Still Talking
Dedicated to the welfare of Laryngectomees and those with similar vocal disorders.
ALL CORRESPONDENCE : The Secretary, The Laryngectomee Association of NSW
Villa 65/9 Col Drewe Dr, STH Bowenfels, NSW,2790
Email: lansw@stillktaking.org

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: Raymond Chappelow, Villa 65/9 Col Drewe Dr, STH BOWENFELS, 2790 Mobile 0400 409 325 raymond.chappelow@bigpond.com
WELFARE OFFICER: Cathy Edwards
SHOWER SHIELD, STOMA COVER MATERIAL & WELFARE MATTERS: Cathy Edwards, PO Box 54, ALLAWAH, 2218. 02 9587 9636 cedwards53@bigpond.com
ASSISTANT WELFARE OFFICER Wally Bak 4 Swords Ave., Mt Druitt, 2770 (02) 9864 6205 wallybak@gmail.com
SPEECH AIDS COORDINATOR: John Chaloner, PO Box 977, PETERSHAM NSW 2049. (02) 9560 2852
EDITOR: George Southgate, geocentric.gs@gmail.com (02) 04176 79651
BATTERIES FOR SERVOX, LOAN SPEECH AIDS, ADVICE ON REPAIRS John Chaloner, PO Box 977, PETERSHAM NSW 2049. (02) 9560 2852

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

NEXT MEETING
18th October 2017 at the Sydney Mechanics Institute, 280 Pitt St, SYDNEY at 10.45 am. The meeting will be followed by light refreshments. Laryngectomees, friends, families, professionals all
Regional Meetings

NSW Association: 3rd Wednesday of month (Feb - Nov) Sydney Mechanics Institute, 280 Pitt St, SYDNEY, 2000 at 10.45am.

NEWCASTLE: 3rd Tuesday. Monthly Mayfield Bowling Club, Ingall St, Mayfield. Start 12.30 -2.00 Contact John Lovett (02) 4954 8308

NORTHERN RIVERS: 4 times annually in Lismore. Contact Speech Pathologist Allison Grady (02) 6629 4523 or (02) 6620 2157

ALBURY: Meets alternate months from February. Contact Norma Teasdale 02 6021 1749

SOUTHERN DISTRICTS: Last Wednesday of month 10am. Thomas Rachael Moore Education Centre, Liverpool Hospital. Contact Hei Lan Byun 0477 330 719 or Joanne Bartley 0439 813 807

MID NORTH COAST: Port Macquarie Community Health Centre. Last Wed of March, June. September & 1st Wednesday December. Contact Jodie Bowles (02) 6580 1828

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 Rachel Urquhart 02 6656 7606

MINUTES

Laryngectomee Association of NSW Inc.
Minutes of Meeting of 20 September 2017

Meeting commenced at 10:49am with the President, Les Byrnes occupying the Chair. Les welcomed new attendees, Robert & Marge McIntyre.

Attendance – Laryngectomees
Antoni Krasnodebski; Les Byrnes; Frank Campbell; Raymond Chappelow; Robert McIntyre; Peter Tierney; Greg Joss; Vicky Pedras

Attendance – Non-laryngectomees
Cathy Edwards; Maria Cassis; Lynne Gardner; Carol Gardner; Marge McIntyre; Glenda Tierney; Glenn Williams

New Members
Ken Malloy of Yamba; Lynette Clarke of Pennant Hills; Vicky Pedras of Marrickville; Gabrielle Scanlon of Broken Hill.

Vale
Peter Vicary of Londonderry; Anthony Warbrick of Sydney; Arthur Johnston of Nyngan; Ronald Chapman of Cooranbong.

Minutes of August Meeting
Business arising – Business Cards (Les yet to act); Shower Shields (50 expected November) Minutes adopted unanimously R Chappelow/F Campbell
Correspondence

Incoming
1 More Spam emails
2 Les Byrnes re “one off grant”
3 Noelene Rozanc, Nursing Unit Manager, Cancer Centre, Westmead Hospital re Venue for a meeting of 2018
4 Australian Not-for-Profit Workforce Study
5 Infoxchange requesting update re Northern Rivers Branch
6 Signet – promotional material
8 National Pen – promotional material

Outgoing
1 Letters of Welcome to new members -
   Ken Malloy of Yamba
   Lynette Clarke of Pennant Hills
   Vicky Pedras of Marrickville
   Gabrielle Scanlon of Broken Hill
2 Sympathy Cards re the late –
   Peter Vicary of Londonderry
   Anthony Warbrick of Sydney
   Arthur Johnston of Nyngan
   Ronald Chapman of Cooranbong

Claims
Paid
1 C Gardner #664 $30 - Lunch
2 Master Instruments P/L. #665 $262.49 - Supplies (batteries)
3 SMSA #666 $40 - Rent
3 G Southgate #667 $1034:60 - Printing $634:60, Post $400
Currently Claimed
1 R Chappelow #668 $1141:91 - Supplies (shower shields)
2 G Tierney #669 $40 - Lunch

General Business
It was resolved R Chappelow/L Byrnes.
That the Secretary enquire about conducting some of our meetings at other venues and report back by the end of the year. He suggests Nepean (April), Liverpool (July) & Westmead (October) during 2018. With guest speakers if can be arranged.
Greg Joss & Antoni Krasnodebski suggested that City meetings should remain as scheduled. Those wishing and/or able to attend meetings at other locations should do so as their own choice.
A one-off grant be made to Keith Anderson for a Larytube.
The Secretary reported as follows –
Large number of unfinancial members
Large number of invoices not paid – Cathy Edwards is pursuing
Postage costs not being added to invoices
The Treasurer advocated that postage costs be added to all invoices. However, the
consensus was that they not be added

**Christmas Luncheon**
Glenda Tierney buying prizes; to be extensively publicised.

*Cathy Edwards read the following poem by Robert McIntyre.*

**My Friend My Thumb**
I have a friend my right-hand thumb
It’s only a thumb but not so dumb
It will chatter away for most of the day
But always have the last to say

Not many thumbs learn to talk
It’s a far bigger feat than learning to walk
It enjoys being there at the top of the tree
It knows it’s place as a celebrity

He has not learnt to party yet
But that will come you can bet
The only thumb that can talk out loud
And stop the talk in a noisy crowd

The other fingers are quite put out
They think the thumb is a bit of a lout
He takes no notice of what they say
He gets on with the job – that’s his way

When he gets going, it’s a sight to see
It’s like he’s saying, “Look at me”? He revs himself up like a great big storm
He knows how to keep his motor warm

When it grows older, I hope it will
Talk more often and better still
I know somewhere along the line
It will talk better – it just needs time.

**The Meeting closed at 11:45am** (Reports Pg 5 & 6)

**XMAS PARTY REMINDER FROM THE PRESIDENT.**

It is now October and next month the LANSW will be holding their annual Christmas party. In an effort to confirm participation at this function, members are requested to advise the Secretary ASAP if attending. Invitation has been published in last two editions of Still Talking and I sincerely hope that you can attend, and if so, please let us know, now Oct

We would love to see more members and especially, more of the medical fraternity attending. Changing the date to late November for this year’s party might be a game changer and
help to boost attendance. It’s a great day with good food and wine. And you are guaranteed to win a prize by supporting the raffle.

Looking forward to enjoying your company on November 25th at Ryde-Eastwood Leagues Club.

Les Byrnes.

Reports

**CBA balance as at 31 August 2017** $9,605.12

Add September Income

<table>
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<tr>
<th>Description</th>
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<tbody>
<tr>
<td>Subscriptions</td>
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<tr>
<td>Donations</td>
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<tr>
<td>Supplies</td>
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<td>Sundries</td>
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$10,039.17

Less September Expenditure

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<th>Amount</th>
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<tr>
<td>&quot;Still Talking&quot; Postage</td>
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</tr>
<tr>
<td>Printing</td>
<td>$634.60</td>
</tr>
<tr>
<td>Lunch</td>
<td>$40.00</td>
</tr>
<tr>
<td>Patients' Supplies</td>
<td>$1,566.91</td>
</tr>
<tr>
<td>Lunch</td>
<td>$40.00</td>
</tr>
<tr>
<td>Unpresented August cheque #665</td>
<td>$262.49</td>
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</table>

$2,944.00

Add Unpresentd Cheque #670 $425.00

**CBA Balance as at 30 September, 2017** $7,520.17
LARYNGECTOMEE ASSOCIATION

WELFARE REPORT FOR Aug - Sept 2017

PATIENT PACKS

5 Rochelle ACT Health

5 Wally Bak Mt Druitt

STOMA COVERS & ACCESSORIES

<table>
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<tr>
<th>Inv No</th>
<th>Name</th>
<th>Goods</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>508</td>
<td>Neil Cook</td>
<td>1 Showershield</td>
<td>$25.00</td>
</tr>
<tr>
<td>509</td>
<td>Harold (Frank) Campbell</td>
<td>2 double stoma covers</td>
<td>$12.00</td>
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<tr>
<td>510</td>
<td>ACT Health Order No H1801553</td>
<td>4 Showershields</td>
<td>$100</td>
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</table>

Packs for New Members

Vicky Pedras                      Marrickville
Lynette Clarke                    Pennant Hills
Ken Malley                        Yamba

Postage Costs

Float - given in June 2017         $500.00
Balance b/f                         $292.15
ACT Health                         $4.95
Pkt 10 Small Satchel               $80.75

total                            $85.70   $206.45
1) Fredric Baur invented the Pringles can. When he passed away in 2008, his ashes were buried in one.

2) The average four year-old child asks over four hundred questions a day.

3) A TI-83 calculator has six times more processing power than the computer that landed Apollo 11 on the moon.

4) In 1923, jockey Frank Hayes won a race at Belmont Park in New York despite being dead — he suffered a heart attack mid-race, but his body stayed in the saddle until his horse crossed the line for a 20–1 outsider victory.

5) More than 2,500 left-handed people are killed every year from using equipment meant for right-handed people.

6) It costs the U.S. Mint almost twice as much to mint each penny and nickel as the coins are actually worth. Taxpayers lost over $100 million in 2013 just through the coins being made.

7) Light doesn't necessarily travel at the speed of light. The slowest we've ever recorded light moving at is 38 mph.

8) The northern leopard frog swallows its prey using its eyes — it uses them to help push food down its throat by retracting them into its head.

9) In 1567, the man said to have the longest beard in the world died after he tripped over his beard running away from a fire.

10) The Dance Fever of 1518 was a month-long plague of inexplicable dancing in Strasbourg, in which hundreds of people danced for about a month for no apparent reason. Several of them danced themselves to death.

11) Sigurd the Mighty, a ninth-century Norse earl of Orkney, was killed by an enemy he had beheaded several hours earlier. He'd tied the man's head to his horse's saddle, but while riding home one of its protruding teeth grazed his leg. He died from the infection.

12) Powerful earthquakes can permanently shorten the length of Earth's day, by moving the spin of the Earth's axis. The 2011 Japan earthquake knocked 1.8 microseconds off our days. The 2004 Sumatra quake cost us around 6.8 microseconds.
This year’s Christmas Party for the Laryngectomee Association of NSW is to be held on Saturday 25 November 2017 at Ryde Eastwood Leagues Club at 12 noon till 3pm.

There is NO charge for Laryngectomees, their partner/carer.
There is NO charge for Speech Pathologists/Health Professionals
The cost for visitors is $35 and is subsidised by the Association

Name(s) Laryngectomees.................................................................................................................................
Name(s) Visitors.......................................................................................................................................................
Name(s) Speech Pathologists/Health Professionals...........................................................................................
Enclosed cheque for................................................................................................................................................
Address..................................................................................................................................................................
Contact phone number............................................................................................................................................

Please forward this form and cheques (if applicable) to :-
Raymond Chappelow, Villa 65/9 Col Drewe Dr., STH BOWENFELS, 2790 no later than 18 November.
Phone: 02 6352 5826 - Email: raymond.chappelow@bigpond.com
Make cheques payable to - Laryngectomee Association of NSW

Nearest railway station is West Ryde. The 501 bus from the City stops at the door. Parking available underneath the club.

Club address - 117 Ryedale Road, West Ryde. Ph 9807 2444. Opposite West Ryde station.

The meal comprises a choice of buffet layout, hot and cold meats, soups, salads and desserts.
Coffee, tea and after-dinner mints. Menus have been selected to ensure we have food suitable to our needs. Please indicate any special dietary requirements.
Get your own emergency card!

We have developed an emergency card you can always carry with you. If something happens and a person in the street needs to know you breathe through an opening in your neck this card will help you and that person.

If you have problems breathing a person in the street would not know what to do. If they were faced with a mouth-breather they would call 911 and then perform mouth-to-mouth but that would not help you.

With the emergency card in your wallet you can guide the person and get the help you need before the trained medical professional arrives. This will make you and your loved ones more confident leaving home and better equipped if the unexpected should happen.

How to get your card

All you have to do to get your own free emergency card is to fill out the return slip that came together with this letter and send it back to us in the free-post envelope. We will then send you the card by post.

The first 100 people to order the card will also get a car-sticker that can be used in the windshield in your car.

Best regards

Matt Harris
Country Manager, Australia and New Zealand

Your emergency kit

An emergency card
It has the size of a credit card.
It fits into your wallet.

EMERGENCY CARD

Neck breather
I breathe through an opening in my neck

Always contact a medical professional. Call 911.

1. Stop the chest-pressing, chest-at-stall
2. Do not make the head collapse
3. Do not attempt to make opening in your neck for mouth-to-mouth breathing
4. Keep the neck opening clean and protected from fluids

A car-sticker for the windshield
It is 10 cm x 10 cm.

Be aware
I breathe through an opening in my neck

Atos Medical
Your voice

© Atos Medical AB, 2007.

9
Yes
I would like to get my own emergency card!

When you have filled out your details and ticked the box below, simply send it to us in the pre-paid envelope.

My details

First Name ____________________________  Last Name ____________________________

Phone ________________________________

Address ______________________________

Postcode __________  City ______________

REMEMBER

Signature ____________________________

I have read and understood the privacy statement (printed on the back) You can always find the latest version of the privacy statement on our website. You can also call us at (+61) 1800 286 728 to get a copy sent.

Atos
A Fin. Mod. of Your Life
HEAD CANCER ON THE RISE
(from The Daily Telegraph)

About five thousand Australians will be diagnosed with head or neck cancer this year, prompting a push to raise awareness of the signs and symptoms.

Cancer Council Australia is also encouraging teens to get the human papilloma virus vaccination as HPV-related head and neck cancers reach near epidemic levels. A recent US study warned the number of cancers related to HPV had increased by 17 per cent. In Australia it is estimated around 480 throat and mouth cancers each year are caused by HPV.

*So I imagine that these people will not become laryngectomees unless they are unfortunate enough to have the HPV affect their larynx*

*Courtesy of Frank Campbell & Antonio A.T.K.*

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*hmmmm... and yet another day has passed and I did not use Algebra once...very interesting.*

*www.yesomails.com*

*When I die I want my last words to be, "I left a million dollars under the......."*

*www.yesomails.com*
A gorilla goes into a bar and orders a martini. This totally amazes the bartender, but he thinks, "What the heck, I guess I might as well make the drink." He mixes the martini. He then walks back over to give it to the gorilla, and the animal is holding out a twenty-dollar note. Now the bartender is just at a loss for words. He can't believe that a gorilla walked into his bar, ordered a martini, and then actually had $20 to pay for it. In amazement, he takes the money and walks to the cash register to get the change. While he is standing in front of the cash register, he stops for a second and thinks to himself: "Let me try something here and see if the gorilla notices anything." He walks back over to the gorilla and hands him a dollar change. The gorilla doesn't say anything; he just sits there sipping his martini. After a few minutes, the bartender just can't take it anymore. "You know," he says to the gorilla, "we don't get too many gorillas in here." The gorilla says, "At $19 a drink, I'm not surprised."

Paula, a mother was anxiously awaiting her daughter Janet's plane to land. Janet had just come back from abroad trying to find adventure during her gap year. As Janet was exiting the plane, Paula noticed a man directly behind her daughter dressed in feathers with exotic markings all over his body and carrying a shrunken head. Janet introduced this man as her new husband. Paula gasped out loud in disbelief and disappointment and screamed, 'I said for you to marry a rich Doctor .... a rich Doctor!'

Niall and Ethan are two young lads from Shannon and they are lost in the Sahara desert. They're only desperate for water, but just as they think they're about to die, they chance upon an oasis where market day appears to be in full swing. They go to the first stall they see, and Niall asks if they can buy some water. 'No,' replies the Bedouin stall owner, 'I only sell fruit. Try the next stall.'

So off they stagger to the next stall and this time Ethan asks for some water.

'Sorry,' says the merchant. 'But I only sell custard'. 'Custard! Custard?' splutter the two. Niall turns to Ethan and shouts angrily, ‘What kind of flippin’ place is this?’ By now totally desperate, they go to the next stall, only to be told, 'Sorry, but I only sell jelly.' Hearing this, Ethan says to Niall and speaks through clenched teeth, 'Bejabbers, Niall - this is a trifle bazaar.'

God said, "Adam, I want you to do something for me."

Adam said, "Gladly, Lord, what do you want me to do?"

God said, "Go down into that valley."

Adam said, "What’s a valley?"

God explained it to him. Then God said, "Cross the river."

Adam said, "What’s a river?"

God explained that to him, and then said, "Go over to the hill ..." Adam said, "What is a hill?"

So God explained to Adam what a hill was. He told Adam, "On the other side of the hill, you will find a cave."

Adam said, "What’s a cave?"

After God explained, he said, "In the cave, you will find a woman."

Adam said, "What’s a woman?"

So God explained that to him, too. Then, God said, "I want you to reproduce."

Adam said, "How do I do that?"

And then, just like everything else, God explained that to Adam as well. Adam goes down into the valley, across the river, and over the hill, into the cave, and finds the woman. In about five minutes, he was back.

God, his patience wearing thin, said angrily, "What is it?"

Adam said, "What's a headache?"

It's not the minutes spent at the table that put on weight, it's the seconds.

If a deaf person has to go to court, is it still called a hearing?

A chicken crossing the road: poultry in motion.

Nothing succeeds like a parrot with no teeth.

A guy walks into a pub with a lump of asphalt on his shoulder. He says to the bar man give us a pint and one for the road.
The Laryngectomee Association of NSW Incorporated

ANNUAL GENERAL MEETING 11am, WEDNESDAY, MARCH 21, 2018

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, Villa 65/9 Col Drewe Drive, SOUTH BOWENFELS, 2790 by 14 March, 2018

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, 2018

(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........................................................................................................................................

Annual subscription is $10

Post this form to The Treasurer, LANSW, Villa65/9 Col Drewe Drive, SOUTH BOWENFELS, 2790

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 WHATSOEVER APPLIES

——Cheque enclosed     _____Payment made to Bank: Date of Payment   /   /201
—— Money Order enclosed   _____I require a receipt