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

NSW ASSOCIATION:
3rd Wednesday of month (Feb - Nov) Next meeting 20th November

NEWCASTLE: 3rd Tuesday. Monthly
Mayfield Bowling Club Ingall Street Mayfield
Start 12.30 -2.00 Contact John Lovett
(02) 4954 8308
johndawnlovett@optusnet.com.au

NORTHERN RIVERS: 4 times annually in Lismore. Contact Speech Pathologist Allison Grady (02) 6629 4523 or (02) 6620 21 57

ALBURY: Meets alternate months from February. Contact Tanya Dawe- Speech Pathology Manager Phone 02 60584565, Mobile 0409543653
Email tanya.dawe@awh.org.au

MID NORTH COAST: The Colonial rooms
Behind Saint Thomas’s Anglican Church Hay St Port Macquarie Last Wed of March. June.
September. & 1st Wednesday
December. Contact (02) 65801828

CENTRAL COAST: 3rd Thursday of the month, Cancer Council Community Hub, The Hive, Erina Fair 10am –12 noon. Head and neck cancer nurse (02) 4320 9823
Cancer Council 4336 4500
Facilitator Gary Marr 0412 262 145
gsm18@live.com.au

COFFS / CLARENCE: Shearwater Lodge, Coffs Health Campus. 2pm every 3rd Thursday, Bi-monthly
Contact Melissa Parish 02 6656 7606
melissa.parish@ncahs.health.nsw.gov.au

Minutes of Meeting of 16th OCTOBER 2019.

Laryngectomee Association of NSW Inc.

The Meeting, held at Level 1, Sydney Mechanics School of Arts, Pitt St, Sydney, commenced at 10:43am with the President, Les Byrnes occupying the Chair & welcoming members.

Attendance:
Laryngectomees: Les Byrnes, Greg Joss, Peter Tierney, Nigel Balm, Vicky Pedras, Frank Campbell, John Challoner, Antoni Krasnodebski, John Pyle,

Non-Laryngectomees: Glen Williams, Glenda Tierney, Carol Gardner

Apologies: Yvonne Byrnes
Membership

New Members: Kevin Drysdale
Renewals: Neville Morrin, Ross Dellow

Minutes of the September LANSW Inc meeting were accepted as read and adopted.
Secretary’s Report October 2019

Incoming Correspondence:

- Ed Brennan – redirected mail from Raymond Chappelow estate
- Mrs Nola Peden – informing LANSW of the death of member John Peden
- Mr Kevin Drysdale – membership application
- Peter Dixon – enquiry regarding status of membership
- Patrick Rymen – Return to Sender (2 x ST returns)
- Anthony Newberry – Return to Sender Still Talking
- Brian Paterson – Return to Sender Still Talking
- Peter Dixon – letter from Peter replying to Secretaries letter regarding membership status. He explains why he needed confirmation that his membership had been paid and to inform that he is getting an email address
- John Lovett, Newcastle Branch – letter regarding ‘Neck breather seat belt attachment sample’
- Public Trustee and Guardian – letter to advise of the death of Alexandra Jean Davey and asking LANSW Inc to remove her name from our records.
- IDEAS Community Directory – invite for us to update our free listing in their online Community Directory.
- George Southgate – Still Talking newsletter expense receipts
- Jason Triolo - Senior Accessibility and Inclusion Specialist Telstra, asking us to remove an outdated Telstra Disability Equipment application form
- John Hill – email enquiring about past membership fees and how many years owing

Outgoing Correspondence:

- Mr. Steve MacDonald – Membership Welcome Letter
- Mr Graeme Winter – Membership Welcome Letter
- Mr Martin Schmich – Membership Welcome Letter
- Mrs Nola Peden – Sympathy card for passing of John Peden
- Mr Peter Dixon – letter to confirm membership payment and receipt sent
- Mr Kevin Drysdale – Membership Welcome Letter
- Australian Business Registrar – copy of LANSW Inc minutes informing of new Secretary Treasurer appointment and contact details
- Robyn Stark and Lorrance Lancaster – updating contact details for LANSW Inc. to receive Laryngectomee Association of Victoria Inc. newsletter
- IDEAS Community Directory – updated form for online community services database
- Jason Triolo, Telstra – advising him we will remove the Telstra Equipment Disability form from our website.
Administration:

Membership List:

Membership list has been updated. Each member in our list has been assigned one of the following Membership types:
- Regular
- Life Member
- Widow
- Deceased
- Resigned

In addition, existing members have been assigned, in alphabetical order, a Member ID number ranging from 1001 to 1255. Numbers above 1255 have been allocated to new members. Member ID numbers have been incorporated to assist identifying members.

Current Membership Profile:

<table>
<thead>
<tr>
<th>Row Labels</th>
<th>Count of Membership Status</th>
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<tr>
<td>Regular</td>
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<tr>
<td>Widow</td>
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<td>Life Member</td>
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<td><strong>Grand Total</strong></td>
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Treasurers Report October 2019:

Claims:
No claims

Financial Statement:

Bank Account Signatories:
Office Bearer account signatories, Les Byrnes, Greg Joss, Peter Tierney and Nigel Balm, are now registered and approved. Each of the assigned signatory office bearers has access to Commonwealth Bank NetBank online banking and access to iOS or Android smartphone app if they so wish. All previous signatories have been deleted from the banking records.

NetBank (Online Banking):
NetBank online banking and its smartphone app permits viewing of finances only. However, if in the future we wish to make online payments to third parties, financial transactions may be performed if two or more officers are in the same room and on the same computer (not possible on smartphones).
Membership Financial Status as of 16 October 2019:

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<th>Member Status</th>
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<td>Grand Total</td>
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<td>231</td>
<td>17</td>
<td>6</td>
<td>4</td>
<td>258</td>
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</table>

Welfare Report October 2019:

New member welcome pack sent to Kevin Drysdale.

General Business:
Les Byrnes informed members of a letter from John Lovett of the Newcastle Laryngectomee group. John wanted to inform Les and LANSW members about medical alert seatbelt sleeves for Neck Breathers. Les read out the information about the product, their use and cost. The product item was passed around to all members present and a discussion as to the benefit of wearing one commenced.
All present could see the benefit for Laryngectomee drivers, or passengers. It was agreed that when the medical alert sleeve is worn on the seatbelt, it would substantially increase awareness of the driver/passenger neck breather status, and would be used in addition to the medical alert windscreen decals (currently available through LANSW).
A poll of members present showed they felt it would be a useful item to wear when driving/passenger and they would be interested in obtaining one. It was then discussed whether we would sell or include them in the new member welcome packs. The cost of each sleeve was noted as $15 per sleeve, or $12 per item for bulk purchase. At this point Les alerted members that postage for the new member welcome packs has increased. However, the package weight limit has also increased, to 5kg. including extra items in the welcome packs will not increase postage costs as the total weight of the Welcome Packs is under 5kg. After further discussion, based on the perceived benefit to Laryngectomees and their safety when travelling, it was agreed to add the medical alert sleeve to Welcome Packs. It was also decided that any current financial member would, on application to the Welfare Officer, be supplied free of charge, 1 medical alert seatbelt sleeve. Replacement or additional seatbelt sleeve's would be also be made available at cost.
Nigel Balm (Secretary Treasurer) offered to prepare an insert for the next newsletter to inform members about the medical alert seatbelt sleeve. Les agreed to contact Tanya Gough to place an initial order.

Les provided an update on the Christmas Luncheon and reported that we have about 12 acceptances to date. It was mentioned that the Christmas Luncheon was advertised in the
October newsletter, on the Still Talking website and would be advertised again in the November newsletter. Les also informed he had been in contact with the Ryde Eastwood Leagues Club with regard to beverage requirement for the luncheon.

At this point, Frank Campbell mentioned that the information about HME’s in the last newsletter was very insightful. This instigated a lively discussion session about the advantages of using HME’s and their health benefits. Other topics that were discussed were experiences with different types and brands of TEP’s and a discussion on fungal infections and how to reduce the growth of candida on the TEP. Swallowing problems such as Oesophageal spasms and dysmotility were also covered.

Nigel informed members about a USA podcast he had listened to, in which they interviewed a Speech Pathologist who has, for the last twenty years, studied dysphagia in laryngectomees. Nigel was particularly interested in the fact that the Speech Pathologist talked of the under reported dysphagia problems experienced by laryngectomees. The Speech Pathologist, in the interview, attributed this to the greater focus on preventing aspiration and assisting Laryngectomees to regain the ability to communicate. She believes post-laryngectomy swallowing difficulties are often under report as laryngectomees learn to cope with any swallowing difficulties and tend not to communicate their problems.

Other topics such as leaking TEPs and what to do, types of yoghurt to eat to reduce yeast infection, what to do when you are about to sneeze, moisturising the lung with saline sprays and using Vaseline on the stoma edge to alleviate dried mucus. All in all it was lively, and at times, very amusing discussion.

There being no further business, the Meeting adjourned for a light lunch and refreshments at 11:45pm.

The last meeting of 2019 will held be on Wednesday, 20 November 2019 at Level 1, Woolley Room, Sydney Mechanics’ School of Art, 280 Pitt Street, Sydney, NSW 2000.

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

The holidays are here.

Merry xmas and a happy new year.
Cheers
George
The above Secretary, Treasurer & Welfare Reports were tabled and adopted for inclusion in the Minutes.

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<th>Income</th>
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<th>YTD</th>
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| Net Profit/(Loss) | -44.40   | -7261.74 |     |
Update on Bionic Voice research

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

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

The team she is part of also does other research into laryngectomees and as such are seeking the following in Australia –

- Information on what Federal financial reimbursement is provided to laryngectomees (i.e. from the Dept of Health or Medicare, not from a State body). If you have received Federal assistance please email or phone me as per below.

- They are after a few electrolarynx users for a short trial of some of their devices. If you are an electrolarynx user, aged 75 or younger, and have been a laryngectomee for 5 years or less, and would be interested in assisting them please contact me.

Thank you.

John Chaloner
(member of the LANSW)
E: jchal@tpg.com.au
Ph: 9560-2852

Memory loss can be very painful
The Neck Breather Medical Alert Seatbelt Sleeve is designed to be attached to your seatbelt when driving, or travelling as a passenger.

In the event of an emergency it is highly visible to medical staff, alerting them of your total neck breather status.

The LANSW Inc. will now include one seatbelt sleeve in each new member ‘Welcome Pack’.

Existing members may also order one FREE seatbelt sleeve per person. Replacement, or additional seatbelt sleeves will be available at cost.

To order your FREE* seatbelt sleeve, please contact our Welfare Officer, Yvonne Byrnes.

Phone: (02) 9344 0445
Email: welfare@stilltalking.org

*Please note: member must be financial.

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Your Invitation

The Laryngectomee Association of NSW Inc cordially invites you to our annual Christmas Luncheon for fun, laughter and friendship!

Saturday, 30th November, 2019
Ryde Eastwood Leagues Club
12 noon - 3pm

Laryngectomees and their partner/carer - FREE
Speech Pathologists/Health Professionals - FREE
Additional guests - $35 per person

Raffle Prizes

Bookings Essential

Call Les Byrnes - President
(02) 9344 0445 or 0401 585 287
or email welfare@stilltalking.org

R.S.V.P. Wednesday 27th November
The Laryngectomee Association of NSW Incorporated

ANNUAL GENERAL MEETING 11am, WEDNESDAY, MARCH 18, 2020

ELECTION OF OFFICERS AND EXECUTIVE COMMITTEE

Under the constitution of the Association, nominations for these positions must be made in writing, prior to the meeting, BY FINANCIAL MEMBERS of the Association. The nomination must carry the signatures of the nominee, nominator and seconder and be lodged with The Secretary, LANSW, PO Box 443 Woy Woy, NSW 2256

THE FOLLOWING OFFICES ARE TO BE FILLED:

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

NOMINATION FORM

Laryngectomee Association NSW, Committee, 2020

(please use block letters)

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

(NOTE—You may nominate yourself for any position)

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

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

Signed ……………………………………………………………………Nominator

Signed…………………………………………………………………………Nominee

Signed……………………………………………………………………………Seconder

Date…………………………………………………………………

RENEWAL OF MEMBERSHIP

Name
Phone
Address
Postcode
Email

Annual subscription is $10

Post this form to The Treasurer, LANSW, PO Box 443 Woy Woy, NSW 2256

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

Ensure that LANSW have your current contact details.

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

PLEASE TICK WHATEVER APPLIES

Cheque enclosed ☐
Money Order enclosed ☐
Payment made to Bank: Please add Date of Payment / /2020 ☐
I require a receipt ☐
Problems and Solutions

A big thank you to those who have written in. We hope our solutions give you the answers you need. Thank you to our Speech Pathologist, Virginia Ishak, for her help with the solutions.

Problem#1:
How often should I be getting my Voice Prosthesis changed?
Solution: How frequently you need to have your voice prosthesis changed varies from person to person and may vary from one change to the next. You should have your voice prosthesis changed as soon as possible once you notice any leakage. You should also contact your Speech Pathologist as soon as possible if you experience any voicing difficulties. Even if you are not experiencing any leakage or voicing difficulties it is ideal to have your voice prosthesis changed at least every 6 months.

Problem#2:
Can you please recommend best practice for extra stoma care during change of season when I produce more mucus and secretions?
Solution: It is well documented that compliant HME use (wearing your HME 24hrs / day) results in the best outcomes. You may find you need to replace your HME cassette more frequently during these times but it should be replaced every 24hrs as minimum. In addition to wearing your HME it may be helpful to nebulise during these periods. Under any circumstances do not wash or soak your HME cassette.

GERD (GASTROESOPHAGEAL REFLUX DISEASE) SLEEPING IN AN ELEVATED POSITION.

A natural way to manage, reduce or eliminate the symptoms of GERD (Gastroesophageal Reflux Disease), Barretts Oesophagus, hiatus hernia, acid reflux or gastric reflux. - Use gravity to prevent stomach acid (digestive juices) coming up and damaging the oesophagus.
• Helps reduce coughing and reduce drainage of mucus down the back of the throat - Ease the symptoms of colds, flu, sinus congestion and post nasal drainage.
• Eases breathing difficulties - comfort of people who suffer from CHF (congestive heart failure) and other and congestive heart conditions and have shortness of breath and coughing when lying flat.
• Often reduces snoring.
• Helps relieve respiratory discomfort and ease breathing problems due emphysema, asthma, chest congestion, bronchial, GERD or other breathing constraints.
• Alleviates back pain due to load bearing on the lower back while sleeping, convalescing periods or in hospital.

The wedge pillow for acid reflux & heartburn
Contoured Bed Wedge elevates your head and supports your upper torso when sleeping or resting in bed to reduce or eliminate the symptoms of acid reflux, heartburn or gastric reflux (GERD – Gastro esophageal Reflux Disease) and other medical problems such as asthma, bronchial or breathing constraints, hiatus hernia, and heart conditions.
The elevation achieved through the use of the contoured bed wedge has also been found to be very useful in the treatment of Barrett's oesophagus or Barrett's condition as well as GERD.

Courtesy of"The New Voice" SA
"Doc, I can't stop singing 'The Green, Green Grass of Home.'" "That sounds like Tom Jones Syndrome." "Is it common?" Well, "It's Not Unusual."

**Two cows** are standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning." "I don't believe you," says Dolly. "It's true, no bull!" exclaims Daisy.

**A man woke** up in a hospital after a serious accident. He shouted, Doctor, doctor, I can't feel my legs!" The doctor replied, "I know you can't I've cut off your arms!"

**A group** of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why," they asked, as they moved off. "Because," he said, "I can't stand chess-nuts boasting in an open foyer."

**Mahatma Gandhi**, as you know, walked barefoot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and with his odd diet, he suffered from bad breath. This made him. (Oh, man, this is so bad, it's good. . .) A super calloused fragile mystic hexed by halitosis.

**The person** who sent twenty different puns to his friends, with the hope that at least ten of the puns would make them laugh. No pun in ten did!!!!!!!

**The other** day, my wife asked me to pass her lipstick but I accidentally passed her a glue stick. She still isn't talking to me.

**Three couples** are trying to get married at the same church. There is a young couple, a middle-aged couple, and an elderly couple. The three couples meet with the priest and discuss when they can get married. "If you wish to get married in my church, you must all go one month without having sex," says the priest. One month later the three couples return to the church and talk to the priest. He then asks the elderly couple, "Have you completed the month with sex?" "Yes we have, it was easy," replies the elderly couple.

"How about you?" He asks the middle-aged couple. "It was hard, but we didn't have sex for the whole month," they respond. 

"And how about you two?" He asks the young couple. "No we couldn't do it," responds the boyfriend. "Tell me why," says the priest. "Well my girlfriend had a can of corn in her hand and she accidentally dropped it. She bent over to pick it up and that's when it happened."

The priest then tells them, "You're not welcome in my church."

"We're not welcome in the supermarket either," says the boyfriend.

**In the great** desert lived a bunch of nomads. Their leader, Benny, had risen to his rank, due to his magnificent beard. His people believed a man's strength and courage came from his beard, and thus the man with the biggest beard was their chief. After leading the band for many years, Benny began to feel uncomfortable wearing the beards, in this hot and dusty land. He wanted to shave it off, so he called his council together to get their advice. When he said he wanted to shave, the councilmen were shocked. One said, "Do you now remember the ancient legend, dire? The leader who removes his beard is cursed and made into a piece of earthenware. "Benny had heard this legend, but being a modern man, he scoffed at the tale. Being headstrong, he went ahead and cut and scraped away his once magnificent beard. As the final whisker was cut off, a huge dust storm came up. It lasted only a few seconds, and when it cleared, there was a man-sized clay vessel where only moments before had stood their leader. The council then knew the legend must be true. Their conclusion? "A Benny shaved is a Benny urned."

8