

While much will be made of the positive measures outlined in the budget such as:
- 1000 New employment places for people with disabilities who are in receipt of DSP
- Commitment to maintain growth in the HACC Funding Program
- Enhanced access to child care for children with disabilities
- Retention of advocacy services, the National Relay Service, the Continence Aids Assistance Scheme and the Print Disability Scheme
- Additional funding over the next four years for respite services and carers.

The negative impact of:
- the Implementation of a National Fees Policy for HACC Services

Queensland Transcultural Mental Health Centre (QTMHC)

“A Little Understanding”

This video deals with stigma associated with mental illness and is available in eleven community languages

The videos can be borrowed from Penny Morris, Administration Officer, ATHMC, on 3240 2833

How and When to Write Policies and Procedures

There are some stocks of this valuable resource still available at a nominal charge of $10.00. It is a great addition to every organisation’s library. For your copy phone or write to:

ACROD Qld Divison
One Park Road, Milton, 4064
Ph: (07) 3367 1605
We will send the booklet and an invoice

What’s on? 2
Disability Discrimination in Schools - National Phone-in 2
Assisted and Substituted Decisions 2
Unmet Needs Campaign Update 3
Institutional Reform
Update

ACROD is the National Industry Association for Disability Services. Our mission is to promote the development of quality services and life opportunities for Australians with disabilities.
When you eat such foods as rice, they can stick to the back of the valve thus causing leakages. If you are wearing a valve, after your meal, take a sip of water then place your finger on your stoma, tilt your head back and gargle. This will clean the back of the valve. If you are wearing a cover, you don’t have to place your finger on the stoma.

Here’s how to keep the stoma cover adhering to your neck for over 10 hours without leakage. First clean the area with Medi swab then wipe with the Mentor Urology Shield Skin. This will allow the area to be covered and water-proof and will protect the skin around the stoma. You must let it dry for at least 3-4 minutes. I then coat with adhesive a little area behind the strap of the prosthetic and place the strap in place. Then I cover the strap with a small piece of micro tape and then brush on the adhesive over the tape around the stoma area. Again, wait at least 4 to 5 minutes to place the cover in position. Always remember to cut the strap of your valve so that it is covered.

Another tip about covers - I use a foam adhesive disc. I use a large size and cut a little from the housing so that the foam is slightly larger than the housing. This will make the cover more comfortable round the neck and will also help keep the unit stuck to your neck. When too much mucus covers the valve opening and prevents voice, I use an axie brush. This is commonly used for smear tests. The nurse from my local GP supplies me with some and I always carry one with me in case blockages occur when I am out. But take care when you use the axie brush to ensure that you do not push it too far up the valve — only use it at the opening. Sometimes when using a new valve, no voice is achieved. A hot drink may wash away lubricant and soften the back of the valve. I always use two valves and change them alternately every 5 days. The valve that I am not using I leave in the water with the addition of a quarter of a sterilising tablet. I should stress that all the above is based on my own experience and, of course, not everyone is the same.

Peter Gadalla, Larks Club, Barnet

POET’S CORNER

Two poems by Jean McKenna from Glossop in Derbyshire:

Ode to Laryngectomees
I am a Laryngectomee
But please don’t stop and stare
For I am just the same as you
There’s just no voice box there!

Instead I have a stoma
A hole from which I speak
I cover this quite cleverly
So I don’t look a freak.

Please don’t just walk away from me
Afraid of what you see
Just please stop and talk awhile
This voice belongs to me!

My friends all seem to shy away
Afraid of what to say
But it’s still me behind this voice
God is allowing me to stay!

Ode to Ward 8
I came to Manchester Royal one day
To have a biopsy
And then I got the awful news
The ‘Big C’ had got me!

I felt so sorry for myself
I felt anger, grief and hate
But the nurses they all calmed me down
They are like that on Ward 8.

I had a laryngectomy
I started grieving for my voice
But the Doc he said: “It’s do or die”
So I really had no choice!

So thanks so much for being there
And showing that you care
And if I ever win the lottery
Ward 8 will get a share!

Speaking Out

It is, indeed, very uplifting to read of the many fund-raising achievements of the various clubs. Also the way so many laryngectomees overcome the trauma of speech loss. However, I feel I must speak out on behalf of the not so affluent clubs struggling along to help those for whom life as a laryngectomee is anything but just another of life’s little upsets. As a laryngectomee of 11 years, I was extremely grateful for the pre- and post-op support I received from my club. Meeting other laryngectomees was not only a great help, it was also an eye opener in as much as I discovered that, although I had much more than just my larynx removed, there were and are many who need constant care and attention.

No doubt the clubs that are capable of raising large amounts to purchase equipment for their local ENT wards are providing a valuable service. No doubt government ministers are only too happy to let them take the cost and responsibility of supplying expensive and essential equipment out of their hands. I wonder how long it will be before artificial aids, be they limbs, wheelchairs or speech aids, are no longer supplied by the NHS.

Distressing

My wife and I are members of Gateshead Voluntary Organisation Council and come across many distressing circumstances where the disabled are reliant on the help provided by charities and carers. I believe the money collected by voluntary organisations should be matched by the government pound for pound.

Ken Whiley and "friend" Chloe on his recent visit to the Young 8 Jacksons Pub in Melbourne, Australia. Painting by Jules Lefebvre.

I wonder if readers have come across the following situations:

- one of our members was told by the local DSS not to worry - the hole in his neck would soon heal up;
- another was told to return the Servox as she did not live in the area that supplied it;
- another was told that loss of voice did not stop him writing any conversation down.

Perhaps they do not complain because they are sure they will be told, in the words of one PM, not to be moaning minnies.

D. B. Collins, TALK Club NE

Are You A Donor?

A number of laryngectomees have recently raised the issue of being blood donors. The Blood Transfusion Service (BTS) has been appealing for donors. Now, Ken Whiley writes that he regularly gave blood before his operation but, after it, was told that the BTS could not take the chance. Ken later asked his Consultant what he thought and he said that he saw no risk but that it was up to the BTS to decide. We are now interested to know if other laryngectomees have had their offers to donate blood rejected or whether any actually are donors. Please let us know.

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FROM THE EDITOR.  This edition comes just from Heather, as Sue is unbelievably busy in her job as Executive Officer of ACROD. To give you some idea of what her work involves I've put the front page of the newsletter she produces into this issue. My apologies for missing letters either lines but my printer is playing up just as the deadline approaches. As you can see we've had some thoughts for a name for our newsletter and we hope these samples will inspire some more brilliant ideas as we'll definitely have a name for the first issue in 1997 and at present we can't agree on a winner. Next time you can't sleep how about thinking of names- and don't forget to have a pen and paper ready so you don't lose that brilliant thought that comes in the night! We're thrilled also to be bringing you another members story in this issue. We know that's what everyone likes best- to hear from fellow laro's and learn what life is like for them, so please these stories coming in. Welcome to our new readers; & Good or Better Health as we move into Summer Cheers Heather

A couple of issues ago we reported on Jenny Frisby's speech at our Seminar. Jenny spoke about the various types of voice prostheses, but in particular the indwelling "permanent" Blom Singer which has been used for some time now at the Royal Brisbane Hospital. To present an even picture, Garry Trotman from Pacific Medical has researched all the latest findings on the other long term prosthesis- the Provox, which has been used for some time at the Princess Alexandra Hospital. Anyone wishing to read the other article should ring Norm or write to us requesting a copy.

Although the studies at our major hospitals have not finished yet, it seems that the life of any prosthesis is most directly affected by Candida growth.

PROVOX by Garry Trotman    Technical Consultant, Pacific Medical P/L

What Is Provox?

Provox is a tracheoesophageal (fistula valve) voice prosthesis similar in design and function to the Bivona and Blom-Singer prostheses.

It is a soft silicone cylinder with a hinged valve and large retention flanges. An internal teflon ring provides radial strength and helps prevent Candida growth from blocking the valve on the tracheal side.

Provox is manufactured in Sweden by Aros Medical and distributed in Australasia by Pacific Medical as a complement to the Bivona range. It was developed by the Netherlands Cancer Institute in 1988 and is now widely used throughout the world.
What Do The Technical Publications Tell Us About Provox Usage?

Following is a summary of basic data taken from the publications on Provox.

2. Hilgers  Long-Term Results...with The Low Resistance, Indwelling Provox Voice Prosthesis System. Netherlands 1993
3. Weissenbruch  Vocal Rehabilitation After Total Laryngectomy Using the Provox Voice Prosthesis. Belgium 1993
4. Dogan  Prosthetic Voice Rehabilitation Results. Turkey 1995
5. Callanan  Provox Valve Use For Post-Laryngectomy Voice Rehabilitation Bristol, UK 1995

**Indwelling Times of the Provox**

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<th>MEAN</th>
<th>MEDIAN</th>
<th>PATIENTS</th>
<th>STUDY</th>
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<td>1. 14 to 210 days</td>
<td>120 days</td>
<td>NA</td>
<td>9</td>
<td>4 yrs</td>
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<tr>
<td>2. 21 to 1230 days</td>
<td>235 days</td>
<td>141 days</td>
<td>132</td>
<td>4 yrs</td>
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<tr>
<td>3. 91 to 730 days</td>
<td>162 days</td>
<td>NA</td>
<td>37</td>
<td>2 yrs</td>
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<tr>
<td>4. 365 to 786 days</td>
<td>545 days</td>
<td>NA</td>
<td>75</td>
<td>2 yrs</td>
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<tr>
<td>5. 31 to 559 days</td>
<td>148 days</td>
<td>NA</td>
<td>28</td>
<td>2 yrs</td>
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<tr>
<td>6. 31 to 365 days</td>
<td>NA</td>
<td>137 days</td>
<td>39</td>
<td>2 yrs</td>
</tr>
</tbody>
</table>

**Voice Quality Using the Provox**

1. Fair to Excellent 100% [mixed BlomSinger & Provox]
2. Fair to Good 91%
3. Fair to Good 95%
4. Fair to Good 92%
5. Fair to Good 85%
6. Not Available

**Interesting Comments**

1. Candida was found on nearly all removed prostheses - both BlomSinger and Provox. Patients with best results had a primary puncture.
2. No age limit is necessary on Provox usage. 10% were over 80 years of age.
3. Candida is the most common cause of prosthesis leakage. Nystatin solution should be used on the cleaning brush.
4. Provox voice was more intelligible than BlomSinger.
5. Only minor problems were encountered with the management of Provox valves. The high rate of intelligibility was encouraging.
6. In Manchester, as in other centres, the Provox valve has gained popularity and is now the most commonly used prosthesis.
Thank you to everyone who wrote in asking how important their endoscopists are to them. More on this next time.

QLD SUPPORT GROUPS
L.A.Q. Third Wed every 2 month
Qld Cancer Fund 553 Gregory Tce 10.30am
(this month 23rd October)
Partner support Gloria O'Hanlon 38575646

R.B.H. Head & Neck Support Group
Second Thurs every month 2-3pm (Oct 10th)
Good Samaritan Sisters 126A Fuller Street
Lutwyche (Plenty of parking)
Contact: Jen Frisby Ph 3253 8026

P A.H. Laryngect. Support Group
First Mon every month 10.30-12, Rehabilitation Unit P.A.
Contact : Liz Reeves Ph 3240 5006

SUNSHINE COAST Support Group
First Thurs every 2nd month 10.30
Nambour RSL (next 1st August)
Contact: Robyn Vincent 074 706747

TOOWOOMBA Laryngect. Support Group
First Fri every second month 12.30
Speech Dept, Cossart House Twaba Hospital
Contact Danielle Hornsey 076 316345

GOLD COAST Laryngect Support Group
5 O J Casey Education Centre
Cnr Nerang & Little High Streets St. Joseph's.
Contact Michelle Brown 075 571 8211
There will be a SOCIAL BBQ
WED 26th SEPTEMBER 11.30 -12. start
Gold Coast City Council Chambers Bundall.
Enquiries to Michelle ( Pager 529)

Des Kurz from Qld Ambulance to speak on
First Aid etc THURS 31st OCT 10 am
Gold Coast Hospital Ward 10.

REDCLIFFE (& BAYSIDE) Support Group
Third Friday of every month 10.30am
Redcliffe R.L.
Speech Dept Meghan Ph 3883 0883
Info/Support Anne Miller 3205 3278

TOWNSVILLE GROUPS
Head & Neck Grp Last Friday every month
Level 6 Oncology Bldg TGH 10 Contact G
Georgina Tutt 077 819454
Laryngect Support Group
Townsville RSL 5pm last Fri each month

ROCKHAMPTON Laryngect Support Group
Contact Marian Foxcroft 079 31621

MACKAY Last Friday every month
10am to 11 am at Mackay Base Hosp.
Contact: Kylie McGrath 079 515 279

Would all support Groups send any information about Christmas Gatherings in by November 13th please to make the Christmas issue.

PRICELIST OF CURRENT SUPPLIES.

FOAM SHEETS $ 2.50
PLEASE STATE THICKNESS REQUIRED
2.8, 3. 3.5, 4. 4.5
(IF YOU ARE UNSURE OF THICKNESS
PLEASE RING OR WRITE REQUESTING
SAMPLES)

INDIVIDUAL PREPACKED FILTERS
(WHITE OR TAN) 70 cents each

DOUBLE SIDED TAPE $ 2.50

STOMA COVERS- SINGLE SIDE (FRONT) $4
DOUBLE SIDE (FRONT & BACK) $6.

PERSONAL ALARMs 6.00

SHOWER SHIELDS 23.00

LEATHER BELT POUCHES 15.00

BUCHANAN FILTERS
(LARGE or SMALL) 8.50 7.50

SELF-HELP FOR THE LARYNGECTOMEE
PH 3258 2259 $15
OFFICE OPEN WEDNESDAYS

END OF YEAR SOCIAL OUTING.
MARK THOSE CALENDARS NOW !!!!!
SATURDAY 30TH NOVEMBER.

YOU ARE INVITED FOR LUNCH TO
JOHN & RIKKI COONEY, 8GS Wilson Drive
NANANGO 4615.

They live on 5 acres of garden they've created
themselves and would love to see a crowd there.
A bus will pick up people at the Qld Cancer Fun
in the city, and at P.A.Hospital. We'll be picking
up en route through Ipswich & along the road
as long as we know you're coming. Either write
or ring or tell your Support Group organiser as
we need to know the numbers for the bus.

No swimming allowed in the dam.

THIS NEWSLETTER WAS PRODUCED WITH THE ASSISTANCE OF THE QUEENSLAND CANCER FUND.
EDITORIAL

POST OPERATIVE COSTS

In the August Newsletter mention was made of the efforts taken by the Australian Cancer Council (ACS) to obtain financial assistance, from the Federal Government, for those laryngectomees who need such assistance. Well, the Government has advised the ACS “there is no capacity with existing programs to provide the assistance you are seeking”

The Cancer Society has advised the Department of Health and Family Services of its disappointment in the reply of that department.

It now seems that we will have to generate enough political heat to force the Commonwealth Government to provide special funding, and the Cancer Society intends to raise this aspect with the Patient Affairs & Support Services committee at its meeting on the 27th September 1996. Advice on the planned action will be reported in the next Newsletter.

PHOTOGRAPHS NEEDED

As you are aware it is intended that the booklet “You Can Say That Again” be updated and reprinted by the ACS in the near future. We mentioned in the last Newsletter that the ACS would like to include photographs of laryngectomees at work or at play in the new edition. Are all our readers so shy that they have no such photographs? So far we have not received one photograph so we are urgently seeking your assistance. Please send us any such photographs as soon as possible.

CHRISTMAS PARTY

There is still plenty of time to make your booking for this years Christmas party but it would help us if you would send in your booking slip and money to the secretary as soon as possible. Bookings close on the 20th November and the party is on 14th December at the Kirribilli Ex-Services Club.

VIDEOS

The ACS has received a copy of the new video “Check The Neck” and we have been lent a copy to comment on its usefulness. This is an excellent production and we will be recommending it be used by the St John Ambulance and others involved in rescue operations.

The Best Advice I Ever Had - but only half took : “Never marry for money - but don’t fall in love where there isn’t any.”
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE
ASSOCIATION OF NSW HELD ON
WEDNESDAY 21st AUGUST 1996 IN
THE UNITING CHURCH HALL,
CARRINGTON STREET, STRATHFIELD.

PRESENT: J Stein (Chairman), B Darlington,
J Nicholson, O Harvey, J Nowland, R Daly, J
Costigan, S Lowe, D Newby, B Halliburton, L
Walton, D Nicholson, L Stein, D Harvey, B
Dun, V Daly, M Silver, M Halliburton

APOLOGIES were accepted from: J Chaloner,
F Coughlan, M Lyons, E Lindsay, W Lindsay,
B Byrnes, P Rogers.

THE PRESIDENT OPENED THE
MEETING welcoming new members Oliver
and Dawn Harvey and a visitor B Dun.

SECRETARY'S REPORT.
REPRINT- YOU CAN SAY THAT AGAIN:
In the last Newsletter I sought photographs of
laryngectomees back at work or at play for
inclusion in this reprint. Not one has been
received so I again seek YOUR co-operation as
this is a matter of urgency.

POST-OPERATIVE COSTS. Despite the
efforts by the Australian Cancer Society the
Commonwealth Department of Health and
Family Services has advised the ACS “there is
no capacity within existing programs to provide
the assistance you are seeking”. It seems we
will have to generate political heat if we are to
have any joy in this matter. Further reports in
following Newsletters.

VIDEOS. The ACS has provided me with a
copy of the new video just received from the
USA. Titled “Check the Neck” this video is
excellent and we will endeavour to obtain more
copies for use by emergency personnel and
ourselves.

CHRISTMAS PARTY. Although members
have until 20th November to book for the
Christmas party it would assist us if you could
book as soon as possible.

MEMBERSHIP
It is with great regret that I report the deaths of the following members:-
Mr Ken Moffat of Como West
Mr R Harvey of Coonabarabran
Mr Daniel McKeown of Pendle Hill
Mr A A Barnett of Croydon
Mr W Arnold of Beralta
Mr E Fogarty of Yagoona West
Mr A Edwards of Brunswick Heads
Mr G C Vincent of Sylvania Waters
We extend our deepest sympathy to the family
and friends of these departed members.

On behalf of the Association’s committee I
extend a welcome to the following new
members:- Miss Michelle Brown, Speech
pathologist of Gold Coast Hospital and Mr R J
Wilkie of Pymble.

Accepted on the motion of B Darlington,
seconded J Stein.

CORRESPONDENCE
1. Mahlab Information - seeking advertising in
their directory
2. Laryngectomee Association of WA seeking
information on batteries.
3. Mr J Morgan of Beralta seeking raffle tickets
and including most interesting cutting from a
Queensland newspaper with information and
photographs of laryngectomee support groups.
4. Mrs E Sloane, Mollymook enclosing
payment for batteries.
5. Mrs L Moffat, Como West including a
donation of $50 and advising of the death of her
husband, Ken.
6. Mr John Williamson, Maroubra including a
number of his poems.
7. Mrs Lorna Andrew, Old Bar - raffle tickets
9. Australian Ability Celebration - Hyde Park
Gathering on 8th September - urging our
members to attend.
10. HealthLink - Western Sydney - seeking
information for their records.
11. NICAN Seeking updated information for
their records.
12. Directory of Australian Associations -
seeking update for their records.
13. Mrs Marj Harvey of Coonabarabran
advising us that her husband Ray died on 24th
July.
14. Australian Cancer Society Minutes of the
1996 National Laryngeal Support Committee
meeting
15. Australian Cancer Society Providing details of the Expired Air Resuscitation-Mouth to Stoma Method as approved by the Australian Resuscitation Council.
16. Australian Cancer Society. Advising that the Federal Government will not provide post-operative assistance to laryngectomees. Seeking our comments.
17. Mr John Chaloner Report on user trials of the Tru-Tone voice aid.
18. New Voice Association of South Aust. Payment for shower shields
19. Vincent and Harvey families thanking the Association for Sympathy cards.
20. Laryngectomee Club of WA including the copy of a letter they had received from Fergus McCabe, Speech Pathologist from Royal Perth Hospital - The text of this letter will be included in this Newsletter.
21. Newsletters from other states and the USA
22. Tru-Tone, USA Advising that the cost of their Tru-Tone has been reduced from US$549.00 to US$485.00
23. Mrs Lorna Belcher SA thanking the Association for expressions of sympathy
24. Adrienne Ingram, Speech Pathologist POW advising that the cost of the tracheostomy tube holders that are available from Pacific Medical Supplies, Melbourne (03-428-8118) are $8.00 velcro and $16.00 elastic.
25. Mrs Jo Nowland enclosing donation of $40.00.

Accepted on the motion of J Nowland, seconded L Walton.

WELFARE OFFICERS REPORT.
After at least three years of applying and subsequent agitation Telstra has at last put our phone numbers in the Sydney Telphone Directory. There are two relevant numbers under Laryngectomee Association.
Had a phone call from a Newcastle Pharmacy re supplies for a Veterans Affairs laryngectomee which I subsequently posted. Rang Vet. Affairs to see if rules could be changed to avoid the circuitous route now being taken to supply such patients - if Vet Affairs won't change the rules I would like to suggest the laryngectomee gets the supplies direct from the Association and gives the receipt to Vet Affairs for reimbursement. I shall keep you posted on developments through the Newsletter.
I was contacted by a Coffs Harbour family, a member of which has a tracheostomy and needs supplies which we do not have, though I was able to put him in touch with the shop in Sydney where some of our members get such supplies. I have some concern about these people who have tracheostomies but are not laryngectomees and would like to remind nursing staff and speech pathologists that these people are most welcome in the Association, the members of which are willing to help where ever possible. Have posted out membership forms when requested.
Gae Vincent rang to tell me her husband had died with a heart attack. Gae became a laryngectomee 22 years ago and did visits to many hospitals for many years. To all who have lost a beloved family member we send our heartfelt sympathy.
Lenore Horton's (SP at Mona Vale Hospital) husband has had an accident - we send our best wishes for a speedy recovery.
Had a letter from Michael Deane of Food Aid, Australia more details of which will be printed elsewhere in this Newsletter.
Have received word that Frank Coughlan is not 100% - for those of you who don't know Frank is the Larry who for many years ran in the Sydney to Surf representing the Association.
We miss you Frank so cheer up and get well.
John Nicholson and John Stein will be having short hospital visits this month to give their wives a break - a speedy recovery to both

Carried on the motion of B Darlington, seconded J Stein.

PRESIDENTS REPORT
I received a phone call from Marion Lyons to tell me that Frank Coughlan has had a slight stroke since the last meeting, but is getting over it. A CAT scan though has shown a slight shadow in one lung so he goes into POW for further investigation on Aug 22nd and should know the results on the following Monday when they see the specialist. Good Luck Frank and Marion - our thoughts are with you.
This month has been very quiet but I would still like to do a bit of earbending if you will allow it.
I would like to repeat my comments on lary visits. We must remember that we only visit by invitation, either by the speech pathologist, doctor, nursing staff or family and even then only with speech pathologist approval — they are fully briefed on the patients emotional and medical state. As we larrys are aware pre and post operative times can be rather difficult as we strive to cope with our changed circumstances to the best of our abilities. Different patients react in different ways while they adjust. Naturally the health professionals are better placed to judge when and if a patient will benefit from a larry visit. Perhaps the best approach would be to be sure all speech pathology departments have a small stock of patient packs so the patient is aware of our existence and the post-operative support that is available from the Association for them and their partners. With the best will in the world it is not for us to intrude, nor can we force someone to allow a visit and no laryngectomyee has to join the Association if he/she does not wish to. I welcome comments on this line either at the meeting or through the Newsletter or a letter to me.

By the way has anybody else tried Tony’s Slippery Elm Powder - I have with some success. J Stein

Carried on the motion of L Walton, seconded S Lowe.

SPEECH AID CO-ORDINATORS REPORT.
1. During Speech Pathology Week a number of laryngectomyees assisted at the display at St Vincents Hospital on the Tuesday and Wednesday — handing out brochures and increasing community awareness. The speech pathologists, Helen and Judy, also gave an interview on the local FM radio station.
2. Things seem to be quiet at the moment — only a couple of aids out on loan and not many requests for batteries.
3. Precis of report on Tru-Tone voice aid - the full report is available from secretary on request: It was found hard to maintain a medium or moderate tone on the unit - either very loose (usually) or quite high. Adjustments were made using the screwdriver supplied with the unit. The adjusting screws are very small and may be difficult for anyone with weak eyesight. The fact that the battery ‘rests’ in place rather than clipping into place makes adjusting and testing simultaneously a three handed job. I feel the Tru-Tone, though a little cheaper to buy, does not have an advantage over the Nu-Voice. Thanks to Bruce Darlington and Bill Eccleston for doing the testing.

Accepted on the motion of J Costigan, seconded B Darlington.

GENERAL BUSINESS
1. We were reminded to watch RPA on Channel 9 on the nights of 12th and 19th September. It was decided to leave any further discussion re hospital visits until we had watched this screening.
2. The Raffle was drawn and the pen sets were won by Mrs Jackson of Belmore and Mr Vineberg of Riverwood — (my sympathy to the rest of you —Ed)
3. Moved D Nicholson, seconded L Stein that the September meeting (18th) be held in the same venue ie the Uniting Church Hall, Carrington Street Strathfield. Carried
4. We were reminded to get our acceptances for the Christmas luncheon as soon as possible - we would like to see you all there.
5. There being no further discussion the president closed the meeting at 12 midday and once again we all enjoyed the tea, coffee, sandwichess and it being a cold day the party pies, and especially the friendly chat that went with the refreshments.

PRESIDENT

NEXT MEETING
Uniting Church Hall, STRATHFIELD
(Carrington Avenue)
Committee Meeting 10am
General Meeting 11am
18th September 1996
Followed by light refreshments
Free car parking on site!
COMMITTEE PROFILE - No 3
JOHN CHALONER.
JOHN is 48 and had his laryngectomy just before his 42nd birthday. He is married to Clarissa and they live in a house ruled by two cats.
His working life has been spent in the airline industry, and included two years in New Guinea. After retrenchment in 1992 he was unemployed for 18 months and now does temporary work while looking for a permanent position.
His interests are aviation, travel, current affairs and watching cricket.
As well as being our 'speech aids co-ordinator' he is our 'visitor' at St Vincents Hospital.
Last year John and Clarissa took 14 weeks off from this very busy life for a long planned trip through Europe and the U K.
( Don't forget John will be appearing on Channel 9 in the RPA series this month )

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INDWELLING VOICE PROSTHESIS
PROS & CONS

PROS
1. Because of how securely it fits into the fistula this valve does not have to be changed as frequently as its thinner cousin and can stay in place for three or four months without any difficulty. During this time however it does need to be cleaned daily and there is a system of brushes and pipets used to clean inside the valve while it sits in the fistula.
Just a note of caution - people should be aware that it is important not to push the cleaning brush through the valve to the other side as it will break or weaken the little trapdoor at the other end. Using the new type of brushes with a small little plastic collar, positioned at the right spot, or indeed just trimming back the bristles and colouring them with an indelible marker can help let you know when to stop before you push too far.

2. Because of the lower resistance to the air it can be easier to produce voice with this valve and so it can be a more useful option for somebody with poor breath support. If the patient coughs alof however then sputum can get lodged in the now wider valve and so could cut off voice thus requiring frequent cleaning with the brushes and pipets.

3. Because the valve only has to be changed every three or four months it means that this type of voice can be offered to a patient who in the past may not have been able to use the Blom-Singer valve due to not being able to manage the changing and cleaning process. I am sure that you would agree that it is more reasonable to ask the speech pathologist to see you three or four times a year to change the valve ( if that allows you to have voice for that year). So now older patients or those without anybody to help them change the Blom-Singer can be offered the new type.

4. The Indwelling Blom-Singer valve is supplied with the retention strap which you are all familiar with seeing taped onto the patients neck. However, because this valve is quite secure when placed in the fistula, this strap can be cut off. This along with the fact that the valve itself is see-through silicone as opposed to white like the old one, means that it is rather unobtrusive and fits at the back of the stoma relatively out of sight.

CONS
1. The most significant negative of the new indwelling valve is the fact that it is quite prone to attack by thrush or candida. The fungus impregnates the valve, lives off it and quickly results in leakage of fluid. The only way of preventing this is to request a protective treatment of anti-fungal medication from your GP and to take it on a regular basis. The dose you need is very much dependant on how prone you are to infection.

2. Another strange little negative that goes along with this valve is that, because of its size, dry fibrous or bitty foods, for instance like Allbran or wholegrain bread or nuts can often lodge in the valve and cause episodes of leakage during a meal. This can be very awkward when you are
having a cup of tea with your salad sandwich and the tea comes shooting through the valve. In my experience when this occurs the only way to really prevent it is for those people who experience this problem is to avoid these types of foods.

3. After radio therapy the tissue in the neck can become very woody or firm. Because of this stretching the fistula up to the size of the valve can become very time consuming. The speech pathologist will very probably quickly get the valve in, however, over time this woody or firm tissue tends to push down on the valve thus prising open the little trapdoor and causing it to leak. In these cases the fistula has to be trained into its new size by regular visits to a speech pathologist for a small stretch. During this time you cannot have the Indwelling valve because it needs to be taken out constantly to allow for this stretching and so we can give you a wide version of the temporary valve that can be put in and out as needed.

4. Because in most cases there is a dependency on the speech pathologist to change the Indwelling valve and this can be difficult for someone who lives a distance from the Clinic eg someone in the country. For this reason it is sometimes more convenient for country patients to remain on the temporary valve and maintain their independence.

So you can see this valve is not the answer to all your problems, however, it is a step in the right direction, a small move towards a more normal post laryngectomy existence. The list I have given is not complete, any difficulties should always be discussed and managed by your speech pathologist who will assess the pros and cons of each situation and discuss them with you. It has been my experience that in most cases, the Indwelling valve is a very useful new addition to my tool box, but it is not a tool that is suitable for every job.

FERGUS MCCABE.

Margaret S was shopping for a jumper and found the one she wanted but it was too expensive, so she continued her search and found the same jumper at a lower price and bought it. When being told the first jumper was of virgin wool she replied “I don’t give a damn what the sheep do, I just want a reasonably priced jumper”!!

FOOD SHARE AUSTRALIA

WHAT IS FOOD SHARE AUSTRALIA?
Food Share Australia (FSA) is a unique, self help, non profit program that will provide Australians who are in necessitous circumstances, on or below the poverty line with the opportunity to purchase wholesome and nutritious good quality food at low cost.

HOW THE PROGRAM OPERATES
Each month, participants pay $15.00 and do two hours COMMUNITY SERVICE of their choice, for which they receive a $30.00-$35.00 package of food and groceries. Additional units may be purchased on the same basis.

To do this FSA will:
1. Set up warehouses (known as Centres) across the country. These Centres will double as re-bagging areas and distribution points for food collection.
2. Establish Host Sites (the enrolment point) to sevice and support participants. Host Sites will be located in Church Halls, Community Centres, Citizen Centres, Schools, Clubs, Scout Halls and other locations able to fill the roll. The Host Sites will also monitor the participants community service.
3. Employ Host Site Developers who will be responsible for training the volunteer Host Site team leaders in their various roles. The Host Sites will enrol a small percentage of their participants to take turns each month assisting in the running of this program.
4. Employ Community Development Officers (human resource professionals) to support the Host Site Developers and local community service and outreach team leaders.
5. Purchase food directly from local growers, producers, wholesalers and distributors.
6. Work with specialists to ensure that each month, a nutritious, well balanced, supplementary food package is provided.

Further information can be obtained from
Food Share Australia Limited
PO Box 203, Queen Victoria Building
SYDNEY 2000.
Telephone 0292672700.

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Unfortunately we don't have room for John Williamson's poetry this month but promise to include some next month--Ed.
ALL CORRESPONDENCE TO: The Secretary, The Laryngectomee Association of NSW, PO Box 58, Richmond NSW 2753 or Fax 045 78 4412.

MONTHLY MEETINGS:

#SYDNEY: Third Wednesday, 11am at NSW Cancer Council Offices, 153-161 Dowling St, Woollahra.

#NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Boras Rd, Broadmeadow.

#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.

#WARRILLA: Third Wednesday, 2.30pm at Warrilla Medical Centre, Belfast St, Warrilla.

#RICHMOND VALLEY: First Wednesday of EVEN NUMBERED MONTHS, 2pm at St. Vincent's Hospital, Avondale Av, Lismore.

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

#DUBBO: Lourdes Hospital, Last Monday of month, 10. am Conference room.

EDITORIAL

NATIONAL LARYNGEAL CANCER SUPPORT COMMITTEE

This committee held its annual meeting at the Australian Cancer Society (ACS) conference room on Wednesday 17th July 1996. Those in attendance were Mr L Lancaster (Victoria), Mr J Maxwell (WA and also representing SA and Tasmania), Mr J Nicholson (NSW), Mrs H Winstone (Queensland), Professor C O'Brien (surgeon), Ms M Patterson (Speech Pathologist), and Mr L Wright (ACS).

A full report on this meeting will be included in the Newsletter when the minutes are received. However I would like to touch, briefly, on some matters.

POST OPERATIVE COSTS

The ACS is still endeavouring to obtain some financial assistance, from the Federal Government, for those laryngectomees who need such assistance. To date the Department of Health and Family Services has not replied to the latest submission from the ACS.

'YOU CAN SAY THAT AGAIN' (YCSA)

This publication has been revised, and updated where necessary, and it will be reprinted, with amendments, and will continue to be used as the principal resource book for new patients.

The committee would like to include in the reprint, photographs of laryngectomees 'back at work' and the Laryngectomee Association of NSW has been asked to obtain these photographs. Some photographs may be shown inside the booklet, and some on the cover. Therefore I am asking for your assistance in this regard. We need photographs, preferably black and white, showing 'larrys' at work (or play) and they should be sent to your Secretary at PO Box 58, RICHMOND, NSW, 2753, as soon as possible. Any size photographs are acceptable.

VIDEOS

The ACS has sought a copy of the video 'Check the Neck' from the American Cancer Society and when received it will be reviewed to determine its distribution in Australia. According to information so far received on this video it is a well produced informative film.

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IF YOU NEED AN EXCUSE—Researchers say 'Great minds have messy desks, and the more creative the householders, the poorer the housekeeping.'
RPA TV PROGRAM
Earlier this year we reported that a laryngectomy operation would be featured in an episode of the TV Documentary 'RPA' on Channel 9. Last week, John Chaloner, our Speech Aids Co-ordinator, who appears in this episode, was advised by Channel 9 that it is planned to show this sequence on Thursday 12th September, and Thursday 19th September 1996. Check your TV guides for times!!

TRU-TONE VOICE AID
The new aid is still being evaluated by two of our members and their reports will be presented at our August meeting. We will include their reports/recommendations in our next newsletter.

RAFFLE The response by members to the raffle for the pen sets has been excellent. To date (28th July) we have received $508.00 from the sale of tickets and the draw will be made at the meeting on the 21st August.

MINUTES
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE ASSOCIATION OF NSW HELD IN THE UNITING CHURCH HALL, STRATHFIELD AT 11AM, WEDNESDAY, 17TH JULY 1996

PRESENT: John Stein (chairman), W Byrne, B Darlington, F Coughlan, P Rogers, W Lindsay, J Nowland, S Lowe, H Darling, H Stone, V Garisyme, D Newby, K Antonsen, A Krasnodebski, L Walton, M Silver, M Lyons, E Lindsay, D Nicholson, L Stein, D Butler, N Hannon.

APOLOGIES were accepted from John Chaloner and John Nicholson.

THE MINUTES OF THE JUNE MEETING, as circulated were accepted on the motion of B Darlington, seconded D Nicholson

In opening the meeting the President welcomed new members and visitors and expressed the hope that they would continue to attend future meetings.

SECRETARYS REPORT

NATIONAL LARYNGEAL CANCER SUPPORT COMMITTEE. I apologise for my absence from today's meeting as I am attending the annual meeting of this committee at the Australian Cancer Society in Sydney.

Representatives from all over Australia together with specialist service representatives will be in attendance.

One subject on the agenda is the Hospital Visiting Scheme and I hope there is some progress to report in the August newsletter.

NEW MEMBERS. I would like to welcome the following new members and extend to them an invitation to attend our meetings: Mr T G Chiplin of Narrabeen; and Mr A S Shepherd of Waterloo. Mr Shepherd had his operation at RPA in June at the good age of 82. Meredith Rodenhuis, Speech Pathologist assures me that Mr Shepherd is managing exceptionally well.

HOSPITAL VISITS. Last Sunday my wife and I visited Mr P Parmeter at Liverpool Hospital. He had his operation a couple of weeks ago and was going home to Casula on Monday. He is coping very well. There was another gentleman in the hospital who was to be operated on on Monday but he preferred not to have a visit until after his operation.

Bruce Darlington visited at RPA Mr Syd Shepherd who was unable to make up his mind whether to have an operation. He was happy to talk to Bruce but still had not made a decision, Bruce is hoping to hear again soon.

VALE It is with sincere regret that we report the death of Marten Kealy of Gosford and our condolences go to his daughter Jill of Petersham, his other family members and friends.

DONATIONS I wish to thank the following members for their generous donations: Mr J West of Croydon, Mr Jo Nowland of Padstow Heights, Mr GL Browne of Drummoyne, and Mrs J Nolan of Campsie.

MEETING VENUE I hope that discussion on the venue for future meetings will take place today. I would also like to thank Ann Taylor of Parramatta Branch for her advice on St Brendans Church at Annandale.

CORRESPONDENCE since June meeting:
1. International Association of Laryngectomees, USA Newsletter, agenda for forthcoming conference.
Page 3
and a list of suppliers of items for laryngectomees in USA.
2. Uniting Church, Strathfield. Approval to use their Fellowship room for a meeting on 17th July and a list of conditions
3. Mr A T Kransnodebski of Bondi (see letters to the editor)
4. John and Margaret Clyne of Rose Bay, progress report on John and seeking more raffle tickets.
5 Mr J Gordon of Padstow seeking information on tracheostomy tube holders.
6. Mrs N Logue ditto.
7. Mr Ray Johnson of Gilgandra. Expressing sorrow at the death of Ray Barnett.
8. Mr Hec Davis of Wagga. Progress report on his treatment and speech therapy.
9. Mrs Jo Nowland enclosing donation and reporting that she is now out of hospital.
10. New Voice Association of South Australia - payment for shower shields.
11. Mr Alan Dawson of Eastwood advising of the death of Martin Kealey of Gosford.
12. Mrs Jean Nolan of Campsie donation and her appreciation of the Newsletter.
13. Daphne Fogarty and family, thank you for our sympathy.
14. Mrs C Morris of Pymble seeking shower shield for her father Mr G Kidd.
15 Sydney City Council advising that hire rate for a meeting would be $100 (morning) but no regular bookings available and morning tea would have to be purchased from their caterers.

Secretary’s report and Correspondence accepted on the motion of W Byrne seconded S Lowe.

PRESIDENTS REPORT: I received a phone call from Sue Gardiner requesting me to visit her father, Oliver Harvey, following his laryngectomy at RNS Hospital. I gained the speech pathologists blessing and Lorraine and I visited Oliver the next day. My wife was able to give Oliver’s wife Dawn some valuable reassurances regarding post-operative life. Oliver’s daughter, who is a Queensland Nursing Sister was also most interested in our progress. Once again to see patients eyes light up at the sight of a fellow larry getting on with life was what made the visit worth while. Oliver and Dawn will come to a meeting soon and look forward to meeting more larrys.

I received an invitation to the Illawarra Association Tenth Anniversary Luncheon, but had to decline due to a family commitment.

July 9th received another phone call from Margaret at RNS requesting a post-operative visit to a patient from Woolgoolga, Kempley Tibbett who had been operated on eight days before. My wife and I had met Kempley and his wife back in May in the rooms of our surgeon, Dr Poole. He had a tracheotomy and was going through radio therapy prior to his operation.

So it was meeting old friends when we visited him and his wife up in 11D at RNS. They were looking forward to going home as apart from two weeks there after radio therapy, they had been in Sydney for nearly three months.

Good luck to Oliver and Kempley, the way ahead is not always easy but you will make it — there are many larrys around to prove it.

Finally I hope members find meeting in this new venue suitable for them. I still have many members to meet. We must also thank the NSW Cancer Council for making available their conference room so generously for so long.

It was great to have Lilah back at the committee meeting in June.

We all have something to contribute and must not lose sight of the aim of reassuring laryngectomees and their families as they come to terms with the trauma of their operation.

Thank you. John Stein
Typed by his adored wife and accepted on the motion of L Walton, seconded D Newby.

WELFARE OFFICERS REPORT. The pen raffle is going well, thanks to all who have purchased tickets.

Had rings (phone calls?) from social worker at Port Macquarie Hospital requiring ‘up-date’ on Laryngectomee Association so sent a ‘Hospital Pack’ which explains all.

Helen Brake speech Pathologist at St Vincent’s Hospital tells me it is Speech Pathology Week at the end of July and if anyone is interested to have a group photograph taken outside St Vincent’s with the speech pathologists please contact Helen — (unfortunately this is too late for those who did not attend the meeting)

The handsome Norman and I received an invitation to attend Illawarras Tenth Birthday Luncheon. Norman is unable to attend but I
shall be going as with Eric Oliver and James McIlwraith I attended the inaugural meeting after being contacted by the late May Smith, whose husband was a laryngectomee, to help start an Illawarra Branch.

I was contacted by Bill Spillane to tell me that his mother Eileen, a laryngectomee, had died very suddenly on Sunday. Eileen always attended our meetings until she moved to Niagara Park after which Bill always drove up and collected her to attend our Christmas dinners. To Eileens family we extend our deepest sympathy.

Anyone not 100% — we trust it won’t be long before all is well again.

Norman and I were out recently and I saw a larry, After talking to him for a few minutes he thanked me for stopping to talk. Do hope he tries to make one of the meetings to meet other larrys. Do try Ron as you would be most welcome - we always appreciate a new voice with new opinions.

Lilah Walton

Accepted on the motion of B Darlington, seconded D Nicholson.

GENERAL BUSINESS

1. L Walton read her letter to John Stein re life membership for J Nicholson emphasising the work he does.

2. Lilah is now ready to resume her position as Welfare Officer.

3. A long discussion was held re hospital visitors. M Lyons spoke of the plans made some years ago and the training course many of us attended, but we are still experiencing difficulties when and where there are new laryngectomees. L Walton offered to write to the ENT surgeons to ask if it would be possible to obtain the names of any new patients and the hospitals involved so they could be made aware of the back up our Association has to offer in the way of help and encouragement. Moved J Stein this offer be accepted, seconded D Nicholson, carried.

4. The new meeting venue was discussed with most being favourably impressed. Moved W Byrne, seconded D Newby that the next meeting in August be held at the same place. Carried.

THE CHAIRMAN CLOSED THE MEETING AT 12.05 pm and the tea and coffee with sandwiches were much appreciated.

M Silver (minute secretary)
CHRISTMAS PARTY ————-1996

TO 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 12.00 noon to 3.00 pm, Saturday 14th December 1996. I enclose $15.00 for each Laryngectomee and/or partner, and/or $25.00 for each non-laryngectomee.

Please include the names of the people in your party so that name tags can be prepared. Would you also please ensure that this coupon is returned to the Treasurer no later than 20th NOVEMBER so that catering can be organized.

TOTAL ENCLOSED..........................

NAME.................................................................

ADDRESS...........................................................

...........................................................................

GUESTS NAMES. 1......................................................

2.................................................................

3.................................................................

4.................................................................

5.................................................................

6.................................................................

Your receipt will be mailed to you. It will be your entree card to the party so please remember to bring it with you.
ALL CORRESPONDENCE TO: The Secretary, The Laryngectomee Association of NSW, PO Box 58, Richmond NSW 2753 or Fax 045 78 4412.

MONTHLY MEETINGS:

#SYDNEY: Third Wednesday, 11am at NSW Cancer Council Offices, 153-161 Dowling St, Woolloomooloo.

#NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Boreas Rd, Broadmeadow.

#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.

#ILLAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Belfast St, Warilla.

#RICHMOND VALLEY: First Wednesday of EVEN NUMBERED MONTHS, 2pm at St Vincents Hospital, Avondale Av, Lismore.

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

#DUBBO: Lourdes Hospital, Last Monday of month, 10. am Conference room.

EDITORIAL

JULY MEETING—VENUE CHANGE

At the June meeting the members decided to try a change in venue for the July meetings. Therefore, the meetings being held on Wednesday 17th July will be held in THE FELLOWSHIP ROOM AT THE UNITING CHURCH, 31 CARRINGTON AVENUE, STRATHFIELD.

The Committee Meeting will commence at 10.00am and the General Meeting at 11.00am.

We have the use of the kitchen so sandwiches, tea and/or coffee will be served after the General meeting. Elsewhere in this newsletter is a sketch map showing the location of the hall. It is in easy walking distance from Strathfield Railway Station and car parking is available in the grounds or in Carrington Avenue. We do hope that you will find this location more convenient and the trial will be a success. We look forward to you coming along on that day.

A decision concerning the venue for future meetings will be made at that July meeting.

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DUBBO SUPPORT GROUP

Mrs Sheila Baker, Hon.Sec. of the Dubbo Laryngectomee Support Group, has advised me that their Group is now meeting at Lourdes Hospital, Dubbo at 10.00am on the last Monday of each month. Their meetings are held in the Conference room. We wish them every success in the future and we would urge all laryngectomees in that area to attend the meetings.

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DID YOU HEAR THE STORY----

about the 94 year old spinster whose handwritten funeral instructions read

"There will be no male pallbearers. They wouldn’t take me out when I was alive, so they are not going to now I am dead"  
(Second Voice News, Corpus Christi, USA)
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASS. NSW
HELD ON WEDNESDAY 19TH JUNE 1996 AT THE CANCER COUNCIL
ROOMS AT WOOLLOOMOOLOO

PRESENT: B Byrne, J Nicholson, J Stein, W Love, B Marsh, P Rogers, K Jansen, S Lowe,
D Newell, D August, J Chaloner, W Lindsay,
A Christof, L Stein, E Lindsay, D Nicholson.

APOLOGIES were accepted from L Walton and B Darlington.

THE MINUTES of the May meeting as circulated were accepted on the motion of D August, seconded J Nicholson.

SECRETARY’S REPORT
1. HOSPITAL VISITOR TRAINING Margaret Patterson, Speech Pathologist at Royal North Shore Hospital, has advised me that lectures on counselling can be included as part of the syllabus for the proposed Hospital Visitors course later this year. When this is arranged then those who have successfully completed previous courses will be invited to attend the counselling lectures.

2. MEMBERSHIP SUBSCRIPTIONS
There are still quite a few members who have not paid their 1996 subscriptions. We earnestly ask these members to become financial as soon as possible as we cannot continue to provide the monthly Newsletter to those who have not paid their subscriptions.

3. MEMBERSHIP
On behalf of the Committee I welcome the following new members
Mr V A Garisyn of Empire Bay
Mr O S Harvey of Pennant Hills
Mr B C Hodges of Auburn and Mr K Briggs of Moree

We hope that some of these new members will be able to join us or one of our Branches at a meeting in the near future.

4. TRACHEOSTOMY TUBE HOLDERS.
Adrienne Ingham, N.U.M. at P O W Hospital has forwarded me a sample of a new style tracheostomey tube holder which does away with tapes. If anyone is interested in details of this and where to order please let me know and I will give you the suppliers address etc.

5. ABILITY PROJECT
The organizers of the Ability Project, which includes the Ability Trek by Jacob Baldwin who will complete his drive around Australia in an electric wheelchair at Hyde Park on 8th September 1996, have advised us of the Australian Ability Celebration Picnic at Hyde Park on that day. All organizations, such as ours are invited to set up information stalls or displays at the Park. More detail is available from Olivia or Julia on 018-205826.

6. THANKYOU
The committee wishes to thank Mrs Julie Roffe of Chatswood for the donation of a considerable amount of Blom-Singer equipment and a number of stoma-covers. We assure her that all items will be of use to our members.

7. VISITS
During the last few weeks my wife and I visited Mrs Josephine Dunn, a new laryngectomee at Liverpool Hospital. This lady is determined to achieve oesophageal speech and we wish her well in that and all her future projects, especially her beloved garden.

8. VOICE AIDS
The TRU-TONE VOICE AID that was obtained by the Australian Cancer Council was forwarded to John Chaloner to arrange trials.

9. SUPPORT GROUPS
Mr W Byfield of Bateau Bay has expressed a desire to meet other laryngectomees in that area. The establishment of a support group in the Lower North Coast Region sounds a good idea and I would appreciate advice from members living in that area concerning the formation of such a group.

Accepted on the motion of P Rogers seconded B Lindsay.

CORRESPONDENCE
1. From Crown Towers, Melbourne - advertising
2. From Mrs Dulcie Cowgill, Bundanoon advising that her husband Alan, had his operation in June 1976, is still leading a very full life in a garden producing beautiful flowers.
3. International Association of Laryngectomees. Advice regarding the forthcoming meeting in USA and minutes of other meetings.
4. From Mr Neville Marks of Denman - shower shield order
5. From Mr W (Jock) Hume of The Entrance, shower shield order
6. From Mr Tony Sims of Malua Bay, shower shield order
7. Mr David Tauro of Maroubra, shower shield order
8. Mr Barry Mason of Bexley, shower shield order
9. to Sales and marketing manager, Sydney Town Hall. Seeking information about possible meeting place
10. To Mrs Bowyer of Strathfield. Seeking information about Uniting Church Hall for meetings
11. Newsletter from Disability Discrimination Commissioner.
12. From Mrs G Dunlop of Moore, payment for batteries
13. Mr K Briggs of Moore, payment for DSP8 items.
14. From Illawarra Branch - Payment for batteries sent to Mrs Barracough of Koonawarra.
15. Mr L Whittaker of Dubbo, payment for batteries
16. Mr S Singh of Fairfield, payment for batteries
17. M A Palmer of North Bondi, payment for batteries.
18. Director of Nursing, Ferguson Lodge, thank you for stoma covers sent to the lodge.
19. Mr W Byfield of Bateau Bay, advising change of address
20. Newsletters from other associations and clubs within Australia, USA, India and England
21. Mrs Jo Nowland, enclosing $50 raised while she was in hospital from sale of her handwork.

Accepted on the motion of P Rogers, seconded B Lindsay.

PRESIDENTS REPORT
We have had a fairly quiet month. I visited St George Hospital at the invitation of Kristin Fulton from Speech Pathology, and gave a demonstration of removal, cleaning, care and replacement of prosthesis. Present were visiting speech pathologists; Jo, Sarah and Trish plus Kristin in charge, and a fellow laryngectomyee Barry who uses a Servox at present but is interested in the usage of a prosthesis. I hope I was able to assist further understanding of the ways in which we cope with the problems encountered in the use of the prosthesis. I qualified the demonstration by stating that this was how I coped. I have since received a thank you card from Kristin.

Following a request from Margaret Patterson of RNS Hospital I arranged for Dave Smith and myself to visit a new laryngectomee Trevor Chippen and cheer him up a bit. We also spoke to Margaret about the proposed counselling lectures (see secs report)

We visited Kirribilli RSL to view alternate area for Christmas party, i.e. same as used for the 1994 party but recently renovated and is accessible from car park by lift. (First go to Reception on 3rd floor then back down to the second floor to ‘Valentines’

Rang City Council re prospective meeting place at the Rocks but it was not available on Wednesdays. Checked Carrington Ave, Strathfield site, good access and parking.

A special ‘Cheerio’ to Dave Smith who is having some repair work done in Manly Hospital this week.

Also a ‘Cheerio’ to Lilah, with a commendation to Norman for the ‘tender loving care’ he has been able to give her —(carried with acclamation)

Accepted on the motion of S Lowe seconded D August.

WELFARE OFFICERS REPORT
Its great to be back again (Lilah was able to attend the committee meeting but was not up to the general meeting) Thanks to everybody who found time to enquire after me when I was lying in that hospital bed lapping up the attention that was being bestowed on me.

But to business —-

I had a ring from a larry’s daughter who was worried about her father, but with the support of the speeches and social worker everything is working out OK.

I attended the funeral of Pat Barnett who with his wife Ada were great workers for our Parramatta Branch. To Ada our deepest sympathy.

Sympathy also to Leslie Dear whose dear Mother died recently.

You will receive with your Newsletter 2 tickets in the competition for the beautiful pen sets
made from Australian wood by our member Jack Darby of Glendon. These tickets are $1.00 each so please return your butts with $2.00. (If you send them back with $5.00 we will make out four more tickets in your name!) These sets really are works of art so of course I am hoping my ticket comes out of the barrel - first or second I don’t mind!! We require all butts back by the end of the month is 31st July and the results will be published in the next Newsletter.

Alan Dear always used to organize the prizes for our big guessing competition and because of the extra work the committee has had somehow things have got behind so this years big competition has been cancelled — however I will be buying the prizes for one to be held early next year so please keep that in mind.

As you know our Christmas party will be held at Kirribilli RSL on 14th December and I hope to see you all there once again. Start putting your pennies away to buy tickets in the raffle and of course I am always willing to accept prizes for the raffle for that day.

To all on the not-so-well list we send our regards and good wishes and trust it won’t be long before you are 100% again.

(Lilah Walton)

Accepted on the motion of D Nicholson, seconded E Lindsay.

GENERAL BUSINESS
1. The Christmas Party details have now been finalized. Unfortunately prices have risen so charges this year will be $15.00 for laryngectomees and $25.00 for non-laryngectomees, with all attendees buying their own drinks. For a table service three course meal you must agree this is very reasonable.
2. Moved D Nicholson, seconded L Stein that the Laryngectomee Association have no more than five life members at any one time. Carried with one dissension.
3. On behalf of L Walton (who had requested in writing) J Stein moved that J Nicholson be made a Life Member of the Association. Carried with one dissension.
4. The question was asked "Why change the meeting place?" The president explained that our present site was not convenient for many because the access was not easy and parking was becoming scarce and expensive.

THERE BEING NO FURTHER BUSINESS
THE PRESIDENT CLOSED THE MEETING
AT 11.50AM after which a pleasant morning tea/lunch and social chat were enjoyed by all.

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

VALE: Our members were saddened to hear of the death of the son of Mrs Lorna Belcher, Secretary/Editor of the New Voice Association of South Australia. Lorna has been a stalwart of the New Voice Association since her husband became a member and after his death she has carried on her work. We extend to Lorna, her family, and friends our sincere sympathy.

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

LETTERS TO THE EDITOR

Hereunder are the contents of two letters I have received since our June meeting.

Carol Sulyman of Taree wrote:
‘I am writing on behalf of the Lower North Coast Laryngectomee Support Group to claim (maybe) another record. Bob Anderson, who is 94 years young, is also our member. Our claim for the longest laryngectomy is one of our very active members from Lake Cathie, Mr Brench Pascoe. Brench is 84 years young and drives to the meetings in Taree every month, a 120Km round trip. He had his laryngectomy in 1966 and went back to his job as a postmaster. There were very few speech aids available at that time and he acquired a very fluent oesophageal speech. And, as he said, he just got on with his job of being a postmaster. Apart from his valuable input to the Support Group, Brench is a wonderful gentleman to have as a friend.

(Brench is now the co-holder of the record. Ed.)

~~~~~~~~~~

Mr A T Krasnodebski of Bondi seems to have found the answer to a problem many of us may have faced:

In response to your request for tips and information for the benefit of members I am writing a little piece: After my laryngectomy I developed a constant problem with reflux, particularly after eating acidic foods such as tomatoes, capsicums and
onions. I tried various brand products such as milk of magnesia, Mylanta etc. with very little success.

It was frustrating because when the reflux occurred it caused me to cough excessively. Usually I can control my coughing to a certain extent by steadying my breathing or holding my breath until I got a tissue ready, but as a reaction to the reflux the coughing comes no matter how I try to stall it.

Anyway, I was discussing this problem with a naturopath who recommended I try 'Slippery Elm Powder', which I understand is just the ground up bark of a certain elm tree, although there are proprietary concoctions sold as 'foods' which contain a percentage of 'Slippery Elm' along with other ingredients.

I started using 'Slippery Elm' and within a couple of weeks the problem subsided. Nowadays I can eat anything I want and on the odd occasion when I suffer reflux or heartburn, I have a teaspoon of 'Slippery Elm Powder' mixed in half a glass of milk and it's soon gone. The powder can be purchased at most health food stores."

I hope this is suitable for you; you never know someone might benefit from it; it certainly solved a niggling problem for me.

(Thankyou for both these letters - they will be of certain interest to our members—Ed.)

A little story from Vicki of Fort Worth, Texas, USA.

"Don't let them put 'Miss' on my tombstone, I haven't missed as much as they think"!!!

COMMITTEE PROFILES—No 1

JOHN STEIN

John Stein who was elected president of the Laryngectomy Association of NSW at the 1996 AGM is in his 64th year and has nearly completed his second year as a laryngectomee. John who was born in Sydney is now retired. After completing National Service he spent his working life as a motor mechanic and mechanical fitter.

John has five children, two boys and three girls the youngest of whom lives with John and his adored wife Lorraine at Northbridge. So far John has four grandchildren but another is on the way.

Apart from looking after the Laryngectomee Association and its many calls on his time John enjoys working in his garden and his workshop.

THE NEXT MEETING OF THE LARYNGECTOMEE ASSOCIATION WILL BE HELD

AT

UNITING CHURCH HALL
31 CARRINGTON AVE.
STRATHFIELD
WEDNESDAY 17TH JULY
COMMITTEE MEETING 10am
GENERAL MEETING 11am
FOLLOWED BY LIGHT REFRESHMENTS
See map below.

Remember when the worst thing that could happen from smoking cigarettes was getting caught!!
THE LARYNGECTOMEE ASSOCIATION OF QUEENSLAND INC
AN ASSOCIATION DEDICATED TO THE WELFARE OF LARYNGECTOMEEES AND TO THE
REGAINING OF SPEECH

Registered Charity No 81
Publication No QAW3738

JUNE 1996

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PLEASE SEND ALL CORRESPONDENCE TO P.O. BOX 576 LUTWYCHE QLD 4030.

QLD SUPPORT GROUPS:
L.A.Q. Third Wed every 2nd month.
Qld Cancer Fund 553 Gregory Tce 10.30am
Partner support Gloria O'Hanlon 38575686

R.B.H. Head & Neck Support Group
Second Thurs every month 2-3pm(June13)
Good Samaritan Sisters 126A Fuller Street
Lutwyche (Plenty of parking)
Contact: Jen Frisby Ph 3253 8026

P.A.H.Laryngect. Support Group
First Mon every month 10.30-12,
Rehabilitation Unit P.A.
Contact: Liz Reeves Ph 3240 5006

SUNSHINE COAST Support Group
First Thurs every 2nd month 10.30
Nambour RSL (next 1st August)
Contact: Robyn Vincent 074 706747

TOOWOOMBA Laryngect. Support Group
First Fri every 2nd month 12.30
Speech Dept, Cossart House Tyba Hospital
Contact Danielle Hornsby 076 316345

GOLD COAST Laryngect Support Group
Second Mon every 2nd month (12th Aug)
Rm5 O J Casey Education Centre
Cnr Nerang & Little High Streets Stlport.
Contact Michelle Brown 075 571 8211
REDCLIFFE (& BAYSIDE) Support Group
Third Friday of every month 10.30am
Redcliffe R.S.L.
Speech Dept Meghan Ph 3883 0883
Info/Support Anne Miller 3205 3278

ROCKHAMPTON Laryngect Support Group
Contact Marian Foxcroft 079 316211

THE NEXT GENERAL MEETING OF
THE LARYNGECTOMEE ASSOCN OF QLD INC.

10.30 am  WEDNESDAY 19TH JUNE 1996

QCF Headquarters William Rudder House
553 Gregory Tce., Valley (Parking underneath

Morning tea Farewell to MICHELLE MURPHY who has left the Cancer Fund but is coming back to s. goodbye to the many friends she has made within the Laryngectomy community. Michelle will be leaving a permanent reminder with the establish -ment of a Training Program for Support Visitors. This program will mature in the years ahead but we will remember Michelle as the one who put the foundations down.

We will also have a presentation by
BRIAN CHURCH on his LIGHTWRITER.
Brian has this device on permanent loan from the Assocn following extensive surgery which le him without any means of communicating with his grandchildren who are too young to read. It took almost five months to have a demonstration of his LightWriter so we are very pleased to have someone in Brisbane to demonstrate its capabilities ALSO IF IT ARRIVES IN TIME WE WILL SHOW THE NEW U.K. RESUSCITATION VIDEO.

TOWNSVILLE GROUPS
Head & Neck Grp Last Friday every month
Level 6 Oncology Bldg TGH 10am
Contact Georgina Tutt 077 819454
Laryngect Support Group
Townsville RSL 5pm last Fri each month
From the President - To Everyone concerned with the welfare of Qld Laryngectomees.

We are currently experiencing a critical shortage in the number of electro-larynxes available for loan. As there are more operations planned in the near future unless something changes, the situation can only get worse. There are several factors involved here. Firstly, the number of operations being done in any month - if there was an even distribution throughout the year things would be a lot easier to predict and thus accommodate. Apart from a naturally-occurring difference in numbers there is now the over-riding matter of economic policy, so if there is no money in the system for the operations, there’ll be no operations, and when the money’s there, there will be a “catch up” period to get rid of those non-existent waiting lists. Secondly, there is no way of predicting how many instruments require repairs at any one time, but in any case the number needing repair is not nearly as important as how long these repairs take, and at present there is a problem here, the exact nature of which is yet to be determined, (but it MUST be determined and solved.) (If it turns out the businesses involved can no longer afford to carry enough spare parts then perhaps we need to become involved.) Thirdly, the amount of time it takes for a Communication Aid to be issued to an eligible individual following their operation, which is probably the most significant factor of all.

Last year was the first time I had attended the National Meeting, and I was amazed, then gradually very upset to hear that no other States experienced the length of delay in issue that we have here in Qld. I believe this is undoubtedly caused by the instruments we have supplied to the hospitals for loan (close to seventy over the years) a truly remarkable achievement but one which appears to be backfiring rather badly. Other States said they believed the cost of a communication device or system was built into the cost of the operation so once the surgery was done the order was processed in 2-3 weeks. Provision of an aid in this time frame would mean most of our problems would be solved.

Another possible factor that needs investigating - are people keeping two types of communication systems at the one time? With primary and secondary punctures being done, and people using electro-larynxes until they are confident and using their prosthesis without problems, I can very easily understand how someone who has had teething problems with their prosthesis would want to retain the electro-larynx as a backup. This particular problem may need close co-operation of surgeons and speech pathologists as it’s really very difficult and delicate, but surely it’s not fair that some people have 2 systems provided free at a time when many are denied access to devices that would help them communicate. As you will read in Jenny Frisby’s paper on the Indwelling prosthesis there is an astounding number of laryngectomees with no functional speech for a variety of reasons. No doubt many of these people would benefit from being issued with a portable communication device that contains programmed messages - the number of messages can vary from a dozen or so up to 88 or more and the cost varies accordingly ($500-$1500), but they can make an enormous difference to quality of life and independence and I would like to hear from anyone who doesn’t believe people who need this type of aid, should be just as entitled to them as others are entitled to an electro-larynx. Now that we have been made aware of the extent of this problem it would seem essential that at least one of these communication devices is available at each major surgery centre.

In the past couple of weeks in response to the current emergency we have put a further three Nu-VoIs into the hospital/loan system but it was not our intention to put this number in as this brand is being tested for its durability and we have not reached any final conclusions. Also although people with excellent hearing find the softer, more conversational tone of the NuVoIs preferable, generally our older members with partners and friends whose hearing is not 100% prefer the louder higher pitch of the Servox Inton.

There are two more factors in this equation. Firstly, seven years (estimated lifespan of an
electrolarynx) can pass very quickly and there’s little doubt many Servoxes that we have put into the system are now ready for replacement.

Secondly, although no one wants to admit such costly items have gone missing—we have to ask the question—how many are actually AWOL? The number could be a few and we will have to instigate some sort of reporting in by people who have an electrolarynx on loan. It will have to be a system that does not further increase the administrative burden for Speech Pathologists but does allow them instant access to the whereabouts of each instrument and the length of the loan (which sounds like a State-wide computerised data base). Years ago when oesophageal voice was in vogue one third of new laryngectomies required initial intensive speech therapy but no ongoing costs.

I dream of the day some rising star in the ENT Surgeons ranks marries a sound-engineer or someone else who has majored in production of the human voice and after a few pioneering failures his/her patients leave hospital able to produce good voice independent of any expensive system, and at the same time also with absolutely no swallowing problems.

Unfortunately this sort of success is only likely with straightforward surgery and the downside of all the great new imaging techniques is that cancer cells that would have been missed in years gone by will be seen and more extensive treatments are more likely whilst we await the magic pill. (I should add that ENT surgeons all over the world are doing their best to preserve speech if at all possible, and are also trying to solve the food and secretion into-the-lungs complications that come with some of the operations now available to provide voice.)

Back to our immediate problem— I personally do not believe the Association should purchase even one more electrolarynx until

a) We undertake an urgent stocktake throughout Qld and possibly Northern NSW to determine how many electrolarynxes are in the system. (It would be helpful to know the numbers of both Laryngectomy Assoec and Qld Health supplied instruments), the state of repair of these, and expected requirements in the next twelve months.

b) We obtain some sort of undertaking from the Government Dept involved that a communication device will be supplied within a short time of receiving the application for those eligible. (There is currently a review on Provision of Aids being undertaken and it would seem they will be more interested in cuts than additions to the list. (We should also be asking the Private Health Insurers exactly why the full amount of an electrolarynx is not covered)

c) We are ruthlessly honest in determining just how many instruments have gone missing and noting why this happened and determining how this can be avoided in the future. (We have never insured our devices because the cost was just too great, however perhaps a weekly insurance fee whilst on loan is something to consider).

There are other cheaper devices out there, but at present no one is considering sacrificing quality for quantity until all other avenues have been exhausted.

In conclusion there are two points that should be kept in mind.

1. No other State Association has made so many electrolarynxes available to people who are waiting issue of their own instrument, or having their own repaired. As of last year it appeared no other State had such a long waiting time for issue of electrolarynxes through the Provision of Aids scheme. (This may have changed in the past 12 months, I don’t know the current situation).

2. There are many other important activities this Association could be pursuing (even the development of locally manufactured aids) if we weren’t having to spend all our money constantly on providing electrolarynxes.

The Executive would welcome everyone’s thoughts on this matter.

[Signature]
President
Laryngectomee Assocn.of Qld.

PS If you are someone who has had an electrolarynx on loan for a long time and do not wish to relinquish it we would appreciate hearing from you—anonymously if you wish—telling us why you have not been able to obtain your own, and what avenues you have pursued to obtain one.
MEET A MEMBER
Mr Neil Todkill, Tarrangindi
Ph 3892 3563
Water has played such a large part in Neil's life it's ironic he has to handle it with such caution now. As a professional diver he was in the water, as a sailor he was on the water, and when he managed Tangalooma Island he was surrounded by water!
Neil and his wife Ruth have 8 children 16 grandchildren and seven great grandchildren(these 7 are all girls!)
Back in Dec 1987 Neil went to the Dr with a hoarse voice. This turned out to be cancer which he had treated with radiotherapy. He remained well until Dec 92 when the hoarseness returned and a second primary appeared. This time it was surgery - an anterior laryngectomy which left Neil with a voice a bit better than if he'd had a Total Laryngectomy. In June 94 a biopsy showed cancer so a Total Laryngectomy was performed and following this Neil had swallowing problems which he improved with dilations. In Nov 95 another cancer was removed and this made swallowing almost impossible.
A fibrous ring formed around the hypopharynx and he was losing weight. In March 96 this ring was cut endoscopically and he is now back to eating anything at all including solid steaks.
This is like a miracle to Neil who thought he had said goodbye to enjoying food.
For a year or so Neil was hesitant to commence speaking with his electrolarynx in case he wasn't on the "right" spot. But now there's no stopping him - he's the one that answers the telephone and speaks with confidence!
His hobbies used to be fishing & swimming and he misses not going for a swim with the kids. Neil still manages a spot of fishing but his main activity is woodworking/hobbywork and he uses a fan to blow the sawdust away.
Neil still feels the loss of his great mate Merv Tunton who passed away recently.
Merv went back to his job as Tug Master following his laryngectomy and was able to help Neil along his way.

Handy for deep crossings, ace diver thinks

Today Neil feels it is his job to approach any one smoking and demonstrate the dangers involved. Neil is the first to admit there is very little he has missed out on through life (including a fair amount if drinking and smoking) and now that he has got his swallowing back, he's more than happy with life.

THE LATEST UNDERWATER JOB 30-year-old diver Neil Todkill has had was poulting around the seabed off the New Guinea coast for lost gold bullion.

Before that, in his major tasks he plugged up holes in a wrecked ship off Mackay and that was just after he coupled up seawage pipes on the bottom of the Bremer River at Ipswich.

Once, he was commissioned to recover an engagement ring dropped from a backyard jetty, and he has recovered bodies from the bottom of Brisbane waterholes, Moreton Bay, and the Pacific Ocean.

The sturdy-built diver from Bulimba qualifies as a handy man of Queensland for all underwater jobs which mean working fathoms below the surface in the murky blueness of the clean sea or the glint darkness of a churned-up muddy bottom, where he works by touch alone.

With a working wardrobe of 10 diving suits, Todkill is on call 24 hours a day and seven days a week for any diving tasks. Routine chores are freeing wires that have become wrapped around ships' anchors, salvaging cargo that has missed the wharf or assessing below-surface damage to ships' hulls.

Competitors and officials in the Rally fervently hope that Neil Todkill (in accompanying photo) does not require his diving gear this weekend.

Neil is the noted Queensland diver who has been associated with many salvaging operations. At present he is engaged on breaking up the W dana.

Like most motorists, "the 2 appealed to him a sporting event and entered his Holden. He will have a perteas team, in a tion of Allan Patie as navigator, the will carry other Eervicemen in Robinson and Wren.

Neil will be out from the river week-end, but his Culex III will be with the Ipswich Club on Sunday as usual.

THE 40FT TO ER BODY
Brisbane diver, Mr. N. 35 minutes underwater to recover the body of recovered quarry at Sund...

RECOVERED BOY'S BODY

of Ken who was swimming at the Narrabeen baths yesterday, his body was offered, he had the most of Ken's voice, his name had been, his body had been, his body had been...
YACHT'S BATTLE IN WIND

SEVERE south-east winds forced the 36-ft. staysail schooner, Blue Nose, to sail nearly 1000 miles, instead of about 600, on the journey from Sydney to Brisbane.

The Blue Nose berthed at Norman Wright's wharf, Bulimba, about 4 p.m. yesterday and will compete in the Brisbane to Gladstone yacht race, starting on Good Friday. She was sailed from Sydney by a Brisbane salvage diver, Mr. Neil Todkill, with a crew of three.

Mr. M. H. Burnett, the yacht's owner, who flew to Brisbane last week, sailed down the Brisbane River to meet the Blue Nose.

TOOK SEVEN DAYS

Mr. Todkill said that heavy winds had made it necessary to use the auxiliary motor besides sail, and that the yacht had to tack constantly to benefit from the wind.

The trip from Sydney took seven days. Blue Nose eddied into Moreton Bay early yesterday.

Neil Todkill prepares to descend to make an inspection of the bottom of a ship in the Brisbane River.

Neil & Ruth Todkill.

Neil would be happy to hear from any old mates from his diving or sailing days. Neil lives at 111 Lutzow St., Tarragindi 4121.
NEWS FROM THE NORTH.
Townsville has been very busy over the past few months. Friday the 31st saw the first Head and Neck Support Group Meeting. The turnup was fantastic and input into the future direction of the group greatly appreciated. Also appreciated were the home cooked goodies (the chefs will know who I mean).
The next Head and Neck Meeting will be on 28th June 1996 - Level 6 Oncology Building from 10.00-12.00. Everbody welcome - including anyone holidaying in the tropics.

The Laryngectomee Support Group Meetings are continuing on the last Friday of every month at 5.pm at the Townsville RSL Club. We haven't been lucky with the raffles for quite some time now but our spirits aren't broken yet!

Hello to all our new members- hope to see you along at our gatherings. Until next time, Good luck all.

GEORGINA, TOWNSVILLE
PH (077) 819 211

REDCLIFFE SUPPORT GROUP.
During March & April our numbers were sadly depleted due to illness-we wished them a speedy recovery, and it was lovely to see Pat D'Arcy at one of these meetings-we do wish her well. This month (May17th) we were pleased to welcome three new members, one lady who had had the op five weeks ago came with her husband, and one gentleman who has had other treatments. It was nice to see them, and I think we offered them quite a lot of help and advice. Norman graced us with his presence & was his usual cheerful self! Thankyou Norman. We also had a visit from Megan our Speech Therapist and her student Kelly who passed on to Heather all the matters we felt should be discussed at the National Meeting. We also discussed ways of alerting Support Groups to the presence of new laryngectomees.

I also had a letter from a laryngectomee in the UK (see attached) and Peter told us a funny story about falling off a boat while fishing. This could have had dire consequences especially as the person rescuing him saw blood coming from the stoms and tried to put a towel over it!! HELP! That's all for now. Bye & Good Luck. ANNE

279 Gosport Rd., Fareham, Hants PO16 0QF
ENGLAND.

Hi Anne,
It sounds as if your part of Queensland is full of kilted Scots. Congratulations on your migration. I managed to spend the winter of 91/92 and 94/95 in New South Wales, place down the coast called Merimbula. A long way from banana country. My main diet then was soups, avocados, mangoes and the local wine.

It was only when I saw my Consultant on my return in March 95 that he realised the extent of my Dysphagia. He was amazed that I'd managed over the previous ten years. I keep telling him that we Laryngectomees are a tough breed. I think he is at last believing me. Though I had to swim twelve lengths of the local pool to really convince him. He'd been dilating my oesophagus every month until, a couple of weeks ago he got me a Maloney Bougie F28.

Since then I've been using it every 2 days with reasonable ease and success. For lubrication I use KY Jelly, it's water based as opposed to your man's liquid paraffin oil. My tube is 32" long and filled with Mercury.

I too use a Servox, no problems there except paying for the repairs. I give talks & presentations to Cancer Groups all over the place. The only people who have difficulty in understanding me are invariably men who are also a bit thick. Never had a girl yet said "Sorry, don't understand you" I'll you'd care to pass my address on to your member I'd like to hear from him and exchange notes etc.

The sun is beginning to show itself at last. I hate winters. I'm more at home in my tatty shorts trolling for marlin off the East coast of Oz, a much more natural way of life than shivering here in the U.K. England at the moment is full of bugs and viruses, stay away. My fraternal greetings and best wishes to all the banana bending larrys in your Association. Be happy and keep up the good work. Yours, flat out like a lizard drinking. VICTOR SMITH.

LARYNGECTOMY OPERATION ON AUSTRALIAN TV
THE NSW Newsletter carries an advance warning that when the Channel 9 show "R.P.A" - a documentary about the Royal Prince Alfred Hospital in Sydney- returns to the screen this year one of the operations will be a laryngectomy, a lady from Gilgandra will "star" and John Chaloner a Hospital Visitor was part of the production.
The Association will be mentioned in the credits at the end of the episode and we are sure it will increase community awareness.
BOOK REVIEW
MAURIE FIELDS - KEEP IT FUNNY
BY VAL JELLAY.

Most Australians will feel they know Maurie and Val from their roles in TV series over
the past couple of decades which makes the book really seem like an intimate look at the
private lives of friends. This really is the life story of a dinkum Aussie bloke from bare-
foot schooldays at Manly in Sydney, through the great days and the end of vaude-
ville, cabaret acts in nightclubs, sideshows around Australia, to television and public
appearances just about everywhere.

For anyone who's yearned to tread the
boards this is a great yarn about a life in
showbiz.

Maurie died of a heart attack after the
book was finished but before it was publish-
ed, and Val sat down and wrote 2 final
chapters she felt could not be left out in the
context of Maurie's life story. Anyone who
has been through the radiation experience
will be nodding in agreement & empathy as
Val describes the diagnosis of throat cancer
the visits for treatment, the soft diet, the
mouthwashes-and the incredible fortitude
Maurie showed in honouring his singing
engagements. Val also mentions a few well-
known names claimed by throat cancer
"Steve McQueen, Nat King Cole, Sammy
Davis Jnr, Yul Brynner, Jack Hawkins, Walt
Disney, Hector Crawford, Bob Fosse and
John Wayne whose battle extended to the
lungs". Naturally, (former) patients and
partners will identify with Val's final
chapters, but this book is recommended
as a very enjoyable read about someone
most of us felt we already knew.
(Softcover available everywhere).

Our condolences to the families of New Toton,
Kath Wallace & Raymond Foster.

We received a lovely letter from Walter Arth
25 East St, Morayfield, Nerang Bay Estate 4216
(Reh 1942) passed away 9th March. Anyone in the
Moray vicinity will be welcome.

Jenny opened her talk by briefly presenting the pre and post laryngectomy anatomy so everyone had a clear image of the food tube going to the stomach and the air going up and down the trachea to the lungs. She said that Queensland was quite an advanced State with this new technique as we have done quite a number in comparison with other places in Australia.

Following Laryngectomy today, there are three alternatives for voice rehabilitation Oesophageal Speech, Artificial Larynx, and Tracheo-Oesophageal Puncture & Voice Prosthesis, so people's options are improving as the TEP is now a well established alternative, and new techniques and advanced design continue to evolve.

The communication methods following total Laryngectomy are shown above, with 26% using TEP, 42% artificial larynx, 9% standard oesophageal speech and 22% with no communication method (besides writing).

Of the 26% using TEP, 80-90% are getting functional speech which is a very good result. On the other hand no one is happy with the 22% with no communication method and we will have to look at lowering this figure.

The Tracheo Oesophageal Puncture & Voice Prosthesis (TEP) comes in two forms Standard and Permanent, but no matter what type, they all work the same way. The surgeon creates a hole in the back wall of the trachea (if done at the time of surgery it is called a Primary puncture, and if it's a few weeks later on it's called a Secondary Puncture) The prosthesis with its one way valve serves three functions.

- The hole or puncture must be kept open
- It allows air to travel up from the lungs into the oesophagus
- It stops food and liquids from going down into the lungs.

Prior to the availability of the permanent prosthesis, people were ruled out as ineligible if they could not be independant. Poor eyesight, trembling hands, trauma and bleeding around the puncture site were all reasons to rule out people as candidates for a prosthesis as these factors made the task of removing the prosthesis on a regular basis for cleaning very difficult. The Permanent TEP stays in place until it stops working - either it starts to leak or stops working otherwise. The lifespan is possibly around 7 months. In Brisbane some have had to be removed after 2 months but there is one still going in Toowoomba after 9 months, and as long as they're still working they will stay in place, and are cleaned approx 4 or 5 times a day whilst in your neck with a long brush that you twirl around to get rid of debris (people differ in the amount of cleaning they have to do) They must be clean to work properly.

There are 2 types of permanent prosthesis, the Provox developed by the Netherlands Cancer Institute, and the Blom Singer developed by Dr Blom in America.

Features of these are Diameter - both are 20 Fg so they are much bigger than the normal prosthesis.

Sizes The Provox comes in 3 sizes (lengths) the Blom Singer in 6. As well as having a greater range of sizes the Blom Singer also comes with a measuring device for far greater accuracy in choice.
INSERTION The Provox is inserted by the ENT Surgeon at the time of surgery under a general anaesthetic or it can be done later under a local anaesthetic.

The Blom Singer can be done by the Speech Pathologist folding the insertion end into a gel cap to make a nice rounded shape. This is pushed through the puncture and held in place for about 5 minutes, the time it takes to ensure the gel cap has dissolved and the prosthesis resumes its shape and is in place.

LIFESPAN This is something we are finding out ourselves. The overseas figures from the Netherlands say 5-7 months and American figures say 5 months but our humidity is quite different and thrush/candida absolutely thrives in our climate and attacks the silicone even though there is a blue ring in the Provox that supposedly protects it from candida, it doesn't have that effect here in Brisbane.

COST The Provox is $280 and the Blom Singer $160.

Considering a standard prosthesis costs $80 and lasts about 3 months, if a Blom Singer lasted 9 months then this would be a considerable saving.

Both systems now come with a safety device- a plug that can be used for safe eating and drinking if the prosthesis starts to leak and you cannot get help immediately. With the Provox you need to remove the plug to speak, you can leave the plug in place and speak with the Blom Singer.

Not everyone who uses a standard type can change to the permanent. People who have a persistent candida infection will need to be able to take the prosthesis out on a regular basis and soak it overnight in hydrogen peroxide.

Because the prosthesis is so much bigger people with small stomas are unsuitable (of course things can be done to alter stoma size).

It's a very low pressure valve, and people like the fact that the tag can be cut off.

The Speech Pathologists role with TEP is to do with Patient selection and counselling.

Measurement and fitting of prosthesis
Selection of type of prosthesis
Training in care and insertion of prosthesis (standard)
Stoma occlusion techniques for speech.
Refinement of speech quality
Trouble shooting
Fitting and Training in management of the Tracheostoma Valve which allows Handsfree speech.

DON'T FORGET! BOWLS DAY!

CHARITY BOWLS CLUB DAY  SUNDAY 11TH AUGUST

Once again our friends on the Bay are organising a CHARITY BOWLS DAY which will be held again at the BRIGHTON BOWLS CLUB on Sunday morning 11th August.

OPTIONAL TRIPLES $5. per player  $15 per team
WINNERS & LOSERS Starting Time 9.15 or 9.30
BOOKINGS  Eileen Crockatt Ph 3284 0799  or  Trevor Cronan  3326 8932
There will be a big raffle on the morning with lots of prizes.

Anyone who attended the last one knows what a wonderful morning that turned out to be, and we hope to have the same atmosphere this year. Perhaps there are members out there who make items for gifts or sale in their garage. How about donating an item as a raffle prize?

Remember our Association depends on other funds coming in so other Support Groups might even think about approaching a Club in their own districts to have a Charity Day.

Further information  Ken Crockatt  92 King St., Woody Point  Ph32840799
ENT NURSES CONFERENCE A BIG SUCCESS.
The luxurious Marriott, Surfers Paradise was the venue of the Inaugural Conference of the Otolaryngology, Head and Neck Nurses Group.
The week was a great success, with over 50 nurses from Australia and New Zealand in attendance. It was a unique opportunity for us to meet and exchange ideas and information with other nurses working in our specialty.
By attending the surgeons’ program and holding sessions of our own, we covered many different aspects of ENT. The program included presentations by Heather Winstone, Michelle Murphy, Lisa Cazzolato (PAH) and Barb O’Donnell (PAH) - they were all great.
The inclusion of nurses at the surgeon’s conference was well received by all and we’ve been invited to attend all future meetings. Thankyou to the Surgeons for their support and to Everyone who gave their time to be part of it.
Di Clancy

Once again I’m finishing this beside the photocopier.

- MARTHA FISHER IS IN HOSPITAL AFTER MAJOR SURGERY - ALL OUR GOOD WISHES MARTHA.

- THE GEEBUNG WED EVENING WEIGHT WATCHERS CLUB DONATES $100 EACH YR TO A WORTHWHILE ASSOCIATION. THANX TO LADIES FOR CHOOSING US THIS YEAR!

NORM SAYS HELLO TO EVERYONE & THEN "SHAME ON US" - HE TOTALLED UP OUR FINANCIAL MEMBERS: GUESS HOW MANY? 400? NO 300? NO 200? NO 72!!!

MEMBERSHIP FEES NOW DUE (DUE 1ST JAN)

Name ________________________________

Address ___________________________________________ P/c ________________

Annual Subscription $10
Donations ____________________________
Total ____________________________

All donations $2 or more are tax deductible.
We thank you for your subscription this year.

Receipt required YES NO
EDITORIAL

HOSPITAL VISITORS COURSE.

Margaret Patterson, Speech Pathologist at Royal North Shore Hospital has advised us that their voice interest group would, once more, like to join with us in running a Laryngectomee Visitors’ Training course. Logically we have agreed to the proposal as there are a number of hospitals short of trained visitors and we all realize the need for such visits.

The course will be the same format as before (ie application, interview, one full day or two half days of lectures, workshops etc , and a guided visit)and be held probably during October of this year. No decision has yet been made on the venue but it may be held at Royal North Shore. Elsewhere in this Newsletter there is an application form for those wishing to do this Hospital Visitor Training. Those interested are asked to complete the form and forward it to Margaret Patterson at the address shown , by 30th June 1996.

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MEETING VENUE

At our May meeting the members discussed a possible change of venue for our monthly meetings. There is very limited parking space near the Cancer Council building in Woolloomooloo and the walk up the steep roads to the Kings Cross Station is a bit of a strain on our older members. We intend to examine the use of the Uniting Church Hall at Strathfield and a room which may be available at Sydney Town Hall.

The Hall at Strathfield is in close walking distance from Strathfield Railway Station and there is ample car parking space at that hall. Further information will be provided in the July Newsletter.

WATCH THIS SPACE

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MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW HELD ON WEDNESDAY 15th MAY 1996 AT THE NSW CANCER COUNCIL ROOMS AT WOOLLOOMOOLOO.


AN APOLOGY was accepted from L Walton.

MINUTES OF THE APRIL MEETING as distributed in Newsletter were accepted on the motion of J Nicholson seconded A Dawson.
REPORTS
THE SECRETARY/TREASURER REPORT
presented by J Nicholson, and the SPEECH AIDS CO-ORDINATORS REPORT presented by John Chaloner were accepted on the motion of P Rogers, seconded A Dawson.
I Walton our Welfare Officer is still on the sick list but improving. She is still keeping her finger on the pulse - Welfare report incorporated in Secretary's report.
THE PRESIDENT'S REPORT, presented by J Stein was accepted on the motion of A Dawson, seconded B Byrne.
(These reports are printed later in this Newsletter)
CORRESPONDENCE (see Secs Report) was accepted on the motion of P Rogers, seconded A Dawson.
GENERAL BUSINESS
1. Margaret Patterson, Speech Pathologist at Royal North Shore Hospital reports the Voice Interest Group of Speech Pathologists intend to hold a Visitors Training course later this year and she will send further details.
2. A Dawson spoke of a young lady wanting to do a Training Course for Hospital visiting. Alan will ring Margaret Patterson on this matter.
3. Criteria for Life Membership of the Association were discussed.
4. A note has been received from Jo Nowland thanking us for writing and wishing her a speedy recovery from her recent surgery.
5. We now have two possible venues for our future meetings, namely the Uniting Church Hall at Strathfield where there is ample parking space; and the Sydney Town Hall (availability not yet confirmed) which would be convenient for train travellers but parking not as easily accessible.
6. A tentative booking has been made for our Christmas Party at the Kirribilli RSL Club for Saturday 14th December.

There being no further business the President closed the meeting at 11.30 pm and those present enjoyed a sociable snack.

SECRETARY'S REPORT
Tru-Tone Voice Aid. The Australian Cancer Society has obtained one Tru-Tone voice aid from the USA and it has been given to our Association for evaluation trials. This new aid is similar in appearance to the "Servox" and its cost is $US 549.00. When the evaluation trials are complete we will publish a report in the Newsletter.

Membership. We have some new members and I would like to welcome them to the Association with the hope that they may be able to attend meetings and avail themselves of the assistance we may be able to provide. The new members are Mr K A Briggs of Moree
Mr G A Kidd of Henley

Vale. Regrettfully I have to report that Colin Roche of Chatswood died a few weeks ago. We extend our sincere sympathy to Col's wife and family.

Hospital Visitors Course - see report on page 1.
Welfare Officer. I am pleased to report that Lilah Walton is much better but not yet able to resume the Welfare Officer's workload. Therefore we ask that you continue to direct requests for assistance to any other committee member.

SPEECH AID CO-ORDINATORS REPORT
Important message for Cooper - Rand users
The Eveready 411 batteries used in the older Cooper-Rand speech aids are becoming more difficult to obtain. I have found a new supplier and the new prices are: $16.50 for one or $30.25 for two. Eveready Australia did stop importing them for a while but they are now back in small quantities but I don't know for how long!

As mentioned in the last Newsletter members with older Cooper-Rands should consider having them converted to take a 9 volt rechargeable battery. Your local electrical repair place should be able to help; or Paxton Barrand at 283 George Street Sydney (02 299-4855) have an adaptor kit for about $107.00. I have a leaflet on this for those interested.
PRESIDENTS REPORT

'Before giving my report I would like to clarify my item on the post-operative visit to the laryngectomee at Rose Bay -- I did not intend to imply that the gentleman did not receive the normal high standard of medical care that we all receive -- rather that it was a shame to have this occur at this stage of his life. A pre-operative visit may or may not have helped, but I understand that the urgency of the surgery made this impossible.

In other news -- a tentative Christmas party booking for the 14th December has been made at Kirribilli RSL. John Nicholson has the information on menus etc.

At the request of Margaret Patterson from RNS and in company with Dave Smith a pre-operative visit was made to 85 year old Trevor Chiplet at Collaroy War Veterans Home on Saturday 11th May. Trevor was to go to hospital on 13th May -- Good Luck Trevor.

CORRESPONDENCE

1. Mr G Giraud, Mullumbimby. Suggestions for discussion at the Laryngeal meeting.
2. Department of Health. Invitation to a Special Employment Placement Project, $65.00 per head (declined)
3. Australian Cancer Society. Forwarding a copy of USA produced booklet 'Head & Neck Cancer'(tabled)
4. Margaret Patterson RNS Hospital re Visitors course (detail elsewhere in Newsletter)
5. Mr Harry Dowling, Lidcombe. Would like to attend more meetings if location was more central.
6. Mrs Jo Nowland. Donation of $50.00 and advising of her planned visit to hospital for treatment.
7. Mr John Stein. Details of tentative booking made for our Christmas party on 14th December.
8. Laryngectomee Club of India. Up date on Indian Voice Aid.

11. St Vincents Hospital, Lismore. Advising that Vanessa Jerome is now the Speech Pathologist there.
13. Mrs C Boyd, Vaucluse. Thank you note for supplies and progress report on her husband's condition.
15. Mrs E Lindsay of Bateau Bay. Thank you note for items provided.
16. Mrs L Andrew, Old Bar. Thank you for items sent by John Chaloner.
17. Newsletter from Australian and overseas laryngectomee associations and clubs (tabled)
18. Mrs Helen Brake, Speech Pathologist at St Vincents Hospital Sydney. Re April Presidents report.

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WE ARE AGAIN APPEALING FOR ITEMS FOR THIS NEWSLETTER -- YOU TELL US YOU ENJOY GETTING THE NEWS -- HOW ABOUT SUPPLYING SOME?

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The following article appeared in the Newsletter of the SECOND VOICE CLUB, CORPUS CHRISTI, USA. We thought it good enough to reprint.

BORN BEFORE 1945?

There are many of us born before 1945. Consider the changes since that time!
We were born before television, penicillin, polio shots, frozen foods, Xerox, plastic, contact lenses and the pill.
We were before credit cards, split atoms, laser beams, ball point pens, before pantyhose, dish washers, clothes dryers, electric blankets, air conditioners, drip dry clothes and before man walked on the moon.
We got married first and then lived together - how quaint can you be? In our time closets were for clothes, not for coming out of. Bunnies were small rabbits and rabbits were not Voltswagons. Designer Jeans were scheming
4.
girls named Jean and having a meaningful relationship meant getting along well with our cousins.
We were before house husbands, computer dating, dual careers and computer marriages. We never heard of FM radio, tape decks, electric typewriters, artificial hearts and word processors, yogurt and guys wearing earrings. For us time sharing meant togetherness - not condominiums. A chip meant a piece of wood, hardware meant hinges and software wasn't even a word!
In our day cigarette smoking was fashionable, grass was mowed, coke was a cold drink, and pot was something you cooked in. Rock music was Grandmother’s lullaby and AIDS were helpers in the principals office.
We were certainly not before the difference between the sexes was discovered but we were certainly before the sex change. We made do with what we had. We were the last generation that was so dumb as to think you needed a husband to have a baby.
No wonder we are so confused and there is such a generation gap today. But we survived, what better reason to celebrate.

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OLDEST LARYNGECTOMY

In response to our note in last month’s Newsletter, we have received advice that Mr A E L Griffith of Longueville, now aged 82, became a laryngectomee on the 16th April, 1966 at RNS Hospital; and Mrs Thora Smith of Sans Souci had her operation on the 8th July 1969. We would like to hear from any other member who became a laryngectomee before 1966. In the mean time we declare Mr Griffith and Mrs Smith the record holders!!

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Keep your stoma warm this winter - you will cough less!

THINGS TO REMEMBER

1. The next meeting of the Laryngectomee Association of NSW will be held on Wednesday 19th June 1966 at 11am at the rooms of the NSW Cancer Council, 151-161 Dowling Street, Woolloomooloo. The committee will meet at 10am the same day. Morning tea/lunch is served at the conclusion of the General Meeting.

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2. Exchange a smile with your friends and at least three strangers each day.

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3. Its a good day if you wake up alive.

******

4. Put pen to paper today and tell us your news, your philosophy or your rules for life.

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5. It might be easier to hate than love but it makes you look older and anyway loving is more fun.

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6. We would love to hear from you before the next Newsletter.

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SHOWER SHIELDS

A supply of rubber shower shields has been received from th USA and we are pleased to report that they are now available to members at the reduced price of $13.00 per each plus $2.00 postage. Please send your order to the secretary.

Stoma cover material is also available from the secretary at $4.00 per metre.

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The Laryngectomee Association of NSW

An association dedicated to the welfare of laryngectomees and those with similar vocal disabilities.

APPLICATION FOR HOSPITAL VISITOR TRAINING

Laryngectomee visitation is an essential aspect of the overall rehabilitation of any laryngectomee.

Potential visitors should be well adjusted to their surgery and should be physically and emotionally equipped to assume this responsibility. They should be 12 months post surgery, a good to excellent speaker, have good physical appearance and be a good listener with a warm and supportive personality.

NAME.................................................................................................................................

ADDRESS............................................................................................................................

PHONE(h)..........................(w).................................Spouse name(if applicable) ......................

SURGEON..........................DATE OF OPERATION.../....../...... HOSPITAL..........................

SPEECH PATHOLOGIST.........................PHONE.......................................................

COMMUNICATION SKILLS  (RATE YOUR ABILITY TO USE )

Artificial larynx:  (neck aid)  None Fair Good Excellent
(Intra oral CR or
DSP8) None Fair Good Excellent

Voice prosthesis: None Fair Good Excellent

Oesophageal voice: None Fair Good Excellent

Is your spouse willing to visit or be telephoned?  Yes............... No......................
If so he or she must participate in an initial interview and training program.

Areas or hospitals you would be willing/prefer to visit....................................................

Any previous counselling experience (not necessarily with laryngectomees)?

If so please provide details:

I give permission for the interview/selection panel to contact my surgeon and speech pathologist. I am willing to participate in an initial interview and seminars.

Signed................................................. Date ..............................................................

People accepted for training will be involved in two half-day seminars and a follow up two months later. Please complete this application and forward it by 30th June, 1996 to:

Margaret Patterson,
Speech Pathology Department,
Royal North Shore Hospital,
ST LEONARDS  NSW  2065

e:\msword\misc\margaret\visitor.doc
MONTHLY MEETINGS:

#SYDNEY: Third Wednesday, 11am at NSW Cancer Council Offices, 153-161 Dowling St, Woolloomooloo.

#NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Boreas Rd, Broadmeadow.

#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.

#ILLAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Bexfield St, Warilla.

#RICHMOND VALLEY: First Wednesday of EVEN NUMBERED MONTHS, 2pm at St. Vincent's Hospital, Avondale Av, Lismore.

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

#DUBBO: Lourdes Hospital. Contact 068 845 855 for meeting time.

EDITORIAL

Participating in a census can be a pain in the you know where but if your Associations committee is to carry out its responsibilities properly it must ask you for assistance. Currently we hold our monthly meetings at the offices of the New South Wales Cancer Council in Woolloomooloo and while we appreciate that Council's help in providing excellent facilities, at no cost, should we try to obtain a meeting place in another location?. Members point out that there are no car parking spaces available near the Cancer Council building and it is a long up hill walk back to Kings Cross Station.

We are looking around for another meeting place and we seek your help in this regard. Where would you like to see our meetings held? If you know of a facility that is fairly central, has car parking close by and is accessible by public transport without too much walking, please advise me or any of the committee members - their telephone numbers are on this page. If we could find such a site would you come to these monthly meetings? We need your input at these meetings so please give it some thought and ADVISE US OF YOUR SUGGESTIONS.

WE WOULD LIKE TO HEAR FROM ALL MEMBERS ON THIS MATTER.

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ANNUAL NATIONAL LARYNGEAL CANCER SUPPORT COMMITTEE MEETING

The Australian Cancer Society has advised the Association that it intends to convene the Annual Meeting of the above committee in late July 1996. The items listed for the agenda for that meeting include:

* provision and maintenance of appliances, prostheses etc
* review of publications
  You Can Say That Again
  Looking Forward
  Rescue Breathing For Laryngectomees
* review of visitor training

The Committee is comprised of representatives from the Laryngectomee Association in each state (Western Australia also represents South Australia and Tasmania), a Head and Neck surgeon, a Speech Pathologist and the Executive Director of the Australian Cancer Society. A report on the content of this meeting will be published in the August Newsletter. If anyone has an item that they consider should be discussed, or any input for your representative to mention on any of the above subjects please advise our Secretary as soon as possible.
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW, HELD ON WEDNESDAY 17TH APRIL 1996, AT THE NSW CANCER COUNCIL ROOMS AT WOOLLOOMOOLLOO.

PRESENT: John Stein (Chairman), P Rogers, W Byrnes, B Darlington, D Newby, M McIvor, A T Krasnodebske, K Antonsen, M Silver and L Stein.

APOLOGIES were accepted from Lilah Walton, J & D Nicholson, J Nowland and J Chaloner.

The Chairman opened the meeting at 11.00 am

MINUTES of the March meeting were not available

REPORTS Due to the absence of J Nicholson, L Walton and J Chaloner the Secretary/Treasurer’s Report, the Welfare Officers Report and the Spoech Aids Co-ordinator’s report were presented by Bruce Darlington. All accepted on the motion of P Rogers, seconded D Newby.

Secretary’s Report Because of our involvement with the Hawkesbury Show being held on the 19th, 20th and 21st April we are unable to attend the April meeting and Des and I apologise for our absence.

Membership On behalf of the committee I would like to welcome the following new members:-
Mr John Clyne of Rose Bay
Miss J Martin of Camden Miss Martin is a Registered Nurse engaged in Ear, Nose and Throat nursing.
Mr Joe Correia of Stanmore.
Mrs Jan Fisher of Garran A C T

I would also like to pass on our condolences to the families and friends of the late Bob Vuchovich of Earlwood and the late Mr B Eagles of Bathurst.

Welfare Lilah Walton is out of the wheelchair but she must take things easily for quite some time. In her absence in the last month we have received requests for stoma covers, stoma cover material and shower shields. We have managed (I think) to satisfy these requests and as soon as the show is over Des will make up some more covers.

As stocks of shower shields are running low I have ordered another $500.00 worth from Med Mart in U.S.A.

Speech Aids Co-ordinator John Chaloner has sent out six lots of speech aid batteries in the last month. Unfortunately his work commitments preclude him from attending today’s meeting.

Hospital Visitors Programme Work on this programme is progressing and a detailed report should be ready shortly.
In discussions with several speech pathologists we have found that most of them would prefer ‘matching’ visitors with patients and this seems more than sensible. Our problem is making sure that all hospitals advise us of laryngectomy operations and work on that aspect is in hand.

Financial Statement Even though we expended $653.50 ($US500.00) on shower shields this month we are still in a sound financial position with a credit balance of $9270.80 in our cheque account and $250 due from the Cancer Council for last month’s Newsletter. I would also like to thank Mrs L Stein for her kind donation of $50.00.
CORRESPONDENCE
1. Mrs E Lindsay, Bateau Bay - payment for stoma cover material
2. Laryngectomee Club of WA - Voice Aid Brochures
3. Mr John Clyne - Membership application and payment for goods supplied.
4. Marli Taylor of Eastwood - advising of the death of her father Bob Vuchovich
5. Mr J McAlister of Beralu - membership renewal and donation of $10.00
6. Mrs Jo Nowland of Padstow Hts - $50.00 donation
7. Helen Brake, Speech Pathologist of St Vincents Hospital seeking information about Desk Top Amplifier made in WA
8. Laryngectomee Association of Victoria. Advising that their new Postal Address is PO Box 153, SALE 3850.
9. Thredbo Alpine Hotel - Circular on conference venue facilities
10. Australian Cancer Society - advising that the annual National Laryngeal Support Committee meeting will be held late July 1996. Alan Dear has been our delegate and I was the alternate so I will be attending when a firm date is known
11. Directory of Australian Associations - seeking an update on LANSW
12. Newsletters from other Laryngectomee Associations in Australia and USA (available from me on request)

PRESIDENTS REPORT

I received a phone call on the 20th March from the Speech Pathologist at St George Hospital asking me to talk with a new laryngectomee who was having a prosthesis fitted. Visit did not take place as the patient was not prepared for major surgery at that time.

Sent a letter to John Devenney (Illawarra) confirming that a Newsletter would be sent to him in the future. At the same time I explained that the Madagascar appeal was a project of Lilah Walton - not the LA.

ON the 26th March, Julia - Speech Pathologist of Hornsby Hospital rang regarding a pre-operation visit to a patient. I explained that I was not an accredited visitor and would only visit in her company. This was agreed and the visit made at 10am the following day - after picking up a Cooper - Rand and a patient pack from Margaret Patterson of RNS Hospital. Julia reported that the patient was pleased with the visit and I have subsequently ascertained that the patient is doing well and is using the Cooper-Rand.

I had talks with Margaret, Julia and Mary - three speech pathologists - and they said there were really no problems with visits but some patients do not readily agree to such visits. Also was advised that they look for good speakers who have been fitted with a prosthesis. There are more than me in this catagory; I know because as I have met many as good and better at our meetings.

ON April 16th I received a phone call from John Nicholson about visiting a post-operative laryngectomee who had been operated on some three weeks previously at the Scottish Hospital Paddington. He had not had a pre-operative visit, had been fitted with a prosthesis and was unable to see a speech pathologist until the 18th April!! My wife and I visited this new laryngectomee at Rose Bay. He is 79 years of age and both he and his wife were, at that time, both fairly distressed. We spent quite a bit of time with this delightful couple and I hope reassured them that things will improve. With no Pre-operative visit from one of our members this man had had no visitor pack, stoma cover or copy of YOU CAN SAY THAT AGAIN. A Pack was sent to them by John but it is a shame that this couple had to go through such a trauma - particularly at this time of their lives.
On the 16th April I received a letter of thanks from Janine Bothe, Surgical Nurse Educator at St George Hospital for participating in the Head, Neck and Plastic Surgical update. I would like to thank Bruce Darlington for co-ordinating the St George Hospital visits.

I will make a tentative booking for the Christmas Party in the next week.

The Presidents tentative booking for the Christmas Party in the next week.

The Presidents tentative booking for the Christmas Party in the next week.

**GENERAL BUSINESS**

**Venue for Meetings** Pat Rogers reported that he was trying to find a new venue for our monthly meetings - one that was closer to public transport and so easier for members to attend. Hopefully if this can be arranged more members will attend our meetings.

**Hint for the Month** We all know that the velcro strap on the shower shield wears out long before the actual shield. Tony Krasnodelski gave us a helpful hint to prolong the use of the shield. The velcro can be easily removed and new velcro sewn in its place. We welcome any good hints from members but cannot promise any rewards for them.

**In Hospital** The Committee was advised that Jo Nowland is in hospital and naturally it is our hope that Jo will be with us again shortly.

**Vale** The Committee was also informed of the death on the 15th April of Mr Daniel McKeown of Pendle Hill and we extend our sincere condolences to his family and friends.

There being no further business the chairman closed the meeting at 11.30 am after which morning tea/luncheon was served.

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For the Grand parents among us: "What do you call Postman Pat after he retires?" "Pat"

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**O LDEST M E M B E R** In response to our request last month for information concerning the oldest living laryngectomy in New South Wales, Mr Robert Anderson has written to say that he is 94 years old and that he had his laryngectomy at Prince of Wales Hospital in 1993. Robert says he has his check up every three months and the specialist has assured him everything is OK. We congratulate you Robert and I think you can rightfully carry the title of the oldest living laryngectomy in this State. Look after yourself that you may carry the title for many more years.

Now who has the oldest laryngectomy? Any advance on 17 years?

**W ESTERN B RANCH A N N I V E R S A R Y** I apologise for not congratulating the Western Branch on their 10th Anniversary which they celebrated on 19th March 1996. I believe the more than 50 people who attended the luncheon had a most enjoyable time.

**L A R Y N G E C T O M Y F I L M** Recently I had a call from a Sydney based film company seeking the loan of a voice aid. Seems the company is about to produce a film on the laryngectomy operation and the rehabilitation of laryngectomies. This film coupled with the laryngectomy based episode on R.P.A. should certainly make the larynx far better known. We will keep you informed of the progress on both productions.
5.

**NEWSLETTER**  We are still working at the computer and slowly learning - bear with us - we can only improve!!

Don’t forget it is your newsletter too so we would welcome

1. Letters to the editor
2. Poems
3. Articles - your experiences, funny, dramatic, embarrassing etc etc.
4. Handy hints
5 Patterns for stoma covers .
6 Questions -- Why is it so?

As we have a page left and winter is coming on - or at least it should be - we will include again the pattern for the 'Stoma Warmer' for those who live in colder climes. As for us in Sydney, we need rain badly but the sun seems to have been out for ever.

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**THE NEXT GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW
WILL BE HELD ON WEDNESDAY 15TH MAY 1996 AT 11.00AM AT THE ROOMS OF
THE NSW CANCER COUNCIL 151-161 DOWLING STREET WOOLLOOMOOLOO. THE
COMMITTEE WILL MEET AT 10 AM ON THE SAME DAY. MORNING TEA/LUNCH IS
SERVED AT THE CONCLUSION OF THE GENERAL MEETING**

WE WOULD LOVE TO SEE YOU THERE!
STOMA WARMER
For those whose work, sport or other recreation takes them into the winter winds.
Compiled by Desma Nicholson, The Laryngectomee Association of NSW

REQUIREMENTS: Depending on brand, approximately 100grams 8 ply wool or equivalent in other knitting yarn. 1 pr. size 8 (4mm) needles, set of 4 size 8 (4mm) double pointed needles, set of 4 size 10 (3.25mm) double pointed needles.

ABBREVIATIONS: k = knit; p = purl; psso = pass slip stitch over; tog = together; M1 = make 1-pick up loop before next stitch, place on left needles and knit into the back of this loop; garter stitch = every row knit; stocking stitch = 1 row knit, one row purl.

THREE SIZES: small, medium, large (S, M, L)

FRONT:
Cast on 37 stitches
1st row — knit
2nd row — k1, M1, k to last stitch, M1, k1
Repeat these two rows three times.
9th row - k5 purl to last five stitches k5
10th row — as 2nd row.
Repeat these two rows until there are 63 (67, 71) stitches
Continue on these stitches keeping a garter stitch border on main body of stocking stitch until work measures 18cm, finishing on a purl row.

TO SHAPE NECK
Next row — knit 24 turn
Next row, k1, purl to last five stitches — k5
Next row — knit to last three stitches slip1, k1, psso, k1
Repeat these last 2 rows until 15 stitches remain.
Knit 5 rows in pattern
Cast off 8 stitches at the beginning of next row, purl one row, cast off.
Slip next 15 (19, 23) stitches onto stitch holder and work right side to correspond with left substituting k2 tog for slip one, k1, psso.

BACK
Cast on 33 (37, 41) stitches
1st row knit
2nd row — cast on 5 stitches, knit to end of row.
Repeat this row until 63 (67, 71) stitches
Next row - k10 purl to last 10 stitches k10
Next row — knit
Next row — k5 purl to last five stitches k5
Repeat these last two rows until work measures 5cm
Cast off 8 stitches at the beginning of the next two rows then 7 stitches at the beginning of the next two rows — slip remaining stitches onto stitch holder (do not break off wool)

NECK BAND
Press work and sew up shoulder seams
Using set of four size 10 needles and right side of work facing knit up stitches across back,
28 stitches down left front, stitches from needle holder at centre front and 28 stitches up right front 104 (112, 120) stitches.
Continue on these stitches in rounds in either k1, p1 rib or k2 p2 rib until neck band measures 2ins (5cm).
Change to set of size 8 (4mm) needles and continue neck band for a further 4ins (10cm).
Cast off loosely.

LEFT: John Nicholson models the stoma winter warmer. ABOVE: How it looks without John in it.
ALAN GEOFFREY DEAR OAM
1942 - 1996
AUTHOR OF 'YOU CAN SAY THAT AGAIN'

With the death of Alan Dear on 4th March, the Laryngectomee Community in Australia lost one of the most significant figures in our history. Many people have started to write the book, Alan actually completed this task and his contribution to the welfare of both laryngectomees and their families is one which will continue in the years ahead.

He was Chairman of the National Laryngeal Cancer Support Committee and Editor of the NSW Assocn Newsletter, as well as under-taking many other tasks. In 1993 Alan represented all State Associations at the International Association of Laryngectomees in U.S.A.

He was a senior journalist with the Australian Financial Review, and in 1992 was awarded the OAM in the Queens Birthday Honours for his service to the Laryngectomees of Australia.

Our deepest sympathy goes to his wife Lesley and daughters Alison and Kate.

FAREWELL TO A GREAT FRIEND IN DEED
Fifty-seven people attended our Seminar held Saturday 24th February at the Qld Cancer Fund. What made this roll up so special was the number of laryngectomies and their families present. The only regret about seeing so many old and new faces was- there wasn't the chance to really talk to many before it seemed the day was over and everyone was getting on their buses & leaving. Our very sincere thank you's to Michelle Brown and Danielle Hornsby Speechies from the Gold Coast and Toowoomba Hospitals who organised the travel arrangements for local members (and attended themselves to make sure everyone arrived safely!). Thanks too as always, to the Qld Cancer Fund for providing the venue, and the transport from the Gold Coast. Dr John Quayle our Patron was at his most gracious as Master of Ceremonies for the day, introducing the Speaker Dr David Schlect for the Roy Coulter Memorial and summing up the day's programme as very worthwhile with such an outstanding number of members coming to meet each other and learn from everyone's experience. Dr Schlect covered an enormous number of complicated topics in a short time and in a way that made sense to ordinary civilians. Mind you everyone had to concentrate for the full hour to stay with this stream of information, but we rose to the challenge and I think both Speaker and Audience are to be congratulated for such a successful exchange of information! The afternoon sessions provided everyone with the chance to have their say, and quite a few points were brought up to be addressed by the Association (see in other reports).

Thank you to everyone who attended. We would like to hear from everyone about what topics to cover next year. If you have any ideas let us know before Christmas. We will probably have next year's in March.

THE ROY COULTER MEMORIAL LECTURE
"ADVANCES IN ONCOLOGY"

DELIVERED BY DR DAVID SCHLECT, Radiation Oncologist, The Wesley Cancer Care Centre.

At the commencement of his presentation Dr Schlect paid tribute to Royce Coulter with a slide of a beautiful stained glass window in a French Cathedral depicting the Good Samaritan. He said Royce was a friend as well as a patient, and before he ever met Royce, when mixing in ENT circles around Australia if people heard he was from Brisbane they would remark- You must know Royce Coulter then. Sadly he knew Roy only a brief time, since after being successfully treated for throat cancer 14 years previously, a very rapid spread of bladder cancer took Roy in little over 3 months. Dr Schlect was also very pleased to meet Roy's wife Dawn under much happier circumstances. (So was Dawn -see photo later)

NEW IMAGING MODALITIES. Assessment of the neck has mainly been by feel until very recently. With the advent of the new scanning machines and new technology based on the PET scan image, incredible pictures are created showing clearly any spread of the disease to the nodes of the neck. PET stands for Positron Emission Tomography and it is based on the now known fact that when an atom is split a positron meets an electron they disintegrate and energy beams go in opposite directions. Two machines have been built in Australia so far, one in Sydney and one in Melbourne. Words cannot describe the series of slides we were shown comparing CAT Scans, MRI Scans and the PET Scans. you'll have to take our word for it that although the CAT Scans and MRI images showed up tumours and some nodes, the additional information available from the PET scan was astonishing. This will increase the accuracy of diagnosis and greatly assist in choosing the most appropriate treatment. Not only this, but attaching monoclonal antibodies to radioactive material that is taken up with glucose you can tell whether the tumour is functioning or not (called Functional Imaging) and also whether there is a response to treatment. It's a big step forward in our cancer field, the first time there has ever been such an accurate way of showing lymph node metastases in the neck.

ONCOGENES (cancer genes) a gene which says "grow a cancer". The race is on to map all the genes in the human body with the Human Geno Project involving hundreds of scientists all over the world, and almost every day you'll read of another gene being discovered. No Head and Neck Cancer genes yet, but there is one for breast cancer although it only relates to a cancer that is only 5%
of all breast cancers. If we can find the gene then perhaps we can do something about it. Alter its message so it says grow a cancer at age 40 we might alter it to say at age 140 so it wont matter. Or we might add a suppressor gene which says "ignore the next message". The scene may be quite different if it turns out that oncogenes are actually normal genes that have mutated perhaps with exposure ro chemicals or radiation. No one should be overly concerned that they might pass the disease on, because heredity is actually a very involved process involving all our ancestors and most of us are Heinz varieties unlike the small pockets of tribal people living in the Andes or down the Amazon. Genetic testing will require a great deal of community discussion to determine what if anything should be allowed with this information, so there is much to be done, but the mapping that has already been done in the past couple of years would have been inconceivable only 5 or 6 years ago so this is also very encouraging.

DRUG ADVANCES Chemotherapy - new drugs are being developed all the time. Progress is slow but steady. At times it's frustrating that there isn't a great leap forward but we need to remember that progress is happening. New Delivery systems being developed will mean that the drug will be delivered directly to the tumour not to the whole system. Using drugs attached to monoclonal antibodies that will go straight to the tumour cell would mean higher doses could be administered without the effects of normal chemotherapy. Another group of drugs that has not yet delivered the results hoped for are the Interleukins. Several have now been found and we manufacture these cells ourselves. They send messages to our white cells to attack invaders and there is still hope that this group might provide the answer.

MODULATION of the MICROENVIRONMENT Every cancer cell needs an area around it that has angiogenic factors (various chemicals) to help it grow. It needs a blood supply, oxygen etc and there is now a field of study looking at how to manipulate this micro environment to prevent cancer cells growing. This might mean people may be left with cancer in their body, but will have to take some type of drug to prevent its growth.

RADIOTHERAPY Huge improvements are now occurring with the computerization of planning. Previously planning was done using film images in two dimensions. Now using computer images there is 3D planning that enables great accuracy for a small area, and allows for higher dosage with much greater safety.

BRACHYTHERAPY means "near" or "close" therapy. A slide showing plastic tubes implanted down the side of the neck demonstrated this method which can be used if there is a recurrence and the area has already been treated with a maximum dose. It is a completely safe method for patients and staff. The radioactive material is pumped into the plastic tubes and delivery is very precise - right on the tumour.

CHART stands for Continuous Hyperfractionated Accelerated Radiation Treatment. This means delivery of treatment is 3 small treatments a day for 12 days (one week, the weekend and another week). There is a higher acute reaction (sunburn etc) and people can even require hospitalization, but long term it seems the results are the same or better. Trials have been going overseas for some time and they will shortly be reaching their conclusions. This may well change the face of radiotherapy around the world.

PSYCHOLOGICAL SUPPORT. This is what Royce knew instinctively. That people given support did better than those without. But how to prove it? Indisputable evidence has now emerged from America where Support Group Therapy was offered to some patients and not others. Studies are now underway everywhere to duplicate these results always being mindful that everyone is an individual and needs to be treated and respected as such.

Progress is slow, and though we're all waiting for the guardian angel to whisper the answer, all the answers that we've found so far have been the result of patience and hard work, and that is the way progress will most likely continue. We can take heart that there is progress happening all the time and it will continue with so many people involved in the search.

A VERY BIG THANKYOU TO MR REG ARMYTAGE A VOLUNTEER FROM BETTER HEARING AUSTRALIA WHO ASSEMBLED A FORMIDABLE DISPLAY OF EQUIPMENT FOR THE HEARING IMPAIRED.

ANOTHER ONE TO GARRY TROTMAN FROM PACIFIC MEDICAL WHO ALSO SET UP A VERY INTERESTING DISPLAY OF HIS PRODUCTS.
Michelle Murphy who reported the findings of this session is becoming very familiar with all the facet of our community as Michelle developed the Laryngectomy Visitor Training Programme. She reports on "WHAT WE WISH WE HAD KNOWN BEFORE OUR PARTNERS/RELATIVES RETURNED HOME FOLLOWING A LARYNGECTOMY".

- More knowledge of surgery.
- Been more prepared for what to expect at the first visit following surgery (wish we'd seen video).
- Knowledge of how our spouse would cough.
- How to deal with depression and frustration of spouse.
- How to adapt to their new voice.
- An awareness of changes to expect in the household e.g. spouse takes on more responsibility at home as partner rehabilitates - washing, cleaning, shopping etc.
- Prepared for mood and attitude changes following Laryngectomy.
- Advised of a support group or support person.
- An understanding of how patients may react following a laryngectomy, as they grieve for their old life style e.g. expressions of sadness, anger, depression, and that this behaviour is normal.
- That the Laryngectomy may be more dependent upon their partners and family.
- A practical demonstration on resuscitating people who neck-breathe. Perceived as very important for partners and family members present at workshop.
- That there may be major changes in their partners diet following surgery (depending on extent).
- Opportunity to see someone who has had a Laryngectomy before surgery.

OVERVIEW OF MAJOR LIFE STYLE CHANGES FOR SPOUSES AND RELATIVES

Their Partner/Relative is much more dependent upon them. Role change within their relationships
"We tend to pamper the Laryngectomy as they feel they are not able to do a lot for themselves" We become their lifeline".

Major changes to their partners diet, smaller more frequent meals and softer foods.
Laryngectomy not using the telephone. Decrease in social life.
Teaching other family members and friends to accept the changes in their partner.
New and different clothes for their partner/relative to help them cover the stoma.
Changes in the personality of their partner/relative
Changes in sleep patterns of their partner/relative.

Three Most Important Issues That Evolved From The Workshop:

- Partners and relatives would like to attend a demonstration by ambulance / hospital staff on resuscitating someone who is a neck breather.

- Partners/relatives would like to be given more knowledge on the psychological impact that a Laryngectomy will have on their partner and themselves.

- Very few people in the group had access to a social worker pre operatively or post operatively.

In Victoria a similar group also discussed worries about sleeping -listening to make sure he is still breathing. The extra silence as casual conversation gets scarcer. How to fill the silence? Radio, radio talk back - and talking back. Singing, Listening to spoken-word cassettes. Going out to my own meetings. "I've learned how to play computer games".
I find myself thinking 'I wonder how long it is since he said something?'
He gets so frustrated when I don't understand what he's said. He's sorry afterwards.
It's worse to pretend that you understand when you don't. It doesn't help to be a bit deaf either.
It's very worrying listening to your loved one coughing when food gets "stuck" from time to time but something one gradually gets used to.

THIS NEWSLETTER WAS PRODUCED WITH THE ASSISTANCE OF THE QLD CANCER FUND.
TODAY'S ISSUES FOR LARYNGECTOMEEEES
Led by SUSAN COLLINS L.A.Qld. ACROD.

With a full house and Sue in charge so many topics were covered this will be a brief coverage of the hours discussion.

Talking with children—they're attracted to the funny sound & want to know everything, we get called all sorts of space names, asked by grandchild to go to school with him for "show & tell". Very small children do remarkable imitations both vocal and actions—holding hands to side of neck or pretending to block off a stoma and speak like their laryngectomee friend or relative. Good chance to get antismoking message across but we have to be responsible in our approach to educating but not frightening as we want people to feel comfortable around us.

Now accepted that there are multiple factors involved in throat cancer yet any publicity invariably ends with "and this cancer is caused by a combination of smoking and drinking alcohol." This provoked strong feelings of anger and resentment at the unnecessary damning and humiliation of the person involved.

I.D. Cards—some people didn't know the Association had supplies of these. Members recommended putting any other relevant details on the back and getting them laminated. Some members were wearing I.D. Bracelets which they felt greater security with.

Limitations of a noisy environment. Shopping centres can be terrible, music playing through the Centre, coming out of the shops as well, and indoor fountains echoing through the malls. Forget trying to compete in these circumstances. Relax and wait for a quiet place. Equally irritating are the people who won't/can't listen. "I'm not going to flatten my batteries for you!"

Amplifiers. Why can't they add amplifiers to the Servox? The Association should approach the manufacturers of electrolarynxes and state the case for significant improvements.

Things that are aggravating in the early days improve as the years go by but the annoyance is still there on bad days e.g. "Gee I wish my wife sounded like you" GRRRR Why are talking toys so cheap and our stuff so expensive?

Using a Servox you have to put up with people who are so fascinated by the instrument they pay no attention to what you are saying. Whenever Sue gives a talk or lecture she spends the first few moments explaining to her audience exactly what's up and how she is speaking, so they can then concentrate on what she is saying. Also coping with the "Jump Out of Their Skin" reaction when you start to speak. If you have a holder on your belt, always carry your electrolarynx into banks or similar institutions otherwise a quick move can result in alarm bells ringing and security guards holding you at gunpoint.

When people have difficulty understanding it's often better to change the words rather than repeat and repeat the same ones. Remember people also have different auditory processing skills. Grace with her charming accent has a friend who had no difficulty understanding her prior to the operation but is now quite incapable of any understanding. Many of us have problems on the phone with people whose English is heavily accented. They usually cannot understand the combination of a new language and a different voice. The other problem people are those who are deaf but don't know it.

Tom related one of his most satisfying experiences which happened in a Hotel in Vienna Austria. Sitting in the lobby enjoying a drink and this chap who was staring at him came over with a grin — turned out to be a German Laro (no English) but we sat and talked for 20 minutes with one another. Heather had a similar experience on the Underground in Paris, over each others neck, the waiting, then walking a music score.
sort of pidgin oz/french for the rest of the journey into the city. This shows what a powerful bond is created by the laryngectomy experience and how words can be such a small part of communicating—when body language, expression, enthusiasm and genuine interest in the other person are so obvious and meaningful.

COUGHING The bane of everyone’s lives! People look around to see where the dog is, or the horse or whatever could be making that noise. Don’t be too sensitive—it’s only normal to locate the source of an unusual sound—we do it ourselves.

Dining out always locate the toilets and estimate how long it would take to get there just in case swallowing doesn’t get rid of the tickle which suddenly appears.

When family members call out from another part of the house and expect you to answer—clap / belt on the wall / ignore them.

We have to educate others—it’s up to all of us. It was agreed a lot more people know about us now than 10 years ago.

SWALLOWING problems were not widely discussed until recently. It is very depressing when normal eating habits are affected. General discussion about foods which created problems degenerated into such a din as everyone told everyone else the foods that / affected them that it was too loud to determine who was saying what. Several people said water was very difficult to swallow. Adrian said water was ok if taken with the right spirit.

Taking tablets could be a problem. Norm uses a tablet crusher available through Chemists. Danielle cautioned some tablets are slow release medications and their effect could be destroyed by crushing. She recommended swallowing yoghurt first to make everything slippery, then trying to swallow the tablet.

People seemed to agree that the general public was really pretty good, and there weren’t too many twits to deal with (although they seemed to get around a bit).

We have to take responsibility for our own welfare. In hospital NEVER assume that the staff know what a neck breather is.

If something feels different GET IT CHECKED. If you get told it’s nothing to worry about and you still do, say OK I accept that it’s nothing to worry about, but what is it?

The biggest asset any laryngectomee can develop is a thick skin—then go out, and

CONQUER THE WORLD!

__________________________________________________________

MEMBERSHIP FEES NOW DUE (DUE 1ST JAN)

Name ________________________________

Address________________________________________ P/c ________________

Annual Subscription $10 Donations ____________

Please send to
The Treasurer L.A.Q.
PO BOX 576
LUTWYCHE 4030

All donations $2 or more are tax deductible.
We thank you for your subscription this year
From the Editor

As this is being taken out of my hands for printing I
apologise for the absence of - a report on the
ACM (everyone back except Daisy who's semi-
retired and Damien trying hard to leave as
Treasurer - in fact he's giving me the outline of his
duties for the next Newsletter if no one has volunteer
before then. Jenny Tidings excellent presentation
on the Indwelling Prostheses in Next Newsletter & Now
accounting of setting up the Office in next time too.

The biggest news is - it was unanimously
accepted that we move into an office designated
especially for us - if we wanted it at the Old Lane
Fund. We are delighted to have such a central
location for everything - stores, equipment etc. - Made
on this next issue - good luck with the

E.N.T NURSES FORM PROFESSIONAL INTEREST GROUP

We all know just how specialised this area is, and the relief and security of having a nurse familiar with laryngeal tumours close at hand, so our congratulations to all concerned with the formation of the OTOLARYNGOLOGY, HEAD AND NECK NURSES GROUP as decided at a meeting of interested nurses held on 20th November 1995. The group hopes to exchange ideas and information through regular lectures and information evenings, newsletters and organizing ENT Nurses conferences.

They have been very busy since November, and there will be an inaugural ENT Nurses Meeting to be held in conjunction with the Australian and New Zealand Societies of Otolaryngology, Head & Neck Surgery 1996 Combined Annual and Scientific Meeting to be held at the Marriott Surfers Paradise Resort 21-26th April 1996.

Any nurse with a particular interest in this field is invited to join this group which is still very much in its fledgling stage.

Enquiries to: Di Clancy, ENT Specialty RN, ENT Department, Princess Alexandra Hospital, Ipswich Road, WOOLLOONGABBA 4102. Telephone 32402315 or 32402111.

 social saturday afternoon

828 Rochedale Rd ROCHEDALE ST 30/3/96

We wish to thank all those who came to our afternoon tea. It was quite enjoyable. I especially wish to thank those who called to thank us for the invite but apologised as they could not attend.

Hopefully we will catch up with them at a future event.

Many thanks,
Gwen and Arthur Ellis
and Martha Fischer
P.S. Hope everyone enjoyed themselves.

***********

Dear Gwen, Arthur and Martha,

Thank you for opening your house to us. It was lovely getting to know each other over your delicious afternoon tea. Sorry your invite missed the last newsletter so only people attending the Seminar and the PA Support group knew. However I thought the small group was just the right size for everyone to get to know everyone a lot better than we ever do at big gatherings. Thanks very much!

***********

CHARITY BOWLS CLUB DAY SUNDAY 11TH AUGUST

Once again our friends on the Bay are organising a CHARITY BOWLS DAY which will be held again at the BRIGHTON BOWLS CLUB on Sunday morning 11th August.

OPTIONAL TRIPLES $5. per player $15 per team

WINNERS & LOSERS Starting Time 9.15 or 9.30

BOOKINGS Eileen Crockatt Ph 3284 0799 or Trevor Cronan 3326 8932

There will be a big raffle on the morning with lots of prizes.

Anyone who attended the last one knows what a wonderful morning that turned out to be, and we hope to have the same atmosphere this year. Perhaps there are members out there who make items for gifts or sale in their garage. How about donating an item as a raffle prize?

Remember our Association depends on other funds coming in so other Support Groups might even think about approaching a Club in their own districts to have a Charity Day.

Further information Ken Crockatt 92 King St., Woody Point Ph 3284 0799
TOOWOOMBA SUPPORT GROUP
Meetings are held in the Speech Pathology Dept at Toowoomba Base Hospital on the first Friday of every second month from 12.30 - 1.30pm.
(April 12, June 7, August 2, October 4, December 6)
Sandwiches, tea and coffee are provided and we ask people to drop $1 into kitty each time.
Thanks to the generous support of our Laryngectomee and Stroke Support Groups, the Speechies at Toowoomba are able to purchase a Ultrasound, top of the range, video recorder early this year. This video recorder is able to be connected with the machines down in X Ray to enable better recordings of video swallows.
This benefits both larynxxes and people who have had strokes, some of whom may experience swallowing problems. We are also able to watch a stack of educational videos for teaching purposes.
What a great addition to the list of equipment which we have been able to buy in this way over the years!
Have a great year. Danielle Hornsby
Ph (076) 316345 Fax (076) 316335

GOLD COAST LARYNGECTOMEE SUPPORT GROUP.
Next Meeting Monday 15th April 2pm at the Gold Coast Hospital, 0 J Casey Education Centre, Room 6.
Afternoon tea will be provided. Maree Young, a Social Worker from the Gold Coast Hospital will be speaking on grief and loss issues associated with having a laryngectomy.
She will be available for any questions so please think of any issues before you come.
The mailing list has been extended to include names of people from the Statewide LAQ Register who reside in the Gold Coast region. Therefore if you receive a notice and do not wish to continue to do so please let me know.
Remember that the purpose of these meetings is to provide Gold Coast Laryngectomees and their families with continued support, information and contact with other Laryngectomees.
I hope to see you all there.
Michelle Brown, Speech Path. (075) 571 6211 Pager 529
Expected date of following meeting 10th June

TOWNSVILLE SUPPORT GROUP
The Laryngectomee Support Group meets on the last Friday of every month at the Townsville R.S.L. at 5pm.
We have had a few new members but even with our growing numbers we haven’t lost that elusive meat tray for some time.
A new support group - the Head & Neck Support Group will be starting on the last Friday of every month from 10am-12, commencing May 31st. It will be held in the Conference Room in the Oncology building at Townsville General Hospital. All individuals who have had head/neck surgery and/or radiation plus their family and friends are welcome. It will be an opportunity to update on the latest information as well as chat over a cup of tea.
Please contact me on (077) 819 454
Georgina Tutt, Speech Pathology.

ROCKHAMPTON SUPPORT GROUP
I have to say Sue Donovan and I were a little disappointed at the attendance for the first meeting, however I’ve since been informed that several members didn’t get their notice of meeting in time.
As a result we’ve decided to pretend it didn’t happen and will have our “first” meeting for the year Wed 20th March. Everyone is asked to bring a plate of tea and coffee are provided. I hope everyone can come along as I am new to this position and would love to meet everyone. We also have some new members who would benefit greatly from your experience and support.
Regards Mariam & Foxcroft, Speech Pathology.
Ph (079) 316 211 Rockhampton Base Hospital.

ROYAL BRISBANE SUPPORT GROUP
Jenny Frisby is currently collating the information gathered by survey form to see what group members were requiring. When she has finished this people will be notified by letter, and there will be more news next Newsletter.

LARYNGECTOMEE ASSOCN of QLD
Meetings third Wednesday every second month
Qld Cancer Fund 10.30 until 12.

SPouse/FAMILY SUPPORT : GLORIA O'HANLON
PHONE 38575646
No. 55  APRIL 1996

VALE - ALAN DEAR, O.A.M.

Alan Dear, a long-time member and the Publicity/Editor of our Association died in hospital on the 4th March 1996. I will not attempt to put my (our) feelings in words but suffice to say he will be missed by all of us. We express our sincere condolences to Alan's wife, Lesley, his children Katie and Alison, his family and many, many friends.

The following article appeared in the Australian Financial Review (AFR) on the 6th March 1996.

'Death of Alan Dear.

Alan Dear, a senior journalist with the Australian Financial Review, died on Monday night after a long battle with cancer.

Alan, 54, worked on the AFR for 13 years, most of that time as day chief sub-editor. Many readers will know of Alan through his weekly column Endgame, in the AFR's Weekend Review. Editor of the AFR, Deborah Light, said "His broad skills as a journalist have been extremely valuable to the AFR - and through his weekly column and his personal relations - his quick wit and sense of humour will be sorely missed".

In 1981, Alan underwent a laryngectomy, an operation for cancer of the larynx. He wrote a book on laryngectomees 'You Can Say That Again', in 1989 and was involved in counselling patients. In recognition of Alan's work with laryngectomees, he received an OAM in the Queen's Birthday Honours in 1992.

He was one of the first life members of the Laryngectomee Association of NSW and the editor of its monthly newsletter.

The son of broadcaster Terry Dear, Alan began his career in journalism as a cadet on the Daily Telegraph, moving into public relations six years later. He returned to journalism in 1983 when he joined the AFR.

He is survived by his wife Lesley and daughters Alison and Kate.'
LARYNGECTOMY OPERATION ON AUSTRALIAN T.V.

A Laryngectomy operation will be featured in a top-rated T.V. show in the near future. Members may have seen, last year, the Channel 9 show 'R.P.A.' - a documentary series about the well-known Royal Prince Alfred teaching hospital in Camperdown, Sydney. Well, in this year's series one of the operations to be shown is a Laryngectomy. The 'star' is a lovely Cornish lady from Gilgandra, in the State's north west, and John Chaloner, our Speech-Aids Co-ordinator and hospital visitor, was privileged to be part of the production.

Bruce Darlington, the regular R.P.A. Hospital visitor went on holidays and he asked John Chaloner do do any visits that may have been required whilst he was away. John visited a lady some days prior to her operation and next day he received a call to advise him that the R.P.A. TV programme intended to follow her during the operation and her hospital stay. John returned to the hospital and he re-enacted the pre-op visit and also filmed the post-op visit. The lady concerned it progressing well and she is already using a Cooper-Rand very proficiently.

Our Association will be mentioned in the credits at the end of the episode and we are sure it will increase community awareness of laryngectomees. When we find out the screening date we will publish that date in the Newsletter.

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NEWSLETTER PREPARATION.

We now have access to the computer for the production of future Newsletters but we were not ready to use it for the preparation of this Newsletter.

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WELFARE OFFICER HOSPITALISED.

Earlier this month Mrs. Lilah Walton, our Welfare Officer and Life Member, suffered a heart attack and she has just returned home following her stay in Prince of Wales Hospital. Lilah assures me that she is on the mend but it will be quite a while before she is back in action again. At this time she is learning to roar around the house in her wheel chair. 'Wheely' Walton - take it easy and look after yourself.

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We would ask that all requests for Welfare assistance be directed to any of the Committee Members (addresses etc shown elsewhere) whilst Lilah is resting.

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MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW, HELD ON WEDNESDAY 20 MARCH 1996 AT THE NSW CANCER COUNCIL ROOMS, WOOLLOOMOOLLOO.


MINUTES: Moved B. Darlington, seconded J. Noland, that the minutes of the previous meeting, as distributed, be accepted. CARRIED.

BUSINESS ARISING FROM THOSE MINUTES: Nil.

REPORTS:

Secretary's Report.

Regretfully, I have to report that Alan Dear, OAM, our Publicity Officer and Newsletter Editor and Life member, died on Monday 4th March after a long battle with cancer. His funeral service was held in the Knox Grammar School War Memorial Chapel and it was attended by a large number of friends including many laryngectomées. He will be missed by all of us.

Welfare Officer Hospitalised. Mrs. Lilah Walton, our dedicated Welfare Officer, suffered a heart attack a few weeks ago and subsequently spent a couple of weeks in Prince of Wales Hospital. Lilah is home now but she will have to rest for some time. In the meantime would members please direct all their welfare requests to any member of the Committee.

Membership. There were no new members during the last month and we hope that this indicates there were no operations in that period. The number of subscriptions received increased quite a bit during the last few weeks and we are grateful for these payments.

Indian Made Voice Aid. Unfortunately, we have lost track of the Indian made voice aid that we acquired about a year ago. Several people have asked for the loan of this aid so they can determine whether they would like to purchase one. Would the person who now has that aid please return it to John Chaloner, our Speech Aids Co-ordinator, as soon as possible.

Free Advertising. HAWKESBURY SHOW. The 110th Annual Hawkesbury Show will be held at the Hawkesbury Showground
(mid-way between Richmond and Windsor) which is but a few steps from Clarendon Railway Station, on Friday, Saturday and Sunday the 19th, 20th and 21st April 1996. This show is now recognised as the fourth largest agricultural show in NSW and everyone attending can be assured they will have a most enjoyable time. There is an hourly electric train service from the city to Clarendon.

Moved M. Lyons, seconded F. Coughlan that the Secretary's Report be received. CARRIED

CORRESPONDENCE.

Royal North Shore Hospital. Seeking information about our Association.
Mrs. Jo Nowland. Donation of $50.00.
Australian Cancer Society. Copy of letter to USA seeking a copy of the new video 'Check the Neck'.
Arncliffe Uniting Church Friendship Centre. Donation of $100.00.
International Association of Laryngectomees, USA. Membership Certificate for 1996.
Family of late Wal Arnold. Thank you for our card.
Illawarra Branch. Payment for shower shield.
Kate Starick, Speech Pathologist, Lourdes Hospital, Dubbo Seeking information about the W.A. made Desq Amplifier.
Pauline Dooley, Speech Pathologist, R.P.A. Information about their 'Laryngectomee Quality of Life Project' for the Speech Pathology Conference in Auckland NZ. Also advising that their presentation will be a written one supported by posters and photographs.
Consumers Health Forum of Australia. Membership info.
Tony Sims of North Bondi. Seeking info about the Voice Aid made in W.A.
Minister for Health (NSW). Copy of report 'Caring for Health' Anti-Discrimination Board or NSW. Newsletter.
Newsletters from other Laryngectomee Association - from overseas and within Australia.

Moved J. Noland, seconded B. Darlington, that the correspondence be received.

FINANCIAL STATEMENT.

The Secretary reported that the Association was in a sound financial position - there being $9723.66 in bank accounts as well as the Term Deposits.

Moved M. Lyons, seconded P. Rodgers, that the Financial Report be received. CARRIED.

PRESIDENT's REPORT.

The past month has passed quickly, as my wife and I settle in to our new responsibilities.
It was with great sadness that we and fellow laryngectomees...
attended the funeral service of Alan Dear at Knox College on March 8th. He will be sorely missed by all of us. Our thoughts are with is wife Lesley and their two daughters. Lilah also had a close call but is now recuperating at home. Our bestwishes to her.

On March 12th my wife and I visited St George Hospital, without Lilah as she was also in hospital. we were met by Kristin Fulton, Speech Pathologist and all round nice girl. I was to address Head and Neck nurses on what it was like being a laryngectomee. I was introduced by Kristin and was able to ramble on for 15 minutes (Lilah wasn't there!) and answer a few questions (joke, Lilah, joke!) and then Kristin ran her lecture. At the end a few more questions and answers, including one to Lorraine about living with a laryngectomee, which she answered adequately - I thought.

We also attended the 10th Anniversary Dinner of the West-District Laryngectomee Association Branch on March 10th. Met President Stan Morley and his wife Helen, Jean Coutts, Jock Felton and John Devenney from Illawarra with whom I spoke at length.

Finally our Sec-Treasurer; Publicity, Welfare, Printer and mail organiser and his good lady have their hands full. Soon enough some load will have to come off them. If any assistance can be given please let it be known - thank you - John Stein'.

Moved F. Coughlan, seconded J. Nowland that the President's Report be received. CARRIED

GENERAL BUSINESS

Voice Aids. Secretary reported that he had just received literature from the USA concerning a new voice aid called 'Tru-Tone'. This aid looks like the Servox but according to the agent it is stronger andretails in the States for US$549.00. Action, to try to encourage an Australian agent to import this aid, will be taken.

Social Committee. After discussion it was decided that the Executive Committee should examine the suggestion that a Social Committee be established to organise outings (bus trips etc) for our members.

There being no further business to discuss the Chairman closed the meeting 11.30 a.m.

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HUNTER VALLEY BRANCH. We are still unable to adjust the meeting dates on Page 1 so this is just a reminder that the Hunter Valley (Newcastle) Branch meetings are held at Hamilton North Bowling Club, Boreas Road, BROADMEADOW at 6.00 pm on the Third Tuesday each month.

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OFFICE BEARERS - ADDRESSES & TELEPHONE NUMBERS.

The address and telephone number for the office-bearers for 1996 are as follows:

President. John Stein, 13 Weetara Rd. NORTHBRIDGE 2063 02-9958-7529.

V/Presidents. Bill Byrne, 422 Guildford Rd. GUILDFORD 2161. 02-892-1634.
Pat Rodgers, 2/79 St Johns Rd. GLEBE 2037 02-692-8995

Secretary/Treasurer. John Nicholson, MBE. PO Box 58, RICHMOND 2753. 045-781415.

Minute Secretary. Mrs. Margaret Silver, 89 Spencer Rd. KILLARA 2071. 02-498-4390

Speech Aids Co-ordinator. John Chaloner, 111 Station St. PETERSHAM 2049. 02-560-2852.

Welfare Officer. Please contact any committee member for the time being.

Publicity/Editor. Please contact Secretary for the time being.

Committee.
Bruce Darlington, 5 Alexandra St. ARNCLIFFE 2205. 02-599-3540.
Frank Coughlan, 21 Harold St. GREENACRE 2190. 02-708-4631.

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Members are reminded that they should contact Davis Smith for BIVONA and BLOM-SINGER supplies. His address is 27 Bellevue Parade, NORTH CURL CURL 2099. 02-9939-1539.

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LIMERICKS. Frank Deam of Mililani, Hawaii. has a unique way of practicing his speech. 'For me', says Frank, limericks were the ideal match . . . short, rhythmic, with built-in cadence to slow me down and set a pace. Enunciation was forced on me'. They may not be ideal for the squeamish, however, as the following sample suggests:

The limerick packs laughs anatomical Into space that is quite economical; But the good ones I've heard So seldom are clean, And the clean ones so seldom are comical.

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OLDEST LARYNGECTOMEE. Are you the oldest laryngectomee in NSW? We have been asked to find out who is the oldest 'Larry' in the Association. Please let our Secretary know if you think you are that member.

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THE NEXT GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW WILL BE HELD ON WEDNESDAY 17TH APRIL 1996 AT 11.00 AM AT THE ROOMS OF THE NSW CANCER COUNCIL, 151-161 DOWLING ST. WOOLLOOMOOLOO. The Committee will meet at 10.00 on the same day. MORNING TEA IS SERVED AT THE CONCLUSION OF THE GENERAL MEETING.

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No. 54 MARCH 1996

EDITORIAL

Unfortunately, Alan Dear, our Publicity Officer/Editor, is in hospital so this month's Newsletter will be put together by a couple of amateurs on a steam-driven typewriter. There are no 'Snap' type printing facilities in this area so we will have to use photo-copying to print this edition. Maybe we might be able to improve things next month.

Desma & John Nicholson

The Association's Annual General Meeting was held in February and the minutes of that meeting are shown below.

MINUTES OF THE ANNUAL GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW, HELD ON WEDNESDAY 21ST FEBRUARY 1996 AT THE NSW CANCER COUNCIL, WOOLLOOMOOLOO.

ATTENDANCE. The meeting was attended by 19 laryngectomees and six visitors.

APOLOGIES. Alan Dear (hospital).

MINUTES OF ANNUAL GENERAL MEETING 1995. The minutes of the 1995 Annual General Meeting, as published in the March 1995 Newsletter and circulated to members were adopted as a true record. Moved Desma Nicholson, seconded Pat Rodgers. There was no business arising from those minutes.

ANNUAL ACCOUNTS. The financial statements for the year ended 1995, duly prepared and audited by P.S. arpeneter, Dowle & Co. were tabled by the Treasurer, with copies for perusal by members. The Treasurer reported that the cash position had improved by about $2000 during 1995 and that the Association was in a sound financial position. Moved Lilah Walton, seconded Marion Lyons.

The office-bearers elected were:

President - John Stein  
Vice-Presidents - Bill Byrnes and Pat Rodgers  
Secretary-Treasurer - John Nicholson, MBE  
Minute Secretary - Margaret Silver  
Welfare Officer - Lilah Walton  
Speech Aids Co-ordinator - John Chaloner  
Publicity/Editor - Alan Dear, OAM  
Committee Members - Bruce Darlington and Frank Coughlin.

John Stein then took over the chair and thanked the confidence that had placed on him in electing him as President for 1996.

GENERAL BUSINESS:


Bank Account Signatories. Moved John Nicholson, seconded Desma Nicholson, that any two of the President, Secretary, Editor and Speech Aids Co-ordinator be authorised to sign our bank account cheques. CARRIED

Consumer Affairs. In the terms of the requirements for our annual return to the Department of consumer Affairs it was moved John Nicholson, seconded John Chaloner, 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. CARRIED

Secretary's Report. Members subscriptions for 1996 continue to arrive but there are about 150 members who are still unfinancial. Would those concerned please forward their $20.00 as soon as possible.

On behalf of the Committee I would like to welcome the following new members:

Mr. Ray McCarthy of Leichhardt  
Mr. Bill Palmer of North Bondi  
Mr. A. Myors of Concord West  
Mrs. S.E. Morrel of Kingston, Tasmania  
Mr. A. Sommerville of Double Bay  
Mr. B. Purcell of Cootamundra  
Mr. N. Elliott of Bulli  
Mr. M. Doherty of Fairfield  
Mr. H. Davies of Wagga  
Mr. W. Lindsay of Bateau Bay, and  
Mr. Joe Lau of Macquarie, ACT
We hope these new members will avail themselves of the assistance the Association may be able to provide and that they will, if possible, join us at our monthly meetings.

Unfortunately, I have to report that the following members have died and we extend our sincere condolences to their families and friends:

Mr. G. Pascuzzo of Haberfield
Ms. Debra Bundle of Nowra
Mr. G. Noble of Ulladulla
Mr. H. King of Mayfield, and
Mr. W. Arnold of Beralu.

Hospital Visiting. Preliminary discussions have been held with the Manager, Patient & Family Support, Cancer Council of NSW concerning the hospital visiting procedures - in particular the procedures successfully introduced in Queensland. It is hoped that similar procedures will be introduced in NSW.

Correspondence. The following correspondence has been received since our last meeting:

Leichhardt Municipal Council. Seeking info about our Assoc.
Royal North Shore Hospital. Update on our roles.
Newsletters from other States and the USA.
NZ Insurance. Certificate of Currence - P/L Insurance.
Western Districts Branch. 10th Anniversary 19 MAR 96.
IDEAS, Tumut. Seeking update on our roles.
Jack Dedman, Bonnells Bay. Donation.
John Williamson, Maroubra. Hospital visiting.
Lourdes Hospital, Dubbo. Support group news.
Directory of Australian Associations. Update.
Wodden Valley Hospital. Seeking loan of Indian made voice aid.
Dr. G. MacHalliday. Thank you for Christmas Party.
Mrs. M. Leahy, Richmond. Donation.
International Assoc. of Laryngectomees, USA. Newsletter.
Christmas Cards from many members and other organisations.

Speech Aids Co-ordinator's Report. Due to increased postal charges the new prices for batteries are:
Varta Battery for Servox, Romet & Jedcom: One $15.05
Two $27.35
Eveready Battery for Cooper Rand:
One $12.65
Two $22.50.

Members wanting Eveready batteries or DSP-8 parts should expect a short delay since there are not many requests for these, I get stock in as required.

The newer Cooper Rand speech aids use a 9 volt rechargeable

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battery (as does the Nu-Vois) which is readily available from super markets. Some members with the older Cooper Rand have had their machine converted from the 15 volt Eveready 411 batteries to the 9 volt rechargeable ones, saving them money in the long term. Your local electrical repair shop or Paxton-Barrand in Sydney should be able to help you.

The Servox agents for Australia, in Melbourne, have a new address and that is: Auditory Services Pty Ltd
285 Burwood Highway
BURWOOD EAST VIC 3151
Tel. 03-9886-3206

Finally, thank you to the members and the families of late members who have donated speech aids and equipment. These are gratefully used in our loan programme for members whose machines are away for repairs. It has meant that, although we wrote-off a number of old broken machines last year, we did not need to purchase any new speech aids.

JOHN CHALONER - Speech Aids co-ordinator.

Welfare Officer's Report. I had calls from:
Andrew Einspruch. Wanted info on laryngectomees so sent him a copy of 'You Can Say That Again'.
A laryngectomee's daughter. Father to have prosthesis and he and family had doubts. John Stein spoke to them on phone and John Chaloner re-visited the family.
Kirstin Fulton, Speech Pathologist at St George sought a laryngectomee fitted with a prosthesis to visit lady about to return to the country. John Stein obliged. Thanks John.
John Sealey, Ambulance Education Centre, confirmed that talks on laryngectomees are held in that Service.
R.N.S. Hospital, John Hunter Hospital and Concord Hospital - all seeking patient packs.
Macksville Hospital, Bathurst Hospital, Tamworth Base Hosp., St Sydney Community Centre, St George Hospital and Doug. Yell of Eugowra. Seeking various items. All supplied.

As I now have my tape '3 Precious Minutes'(plus my Larry book in French) I copied 2 tapes and sent one to Goulburn Police Academy.
I visited Len Nowland in hospital and was sorry to hear of his death. To Jo and family our deepest sympathy. He was a silent worker and will be missed. "Cook, toy maker and general all rounder. Our sympathy also go out to Mavis Noble and family, Giovanni Pascuzzo's wife and family and to Lola Arnold on the loss of her husband Wal.

The Australian wood pen sets made and sent to me by Jack Darby

.../5
I shall raffle during coming months. I'll send all members two tickets which will cost .50 cents each.

I wish to thank Joyce Lockyer of Guyra, Eric Smith of Lane Cove, Des. Nicholson of Richmond and Norman Walton of Kensington for their donations towards purchasing goods to send to Madagasca on behalf of all those people less fortunate than ourselves. Mavis Noble sent me a parcel and I included same in the Madagasca parcel - thanks Mavis.

To all those on the 'not so well list' - Alan Dear, Pat Barnett and Bill Conway and anybody else who have'nt let me know, our thoughts are with you.

LILAH WALTON - Welfare Officer

Moved bruce Darlington, seconded David Smith, that the above reports be received. CARRIED.

NURSING UPDATE COURSE.

A letter from Janine Bothe, Surgical Nurse Educator at St George Hospital, requesting that the Welfare Officer and a colleague speak at the Head, Neck and Plastics Surgical Update Course on March 12th was tabled. Lilah Walton and Bruce Darlington attend a previous course and their presentation was described as 'witty and informative'. John Stein and Lilah Walton will make the presentation in March.

There being no further business to discuss the Chairman closed the meeting at 12.00 noon. A delicious light lunch was served after the meeting.

MARGARET SILVER - Minute Secretary

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VOICE AIDS.

The Laryngectomy Club of Western Australia has provided our Association with literature concerning the Voice Aid Amplifier, a Desk Top Amplifier and associated items that are made in Western Australia and which can be Purchased from their Club. If anyone would like a copy of the literature please let me know. My address is PO Box 58, RICHMOND NSW 2753.

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HUNTER VALLEY BRANCH. In the absence of a computer I was not able to alter the meeting place detail for the Hunter Valley Branch. That Branch now meets at Hamilton North Bowling Club, Boreas Road, BROADMEADOW.

CHECK THE NECK VIDEO. A new video, 'Check the Neck', showing the correct rescue breathing techniques for laryngectomees is soon to be released by the International Association of Laryngectomees (IAL) and the Australian Cancer Council. The video will replace the present 'Three Critical Minutes' and will be distributed to all IAL clubs. The Australian Cancer Society has sought a copy of the new video and no doubt it will available for our use shortly.

OFFICE BEARERS - ADDRESSES & TELEPHONE NUMBERS.

The address and telephone number for the office-bearers for 1996 are as follows:

President. John Stein, 13 Weetawa Rd. NORTHBRIDGE 2063 02-9958-7529
V/Presidents. Bill Byrne, 422 Guildford Rd. GUILDFORD 2161 02-892-1634
           Pat Rodgers, 2/79 St Johns Rd. GLEBE 2037 02-692-8995
Secretary/Treasurer. John Nicholson, MBE, PO Box 58, RICHMOND 2753. 045-781415 Fax 045-784412
Welfare Officer. Lilah Walton, 23 Baker St. KENSINGTON 2033 02-6632550
Speech Aids Co-ordinator. John Chaloner, 111 Station St. PETERSHAM. 2049. 02-560-2852
Publicity/Editor. Please contact John Nicholson for time being.
Committee. Bruce Darlington, 5 Alexandra St. ARNCLIFFE 2205 02-599-2540
           Frank Coughlin, 21 Harold St. GREENACRE 2190 02-708-4631

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Members are reminded that they should contact David Smith for BIVONA and BLOM-SINGER supplies. He is at 27 Bellevue Parade, NORTH CURL CURL 2099. Tel. 02-9939-1539

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THE NEXT GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW WILL BE HELD ON WEDNESDAY 20th MARCH 1996 at 11.00 AM AT THE ROOMS OF THE NSW CANCER COUNCIL, 151-161 DOWLING STREET, WOOLLOOMOOLOO. The Committee will meet at 10.00 AM on the same day.

MORNING TEA IS SERVED AT THE CONCLUSION OF THE GENERAL MEETING.

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NEWSLETTER
THE LARYNGECTOMEE ASSOCIATION OF QUEENSLAND INC.
AN ASSOCIATION DEDICATED TO THE WELFARE OF LARYNGECTOMEE AND TO THE REGAINING OF SPEECH

REGISTRATION CHARITY NO 81

REGISTERED BY AUSTRALIA POST  FEBRUARY 1996  PUBLICATION NO QAW3738

PATRON: Dr. John Quayle, MB, BS (Okl), FRCS (Edin), FRACS
PRESIDENT: Heather Winsome, 20 Primrose Tce RED HILL 4069 Phone: 389 4260 Fax: 891 6024
VICE-PRESIDENT: Bill Robertson, 18 Rembrandt Street STAFFORD 4053 Phone: 356 9640
SECRETARY: Damien Perry, 15 Kanya Street, WAVELE HEIGHTS 4012 Phone: 386 4393
SENIOR SECRETARY: Michaela Murphy, Queensland Cancer Fund
ASSISTANT SECRETARY: Lynell Bennett, Speech & Hearing Dept RBH
MINUTE SECRETARY: Glorie O'Hanlon, 100 Palmer Street, WINDSOR 4030 Phone: 353 8028
PROPERTY OFFICER: Norm Frederick, 51 Unsmack St CHERMIDE 4032 Phone: 887 4646
SOCIAL SECRETARY: Susan Collins, 21 Warringah St, EVERTON PARK Phone: 386 2152
NEWSLETTER EDITORS: Heather Winsome Co-editor Susan Collins
HOSPITALITY OFFICER: Daisy Barnes Unit 1/28 Robinson Rd NUNDAH 4012 Phone: 356 8863
PUBLIC RELATIONS: Joe Foley

* NB. PLEASE SEND ALL CORRESPONDENCE TO BOX 576 PO LUTWYCHE QLD 4030

ANNUAL GENERAL MEETING
OF
THE LARYNGECTOMEE ASSOCIATION OF QLD INC.

will be held on

WEDNESDAY 21 FEBRUARY 1996 AT 10.30 am

at

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

ALL POSITIONS ARE VACANT

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 Chermide 172, Stafford 144, Grange 126, Stafford 44 and 44a.
(Please bring a plate to share, meet new friends and old, and contribute to discussion.)

NEXT ISSUE THIS SPACE WILL LIST ALL THE SUPPORT GROUPS IN THE STATE AND THE TELEPHONE CONTACT DETAILS.

*** Support Groups please forward your updated information for 1996 - Location of meetings contact and phone number before 7 April 1996.
Work problems not new to Sue

"For example if you have cancer, 10 years ago people would say why don’t you go on a pension. They’d say you can’t work, they might think you will die."

"These days, if you want to, you can go back to work."

Before suffering cancer, Ms Collins had worked in the army, raised a family on a farm, done clerical work and run small businesses, including milk and juice runs, hotels and cleaning.

She was fitted eventually with a small voice prosthesis and decided she wanted to work in personnel and training.

She was employed for several years by NADoW, the National Association for Training the Disabled in Office Work, as a training officer and manager.

The organisation also trained Skillshare staff around the state about the different aids, techniques and equipment used by people with disabilities to access training.

"What they mostly found out — and so did we along the way — was that people are people," she said.

"They just have different characteristics and if you use good people skills and adult learning techniques, you can usually incorporate many people of different backgrounds within your training or workplace."

Ms Collins started at QUT in February last year as an employment placement officer — disabilities.

The position, within the Human Resources Department, is jointly funded by the Commonwealth Rehabilitation Service and the QUT equity section for two years.

Other companies, including Westpac, Telstra, Griffith University, Franklin and Pizza Hut, also employ such officers under the special employment officer initiative.

Ms Collins’s goal is to increase the number of people with disabilities employed by QUT and “embed the principals of equitable employment access into the normal practices and policies of the organisation”.

She is finding work training placements in suitable areas for people with disabilities. These people continue to receive CRIS and other placements during their training, which is designed to ease them back into the workforce, be retrained and gain experience.

A Statistics Bureau survey in 1993 estimated that 3.2 million Australians or about 18 percent of the population have a disability.

About 14.2 percent of the population experience a handicap because of their disability. The norm common handicap was reduced mobility.

Since starting her job, Ms Collins has negotiated training placements for 43 people. People with disabilities have also filled 12 jobs, ranging from two part-time contracts of less than a month to six jobs on a six-month contract, with a chance to renew. Most people working part-time did so at their own request.

They include Barry McLaren, who is disabled and works 12 hours a week as a file clerk in student enrolments: Quenten Shepherd, who has low vision, and works in student records; and Karen Buchanan, a social science graduate who uses a crutch and scooter to overcome her disability problems and is employed by QUT’s administrative services equity committee as a temporary research assistant.

QUEENSLAND University of Technology placement officer Sue Collins, centre, with Quenten Shepherd, left, and Barry McLaren, both disabled.

"The prime thing I needed to do was to get employed again," she said.

"It became the most important thing in my life because that seemed to say: 'It's OK, you can manage again, you're just like everybody else'."

"Working is that crucial to most people in our society."

"If your history has been one with a strong work ethic, then the best indicator of genuine rehabilitation is returning to employment. It reinforces in your mind that life will go on, that you'll be able to achieve your goals."

Ms Collins said this was particularly the case for people who suffered a disability part-way through their working life.

QUEENSLAND University of Technology has hired an employment placement officer to make the workplace more accessible to people with disabilities.

That officer, Sue Collins, knows from personal experience that finding a job can help people cope with disability caused by an accident or the onset of disease.

She discovered 10 years ago that she had cancer of the larynx and her voicebox had to be removed, robbing her of natural speech.

She spoke after surgery with the aid of an electro larynx — a robot-sounding machine, but she retrained and went back to work.
Hi Everyone,

Once again I have changed jobs! The project at QUT referred to in the Courier Mail article was a fixed contract for two years and is now finished.

From Monday 5 February I have moved to 1 Park Road, Milton in the position of Executive Office for ACROD Qld.

ACROD National is the National Industry Association for Disability Services

ACROD was established as the Australian Council for Rehabilitation of Disabled in 1963, ACROD's roots go back to its predecessor, the Australian Advisory Council for the Physically Handicapped which was formed in 1945 as the co-ordinating body for the crippled children's societies in each state.

It was recognised by the beginning of the 1960's that disability service providers had many common interests, regardless of what group they serviced and there was a need for a common voice for the voluntary sector when talking to Government.

I am working for the Qld Division and am really looking forward to this new role.

Dear everyone - I have now given up entirely with the printer which has gone haywire.

Welcome to our new members.

We hope to see many old & new faces at our seminar on Sat 24th.

People are coming from Scarness, North Coast & Gold Coast- so it should be a great day!

If you need transport please contact Robin or Speech Pathology at Nambour Hospital, Michelle at Gold Coast & Danielle in Toowoomba. Remember the Gold Coast bus only holds 22 passengers so book now to avoid disappointment.

Looking forward to seeing you there- Heather.

From the Editors, To say this issue has been a disaster would be an understatement.

Usually if Sue or myself is overwhelmed by other things one can take the load off the other- this issue came along just as Sue is starting a new job, and we are putting in a new computer system at work. To make room for all the new equipment other people cleared my work area by putting everything into cartons- I had stuff everywhere sorted into "newsletter" and "seminar" files- I just hope I can retrieve all the Seminar material in time. Because of this situation we have not done as we were supposed to do in advertising all positions vacant and asking for written nominations with seconders to be in the hands of the Secretary prior to the Meeting. Also we had a tribute to our greater worker and supporter of laryngectomies where ever he lived- Larry O'Arcy. Larry passed on just before Christmas and the Laryngectomy community is much the poorer for his passing. Our sympathy to Pat and his family. Larry was the very firstrecipicent of the L.A.Q. Outstanding Service Award and people all over Australia saw Larry with his great pal Frank Prussenski on Good Morning Australia speaking on their very successful Anti-smoking campaign in the local schools. We will have a photo of Larry in our next issue. Also the list of donors for last year's Bowls Day, and information already sent from Ken Crockatt about this year's event (all these items are somewhere in the cartons I mentioned- however this issue will just have to go now- as is. 
GOLD COAST LARYNGECTOMEES SUPPORT GROUP
1996 MEETING SCHEDULE

★ Meetings are held every two months and are open to all laryngectomees, families and friends.

★ Proposed dates for 1996:

- 12 FEBRUARY
- 8 APRIL
- 10 JUNE
- 12 AUGUST
- 14 OCTOBER
- 9 DECEMBER

GOLD COAST HOSPITAL
ROOM 5
O J CASEY EDUCATION CENTRE
CNR NERANG & LITTLE HIGH STREETS
SOUTHPORT

ENQUIRIES:
MICHELLE BROWN
SPEECH PATHOLOGIST
GOLD COAST HOSPITAL

TELEPHONE: (07) 5571 8211 – Pager 529
TOOWOOMBA SUPPORT GROUP

It was decided at the Christmas Meeting to hold our meetings every 2 months. These are the dates:

FRIDAY - FEBRUARY 2
FRIDAY - APRIL 12 (Second Friday)
FRIDAY - JUNE 7
FRIDAY - AUGUST 2
FRIDAY - OCTOBER 4
FRIDAY - DECEMBER 6

SUNSHINE COAST
1st Thursday Feb/Apr/June
2nd Monday
Robin Spch Pathologist
NAMBOUR GEN HOSP

We will continue to meet at the Speech Pathology Department (Cossart House, Toowoomba Base Hospital) at about 12.30pm for each of the above days.

A light lunch will be provided.

Regards, Kath Mudie

Ph: 3253 8026
At this moment I cannot find RBH. will also have regular support meetings. Please ring Liz Reese to meet the Truss 15th
This paper has its origins at the very first Lost Chord Club Meeting I attended over 15 years ago. One of my lasting impressions of that night was that the people attending could be divided into two distinct groups. The first group were clearly enjoying themselves, talking with each other, laughing and joking. The second group sat quietly talking or just sat, with strained expressions, looking slightly shell-shocked, and bravely but rather unsuccessfully trying to conceal the fact that the bottom had fallen out of their world. The first group enjoying themselves were the people who'd had a laryngectomy. The second group were the wives.

In 1981 I prepared to undertake an Australia-wide survey of laryngectomees and their families and this was mentioned in the Australian Women's Weekly. The response to this mention was eight letters from laryngectomees saying basically "everything was going OK" and over 500 letters from families, the vast majority of which were cries from the heart, screams of frustration and appeals for recognition and understanding of what the partner has to go through on the frequently rocky path to recovery. Another bout with cancer retired me from this project, however this talk is based on those letters I received, personal experience, and the knowledge shared so generously by relatives, laryngectomees, nurses and social workers.

Readjustment.
The essentials for successful readjustment as stated by both laryngectomees and partners were - PATIENCE, TOLERANCE and UNDERSTANDING. If understanding of what the other is going through is missing or incorrect, then patience and tolerance can easily be replaced by bewilderment, frustration and anger. Readjustment following laryngectomy is about dealing with loss, the magnitude and meaning of which will vary with each individual involved.

Studies in recent years of grieving (the human response to important loss) has proposed several easily identifiable stages. First can be shock, then denial that it's happening or has happened, anger, fear, desperation, "if only" regrets, bargaining, guilt, depression and finally a philosophical acceptance or adjustment to the loss. This is not to say we all experience all of these stages.

We're All Individuals.
Grief is a very individual reaction, just as individual circumstances differ greatly. There is no set time or sequence in which the grieving process must be completed. Some may jump from shock to acceptance in just a few days. Others may get "stuck" with anger or depression for weeks or months. Sometimes these feelings are well and truly justified (as in the case of late diagnosis) and sometimes they are defence mechanisms that protect us from reality until we are able to cope. Individuals react differently, but it is important for everyone to understand that ALL of these reactions are normal. A diagnosis of cancer and mutilating treatment are both very potent causes of grief in our culture. Loss of life is possible, but loss of the person's old voice that's been part of him since birth is definite and forever, and both scenarios are contemplated by patient and partner.

So people cry, scream, throw tantrums, seek refuge in alcohol or perhaps withdraw into the safety of themselves. There can be increased tension physically as well as mentally, so taut muscles and an overwrought nervous system can produce symptoms of physical illness such as the feeling of a lump in the throat and difficulty swallowing. If a partner develops these symptoms they can fear that they too have cancer.

Self-Image.
Other people's perceptions and reactions to us are very powerful influences in forming our self-image in childhood, adolescence and through our life during periods when we feel most vulnerable, and any serious illness is a blow to a person's self-image. It's a reminder that we're not as strong or immortal as we thought we were. It can mean the onset of old age and many fears. Will it be the end of an era or simply a transition to a new role? Is it the end of dreams and ambitions that will now remain unfilled? So much depends on the person's age not only in terms of time, but also human development. Will he be able to cope with the demands of homelife - social, sexual, financial? Will he be made redundant with all the problems that entails in a society where people are often judged by their occupation appearance and worldly possessions?

A mature adult can lose control of himself when he's in a situation where he feels he has no control over power or authority, and where independence might even be replaced by dependence.

It all adds up to terrible insecurity for everyone, whilst awaiting the emergence of the new (or re-emergence) of the old self-image or identity.

Different Losses.
With partners (and we're talking here about two people whose lives are closely bound together) it's important to understand that there may not only be two different grief processes, at different stages and proceeding at different rates, but they might also concern different losses. For example, the person facing laryngectomy might have his greatest fears about whether he'll be accepted or rejected by friends and the general public, while the partner may be terrified he'll die in surgery: Following successful surgery, the partner may feel the worst is over as the feared loss did not occur, and may anticipate a similar recovery of her mate who has had his larynx removed. He, on the other hand hasn't even begun
to face the worst of his fears, so unless there is an appreciation and understanding of what's happening by those involved, minor irritations can soon lead to open conflict.

Help for the Helpers.

Remember the person is the same human being as before the operation, and that is how he wants to be treated. Family and friends need to cope with their own initial fears, be positive and treat him as they always have. To do this successfully and come through the experience without health problems of their own, partners should find someone they trust to confide in, who will listen to their own fears and frustrations. This might be a relative, neighbour, local GP, minister of religion or social worker. It doesn't matter who, just as long as the partner doesn't feel entirely alone. A problem that was mentioned frequently in family letters was the total absence of someone to talk to.

PRE-OPERATIVELY

At this stage many partners stated they felt a mixture of shock, panic and terror, which could be overcome at times by faith in God or a higher power, and confidence in the surgeon. They decided to believe the fact that they had been told it was one of the mostcurable cancers, but the hardest thing to cope with was the feeling of utter helplessness. Many wives feared the patient would die on the operating table, but they were also already looking ahead and worrying about how they might communicat

If other treatments such as radiotherapy or chemotherapy were undertaken, some spouses became involved in proper nutrition which took away the feeling of helplessness. Many wives passed on the sorts of food they prepared while their partners throuts were too sore to swallow normally e.g. soups, junkets jelly, icecream, stewed fruit, oysters, and most other foods done in the blender with gravy and other sauces.

Staying Positive.

The partner should be a willing listener as the potential laryngectomee vents his emotions, and should do their best to control their own fears and be as positive as possible. The message experienced partners wanted to pass on was - hide your own fears and be as positive as possible., as somehow you will find the strength to cope and be glad of this afterwards. Give plenty of love and reassurance.

Several partners felt very strongly that when laryngectomy was decided upon, and trained, a lot of needless worrying could have been avoided if the various means of communication had been given in written form at the same time.

IN HOSPITAL.

Waiting for News.

Waiting through the operation and watching others come and go was the worst ordeal many partners had ever endured. A few stated resentment that no one came to tell them how things were going particularly when the operation went hours overtime. On the other hand many expressed their appreciation of the thoughtfulness of hospital staff who did let them know how things were going and brought them coffee et al.

The care and attention of nursing staff was noted in the majority of family letters, particularly when the partner was unable to visit on a regular basis e.g. if they lived in the country or had business or family commitments elsewhere.

Even being well-informed about Intensive Care, procedures doesn't seem to prevent the shock that most partners seem to experience on sighting the patient for the first time following the operation and many partners stated this was the moment when the full realisation of the loss and what lay ahead struck in.

The message from experienced partners was - REMEMBER- what you see in the hospital bed is NOT the permanent picture. Things should improve. Remember and hold on to that. Take one day at a time.

Visiting.

Visiting hours are a breath of fresh air in the hospital wards and visits are particularly important when the patient is coping with such disappointments as infection or slow healing. However, extended hospital stay can be very wearing on the partner who might be doing the work of two people outside, as well as visiting the patient.

This is no time for false pride, and any offers of assistance - with transport, cooking, gardening, shopping, child-minding or whatever, should be accepted in the spirit that they were offered, and ALL family resources should be mobilised to share responsibilities. It is not the best start for anyone when the partner is in a state of total exhaustion at the time the patient is discharged from hospital.

GOING HOME.

As discharge from hospital came closer, many wives reported anxiety about their ability to cope, and a heavy sense of responsibility. When satisfactory means of communication were not yet established this fear was much greater.

Be it ever so humble, there's no place like home and returning can be an emotional experience when ever those who believed that everything would be alright realise part of them had wondered whether they'd ever see the place again. Once this excitement is over, the business of adjusting to life with a disability begins.

Many partners felt they were not well enough prepared to cope at home and several stated they felt they had been abandoned. They expressed the need for written instructions regarding stoma care, bloody mucous and humidification. Several laryngectomees reported altering their trachy tubes by various means to make them softer and less irritating (NB this was written before the softer, shorter laryngectomy tubes were readily available) and several wives were distressed by their husbands refusal to wear his tube while they watched the stoma shrinking daily. In situations like this, it is not being disloyal for the partner...
to contact the Doctor or ENT clinic who will be able to advise on more suitable options such as a stoma button.

However the big problem that affected the partner and everyone else in the family were the MOODS. ANGER (largely caused by frustration) needs few words to be communicated. The partner should try to remember through these difficult times that home is probably the one place he still feels safe and secure enough to be able to risk putting his foot down.

DEPRESSION caused just as much concern, and families should ensure the laryngectomee knows without a doubt that those close to him still have the same respect for him and do not consider him to be any less of a person. Everyone takes their own time to work through the loss, and in the meantime, life should be as normal as possible for the rest of the family. Some partners felt shattered that after being told smoking and drinking caused their cancer the laryngectomee continued his previous habits. Remember, NO ONE can take on the responsibility for the behaviour of another adult, and changing behaviour involving drug habits such as tobacco and alcohol is a personal decision that can only be made by the individual concerned.

Partners sometimes also have to cope with personality changes in their loved one. Usually these are only temporary, but if it becomes permanent and unsatisfactory, professional help may be required. Many families expressed concern that their larynx had become withdrawn and isolated since the operation. It is really vital to encourage friends to drop in as soon as possible. Every new situation for the laryngectomee will be a testing of his new self and when this testing is delayed too long fear of failure can become overwhelmingly greater than the desire to get back in the mainstream of life.

More unexpectedly perhaps some very quiet people become extroverts. Sometimes this happens because instead of being what they had previously perceived themselves to be - a relatively insignificant person, people now notice them (especially with an electrolarynx) and they now also had something to talk about to a curious general public. This could come as a terrible shock to a partner who has lived for years with a quiet, unassuming individual and now has a life-of-the-party person in the house. This can be even more upsetting if they are embarrassed or uncomfortable with the new voice themselves. If this is come sort of hysterical reaction then counselling may be required, but it can also be a decision to make the most of the rest of his life... so the relationship may need to be reassessed in light of this.

Again, there is no "SET" reaction or outcome, and the most important safety factor of all concerned is COMMUNICATION between partners, perhaps for the first time in years!

Unpleasant tasks.

To me however, some of the saddest letters were from women who now spent their days soaking, boiling and washing handkerchiefs. Some of course were happy to be of service and simply accepted this laundry job just as they would have done the nappies years before. Others however were quite revolted by all the mucus but felt they couldn't complain as their partner was "so much worse off". The blame for this situation must be taken at least in part by those who insist in many books on the subject of stoma care that tissues are dangerous. Undoubtedly caution has to be exercised, particularly when other problems are present, however in normal circumstances I suspect if the situation was presented to them, very few advisors would undertake this thankless and to many, souldestroying task.

"PARTNER PERFECTION"

Finally I would like to paint a picture of "Partner Perfection", where HE is the laryngectomee and SHE is the partner, although as a female laryngectomee I am well aware the reverse exists.

* He will turn the background noise down, look directly at her and form his words clearly. If she is driving he does not expect her to ignore the road and watch while he tries to speak. Both are good listeners and are INTERESTED in what each other has to say.

* In the early days she will encourage friends to call, will protect him from people who sap his strength, and leave him with those who replenish the spirit. She'll spoil him at times but never baby him, and will always let him make his own decisions. (He of course always makes the right decisions!)

* She will resist screaming "He's not like this at home" when all is sweetness and light in public, understanding that success in these early outings augers well for the future.

Both partners have a sense of humour.

*Neither is deaf, but if one or both are, they are aware of it and compensate with clear articulation and good listening skills.

* She never asks him a question just as she starts chewing a mouthful of food.

* He never asks her a question just as she starts chewing a mouthful of food.

* Neither partner calls or tries to call out from one part of the house and expects the other to drop everything and come running.

* The Laryngectomee never forgets "Please" and "Thankyou", knowing that with less inflection in his voice, a simple request asked nicely in his head can sound like a terse command to others.
* When her nerves are shattered and she is expected to understand what he is saying even though this may be difficult for all sorts of reasons, she will not be hurt when he makes unkind remarks about her intelligence and compares her unfavourably with the wonderful speech therapist who can understand everything he says. She will ring the therapist and ask for help in understanding him - perhaps even having a lesson together. The perfect Laro will be happy for his wife to say "I don't think that's quite in the right place dear" and will not yell "Buzzzibuzzknowbuzzwhatbuzz!mbuzzdoingbuzzzz!!!"

* She instills confidence so he will overcome hurdles, but she also takes one day at a time and understands that setbacks can occur - (he may encounter disinterest or be totally ignored somewhere) - and outburst although directed at her, will be caused by grief for a loss that she feels deeply but cannot fully understand or take upon herself, no matter how much she might wish to do so.

THE FUTURE

People can be changed by life-threatening events. They may find an inner strength they never knew they possessed, which stays with them after the anguish has faded. It can be a time for reassessment of established values and relationships and it is an opportunity for partners to grow together - to see each other in a new light and with new respect for the qualities each has revealed in the crisis.

Of course not every Laryngectomee has a partner and this can mean a very sad and lonely time. Equally however, some of the fastest recoveries I've ever seen belonged to that breed of tough and independent Aussie battlers frequently found with their mates down at the local pub.

However, when there ARE partners involved, they can provide the encouragement and reason for the laryngectomee to pick up the pieces and go on with life, although it's ultimately up to him to do so.

And let us hope that when the Laryngectomee finally emerges from his world of self-concern, he won't be like so many of us who, although grateful, also take it all for granted. He'll actually say to his partner who's been with him every step of the way - "Thankyou - for everything."

* * * * * * * * * * *

Congratulations for wading your way through the above article which we hope will stimulate some thinking about what should go into a brochure for family and friends, with particular emphasis on support for the spouse/partner. IF YOU HAVE THOUGHTS ABOUT WHAT SHOULD BE INCLUDED, AND ARE UNABLE TO ATTEND THE SEMINAR, PLEASE WRITE TO THE SECRETARY STATING CLEARLY THE POINTS OR TOPICS YOU FEEL SHOULD BE SHARED OR MADE AVAILABLE TO NEW PARTNERS.

***************************************************************
GOLD COAST Pre-Xmas Meeting - A Trip to Southport (by Norm Fredericks)

Marvellous these journeys as I meet all those lovely Speech Therapists that I send supplies to during the year & talk to a lucky few. (Don't get jealous fellows, the best way is to love them all then do a Houdini)! Of course I wonder how my travel companions Heather and Bill and the staff of the Cancer Fund tolerate me. They must have that "X" factor of humility.

Anyway not very often do I get these pleasant drives to see my fellow Laroos, so you can see how I cherish my life. There has to be one clown in any organization, but there is life after a laryngectomy operation but one has to help oneself to create it with your own input. Learn to laugh at yourself-(no need to go to the extreme as I do and make a fool of yourself). But the problem of a second visit seems to pass me by- maybe it is because when I visit anywhere rain follows (Nambour- rain, Toowoomba- rain, Nobby, rai Southport -rain and I might say to ridiculous strengths as we returned to Brisbane.

Anyway thank you Southportians for an enjoyable pleasant afternoon and tremendous company (I think there might be a couple of wags in Adrian and Lionel). Lovely to meet Pip and Kelly from the Speech De Brian from the QCF, Bruce & Bonnie and Bya and Bill. Those poor souls who couldn't make it- I pray for their good health, or did word get out that was coming? Actually my back is worse than my pen, or maybe bite (Good Heavens! I've misplaced my teeth again)-They're like the stars, they come out at night. Noticed on the way home my mates (the boys in blue) were practising hide & seek again, trying to earn a quid. Have to go now as my allotted space is filled, Hope to see more of you this year, God Bless, Regards Norm (Alias Rainman)

P.S. Fooled Heather - (she thought it would be alias Sir Norman.)

NB PPS (From Heather) Instead of Norm praying for everyone else's good health, at the present time Norm could do with a few prayers himself as he undergoes a barrage of tests to see if he has any further problems. After all his operations last year we hope it's a scalpel-free year Norm- Best Wishes from all of us.

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

Best wishes too to Neil Tadkill, a regular at our meetings who underwent surgery just before Christmas and looks like having further treatment this year. Good Luck Neil and everyone else who is back in the ring fighting.

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THIS NEWSLETTER IS PRODUCED WITH THE ASSISTANCE OF THE QLD CANCER FUND.
FREE SEMINAR - LARYNGECTOMY - A 1996 VIEW

All persons with a personal or professional interest welcome

To be held SATURDAY 24th February 1996
At the Qld Cancer Fund, 553 Gregory Tce, Fortitude Valley
Opposite the old Museum, parking available underneath building.

PROGRAMME

10.00 AM  Morning Tea. Viewing of exhibits, literature, aids and inventions. There will be spare tables and boards for people to display any items, notices etc that people wish to share with others - just bring them along on the day.

10.50 AM  Welcome
11.00     THE ROY COULTER MEMORIAL LECTURE presented this year by Dr DAVID SCHLECT, Radiation Oncologist from the Wesley Cancer Care Centre who will speak on "ADVANCES IN ONCOLOGY".
          This Lecture will cover new concepts in treatment, causation, diagnostic methods, vaccines, oncogenes imaging techniques - today and tomorrow's view of the cancer field.

12.00 till 1.15  LUNCH

1.15  CONCURRENT SESSIONS
      ROOM 1. "WHAT I WISH I'D KNOWN" Workshop for Spouse, family and friends. Discussion here will form the basis for an Information Sheet to assist Partners and families. (Non- laryngectomees only to attend this session)
      ROOM 2. "TODAY'S ISSUES FOR LARYNGECTOMEES" No limit to what is discussed here. Tell your "best" or "worst" experience. Have your say amongst friends.

2.15  "THE INDWELLING VOICE PROSTHESIS" A presentation on the recently introduced to Queensland "permanent prosthesis" by JENNY FRISBY, Speech Pathologist, Royal Brisbane Hospital. Jenny will be happy to answer questions at the end of her session.

2.45 - 3 pm  Summing Up of Day's Proceedings & CLOSING by our Patron, Dr JOHN QUAYLE.

Organised by the Laryngectomee Association of Qld Inc.
Venue provided by the Qld Cancer Fund.
MONTHLY MEETINGS:

☐ SYDNEY: Third Wednesday, 11am at NSW Cancer Council offices, 153-161 Dowling Street, Woolloomooloo.
☐ NEWCASTLE: Third Tuesday, 6pm, Hamilton North Bowling Club, Boreas Road, Broadmeadow.
☐ 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

ACTING PRESIDENTS AND VICE-PRESIDENTS: Bill Byrne, 422 Guildford Road, Guildford, 2161. 892-1634.
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) 78-4421.
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. (045) 78-1415; fax (045) 78-4412.
LARYNX OFFICER: John Chaloner, 11 Station Street, Petersham 2049. 560-2852.
PUBLICITY/EDITOR: Alan Dear OAM, 14 Robin Avenue, Turramurra 2074. 449-2917 (H); 282-1678 (Q); fax 9968-4728.

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 Waetawa Road, Northbridge, 2063. 9956-7259

IMPORTANT: THE ANNUAL GENERAL MEETING WILL BE HELD ON WEDNESDAY FEBRUARY 21, NOT FEBRUARY 15 AS PREVIOUSLY ADVISED

No 53 February 1996

With our annual general meeting set down for Wednesday, February 21, your committee hopes that as many members as possible will take the time to attend and vote for the 1996 office bearers.

As you are no doubt aware all positions are declared vacant, so the February meeting each year is a good time to inject new blood into The Laryngectomee Association of NSW. Many of the previous office bearers have made themselves available for re-election but, in particular, the position of President has been vacant for the past few months.

Your committee spends a considerable time on Association matters and would appreciate as many members as possible attending the meeting on the 21st, not only to vote on the new committee, but also to take time in helping frame our activities for 1996. The committee is only as good as the members of the Association and, if you have something to say, they would like to hear it so it can be acted on.

In addition we have a number of Committee Members to be elected. If you feel you can help your Association please put your hand up.

The work is never onerous, but the fellowship is beyond price.

MEMBERSHIP of The Laryngectomee Association of NSW runs from January 1 to December 31 each year, and quite a number of members have not responded to the membership renewal form included in the final newsletter last year.

If you have not done so, please forward your $20 annual subscription to the Treasurer at PO Box 58, Richmond NSW 2753.

You must be financial to vote at the AGM.

WHO TO CONTACT

FOR Bivona and Blom-Singer supplies – David Smith, 27 Bellevue Parade, North Curl Curl, NSW 2095. Phone (02) 9939-1539.
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.
ANNUAL REPORT
1995

ALTHOUGH our overall membership dropped during 1995 I am pleased to report that some 90 new laryngectomees joined our Association and that we ended 1995 financially better off than we began that year.

Our monthly meetings were well attended and I thank the office bearers and committee members for their efforts and attendance at the monthly meetings. During the year both vice-presidents chaired several meetings in a most capable manner.

During the year support groups were formed in Dubbo and Canberra and it is pleasing to report that both groups are meeting regularly and benefiting from their gatherings. There is a possibility that another group may be formed in the Wagga Wagga region in 1996.

The Association has commenced discussions with the Cancer Council on the subject of hospital visits. Quite obviously some hospitals are not reporting laryngectomy operations and as a result there have been instances where new laryngectomees have not been visited by those trained for this important purpose. We hope to introduce procedures which will correct this problem.

I am sure you would want me to thank Alan Dear OAM for continuing to produce a first rate and most informative newsletter and Lilah Walton and Desma Nicholson for preparing the lunches we have enjoyed after each meeting in 1995.

I wish all members and their families a happy and healthy 1996.

Editor’s note: I would like to thank John on behalf of the committee and members for his dedication to the job during 1995, a difficult year in many respects — Alan Dear.

☆☆☆☆
Our readers write

MEMBER M. Pruss of Carlton, NSW, wrote to our Secretary, John Nicholson recently asking why his name had been dropped from the mailing list. Our apologies are due; it appears to be one of those administrative errors that unhappily occurs from time to time. M. Pruss has now been restored to the mailing list, and we hope he or she continues to write interesting and informative letters like this:

Dear Secretary

I am very sorry to worry you by writing this letter, but the most recent laryngectomee newsletter I have ever received is July 1995. Whilst it is true I never attended any meetings, I used to look forward to reading the latest news. It used to give me consolation to know that others with a similar vocal disorder were coping well. I used especially to like the occasional updates on medical advances. There was always the chance I would read something that would help me.

I am all too well aware of the disadvantages of being a laryngectomee, but one of the newsletters asked for some of the advantages. In my case at least I do not have to worry about dieting or watching my weight as I cannot eat large meals no matter how hard I try. Also I am not expected to take part in boring conversations, or have an opinion on controversial topics. It is easy to be tactful and discreet. It is easy to avoid saying stupid things that would be regretted later.

Laryngectomees learn to be tougher to overcome the embarrassing situations that inevitably occur. You gain an enhanced insight into other people’s personality. You find out quickly who your true friends are. You find out quickly who is willing to help without expecting anything in return.

Being sick and then recovering makes you realise every day is precious and makes it seem a privilege just to be alive whereas before it was easy to take so much for granted. So although you might live in fear of suffering a relapse, in a way this gives simple everyday things and every day of good health much greater value.

☆☆☆☆

HUNTER Valley branch of The Laryngectomee Association of NSW has returned to its old stamping ground. From February 20, 1996 its monthly meetings will be held at Hamilton North Bowling Club, Boreas Road, Broadmeadow, Meeting time is unchanged — third Tuesday of the month at 6pm for tea followed by the meeting. Thanks to secretary John Lovett for this information.

☆☆☆☆

ILLAWARRA branch of The Laryngectomee Association of NSW reports the death of Don Boose of Culburra, late last year. He was an active member and always had ready for sale at stalls a variety of children’s toys that he made at home.
We join Illawarra members and friends in extending condolences to his wife Joyce and family.

☆☆☆☆

And how do spouses feel . . .
The Laryngectomee Association of Victoria Inc recently held a midweek seminar covering a multiplicity of topics. One of the most interesting, as reported in the LA of V newsletter The New Voice appears below:

DURING the speech pathologists’ interviews with spouses/partners they touched on the following topics:

- One spouse noted that she had to watch her husband carefully when she spoke because she was a bit deaf. He would talk to her when in another room.
- The loss of a partner’s voice was regarded as a “bereavement” and there was a period of grieving. “I couldn’t cope without the support from the Association,” said one.
- It appears that most spouses/partners felt the Association was helpful as it gave all a good chance to talk over problems.
- According to respondents the most helpful event at the time of the operation was meeting another laryngectomee beforehand.
- Speech pathologist Anne Yorston told the group that the Victorian system of “case mix” management (where the practice of specialisation is reduced) was shortening the time before the operation.

She said often it was just not possible to fit in a visit from a laryngectomee beforehand because of the tests and pre-operative consultations.

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National report


The Committee met once in 1994 and is grateful to the Australian Cancer Society for the support it offers in bringing our representatives together.

The committee noted with sadness the death on January 1 of Roy Coulter and formally recorded a vote of appreciation for the contribution he made over many years to the welfare of laryngectomees.

The meeting received correspondence on the difficulty faced by a laryngectomee when booking air travel. Although committee members themselves had no difficulty, it was decided to write to the two major domestic airlines for a statement of their policies and requirements when booking travel. Subsequently, positive replies were received and the information circulated to clubs.

The draft visitor guidelines were incorporated into the Laryngectomee Support Visitor’s Handbook of the Queensland Cancer Fund and all the Clubs have been advised to adopt this as their reference for the training of their hospital visitors.

The Committee recognises the value of pre- and post-operative visits for new patients, but also accepts that visitors must be properly prepared to ensure that a positive image and message are conveyed.

The Committee has been made aware of the annual post-treatment costs borne by laryngectomees for the care and maintenance of their stoma, prosthetic device, or electro-larynx. These costs are a considerable burden and application has been made to the Commonwealth Government for relief.

Through a happy coincidence Dr Alison Perry, an internationally recognised speech pathologist spent six months this year on exchange at the Royal Adelaide Hospital. With funds from the Society we were able to arrange for Dr Perry to conduct workshops in Adelaide and Perth for laryngectomees and speech pathologists.

Residents in these States have been inhibited by distance and cost from attending the national laryngectomee seminars held successively in Melbourne, Brisbane and Sydney.

Through the good offices of the Society all our member associations/clubs are members of the International Association of Laryngectomees and all benefit from the sharing of news and events with the international community of laryngectomees.

— David Ashby (Victoria) chairman.

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Smoke Watch USA

A RECENT survey by the American Cancer Society, The American Heart Association and the American Medical Foundation found that 83 per cent of American adults believe that the US Food and Drug Administration should regulate tobacco products as it currently does food, drugs, and medical devices.
It also found that:
☐ Nine out of 10 adults believe nicotine is addictive
☐ 84 per cent of American voters tobacco company executives lied to Congress when they testified that nicotine is not addictive
☐ 73 per cent of voters believe the Federal Government should play a larger role in reducing tobacco use among children (even 75 per cent of voters in the largest tobacco growing states felt this way).
☐ 73 per cent of adult voters favour more restrictions on the sale or promotion of tobacco to minors under 18.
☐ 67 per cent would support a Government sponsored programme to help tobacco farmers get out of the tobacco-growing business.
☐ 82 per cent believe that tobacco companies should be prohibited from using cartoons or other advertising attractive to children.

— From IAL News, September 1995

VALE LEN NOWLAND

MEMBERS will be saddened to learn of the death of Len Nowland, husband of one of our laryngectomee stalwarts, Jo Nowland. Len and Jo were regulars at our monthly meetings.

Jo is always noticeable by her collection of jams and preserves which regularly produce a $50 plus donation to the association. Len always busied himself in the background making sure morning tea would be ready for members.

In the late 80s Len took over editorship of the Newsletter for a long period, always making sure it was mailed to members on time.

Len died in Concord Hospital on Thursday, January 11 after a brief illness.

No problems
I WAS wondering how many people have had their laryngectomy as long as myself. I had my operation in 1969 at the same time as Jack Hawkins.

It was the first one attempted at Princess Margaret’s Hospital, Swindon.

I was back at work as an automation fitter in a heavy press shop on nights in what is now the Rover factory.

I stayed on in that job until I retired at the age of 65 and am now 74.

I have been able to do anything I wanted to. I enjoy ballroom dancing and do all the heavy garden work.

In all this time I have had to return to the hospital only once.

I have a nebuliser but I only have to use it if I catch cold, which is very rare.

— G.V.S. Mettem (published in CLAN magazine)

The European Code Against Cancer
(Reprinted from CLAN, the newsletter of Britain’s National Association of Laryngectomee Clubs).

1. Do not smoke. Stop as quickly as possible. Do not smoke in the presence of others.
2. Moderate your consumption of alcohol — beers, wines and spirits.
3. Avoid excess exposure to the sun.
4. Follow health and safety instructions, especially in the working environment, handling or use of any substance which may cause cancer.
5. Frequently eat fresh fruit and vegetables and cereals with high fibre content.
6. Avoid becoming overweight. Limit your intake of fatty foods.
7. More cancers will be cured if detected early. See a doctor if you notice a lump, observe a change in a mole, or any abnormal bleeding.
8. See a doctor if you have a persistent problem: a persistent cough, hoarseness, a change in bowel habits or unexplained weight loss.
9. For women, have a cervical smear regularly. Check your breasts regularly. If possible undergo a mammography at regular intervals above the age of 50.