



# Still Talking

Dedicated to the welfare of Laryngectomees



All Correspondence to: The Secretary, Laryngectomee Association of N.S.W 39/122 Saunders Steet Pyrmont 2009. Ph. 02 95719220. Mob. 0437 378747 Email:admin@stilltalking.org

No 192 The Laryngectomee Association of N.S.W. November 08

## OFFICE BEARERS 2008

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## WHO TO CONTACT

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**SPEECH AIDS, BATTERIES PARTS, ADVICE ON REPAIRS**

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

**SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS.** Carol Gardner, P.O Box 380 Belrose

2085 NSW Fax & Phone 02 9451 7926

**ACCOMMODATION ASSISTANCE WHEN NEEDING OUT**

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

**Association web page** www.stilltalking.org

**International Association of Laryngectomees..**

http://www.larynxlink.com/



## NEXT MEETING

Wednesday 19th November  
Uniting Church Hall 11am  
Carrington Avenue. Strathfield.  
Join us for a light lunch and a chat afterwards

## Sponsors of "Still Talking"

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## MONTHLY MEETINGS

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

**NEW ENGLAND:** Meets at 2pm 1stWed. Feb. Apr. June. Aug. Oct. Dec. 2pm Conference Room. Rehab Unit Tamworth Base Hosp. 02 6767 8377 8377

**NEWCASTLE:** 3<sup>rd</sup> Tues. Monthly Mayfield Bowling Club. Ingall St. Mayfield. Contact John Lovett 02 4954 8308

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

**ALBURY:** Contact Ph. 02 63232011 ext. 323

**CANBERRA:** 1<sup>st</sup> Thu. at 11am. Mar. June. Sep. Dec. Canberra Hospital

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

**MID NORTH COAST** Port Macquarie Community Health Centre. Feb. May. Aug. Nov Contact Camilla Strain (Speech Pathologist) 65882732

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

# Even two drinks a day a high cancer risk!

Natasha Wallace Health Reporter SMH

**A**LCOHOL is one of the most well established causes of cancer and there is no safe level of consumption, the Cancer Institute NSW has concluded after an extensive analysis of worldwide research.

The state government agency will today release a new report on the strong link between alcohol consumption and cancer, highlighting alarmingly high rates of risk from just two drinks a day.

The institute says alcohol is particularly linked to cancer of the upper digestive tract, breast, colon rectum, liver and stomach.

Its report, *Alcohol As A Cause Of Cancer*, says the risk of cancer in the upper-aero digestive tract is increased by 40 per cent (voice box) and by 75 per cent (mouth and pharynx) from two alcoholic drinks a day.

The risk of breast cancer is 11 to 22 per cent higher in women that drink than in non-drinkers.

Four drinks a day increased a man's risk of bowel cancer by 64 per cent.

The institute said there was convincing evidence that heavy consumption increased the risk of liver cancer, starting at about 17 per cent from two drinks a day. There was a modest increase of 7 per cent in the risk of stomach cancer from two

drinks a day.

High alcohol consumption, of about eight drinks a day increased the risk at any site by 90 per cent.

"This report ... presents the results from a systematic review of the world's literature on alcohol and cancer and clearly shows that the consumption of alcohol, even at moderate levels, is associated with an increased risk of several cancers," the chief executive officer of the institute, Professor Jim Bishop, said.

Bowel and breast cancer are the second and third-most common cancers in NSW.

"This report suggests that encouraging a reduction of alcohol consumption should be part of our strategy for cancer prevention in NSW" Professor Bishop said.

The NSW Minister assisting the Minister for Health (Cancer), Verity Firth, said the link between alcohol consumption and cancer had been overlooked in the recent debate about binge drinking.

Ms Firth said a separate institute study in February this year showed only 44 per cent of NSW residents were aware of any link between alcohol and cancer.

"Worryingly, a third of NSW adults actively reject the notion that drinking too much can cause cancer," Ms Firth said.

"This report is about increasing the public's knowledge to help people make better choices about their health."

At least 70 per cent of NSW adults drank alcohol, with about 18 per cent drinking at risky or high-risk levels, she said.

Professor Bishop said many people could reduce their risk.

"Cancer could be prevented in about 35 per cent of cases by modifying behaviour," he said.

The Australian Institute of Health and Welfare estimates that excessive alcohol consumption may be responsible for 30 to 50 per cent of all cancers of the upper respiratory tract and more than one third of all liver cancers.

Last week, the State Government announced an anti alcohol program for students in year 3 to year 6.

The National Health and Medical Research Council is reviewing its guidelines on alcohol consumption, with a draft recommendation that men and women not consume more than two drinks a day.



## CITY LIFE

It was last Monday, on the 10.30 am train from Cronulla to the city. A slightly scruffy teenage lad approaches a robust pensioner by the name of Ian and asks for one of his cigarettes. The people in the carriage are spellbound as the following exchange takes place. Ian: "Get a job and buy your own." Lad: "Nobody will hire me."

Ian: "Join the Army" Lad: "I might get shot" Ian: "Look on the bright side, you will die a hero and get a state funeral. You won't get lung cancer and won't have to go around bludging cigarettes for the rest of your life..."

The lad walks off, muttering darkly, while the rest of the carriage applauds and an older woman calls out, "Good on you, Ian." Ω

## If my body were a car...



If my body were a car, this is the time I would be thinking about trading it in for a newer model. I've got bumps and dents and scratches in my finish and my paint job is getting a little dull... but that's not the worst of it.

My headlights are out of focus and it's especially hard to see things up close. My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather. My white-walled tires are stained with varicose veins.

It takes me hours to reach my maximum speed. My fuel rate burns inefficiently. But here's the worst of it... *Almost every time I sneeze, cough or sputter.....either my radiator leaks or my exhaust backfires*

## Spare a thought for poor Jamie

The packer boat was refueled and cost around \$100,000 to fill. Still I suppose if you buy a \$50 million boat you can afford the running costs, unlike many Australians struggling to fill the necessary family car



"The environment is a top priority for our company. Upon retirement, would you be willing to have yourself composted?"

## The Italian elbow

An Italian grandmother is giving directions to her grown grandson who is coming to visit with his wife. 'You comma to de front door of the apartamenta. I am inna apartamenta 301. There issa bigga panel at the front door. With you elbow, pusha button 301. I will buzza you in. Come inside, the elevator is on the right. Get in, and with you elbow, pusha 3. When you get out, I'm on the left. With you elbow, hit my doorbell.' 'Grandma, that sounds easy, but, Granma why am I hitting all these buttons with my elbow? 'What . . .You coming empty handed?'

## Humerous answers to primary school science tests

1. H2O is hot water, and CO2 is cold water
2. Water is composed of two gins: Oxygen and Hydrogin. Oxygen is pure gin. Hydrogin is gin and water.
3. Three kinds of blood vessels are arteries, vanes and caterpillars.
4. Respiration is composed of two acts: first inspiration, and then expectation.
5. Magnet: something you find crawling all over a dead cat.
6. Rhubarb: a kind of celery gone bloodshot.
7. Vacuum: a large, empty space where the pope lives.
8. To keep milk from turning sour: keep it in the cow.

## We are international



This newsletter now goes out via the internet to:- Ireland. UK. New Zealand. Peru. South Africa. Peru. Pakistan. U.S.A (several states) India. Interstate Australia. Philippines. Saudi Arabia (let me know if I forgot you) It can also be read and downloaded from the International Laryngectomee Association web site and Web Whispers web site Ω



The National Budget must be balanced. The public debt must be reduced; the arrogance of the authorities must be moderated and controlled. Payments to foreign governments must be reduced, if the nation doesn't want to go bankrupt. People

must learn to work instead of living on public assistance.

Sounds like a speech from the NSW State Opposition doesn't it? It was written by Cicero in 55BC. - Some things really never do change! Ω

*Inflation hasn't ruined everything. A five cent piece can still be used as a screwdriver.*

*If all the economists were laid end to end, they'd never reach a conclusion.*

## Still Talking—Thanks to a mate

By ASHLEY McGLYNN Port Macquarie news 19.9.08

**D**AVID McClymont is well aware of the fear that goes with having your voice box removed. But he also knows it is not the end of the world. The Laurieton man is a laryngectomee - a person who speaks and breaths through a surgical hole in their throat - after his larynx was removed in June 2002 due to throat cancer.

Now, five years after his radiation therapy ended, he wants to help others who will have a laryngectomy. "I was lucky enough to have a visit from Russell and Faith Green the night before my operation," Mr McClymont said. "He was a laryngectomee and he was able to talk to me by blocking the hole in his neck. "I thought this is amazing. The visit gave my wife Rita and I new hope."

Both Mr and Mrs McClymont believe

the role the Greens played in their experience is one of the reasons their life has returned to some form of normality. Mr Green is now the vice-president of Still Talking, a group dedicated to the welfare of laryngectomees, and he has seen on many occasions the benefit of the visits. "It really helps the patient and the fam-



ily as they head into the unknown," Mr Green said. "It allows us to tell them that there is life, although a different life to look forward to." Mrs McClymont remembers it being a special meeting.

"They shared with us intimately how their lives had changed and what we

could expect," the grandmother-of-10 "You may not believe it but he (Mr McClymont) talks more now than he ever did before," Mrs McClymont said. "It made such a difference to speak to Russell and hear him talk. It put David more at ease about what he was going to go through."

The Laurieton couple wants to bring the same hope to people in the region who are having a laryngectomy. Contact Hastings Macleay Health Participation Forum on 6584 4202 for details

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*Along with this article I got a letter from David telling us how the Port Macquarie group are trying to get out into the community.*

*Their Speech pathologist Camilla Strain is proving a great help and it is their intention to prepare a pamphlet to leave in doctors surgeries to make people aware of throat cancer, good luck with it all David & Camilla let us hope other branches can follow the lead  $\Omega$  Editor:*

I accidentally pushed my TE Prosthesis into my esophagus where it was promptly swallowed. I was told by my ENT, "not to worry", that it would pass in time. I was so concerned with what might happen prior to it passing that "I was afraid to pass wind for fear of not knowing what It would say!"

I have been told before that I have talked out of my backside but THIS was a real possibility!

C.W. MORELAND (Web whispers)

*Age is an issue of mind over matter. If you don't mind, it doesn't matter.*

*It's no wonder that truth is stranger than fiction. Fiction has to make sense.*

*When choosing between two evils, I always like to try the one I've never tried before. - Mae West*

## An unusual request



This is looking for a needle in a haystack, but a producer of operas in Italy is looking for a male

laryngectomee who can pass for being in his 30s who Either sang before becoming a larry, or acted. This is for an opera to be produced in Italy.

Contact me is you are qualified and interested.

David Blevins IAL

A few more cruise pictures courtesy Herbert Nolte (edited)



*The skipper!*



*Where's the boat?*

## Our Methods of Communication

**W**e have become accustomed to thinking of a voice as "the" method of communication and when we lose it, even temporarily, we forget to look at the other ways we have automatically used to communicate since we were born or that there are times when not speaking is better. Of course, it is better to "not speak" when you have the choice of doing so. However, we who have experienced no voice at all may have been too frustrated by the inability to speak, to hone our other skills.

We know tapping or clapping our hands, and that noise of any kind will usually get attention. Touching or a gesture often works and, if someone is looking at us, it is much easier to shake or nod the head, shrug the shoulders or make a face and give our opinion that way.

Have you ever seen a small child whose bottom lip pushed outward and the pitiful look would break your heart...until the mouth comes open and the screaming starts? Or the sharp snap of someone's head with the searing eyes staring right at you that has said it all, before the unneeded tirade starts?

The expression on a face at first bite of a delicious morsel of food. The look of pride as your team scores. The comfort of settling into a comfortable chair after a long, hard, day. There is no doubting the meaning of the look.

I went to <http://www.quote garden.com/> to find some quotes about speaking, or not, and hope some of these will help you smile (a wonderful way to communicate).

One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say. ~Will Durant

Never miss a good chance to shut up. ~Will Rogers (verification of author per The Estate of Will Rogers, CMG Worldwide)

The older I grow, the more I listen to people who don't talk much. ~Germain G. Glien

Among my most prized possessions are words that I have never spoken. ~Orson Rega Card

Be careful of your thoughts; they may become words at any moment. ~Ira Gassen

Silence is one of the hardest arguments to refute. ~Josh Billings

The words you choose to say something are just as important as the decision to speak. ~Author Unknown **and my favorite:** Of those who say nothing, few are silent. ~Thomas Neiel

**Now, if I could just learn that learning to talk again doesn't mean I have to do it all the time!!**  
Pat W Sanders WebWhispers President

## The Fight of His Life - Chris O'Brien

**C**hris O'Brien recounts in his book the experience of Dolores Stephens, who consented to a laryngectomy - removal of the voice box. In hospital she met a "cheerful Italian barber" Cesar D'Angelo, whose laryngectomy was completed and who conveyed support for Dolores through scribbled notes and mutually manufactured sign language. Ahead of the operation, Dolores succumbed to the emotional strain and wept. "I came into the room just as her comrade, Cesar, came to her aid and, weeping himself, took her in his arms and cradled her chest against his chest," O'Brien wrote. "They cried their tears together - hers of resignation and, probably, terror; his of affectionate sympathy and sadness for his friend and perhaps for his own changed state and new voiceless life."

There are touching moments of humour. An Ulladulla farmer, Paul Uhbrien, famous for his pumpkin growing, needed his right eye removed because of cancer. Like Dolores, Uhbrien was popular with RPA viewers for "his courageous and good-humoured fatalism". He underwent the operation and looked in the mirror to see a swollen blob of muscle protruding from the right orbit where his eye had been. "This in fact was perfectly normal because the transplanted tissue swells quite rapidly after the operation and can take a few days to settle down," explained O'Brien. "I reassured him I was very happy with everything and that the muscle looked healthy. 'Jeez, if that's a good result I'd hate to see a bad one,' he quipped."

*Editor's note: I remember seeing this edition and Chris O'Brien took the time and trouble to visit Paul on his farm some time later Chris O'Briens book is available at Dymocks \$24.95*



**Subscriptions are due on the 1st January 09 and early payment is appreciated to help spread the book keeping load.**

**A form is enclosed in this newsletter and should be returned to The treasurer. Box**

**380 Belorose. 2085. To make things easier we have included a bank reference number for you to pay into if you wish. This will avoid any charges for money orders etc.**

# RENEWAL OF MEMBERSHIP

NAME ..... PHONE.....

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

SIGNATURE .....

**Annual subscription is \$10.00.**

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

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

- Cheque enclosed
- Money Order enclosed
- Payment made into bank
- I require a receipt

**PLEASE TICK APPROPRIATE BOX**



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## **GENERAL CANCER SUPPORT GROUP LEADER TRAINING WORKSHOP**

### **A workshop to develop your leadership skills for general Cancer Support groups**

For any new leaders or any leaders that are not involved in the Sydney University Research into Support Group Leaders.

Learn about:

- Small group facilitation techniques
- Group dynamics and strategies for dealing with challenging situations
- Looking after yourself, and your needs
- New resources and where to find useful information.

Facilitators:

Two highly experienced consultant adult educators and psychologists who have worked with the Cancer Council for the past eight years.

Workshop details: Date: Saturday 22nd November 2008 Time: Registration at 8:30am with arrival tea and coffee

Workshop: 9.00am to 5.00pm Venue:

Cancer Council NSW 153 Dowling St, Woolloomooloo Cost: This workshop is fully funded by the Cancer Council

NSW Parking: Available in the surrounding streets or Bayswater Car Park (see map provided) RSVP: Monday 10th November 2008



Contd/ Financial reimbursement maybe available for travel and one night's accommodation through your regional office. Please contact your local Regional Program Coordinator or speak to Kim Pearce - 9334 1846.

You are required to attend the whole day - the end is as important as the beginning. If this will be difficult please give us a call to discuss. This workshop will be experiential in part and will require you to bring along your sense of humour!

How to register: Application forms can be obtained from The Secretary. 39/122 Saunders St. Pyrmont 2009

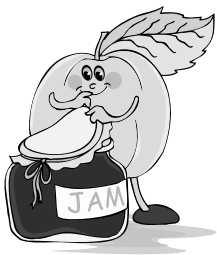
Simply fill in the enclosed registration form and workshop survey and return to

Kim Pearce by post, email or by faxing it to 8302 3520 by Monday 10th November 2008

For more information:

Kim Pearce, Project Coordinator Supportive Care Development Unit Cancer Council NSW

Tel: 02 9334 1846 Fax: 02 8302 3520 Email: kimp@ns



## So You want Jam on it?

### Jam can curb cancer, say food scientists By Alastair Jamieson

Popular foods contain a modified form of pectin, a natural fibre found in fruits and vegetables that is widely used in food processing. A laboratory study by the Institute of Food Research found modified pectin releases a molecular fragment that curbs all stages of cancer progression.

Professor Vic Morris, who led the research, said: "The treatments used by the food industry to modify pectin would emphasise the release of the fragment we've identified." However, he added: "I expect you would get some protection from jam, but it's packed full of sugar. It might be better to get the same protection from fruit and vegetables which would give you other anti-cancer magic bullets as well."

Pectin supplements that claim to detoxify the body and protect against cancer are already sold on the internet, and a laboratory study published in the journal *Glycobiology* last year showed pectin can slow the growth of prostate cancer. Scientists at the University of Georgia in the US found when prostate cancer cells were exposed to pectin powder or heat-treated citrus pectin, up to 40 per cent died. The cells were made to "commit suicide" through a natural process called apoptosis that halts the creation of tumours. Other studies on rats and cell cultures suggest pectin also fights lung and colon cancers.

An estimated 35,000 tonnes of pectin is produced worldwide each year. Besides being found in jam and jelly, it is a processing ingredient in confectionery, bakery fillings, yoghurts and milk drinks. Most pectin comes from the peel of citrus fruits and apple pulp. The research by Prof Morris is published in the *Federation of American Societies for Experimental Biology (FASEB) Journal*.

Jam is already hailed by nutritionists as an ideal snack to replace lost energy after a work-out. The fast-releasing sugars help to get glycogen back into muscles quickly and efficiently. The British Nutrition Foundation says two level teaspoons (15g) of jam on a slice of bread provides less than 10 per cent of an adult's Guideline Daily Amount (GDA) of sugar and fewer than 40 calories, but should be eaten in moderation. Ω

*Editor: Following the article on the effect of alcohol perhaps, you should have a jam sandwich with your beer!*

## **MINUTES OF MEETING HELD 15.0.08**

**IN ATTENDANCE:** Brian & Carol Gardner. Colin Wyn Bolton. Noel Gildea. John Pedden. Dick & Nola Eyre. Victor Stumbles. Herbert Nolte Trudy Nolte. Bruce Hodges. Don Newby. Ron Fazarkerley. Pat Bunker. Joan Dickinson

**APOLOGIES** Stan & Muriel Imer. Mary Halliburton. Ross Green. Lilah Walton.

**MINUTES** Resolved Bruce Hodges/Herbert Nolte That the minutes as presented in newsletter be taken as read and accepted as a true and correct record.

**SECRETARY'S REPORT** Visitor training course has been finalised with 12 Laryngectomees attending and 8 carers. Accommodation booked for country visitors and all notified of details:

**CORRESPONDENCE** From:- Jim & Margaret Hunt thanking Brian & Carol for organisation of cruise and a special mention to Pat Dawson who they noted busy as usual helping.

From:- David McClymont re their drive to publicize head and neck cancer, their group along with Speech pathologist Camilla Strange are organizing a pamphlet to be left in Drs. Surgeries etc.

From:- Cancer Council details of Living well after cancer course and group leader training course—included in this To Rachelle Robinson thanking her for her contribution at the September meeting, there was a lot of positive feedback after the meeting

**Newsletter.** The newsletter now goes out to 80 email recipients and around 280 by post. Including several overseas

**GENERAL BUSINESS** Noel Gildea raised the issue as to why there is so little information/publicity re head and neck cancer. (*I have to say I have raised this issue more than once in the newsletter—without response*) Julia Maclean pointed out that head and neck is the 10th on the list of diagnosed cancers, breast and prostate being the top 2

John Lovett who is attending the visitor training course has asked that a similar course be held in the Hunter at Hunter Valley hospital

Julia Maclean spoke about the results of the survey that many members completed concerning swallowing difficulties, there was some interesting and surprising results - a report will be included in the next newsletter.

### **Treasurer's Report 2 months to 15/10/08**

#### **Adelaide Bank**

Opening Balance \$9,291.00

**Income** \$97.00

#### **Expenditure**

Patient Supplies \$729.00

Cruise balance \$3,264.00

**Totals** **\$9,388.00**

**\$3,993.00**

**Balance of account** **\$5,395.00**

Scandia Balance as at 8/10.08 \$489,318

Carol Gardner Treasurer

#### **Commonwealth Bank**

#### **Income**

Opening Balance \$6,634.00

Cancer council \$129.00

Sales \$581.00

Membership fees \$95.00

Cruise receipts \$30.00

Donations \$40.00

**Total** **\$7,509.00**

**Balance of Account** **\$5,784.00**

#### **Expenditure**

October lunch \$20.00

Stationary/Office \$194.00

Phone/Internet \$128.00

Printing \$579.00

Postage \$394.00

Patient supplies \$28.00

Travel exp \$382.00

**Total** **\$1,725.00**

Further details of finance report can be seen on next page 

## **WELFARE REPORT**

**New Members:** Messrs. Robert House of Bonny Hills, Nikola Banovic of Londonderry, Florea Ban of Petersham, Chung Wong of Ryde, Anthony (Tony) Losh of Liverpool and Robert Walker of Uralla (re-joining).

**VALE:** Beryl Darlington (widow of late Bruce Darlington), Gregory Spence of North Ryde, Raymond Symonds of Lane Cove, Mustafa Mujedinovic of Greenacre.

Carol Gardner

# Recommended Products

Investment	Amount	Estimated Income
Barclays Global Investors Australia Ltd. - Barclays Managed Inv Diversified Growth Fund	\$ 110,000.00	\$5,445.00
Barclays Global Investors Australia Ltd. - Barclays Properties Security Index Fund	\$ 35,000.00	\$2,275.00
BT Investment Management Ltd - BT Global return fund	\$ 20,000.00	\$0.00
BT Investment Management Ltd. - BT Wholesale Imputation Fund	\$ 80,000.00	\$5,040.00
Deutsche Asset Management Fund Ltd.- DWS Global Equity Thematic Fund	\$ 80,000.00	\$2,104.00
Fidelity Investments Australia Fidelity Australian Equities Fund	\$ 80,000.00	\$5,040.00
Westpac Financial Services Ltd.- Westpac Term Deposit 1 year Sept 09 7.60%	\$ 75,000.00	\$5,700.00
BT Wrap - Cash Account	\$ 9,318.00	\$540.00
<b>Totals</b>	<b>\$ 489,318.00</b>	<b>\$26,144.00</b>

A finance meeting was held in October and it was resolved that all investment funds be transferred from Scandia to BT Trust - Approximately \$489,000 on the advice of our brokers. We will as a result be out of the market for approximately 2 weeks