Thank you for your continued support throughout 1998.

Have a Merry Christmas and a Happy New Year.

And our very special thoughts and best wishes to those in hospital at this time or coping with problems of any sort

From every member of the L.A.Q Executive...
PRESIDENT/EDITOR'S REPORT.
Welcome to all our new members, we hope you are well on the road to recovery, and to all our old and valued friends, as this year rushes to a close I hope you managed to do many activities that brought you satisfaction. My only question about 98 is will 99 speed by even faster?? The next meeting will be in February. This will be the Annual General Meeting, and I urge everyone to think seriously if they have skills that could benefit the Association.
We have struggled through this year without a Secretary and frankly we cannot do this another year. If we cannot find a competent volunteer for this important position we may have to consider paying someone for a couple of hours a week. As well as a Secretary the Office staff would really like someone who knows their way around a computer so the Association can start storing all relevant information on the computer so kindly given to us by the Qld Cancer Fund (QCF).
The QCF this year upgraded their telephone lines, and as a result we were given another phone line which we have used for our Fax machine. This has resulted in the most wonderful improvement in our delivery of services and we are extremely grateful to the staff of the QCF for their generosity and genuine care for us as a group.
I was completely overwhelmed by work commitments this year which resulted in our not having the Annual Seminar. However I hope to make amends with an earlier programme in 98.
Finally, as Editor I wish to express my appreciation to all those people who have sent me information/articles for LaroLink. Without your help and interest I doubt I could have produced the issues at all this year.
Heartfelt thank yous to all the health professionals throughout Qld who have provided great support to our laryngectomees and their families throughout the year, specially Sonia, Kylie & Jen, and Georgina and Annie in Brisbane. Everyone certainly enjoyed the combined Xmas function at the Chinese Club in the Valley.
As I type this my thoughts are with Bill "Robbo" Robertson who has recently undergone further major surgery, and John Oakey, Neil Todkill & Tom Govan. May 1999 be a better year for everyone and may we all be given the gift of making the most of every day.

Hope to see you in the New Year (Why not send a photo with your story?)

Very sincerely
HEATHER.

Country Korner

I would like to request all you good people to save stamps for missionary supplies in Bangladesh - Norm

Also thankyou one & all for the Chrissy cards. The "Gang" really appreciated them. It made their office tasks easier. "Sir" Norm

V A L E

When DAVID ASHBY passed away recently after a long battle with cancer, not only did Victoria lose an ex President, ex Editor and tireless worker for the laryngectomee community but Australia lost one of the most active advocates for our welfare. Many Queenslanders will know David from the Mayo Clinic and other Conferences. Our very sincere condolences to his family and friends. Dacia was a truly outstanding example of wonderful spouse support.
New Macmillan Post

Macmillan Cancer Relief have announced the establishment of a new post of Consultant Speech and Language Therapist specialising in surgical voice restoration. This is to fill the needs of professionals for a structured means by which to learn the skills associated with the use of voice prosthesis among head and neck cancer patients. All aspects of assessment, diagnosis, treatment and management in surgical voice restoration will be taught.

The post holder will be a national resource for professionals working in surgical voice rehabilitation and can offer advice by telephone or by pre-booked clinical consultation.

Twanna Eells, DipCST, MScS LT has been appointed to the post from September 9th and will be based at Charing Cross Hospital. A programme of one day and half day course will have been devised to meet current needs. It will start in November.

A problem-solving clinic will be set up which will be free, avoiding the need for extra consultation (ECR). Please write to the above address for details.

The Nearest Causeway

Suddenly, I heard my dog's bark. Cattle, my friend, had emerged from the garden. She was wagging her tail and running towards me. It was clear that Cattle was happy to be home. I called her name, Calie, and she responded with a joyful yapping. Cattle was happy to see me and go outside to explore her surroundings.

Can you sew? Do you know anyone who might need a volunteer sewing group? Despite the best efforts of our loyal and tireless worker Rosie Day who continues to cut out hundreds of stoma covers and with the willing workers of the Old Cancer Fund's volunteer sewing circle (who make many other items also) it is becoming very clear this year that demand is constantly outstripping supply. In fact, anytime we received supplies of coloured stoma covers they were gone before we could advertise their existence. Would you be interested in hearing from anyone else who might want to donate a little time to this important cause?

***Urgent Ideas/Help Required in 1999***

OK I Think

A week later, another stranger thing happened. We decided to phone John Stanley on his radio programme to tell him Cattle had been found. I was sitting in the dining room with Elizabeth and my two sons when I heard the call. John told us that Cattle had been found. He was sitting in a chair with wooden arms with his feet up on another chair. After thanking Cattle for finding him, John said: "How is your dog now? Only he is sitting in a chair with wooden arms and he has his front paws on Cattle's tail."

I suppose I am still a little bit nervous about making plans, but I am definitely glad that Cattle is safe and well. She had been missing for three weeks and a day. She was found on the day I was released from hospital.

Peter Kirby
COPING WITH WAITING LISTS.

Unless you've been away from society for some time you would be aware that waiting lists are a fact of life in our Public/free Health system. Since many of our members are Public patients this situation will continue to affect anyone who is not regarded as having a "life-threatening" condition from time to time.

Small procedures can be "fitted in" when spaces come along so it is always difficult to say exactly how long the wait will be. The number of "emergencies" will always be unknown. Whether it's waiting for a "stretch" or something to do with a prosthesis or anything else you may be concerned about, there are certain sensible actions to cope with this situation, and that is to make sure SOMEONE in the HEALTH SYSTEM actually KNOWS your current circumstances, so if things start to deteriorate they are aware of it and can act accordingly. Apart from the Doctor, the very important people in your life should be your Speech Pathologist, ENT Clinic Nurse, and/or the ENT Ward Nurse. Ultimately you are responsible for your own welfare, and although it's not in the Australian way of life to "jump" queues, if you are sure you need help sooner rather than later don't forget politicians need to know where the shortfalls are, otherwise money that might have been directed to the ENT area may go somewhere else.

I know most of us feel very vulnerable and certainly don't want to risk upsetting the very people we rely on in our hour of need, but by being silent and anxious we're not helping anyone. I'm sure most hospital staff would be delighted to have patients fighting for their own cause.

This newsletter is a forum for everyone's views and we would like to hear from anyone who has a view or story to tell on this topic.

from CLAN the U.K. newsletter

Do It Yourself

I had my op two years ago and, like everyone else, was rather in the dark about what laryngectomies could have on the National Health or what we had to buy ourselves and so on. I've found out that if you can't get what you want through the proper channels, then damn well do it yourself. Let your voice be heard, so to speak.

I was having trouble inhaling through my valve (2.2 Bloom-Singer low pressure). So I decided to contact the distributor in the UK, Forth Medical of Newbury. I got in touch with Sharon Reid and she couldn't have been more helpful. She ordered a special increased resistance valve from the manufacturers in the USA. I now have a valve sent from the States every time mine wears out - at no extra cost to the Health Service, I might add. And it cured the problem.

Unfair

I decided, about 12 months ago, to try a hands-free, adjustable tracheostomy valve. My Speech Therapist, Heather Hall, kindly let me try one. I was over the moon with it - no hands needed to speak. Then, to my horror, I discovered I would have to purchase this valve myself - a starter kit is £196 and I get £64 a week sick benefit - so you can see where the problem lies. Then I found out if you live in the Blackpool or Dover areas, it can be obtained through the Health Service. Highly unfair, I thought, and decided to do something about it myself. But, with no power behind me, I was up against a brick wall.

I then decided to see my MP, Ms Patricia Hewitt. She said she would contact the local Health Service about this totally unfair situation. Lo and behold, a few weeks later, a letter arrived from my local Health Service saying that "is prepared for the assessment of patients who may benefit from the provision of an outer tracheostomy valve has been agreed". Talk about people power!

So, to all you laryngectomies out there, if you want something, let your voice be heard (except the pun). I have badgered my MP again to find out why we laries can't get disability allowance. She has written to The Baroness Hollis of Heigham, who is Under Secretary of State for Social Security. So watch this space!

John Herbert, Leicester

MEDIBRACELET

(Male or Female)

Male bracelet has a flip up compartment in which written information can be stored. Bracelets are able to be engraved e.g NECK BREATH...

Bracelets are available from

WALLACE BISHOP

ANKAC SQUARE

Adelaide St Brisbane.

Cost $59.95 each

(IF 2 or more are ordered it is cheaper).

Engraving available from

HAMMOND ENGRAVING

1st Level

BRISBANE ARCADE

Cost $1 per letter

LEATHER POUCH to hold

and protect your

electrolarynx

CONTACT Colin Kennedy

for further information details, price etc

PH 07 3689 2197
There will be more on the subject of the electrolarynx and care of batteries in next issue.

**CARING FOR YOUR ELECTROLARYNX**

The Electrolarynx is one of the most cost effective and trouble free means of communication for the laryngectomee, providing it is treated with the care and respect deserved of any sensitive electronic device, many years of service may be expected.

Here are a few pointers on care and maintenance that may assist in solving some of the most common problems encountered with these devices.

1. **ALWAYS KEEP IT DRY AND CLEAN.**

Your electrolarynx consists of a combination of solid state and electromechanical technology, dirt and dust promotes extra wear and tear on potentiometers and the coil mechanism. While moisture will attack the electronic circuitry.

Another reason for cleanliness is hygiene, while a blood and or mucus encrusted electrolarynx while not a pretty sight it may be a potential cause of cross infection and will probably interfere with the operation of the hard membrane.

Wipe your electrolarynx daily, more frequently if necessary with a clean slightly damp lint free cloth, stubborn material may be removed by using a very small amount of washing-up liquid, then wipe to remove. Do not use solvent cleaners i.e. petrol, paint thinners etc. as these may permanently damage the plastic.

2. **ADJUSTMENT**

Once the electrolarynx has been adjusted to a satisfactory tone, the only desirable user adjustment is that of volume. This is achieved by adjusting the volume control and if necessary, screw the head in or out slightly to obtain the loudest sound for that volume setting. NEVER screw the head fully down, this will only cause damage.

While there are a number of factors that may influence the quality of the sound output, many of these are related to worn parts which must be replaced, such as the switch mechanism, soft membrane, coil and plunger, foam washers and of course cracked or broken head or battery caps.
3. **BATTERIES & RECHARGING**

Rechargeable batteries are frequently the cause of confusion. Some commonly asked questions being:

- **How long should they be left on the recharger?**
- **How do you know when they need recharging?**
- **How long should they last before needing to be replaced?**

If a battery is charged using an appropriate device supplied with the electrolarynx, the charging rate and time of charging are normally governed by the circuitry within the device, and the recommendations of the manufacturer should be carefully followed. Prolonged over charging destroys the cells and should be avoided. (cells expand giving barrel effect)

A battery requires charging when it is no longer able operate the device efficiently. Every 4 - 6 weeks flatten your nickel-cadmium battery in the electrolarynx (low purr) and then fully recharge, this will help prevent the battery from developing memory. This technique is more convenient than trying to fully drain the batteries each time they are used.

Remember a charged battery will discharge whether or not it is being used, the rate of discharge is also affected by temperature, i.e. In hot weather a battery does not retain its charge as well as in the cool (just like people). Likewise a cool battery will hold a greater charge than a hot one. Never leave a battery stored in a discharged state, recharge at monthly intervals even if not being used.

The useful life expectancy of a battery will be around 12 - 18 months.

**ON NO ACCOUNT SHOULD YOU USE ANY BATTERY, THAT HAS:**

- Liquid leaking from it
- White powder showing
- Blue green discolouration

Old or corroded batteries can be a very expensive health hazard to your machine.
The she who laughs last

During the pilots' strike a charter flight was carrying four passengers. One was a businessman, one was a priest, one was a backpacking tourist, and the fourth was none other than the President.

Somewhere over the Alps the pilot made the shocking announcement that the aircraft would shortly run out of fuel. He said there were only four parachutes on board and apologizing for being a coward he threw three into the cabin and jumped out with one of his own.

The priest said he was an important man with a large diocese to look after so he grabbed one of the three parachutes and jumped out.

The President said he was the most important leader in history and must have a parachute, and so saying he made a grab and jumped out.

The businessman said to the hiker, "That leaves one parachute between us."

"Not so," said the back-packer. "We have a parachute each. The most important leader in history has leapt out with my bawser sack."

"Well," snarled the Marine Sergeant to the cowering private. "I suppose when you get discharged from the Army you'll just be waiting for me to kick the bucket, so that you can come and spit on my grave."

"Not me, Sergeant," the private replied, "once I get out of this man's army, I ain't ever going to stand in line again."

A British Officer spotted a busker at the bottom of the escalators of a London underground station.

The busker had a sign which read: VETERAN SOLDIER OF THE FAIRLAMDS WAR. The officer thought "Poor chap, I was there and it was hell." Feeling sorry for his fellow veteran, he took $20 out of his wallet and gave it to the busker, who responded with a hearty "Grazias Senor."

A driver tucked this note under the windshield wiper of his automobile. "I've circled the block for 20 minutes; I'm late for an appointment, and if I don't park here, I'll lose my job. Forgive us our trespasses."

When he came back he found a parking ticket and this note: I've circled this block for 20 years and if I don't give you a ticket, I'll lose my job. Lead us not into temptation."
THE SPIRIT OF CHRISTMAS.

I have a list of people I know—written in a book
And every year at Christmas time—I go and take a look
And that is when I realise those names are really a part
Not of the book they're written in—but of my very heart.
For each name stands for someone who has crossed my path
Sometime.

And in that meeting they've become
A treasured friend of mine.

You see once you've met some people, the years cannot erase
The memory of a pleasant word, or of a friendly face.
So when I send a Christmas card that is addressed to you
It is because you're on that list of folks I'm indebted to
And you are part of many folk—who in times past I've met
And also an important part—of those I shouldn't forget.
Now whether I've been a friend—for many years or few
In some way you have played a part in shaping the things I do
Thus is the spirit of Christmas—
That forever and ever endures.

May it leave it's richest blessing
In the heart of you and yours.

This wonderful verse was
Sent to us by JUNE & TOM
from the Gold Coast

SO
Please regard this Newsletter
as our card to YOU!
Charlie and Mary - our most recent newlyweds. Congratulations.

Norn - the inseparable.

For our Xmas morning tea cruise.

All aboard the crocodile queen.

Norm and Pussy relaxing & enjoying some great music.

Their daughter, Livy, was our only guest. Norm's wife, and Kristin.

Two regulars on our outings.
EDITORIAL

From all reports, despite the low numbers attending, this year’s Christmas Party was amongst the best ever.

"A GOOD TIME WAS HAD BY ALL"

The food was excellent, "Sausage and Ricotta Triangles or Mushroom Vol-au-Vent, Roast Pork or Barramundi, Fresh Fruit Salad or Plum Pudding, Coffee, Tea and Mint!!! Aren’t you sorry you couldn’t be there. Everybody was in a party mood - the wine and beer flowed freely and they say they will all return!

It was good to see many old faces and some new ones too. Jean Case was there with her brand new hip - up and about and being well looked after by her two daughters. Ron Carlson who has had some health problems this year was looking really well again as was Bob O’Sullivan who has had a period in hospital. Jimmy Smith - looking so much better than in 1997 was there with his family. Congratulations Jim on your new great grand daughter born the previous day. Nice to see Leslie Dear amongst us again too. A good crowd from Western Districts Branch led by President Stan Morley, were all enjoying themselves. It would seem by the sounds of laughter coming from their table. Jack Darby and his wife were there from up the coast, bringing with them some lovely gifts for our 1999 raffle. I won’t tell you what they are but rest assured they are four wonderful and useful works of art in wood. Everyone had been generous with their gifts and when the raffle was drawn everyone went home with something, beautiful, useful, amusing or just good Christmas cheer.

We all owe a very big thank you to Lilah who once again spent many hours making sure everything would run smoothly, and on the day itself making sure everybody was well looked after.

THANK YOU MA’AM - WE DIPS OUR LIDS.

TO ALL A HAPPY CHRISTMAS AND MAY YOUR GOD SMILE KINDLY UPON YOU IN 1999!

WHO TO CONTACT

FOR BLOOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl 2099 Phone - 02-9934-1349
FOR SPEECH AID BATTERIES, PARTS & REPAIRS - John Chaloner, 111 Station St, Petersham. 2049 Phone - 02-9560-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Weller, 23 Baker St, Kentington, 2033 Ph 02-9560-2850
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUTPATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 152 Downing Street, WOOLLOOMOOLOO, PO Box 572, Kings Cross. 2011 Phone - 02-9334-1900, Fax 02-9367-2676
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE
ASSOCIATION OF NSW, HELD ON
WEDNESDAY 18TH NOVEMBER IN THE
UNITING CHURCH HALL,
CARRINGTON AVENUE, STRATHFIELD.

THE PRESIDENT, Brian Gardner opened the
meeting at 11am on a very cool wet day.

PRESENT: S Lowe, J Nicholson, D Newby, B
Darlington, J Chaloner, J Knight, W Byrne, W
Byfield, J Gifford, N Buet, B Gardner, H
Stone, P Rogers, J Nowland, P Halliburton, C
Chaloner, L Walton, D Nicholson, C Gardner,
A Barnett, M Halliburton.

APOLOGIES were accepted from B Dun, J &
M Cyne.

WELCOME - The President welcomed back
Harry Stone and Syd Lowe both of whom had
been on the sick list. They both assured us they
are now well and they certainly look it!

MINUTES OF THE OCTOBER MEETING
as distributed were accepted on the motion of B
Byrne, seconded J Chaloner.

SECRETARY/TREASURER REPORT
MEMBERSHIP: Our membership continues to
grow and on behalf of our Committee I would
like to welcome the following new members:
Mr G Whitehurst of Ashfield
Ms Penny Yard of Wagga Wagga (SP)
Mr R Capper of Tambo Bay
Mr F Adams of Orange
Mrs D Hawkins of Botany
Mr B Appleby of South Windsor
Mr K Cassidy of Lindfield
Mr S Synutra of Eum Plains
Mr P Lydon of Salt Ash

Regrettably I must report that two of our
members have recently died.

SUBSCRIPTIONS Many members have
already paid their 1999 subscriptions and we
thank those members for being so punctual.
Your subs are due before the 1st January 1999
so we would appreciate your payment as soon
as possible.

DONATIONS - A special thank you to the
following members for their donations to our
Association:
Mr D Tauro of Maroubra
Mr L Davis of Surry Hills
Mr J Righini of Issac.

Mr J Kamper of Guildford
Mrs L Stein of Northbridge
Mr D Vowles of Ermington
Mr J Clyne of Bellevue Hill
Mr S Morley of Penrith
Mr W McColl of Emu Plains
Mrs J Nowland of Padstow Heights
Mr D Butler of Lakemba

NEWSLETTER: It is pleasing to report that
extracts from our Newsletter have been
reprinted in the newsletters produced by some
other states, United Kingdom and New Zealand.

NATIONAL LARYNGEAL CANCER
SUPPORT COMMITTEE: The minutes of the
1998 meeting of the NLCSA are now held by
the Secretary and will be available to members
at our next meeting. Mr J Wright, Executive
Officer for the Australian Cancer Society has
advised that as a result of that meeting action is
now being taken to follow up:
a / the revision of YOU CAN SAY THAT
AGAIN
b / a submission to the Australian
Resuscitation Council, and
c / the continuing struggle to get
recognition by Medicare and other funds of the
costs incurred by laryngectomees.

The Australian Cancer Society has also
provided a copy of the Laryngectomee Visitor's
Handbook and a copy of this document can be
made available to those visitors who have not
read its contents.

FINANCIAL REPORT shows a credit balance in
the working account of $4709.74.

CORRESPONDENCE:
1 Newsletters from branches, other states,
United Kingdom, New Zealand and USA
2 Ms Shirley Chorley of Berkeley Vale.

Christmas Card with greetings and good wishes
for all members.
3 Mr Davis Tauro of Maroubra enclosing
membership and donation.
4 Laryngectomee Association of
Tasmania - paying membership fees for speech
pathologists at their regional hospitals.
5 Advertising material on Who is Who
books
6 Mr D Graham of Ulan, seeking copy of
"You Can Say That Again"
7 AJME - advertising material on their
1999 meetings expo.
Medical, Dental and Pharmaceuticals
Register seeking an entry from our Association at a cost of $196.00.

Mr Julian Quintana of Castle Hill seeking loan of a Servox whilst his is being repaired.

Many donations and subscriptions from members.

Contributions for Newsletter from members.

Invitations from Western Districts and Newcastle Branches.

Accepted on the motion of H Byfield, seconded P Halliburton.

WELFARE OFFICERS REPORT:
Sent flowers to Lyn and David Symons from LA to their new home in Queensland.
Had a telephone call from Lydia Chua. Winds not too kind to John. Hope to see them at the Christmas Party.

Speech Pathologist from Wollongong rang re prices of our goods.

Speech Pathologist, Penny Yard, from Wagga Wagga, rang requesting Patient Packs as they are now operating at Wagga Base.

Sent Patient Packs to RNS Hospital and Gosford.

Received a letter of thanks from Gerri Minshall and she shall be sending us details of the results of the questionnaire filled in by our members at last months meeting.

To Dawn Dyer of Budgewoi, congratulations on psen(Christmas Again). That is our house to a tee only my crowd are always ready for afternoon tea after waking from their naps while I do the washing up. Keep them coming Dawn. I'm sure most of them can relate to it and have a laugh.

Hospital Visitors -- don't forget to explain (when patients are well enough) that joining the Association ($20 per year) entitles them to saleable goods at cost price which over a period of 12 months is a saving. Also please tell about shower shields which are not mentioned in You Can Say That Again.

The response to the Christmas Party (only 43 attending - including families and friends) makes me think it hardly worth the trouble I go to with preparation. I will bring this up at a meeting next year so that we may talk about whether we hold it next year or not. In the mean time may I suggest that you PLEASE write and tell your committee whether you wish us to celebrate the festive season together and what form you think this celebration should take.

I WISH EVERYBODY A VERY MERRY CHRISTMAS AND A HAPPY AND HEALTHY NEW YEAR AND I HOPE TO SEE YOU ALL AT OUR MEETINGS IN 1999. Accepted on the motion of J Chaloner, seconded B Darlington.

SPEECH AID CO-ORDINATORS REPORT.
I've now resumed my duties - my thanks to John Nicholson who handled the batteries and speech aids whilst I was sick. Thanks also to those who sent their best wishes.
In late October my wife, Clarissa, and I spent a recuperative week-end holiday in Dubbo. As it coincided with the monthly meeting of our Central West Support Group I contacted them about attending. Their President, Frank McGee and Secretary, Sheila Baker met us at the train station and Sheila gave us an orientation tour of the city. The meeting on the last Thursday at Lourdes Hospital was well attended and was followed by light refreshments. I spoke briefly about speech aids but mainly about hospital visiting and the benefits it brings. Hopefully at the next visitors training course we can assist some country members to attend.
Since karyoectomies are being done further afield now (eg Orange, Wagga Wagga and Nepean) Our thanks to Frank and members for their hospitality.

Dubbo, by the way, offers plenty for visitors - watch the butter months though. Western Plains Zoo is wonderful and the Old Dubbo Gaol is very interesting and informative. Wellington and Narrandera are also close and worth a visit.
When I went to Richmond to collect my equipment from John Nicholson he and I visited Brian Appleby at Windsor. Brian is the young chap in his twenties who recently had the operation at Nepean Hospital. He and his wife Jan have a positive attitude and a great spirit - hang in there -- the radio therapy will be finished soon.

I've managed to obtain a slightly cheaper padded bag in which to post batteries so the price for Varta batteries, for Servox and Romet aics, is now $16.45 for one and $29.95 for two.

Our Parramatta Branch has found a supplier of a different battery for Servox and Romet...
aids and I have obtained a couple to try them out. They are much cheaper than the ones we currently buy. I will report at the next meeting whether they last well and are worth while buying. (John has since reported that preliminary enquiries indicate that there is very little difference in the price.)

Accepted on the motion of B Byrne, seconded L Walton.

GENERAL BUSINESS:
1. There was a very lengthy discussion on an old problem, Hospital Visitors. It appears that many who have done the visitors course have not been asked to visit and wonder whether they have wasted their time doing the course. The reasons for this appear to be many and varied:
   a. all patients do not want to be visited
   b. some visitors are only willing to visit a small number of hospitals;
   c. often very short notice is given of a needed visit and it is difficult to find a visitor able to attend, and
   d. it would appear that many speech pathologists do not have the list of trained visitors (this may be due to frequent staff changes in some hospitals)

The President suggested that trained visitors approach the speech pathologists in the hospitals they are willing to visit and make themselves known - always remembering that the request must come from the patient.

It was also pointed out that although the patient may not want to be visited often the spouse would like to know more, so arrangements could be made for a meeting with the spouse.

2. Harry Stone and Ada Barnett have announced their intention to marry in the near future. On behalf of the Association the President wished them a long and happy union.

3. Christmas Party — invitations from Western Districts and Hunter Valley Branches were both for 8th December. Brian and Carol Gardner have accepted the Western Districts invitation but regretfully no one is available to attend the Newcastle function.

There being no further business the President closed the meeting at 12:05 pm and a light lunch and much chatter were enjoyed by all.

President

NOTICE

There will be no meetings in December or January, however a member of your committee is always available on the phone numbers on Page 1 of this Newsletter.

Nominations for the 1999 committee should be with the 1998 Secretary by January 31st 1999.

HUNTER VALLEY NEWS

John Lovett of the Hunter Valley Branch informs us that they have changed the venue for their meetings. These will in future be held at the Mayfield Bowling Club, Ingall Street, Mayfield. They will still be held on the third Tuesday of the month at 6pm. As usual there will be no meeting in January.

They have also decided to have a winter recess and so for 1999 there will be no meetings in June and July.

The Hunter Valley Branch wishes everyone a Merry Christmas and a Happy and Prosperous New Year.

WALE

It is with regret that we sadly farewell the following members and extend to their families and friends our deepest sympathy:
Mr Ken Walker, of Woronora Bay
Mr Ray Wood, of Terrigal
and also Mr David Ashby, a long serving member of the Laryngectomy Association of Victoria, and known to many of us.
LETTERS

1. In reference to our letter last month from Marilyn Winzloff, Margaret Patterson, speech pathologist from RNS Hospital, suggests "that all people, when diagnosed with a serious illness, should keep a personal record of their contacts with professionals. They should also ask for copies of test results and letters. They can then show them to all the professionals who have contact with them. Thus all relevant information is easily available to anyone making decisions about their care. I've had a few people who have done this and it makes it very easy. A folder or notebook are both excellent for such a record."

2. Ray Johnson of Gilgandra writes to wish everybody a Merry Christmas and to tell us that they are looking forward to a bumper harvest out in Gilgandra - all they need is fine and warm weather.

3. Tony Krasnodebski has been playing on the internet again and this time has come up with a recipe book which he feels could be a help to many laryngectomees. "The 'NON CHEW COOKBOOK' was written for people suffering from chewing, swallowing and dry mouth disorders. The book has received many endorsements from a wide variety of medical professionals. Many medical professionals use the 'NON CHEW COOKBOOK' in their daily practice and there are reports that patients really appreciate the extra concern shown for their special nutritional needs."

"The cookbook contains 200 recipes, helpful hints and a chapter by a Registered Dietician. This is an American publication and costs $US23.95 but if ten or more are ordered there is a 30% discount, and one ad says they pay postage and the letter says we would have to pay it so that has to be cleared up. If we ordered 10 or more we could probably make them available to our members for between $30.00 to $40.00 per each.

(SO if you are one of those laryngectomees who has difficulty with swallowing and feel you would be interested in buying such a cookbook please let us know and if there is enough interest then I'm sure your Committee would order them in. Ed.)

The author J Randy Wilson has sent me two recipes and I will print them here for you to try:

SEAFOOD CASSEROLE
Ingredients: 25gms small prawns drained and finely chopped
40 gms crab meat finely flaked
1 cup finely chopped celery
1 cup finely chopped onion
1 cup green capsicum, minced
1 cup mayonnaise
salt and pepper to taste
1/2 tablespoon worcestershire sauce
1 cup milk
1 cup stuffing mix

BBQ MEAT LOAF
Ingredients: 2 cups soft breadcrumbs
1/2 cups minced onion
1 tablespoon horseradish
2 teaspoons celery salt
2 teaspoons liquid smoke
1 teaspoon crushed garlic
1/4 teaspoon pepper
2 eggs
665 gms fine mince
1/2 cup barbecue sauce
Combine breadcrumbs, onions, 2 tablespoons water, horseradish, celery salt, liquid smoke, pepper and eggs. Add beef and mix well. Place in loaf pan and bake at 180 degrees for 30 minutes. Pour off any fat. Pour on barbecue sauce and continue baking for 45 minutes, adding more sauce if desired. Makes 8 servings.

(Did you know? The first 'Servox' type machine was developed in 1957 and has hardly changed in 40 years.)

********************
JUST FOR FUN
CHRISTMAS '97
Christmas came in '97
My heart was full of hope --
An island cruise, a silver fox,
A visit to the Pope?
A brand new Merc., a shiny Rolls,
A Cruiser on the river?
A soft mink stole, a diamond ring,
What would Santa Claus deliver?
With shiny eyes on Christmas morn
I crawled beneath the tree
To see what joy I could find
With labels on for me!
I found the nickers (size too small)
The slippers far too large,
The perfume with a ghastly pong -
Enough to float a barge!
The book I'd read the week before,
The pot plant looking seedy,
The chocolates - centres all too hard,
Oh! Well I can't be greedy.
So now another Christmas comes
To share with all so dear
And stack up all my parcels -
Oh well, maybe next year.

Dawn Dyer.

(Despite this amusing and evocative look at Christmas, Dawn feels we’ve lost the plot with Christmas and become too greedy and cynical and forgotten the real meaning of Christmas)

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

WOMAN DRIVER
A woman went to the garage and asked for a longer dip-stick.
"Why?" asked the mechanic
"Because the one I have won't reach the oil" she replied.

Ray Johnson

A PRAYER FOR EVERY DAY
(from Texas Laryngectomee Association)
Dear God, so far today, I've done alright. I haven't gossiped, been greedy, grumpy, nasty, selfish or ever indulgent. I'm very thankful for that. But in a few minutes, God, I'm going to get out of bed, and, from then on, I'm probably going to need a lot more help. AMEN.

IN YOUR DREAMS FELLAS
(Quote from 19th Century Act of Parliament)
"All women, of whatever age, rank, profession or degree, whether virgins, maids, or widows, that shall from after the passing of this Act, impose upon, seduce and betray into matrimony any of His Majesty's male subjects by scents, paints, cosmetics, washes, artificial teeth, false hair, spanish wool, iron stays, hoops, high heeled shoes, or bolstered hips, shall incur the penalty of the laws now in force against witchcraft, sorcery, and such like misdemeanours, and that the marriage upon conviction shall stand null and void."

RULE TO LIVE BY
"If it isn't on special, you don't need it anyway."

患患患患患患患患患患患患患患

RECIPE OF THE MONTH
(Tried and true, quick and easy and everybody's favourite according to Carol Gardner who sent it in)
Ingredients: 4 squares butter or margarine
1 cup S & F flour
1 Tablespoon golden syrup
1/4 cup sugar
1/2 cup coconut
1/2 cup mixed fruit
Melt butter, add syrup and then pour over other ingredients. Mix well and spread over a greased swiss roll tin. Bake till golden brown at 325F or 165C for 10-15 minutes. Cool and ice in tin with thin layer of lemon icing. Cut into squares.

REMEMBER
No meeting, no Newsletter in January

HAPPY HOLIDAYS!!!!!!!
EDITORIAL

November, and Christmas just looming over the horizon. This year has certainly rushed by hasn’t it? Or is it only me that thinks that? However it is November and time for all members to think of the future of the Association.

Our November meeting will be the last formal meeting for this year, then there will be the Christmas get-together, no meeting in January and the Annual General Meeting in February.

At the Annual General Meeting ALL committee positions will be declared vacant and elections will be held to decide who will hold office for 1999. All members should consider carefully their input into the Association and whether they are able or willing to give some time or effort to help other laryngectomees. If you are satisfied with the present committee please say so, but also consider that they will not be able to continue indefinitely - age unfortunately catches up with all of us - even Liam is not ageless - but don’t tell her I said that.

With this Newsletter you will receive a Nomination form for the 1999 committee (and don’t forget you can nominate yourself for any position) as well as a form calling for subscriptions to return with your membership fees for 1999. Your membership runs out at the end of the year and should be renewed before January 1st 1999.

REMEMBER: Christmas Party bookings must be with the treasurer by November 10th - don’t miss out.

I am writing this on 25th October - daylight saving started today and my body clock has not yet adjusted - but when it does I am one who is all in favour though I would prefer it in the winter when the afternoons really need to be longer. Summer ones are long enough already.

I know it doesn’t suit our western country members and I can understand that - the sun comes up and goes down out there some 20-30 minutes later than it does for us in Sydney so they really don’t need it. But I suppose it would be a boring world if we all liked the same thing. How has the high pollen count been treating you all this year? Please keep your stoma well covered to protect your ‘tubes’ and your lungs from the pollen and the dust - life will be much more comfortable and healthy, I can assure you, if the air that goes in is as clean as you can keep it - in other words look after yourselves - your life is important to your family and friends as well as yourself.

WHO TO CONTACT

FOR BLOOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl 2099 Phone 02-9933-1659

FOR SPEECH AID BATTERIES, PARTS & REPAIRS- John Chaloner, 111 Station Street, Petersham 2040 Phone 02-9560-2852

FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS- Leah Walton, 23 Baker St, Kensington 2033 Ph. 9663-1550

FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Dowling Street, WOOLLOOMOOLOO, PO Box 572, Kings Cross, 2011 Phone 02-9334-1600 Fax 02-9357-2876
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEES
ASSOCIATION OF NSW, HELD ON
WEDNESDAY 21ST OCTOBER IN THE
UNITING CHURCH HALL,
CARRINGTON AVENUE, STRATHFIELD.

THE PRESIDENT, Brian Gardner opened the
meeting at 11am on a beautiful spring morning.

PRESENT: B Byrne, J Nicholson, D Newby,
R Rix, J Chaloner, B Gardner, B Darlington, J
Gifford, J Nowland, P Halliburton, N Bluet, L
Walton, D Nicholson, N Hamon, C Gardner, M
Halliburton, M Silver, J Bluet, G Mitchell.

APOLOGIES were accepted from J&M
Clyne, and Pat Rogers.

WELCOME: The President welcomed back
John Chaloner recovering from a spell in
hospital, and welcomed two new members,
Ruby Rix and John Gifford - we hope they will
become regulars.

MINUTES of the September meeting as
distributed were accepted on the motion of P
Halliburton, seconded L Walton.

SECRETARY'S REPORT:

MEMBERSHIP. On behalf of the Committee
may I welcome the following new members:
Mr M Stonestreet of Bathurst
Mr M Robbins of Dubbo
Mr Ray Dittamick of East Botany
Mr W E Pattison of Hamilton
Speech Pathologist, John Hunter Hosp.
Mr John Sourounis of Kingagrove.

We hope that these new members will avail
themselves of the fellowship of our meetings,
either at Strathfield or one of our Branch
meetings. Any country members - we would
love to meet you at any time you are in Sydney.
Please keep in touch.
Regrettably I also have to report the deaths of
six of our members and extend our condolences
to their families and friends.

HOSPITAL VISITS: Des and I paid a pre-op
visit to Brian Appleby at Nepean Hospital on
18th Sept. Brian is only 26 years of age and his
cancer was not caused by smoking. He is now
at home following his operation and is
determined to obtain voice again.

RESIGNATION - MRS LYN SIMMONS

Lyn has been employed by the Australian
Cancer Society for many years and she and her
husband David are moving to Queensland. Lyn
has been of great assistance to our Association
and we wish her and her husband success and
happiness in their new venture.

CHRISTMAS PARTY So far we have only 22
starters for our Christmas Party so those who
plan to attend and have not yet completed their
attendance forms are reminded to have them to
the Secretary by November 10th 1998

1999 SUBSCRIPTIONS Elsewhere in this
Newsletter is a form to return with your
subscription fee for 1999. Your early completion
of this form and payment of subs. would be
appreciated.

CORRESPONDENCE:

1  Margaret Patterson forwarding a copy
   of the Speech Pathology Australia Newsletter.
2  To Speech Pathology Australia
detailing our roles.
3  Don Newby, Fiveoclock enclosing 1999
   subs and payment for Christmas Party
4  National Association of Laryngectomies
   clubs, London. Thanking us for an article they
   used in their Newsletter CLAN
5  Mrs M Wintleff of Bradfordville.
   Advising us that John, her husband, had died.
   Also some advice for laryngectomies.
6  Jamieson Publishing advertising
7  Centrelink copy of Disability
   Connections
8  John Hunter Hospital, sub for Speech
   Pathologist
9  Stan Morley, Western Districts Branch.
   Acceptance of our invitation to Christmas Party
   and enclosing donation.
10 Speech Therapy, Durenin Hospital
    seeking a supply of YOU CAN SAY THAT
    AGAIN.
11 NSW Cancer Council Invitation to
    attend a Chronic Illness Alliance Meeting.
12 St George Division of General Practice
    Newsletter
13 Letter to the above telling them of our
    Associations role and aims.
14 Western Districts Copy of invoice
    from Power Cell, Padstow for speech aid
batteries. John Chaloner will investigate these batteries when he is well enough.

15 Western Districts. Seeking membership status for their members.

16 Mrs Jo Nowland - donation

17 Christmas Party bookings, acceptances, regrets etc.

18 Newsletters from Australian and overseas laryngectomy groups.

Report and correspondence accepted on the motion of J Chaloner, seconded B Byrne.

TREASURERS REPORT: Showing a credit balance of $3024 in the Working Account was accepted on the motion of M Halliburton, seconded L Walton.

WELFARE OFFICERS REPORT:
This month has been “he nasty to Lilah Walton month”.

Had a woman, before she hung up in my ear say “You are not much help to laryngectomists” - all because I didn’t have a book with different knitting patterns for stoma covers. And a man who really thought I was not the best W.O. because I couldn’t tell him what “thing” to buy to make his overseas father talk. I did suggest he consult speech pathologists.

(We as members do not know enough nor are we qualified to give professional advice - we can perhaps say what worked for us - but that is no guarantee it will work for someone else) However these two episodes were more than balanced by the good things.

Had a lovely box of ‘goodies’ from Bonnie Clark of Goulburn - thanks Bonnie they are great and I do appreciate them.

Received a letter from Ms Gerri Minshall on approaching our members on psychological research. Invited her to speak at this meeting.

A letter of thanks from Ron Furner for my help with his film.

Bonny Dun and John Chaloner have had birthdays - happy days to you both and any other members with birthdays near by.

Jack Darby is sharpening up his woodworking instruments to make us goodies to raffle next year. His previous gifts have been great so we look forward to next year.

Oliver Harvey has been in hospital again for another operation - we all send our best wishes to you Oliver. John Clyne has also been on the sick list so good wishes to him too and anyone else who has been below par.

To all those who have lost a loved one we send our heartfelt sympathy.

Hope to see you all at the Christmas Party –

L Walton

Report accepted on the motion of C Gardner, seconded J Chaloner.

SPEECH AIDS REPORT:
John Nicholson reported that it had been quiet month, batteries had been ordered in and some said - a speech aid that had been on loan had been returned and another member had requested a loan. John Chaloner will resume Speech Aid Co-ordinators duties on November 7th.

GENERAL BUSINESS
1 To date only a few have indicated they will be attending the Christmas Party. Please get forms in as soon as possible.

2 President introduced Gerri Minshall from the School of Psychiatric Research of the University of NSW. Gerri is studying Support groups and the roles they play in rehabilitation etc. Our group is the 10th she has visited and she is of the opinion it is a good one! She gave those present questionnaires asking them to fill them in and return.

The President thanked Gerri for her interest and promised our further help should she need it.

3 Bill Byrne reported that as a result of talking to Margaret Patterson, who spoke at the September meeting he is able to take steps to improve his speech - and we will never be able to shut him up. Very encouraging to Bill who has been a laryngectomee for 20 years.

4 Clarissa Chaloner thanked Lilah for her support during John’s recent indisposition.

There being no further business the President closed the meeting at 11.45am and members and friends enjoyed friendship and a delicious lunch.

[Signature]
NEXT MEETING
11am, WEDNESDAY 18TH NOV.
UNITING CHURCH HALL
CARRINGTON AVENUE, STRATHFIELD
Short walk to railway, parking on site.
LIGHT LUNCH SERVED AFTER
MEETING.
Members, friends, family,
professionals,
ALL WELCOME.

CANBERRA REPORT
(From Peter Beasley)
Mid-year Barry McKay, Garry Kelford and I
accompanied by Chantel Harrison, Speech
Pathologist from Canberra Hospital, visited the
Emergency Services Centre. This combines
Fire, Ambulance, Bushfire, and Civil Rescue—an
amazing place!!
The phone system they have in place enables
them to record all calls to the place and to know
the address from which the call is being made.
We were able to use another phone to make a
call to the centre. I felt that when my message
when they played it back was not very clear, but
the operators had no trouble.
With the address listing they are able to flag
other possible problems and were quite willing
to flag our numbers as being the residences of
‘neck breathers’. The only thing they required
was that we send them an updated list every six
months. Chantel, as she has the readiest access
to this information has undertaken this task. Of
course the laryngectomists are asked first if they
want this information given.
The paramedics we met were a lot more aware
of laryngectomies than most doctors and
dentists—a very comforting thought!
We are trying to review what we have done and
can do in the future to make this condition
known and possibly better understood in the
community.
We would be very interested to hear from other
members and branches of any ideas they have
had or used to increase this community
awareness—and of course what successes they
have had.
We will be having a Christmas dinner on 2/12/98 at
the restaurant at CIT. All Welcome. Contact me
before 27/11/98 on 0262-484482
Best Wishes to All - Peter.

LETTERS
We had a letter this month from Marilyn
WINZLLOFF of Bradfordville telling us of the
sad death of her husband—his laryngectomy had
given him two years of life that he hadn’t
expected to have.
In her letter she brought up a point that we
really all must keep in mind. People, even
professionals, do not know all there is to be
known about living with a laryngectomy so it is
up to us to learn as much as we can ourselves
about the condition and to share this knowledge.
They found out shortly before John’s death that
the radio therapy he had undergone had affected
his thyroid—Is your GP aware that you have
had radio therapy that may have affected other
neck parts?
They also discovered that multi-vitamins and
cod liver oil tablets helped keep John well.
So if you find something works for you, please,
through the Newsletter let others know

GOOD NEWS FOR HCF MEMBERS
We also had a letter from Colleen Wilkie of
Pymble who became very angry when HCF told
her husband could not claim for another valve
until 2001!! Never underestimate the power of
an angry woman!! She wrote to HCF who,
cewed, requested more information which she
supplied in great detail. The reply (24/9/98)
advised her as follows:
“We have now undertaken a further review to
include low pressure or frequently replaced
prostheses (like the ones used by Mr Wilkie) in
the Artificial Appliance category. The benefit
for these devices has been set at $65.00 per
item. The annual limit for artificial Appliances
is $500.00 per person per calendar year”
The Secretary will now approach other private
health funds to see if they intend to introduce
similar benefits for their members who use low
pressure or frequently changed voice prostheses.
Thankyou Mrs Wilkie for a great job well
done!!
TELSTRA
Our third letter of interest is from Telstra Aged and Disability Services Centre manager Janelle Martin. The centre provides an advisory service to people with disabilities, their families and carers, and appropriate Health Professionals and Organizations. The staff at these centres understand peoples’ special communication needs and can advise customers about the ways they can improve the use of the telephone.
They are currently conducting the information session: How Can We Help You - Telstra Customer Service.
Further information can be obtained by calling the Centre on 02-9310-2022 or for country members toll free 1800-068-424.

VALE
It is with regret that we sadly inform the following members:
Mr. J Gordon of Paterson
Mr. N Usher of Rosebridge
Mr. P Kelly of Laurieton
Mr. J Hobday of Rosemeadow
Mr. B Green of Griffith
Mr. J Wadloff of Graftonville
We extend to their families and friends our sincerest sympathy.

NEWS AND VIEWS FROM THE OVAL OFFICE
(From Hillary alias Carol Gardner)
A quarterly report (sounds important but actually just a bit lax in helping our esteemed? Editor with either important information or otherwise news for the Newsletter) No doubt publication day comes around for her just as quickly as it comes around for all of us. I don’t know that we are achieving anything more with our time, or just getting slower doing the same things once we’ve retired but I often wonder how we went to work as well, nor am I saying it’s all work and no play, as you will gather from our regular little trips about.
We really enjoyed our visit to the Western District Branch where we were made very welcome. The funny part about the bet on ‘the horse’ that day was the way the price improved from about 6/1 to 10/1 in the ensuing months like the old childhood game “Whispers” where the message gets magnified at each telling. We enjoy to read the WD Newsletter and visits to Southern districts and the more remote areas which means we can put some faces to names.
The Pres himself has had some minor surgery in early September temporarily closing the fistula for his prosthesis. As he thought he was only going in for a ‘re-bore’ it was rather a rude awakening when he found a Servox on the table next to him but he is now, I’m sure, more understanding of the problems of Servox users - Like the G (sweet) spot moving. Margaret Patterson, RNS Speech Pathologist, did however verify this. We did get a laugh one day when he got out of the car with it and pointed it at the car, pressed the button and expected it to put the alarm on!! He was going to become a ‘re-cuse’ the day it happened but his ‘re-cusehood only lasted one day and his indomitable spirit came good again. We went to Merimbula the following week to play golf each day at the surrounding courses. It was wonderful - the Pres didn’t bother getting the Servox out all the time to tell me “Keep you head down” etc etc.
We are off to Coonabarabran this weekend for the Cup on Monday - these wild west bookmakers are probably already shaking in their boots!! We went last year and thoroughly enjoyed the true country hospitality on the day and the old time band at the ‘local’ that night playing all those old songs that we know the words of (The Golden Oldies) One of our friends from Cootamundra is an original from ‘The Jolly Miller’ a travelling dance band, well known in its era for miles around – that’s how long ago - miles not kilometres. Brian’s only regret he can’t sing along-one of his favourite sayings is “when I became a laryngectomee they ’booted’ me out of the choir”

To all those who have a once a year bet on the Melbourne Cup -GOOD LUCK. And to all those who have a regular punt -YOU SHOULD KNOW BETTER THAN TRYING TO PICK A WINNER!!

That’s all for now —HILLARY.
JUST FOR FUN

CHRISTMAS AGAIN!!
(Through the eyes of a woman)
Christmas comes but once a year -
"Thank God" you say, and raise a cheer.
Off to 'Woolies' cash in hand
For Christmas goodie's from the stand:
Pretty paper, tinsel, tags,
Greeting cards and lolly bags,
Ginger, chokies, sweets and fruit,
Candles, napkins, nuts to suit;
Ham, a turkey, salad stuff,
Pudding, cream and wine (not rough);
Book for Ronnie, game for Jean,
Slippers for Kevin, socks for Dean;
Clothes for Robert (he wants a bike),
Beer for Father, the kind he likes!
The Christmas morning 'neath the tree
We stagger round with muted glee,
To see the faces clustered around
And open parcels on the ground.
Then we cook dinner in the heat -
Christmas smells it's quite a feat.
Christmas pud' with brandy sauce
We cook enough to feed a horse.
The washing up is piled sky high
As in the kitchen we stand and sigh.
The men are comfey with their port
And Christmas nuts, their favourite sort.
We plod on and on with faces red,
My God, it's surely time for bed!
When to the lounge we finally flae
The voices call "Hey, what's for tea?"
Dawn Dyer
Budgewoi.

2 egg whites - well beaten
2 cups wholemeal SR flour
Place all fruit, juices and spices in saucepan and
bring slowly to the boil. Simmer uncovered for
5 minutes. Cover and cool to room temperature.
Transfer mixture to large bowl and stir in soda.
Fold beaten egg whites into mixture and stir in
sifted flour (mixture will be firm). Spread
mixture into cake tin which has been greased
and lined with paper.
Bake in moderate slow oven for 1 1/2 hour.
Cover loosely with foil if over browning.

Ruth Rix

FAMILY ALLOWANCE
(the following story is from our president who
means it is true)
Some forty years ago I was the Look-up-Keeper in a
country town in the years before the current welfare
system. One of the local single mothers had ten kids
and one day I said to her "Dolly who is the father of
your kids?" She said "Who wants to know?"
I said "If you call at the office tomorrow I'll fill out
the form for you to get some family sustenance"
Next day I asked her the names of the kids and she
ran through them "The eldest is Bobby, then there
is Bonny and Johnny and Yvonne and so on.
"Well starting with Bobby, what is his fathers
name?" "That was Wally McKenzie"
"What about Bonnie?" "That was Hughan
McGrady"
"What about young John?" "I think that was
Danny McKenzies"
"Well next was the lovely Yvonne, who was her
dad?" "I don't remember his name but he was
the manager of the Railway Hotel, its hard to remember
all the fathers"
"Next was Michael, who was his father?" She
hesitated for some minutes, carefully reflecting and
then said "Look constable - if you sat on a bull ant's
nest would you know which one bit you?"
(Yes it is a true story [names changed], one of the
kids went on to play State's a Origin Football.
Brian Gardner)

RULE TO LIVE BY
Don't put it down - put it away!
******************************
Thankyou for all the contributions - please keep
them coming.

UNTIL NEXT TIME - GOOD LUCK - GOOD
HEALTH AND TAKE CARE!
THE LARYNGECTOMEE ASSOCIATION OF NSW

ANNUAL GENERAL MEETING 11am, WEDNESDAY, FEBRUARY 17th 1999
ELECTION OF OFFICERS AND EXECUTIVE COMMITTEE

At the Annual General Meeting of the Laryngectomee Association of NSW, to be held on
Wednesday, February 17th, 1999 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
seconders, and be lodged with the Secretary of the Laryngectomee Association of NSW,
PO Box 58, RICHMOND 2753, by 31st January 1999.
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)

NOAMINATION FORM

LARYNGECTOMEE ASSOCIATION NSW, COMMITTEE 1999
(PLEASE USE BLOCK LETTERS)

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

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

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

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

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

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

ALL SUBSCRIPTIONS DUE 1st JANUARY 1999

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
OF THE LARYNGECTOMEE ASSOCIATION OF NSW FOR 1999

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

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

...................................................................................................................... POSTCODE..............
LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomees and those with similar vocal disorders
No 83
OCTOBER 1998

ALL CORRESPONDENCE TO: The Secretary, The Laryngectomee Association of NSW, PO Box 58, Richmond NSW 2753 or Fax 02 4578 4412 Phone 02-45781415.

MONTHLY MEETINGS:
#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
#NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Borees Rd, Broadmeadow.
#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.
#ILLAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Delfont St, Warilla.
#NORTHERN RIVERS: 4 times per year, rotating venues, Contact J Kelli, PO Box 372, Lismore. Phone 02-66233320.
#MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
#DUBBO: Lornes Hospital, Last Thurs, 10.30am Conference room.
#ALBURY: Ph 02 6052 2011 ext 323
#CANBERRA: First Wed, 11am, Level 2, Building 5, Canberra Hosp
#SOUTHERN DISTRICTS: 4th Wed, 10.00am, Thomas Ravel Moore Education Centre Liverpool Hosp - phone 02-9607-6708.

EDITORIAL

And suddenly it's SPRING, traditionally a time for new beginnings, for a rebirth, for a renewal, a time to reconsider our priorities, a time to restructure our dreams.
Yes, I have been watching the Commonwealth Games and I guess most of you have been too. Surely proof that dreams are achievable, that obstacles are made to be overcome, and that even if you cannot get to the top of your mountain today you can get an inch or a foot or even a yard nearer.
Did you too enjoy the emotion of the contest; the rapture of the winners, the heartbreak when a body gave out before the spirit did, the joy of the young ones in just being there, the camaraderie of the athletes, the pride of the family from Bowral when "Mumi" won a gold medal, I got vicarious pleasure from them all.
And isn't the youth of this world beautiful - were our bodies ever so full of life and energy and joy?

MEETINGS

There was a disappointing attendance at the September meeting to listen to Margaret Patterson, speech pathologist from Royal North Shore Hospital. Margaret answered many questions from laryngectomees and was able to suggest remedies to many problems — but more of that later.

What can your committee do to improve attendance at our meetings? After all this association aims to be a mutual aid society — and the meetings a time when we air our problems, and have other members tell of how they solved similar ones. We can be of assistance to each other and the laryngectomee who tells me he or she has had no problems, I will call a person who flirts with the truth. So please come to a meeting and share your experiences, either as part of the meeting or later on a one to one basis over lunch.

I do understand that many of you are unable to come because you live too far away, or are incapacitated in some way, but we welcome letters, in fact through this Newsletter some problems have been solved. So please be active in this your Association, tell us what you want and your committee will do its best to deliver.

OFFICE BEARERS 1998
President: Bryan Gardner, 4 Bletchly Rd, BELMONT 2805. 02 9453 2208. Vice President: Bill Byres, 322 Goldcrest Rd, GUILDFORD, John Chairperson (below).
Secretary/Treasurer: John Nicholas, MBS, PO Box 58, RICHMOND, 2753. 02 4278 1413.
Minute Secretary: Mrs Margaret Silver, 89 Spencer Rd, KILLARA 2071. 02 9492 4390.
Speech Advisor, John Chandler, 311 Gladesville, PETERSHAM, 2049. 02 9950 2652.
Welsh Officer: Mrs Lilah Walton, 23 Bakers St, KENNINGTON, 2633. 02 9063 2460.
Editor: Des Nicholas (also for John) Carnes Drive, CARLINGFORD, 2118. 02-9571 4090.

WHO TO CONTACT

FOR BLOM-SINGER SUPPLIES — David Smith, 27 Bellevue Pde, North Curri Curli. 2089. Phone 02-9339-1530.
FOR SPEECH AID BATTERIES, PARTS & REPAIRS — John Chaloner, 111 Station Street, Petersham. 2049. Phone 02-9560-2852.
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS — Lilah Walton, 23 Bakers St, Kennington. 2633. Ph 02 9863 2550.
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME — Cancer Council of NSW, 135 Dowling Street, WOOLLOOMOOLOO, PO Box 572, Kings Cross, 2011. Phone 02-9334-1900. Fax 02-9337-2676.
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOME ASSOCIATION OF NSW, HELD ON WEDNESDAY 16TH SEPTEMBER IN THE UNITING CHURCH HALL, CARRINGTON AVENUE, STRATHFIELD.

THE PRESIDENT, Brian Gardner opened the meeting at 11am.


APOLOGIES were accepted from D Nicholson, J Chaloner, D Newby, J Nowland.

A WELCOME to Margaret Patterson, speech pathologist from Royal North Shore Hospital was extended by the President.

MINUTES OF THE AUGUST MEETING as distributed were accepted on the motion of B Darlington seconded J Knight.

SECRETARY/TREASURERS REPORT.

Private Health Insurance Ombudsman. Ms Mary Perrett, whose office is at Level 12, 31 Market Street, SYDNEY 2000 is the Private Health Insurance Ombudsman. If you have any questions on this subject and why you have not received a rebate we suggest you make contact with her.

The telephone number is 02-9251-5855.

National Laryngeal Support Committee

The Annual General Meeting of this committee was attended by our president and myself on 26th August 1998. Also at that meeting were representatives from the Laryngectomee Associations of Queensland, Victoria and Tasmania, Mr Lawrie Wright - Executive Officer of the Australian Cancer Society, Ms D Clancy - a NUM from Prince of Wales Hospital, Ms Margaret Patterson - speech pathologist from Royal North Shore Hospital, and Dr Anthony Clifford - ENT surgeon from Royal Prince Albert Hospital.

When received we will precis the minutes of that meeting in the Newsletter. Subjects discussed include:

- Reprint of "You Can Say That Again" and amendments to that booklet.
- Financial assistance for aids and appliances.
- Anti-Cancer Council of Victoria submission re their booklet on mouth, tongue and throat cancers.
- Optimal care in treating hospitals.
- Queensland Association and our Welfare Officer submitted letters on their concerns about the adequacy of care given at other than teaching hospitals.
- "Cancer - We Care Conference" planned for the period 12-16 July 1999.

Use of Electo-Larynx Whilst Driving a Car (To be clarified with NSW Police following problems faced in Victoria)

Membership. On behalf of the Committee I would like to welcome the following new members:

- Mr Bruce Heming of Caves Beach
- Mr Lance Davis of Surrey Hills
- Mr E Trdoslavic of Macquarie Fields
- Mrs K Roberts of Landsborough
- Mr David Robinson of Coolamon
- Ms Karen Wylie of Lismore (SP)

We hope that these new members will make use of the facilities we are able to provide and that they will be able to attend one of our meetings in the future.

Unfortunately we have to report the deaths of two members.

Subscriptions: If this copy of your Newsletter bears a coloured sticker it means that, according to our records, your 1998 subscription still has not been paid. We would appreciate payment as soon as possible please.

CORRESPONDENCE

1. Speech Pathology Department, John Hunter Hospital, Newcastle. Seeking membership.
2. Multiple Sclerosis Society of Victoria. Advertising their publication "Know the Ropes" "Ropes"
3. Speech Pathology Department, Lismore Base Hospital. Seeking membership.
4. American Express. Advertising material
NSW Chronic Illness Alliance.

IDEAS Inc. Regarding our participation in a convention being held at Albury in 1999 (3m6cm site to cost $350).

Letters from Western Districts, South Australia, Victoria and Queensland.

Mrs Lilah and Mr Norman Walton. Thanking our Association for card congratulating them on 50th Anniversary of their wedding.

Numerous letters from new members, payment of accounts, bills etc.

TREASURERS REPORT showing a credit balance of $3610.11 in working account was presented.

Reports accepted on the motion of P Halliburton, seconded B Darlington.

SPEECH AIDS REPORT
Due to the absence of J Chaloner there was no report.

NOTE - UNTIL FURTHER NOTICE
PLEASE DIRECT SPEECH AID SUPPLIES REQUESTS TO JOHN NICHOLSON.

WELFARE OFFICERS REPORT
Firstly I wish to thank the committee and Members for the 50th Anniversary card sent to Norman and myself. The VC I expected has not arrived as yet (for me of course - NOT Norman.)

I think maybe I have the temporary solution for people who are having their operations in country hospitals. I had a phone call from a country hospital patient who was enquiring about foam stoma covers for a laryngectomy in hospital. On enquiring if the newly operated laryngectomy and partner had seen or spoken to by another laryngectomy, and being told no I said I would send a Patient Pack so at least they could read it and be aware LANSW are around to help. I thought if any other SPs whose hospitals are having laryngectomy operations performed could contact me at least I could make sure they had Patient Packs. This at least is some help until country laryngectomies are trained as hospital visitors. If anyone has constructive suggestions please let me know.

SP rang back to say thankyou for Patient Pack. Was contacted by the sister of a NZ laryngectomy here on holiday and have invited them to our meeting.

John Chaloner is on the sick list and had to be admitted to Strathfield Private. While in RPA Hospital he was visited by Jane Nicholson (a sister at RPA), daughter of John and Des. Thankyou Jane, I know John and Clarissa appreciated it. Speedy recovery John from all of us. (Since the meeting we have had word that John is now recuperating at home.)

Ron Furner tells me the film he is shooting with a laryngectomy Servox user (Xavier, who is an actor) should be finished by mid November. In the film Xavier is in a restaurant lunching with a lady. The film is called 'The Loop'.

While John Chaloner has been ill I have been attending to the voice aids kept but John Nicholson is now taking it over until such times as John Chaloner is well.

To anybody else who isn't 100% hope you will be well soon.

Michael Jordan was kind enough to deliver a parcel to my doorstep - thanks Michael for this donation to our Christmas Party.

Accepted on the motion of J Nicholson, seconded M Halliburton.

GENERAL BUSINESS.
1 When driving in Victoria a laryngectomy was pulled over and fined for using a Servox in a car as the policeman classified the Servox as a mobile phone. Lobbying from their LA seems to have solved this problem. We understand there is no such problem in NSW.

2 Members again discussed the difficulty in receiving rebates for laryngectomy supplies from medical funds. It appears that rebates are at the discretion of the funds and in some cases the whim of the employee you happen to strike. Even those on the highest funds are having extreme difficulty.

3 Margaret Patterson then gave a most interesting and informative talk on everything that affects a laryngectomy and the problems they encounter. Voice prostheses is now the most favoured option in voice restoration as it is the quickest method. However the amount of surgery and its extent can make a difference and electronic aids may be necessary, Servox type or DSP 8 or Cooper Rand.
Important issues are: Intelligibility, Candidate control, Cancer control, Social Isolation, Professionals knowledge of voice prosthesis care, Stoma care.

What's new? Internet and chat groups, Changing treatment patterns for laryngeal cancer, Tendency for use of indwelling voice prosthesis.

Effects of aging: Loss of muscle tone, Effect of illness, Weight loss, Increased hearing loss, Frequent loss of ability to learn new behaviour, Social isolation.

What can I do?: Be aware you may not be speaking as well as ten years ago, consider your partner, what age-related problems does he/she have?, Modify speech to the situation, Consider speech groups.

Places of therapy: Involvements in social speaking, Community Adult Education such as communication skills courses through local hospitals and night education, Individual therapy (cost?), Group therapy (cost?), Public speaking clubs such as Toastmasters etc.

Contacts: Alison Winkworth phone 02-9351-9337, Local SP may be able to direct to a local group, Private SP Association, Local Hospital Health Promotion Unit, Local High School for adult education courses, WEA.

Margaret encouraged questions from the floor and spoke at length. It is a great pity most of our members were unable to attend and meet Margaret. Some of our members had their problems solved immediately, and even had her answering questions as she was trying to eat her lunch.

The President extended a vote of thanks to Margaret for her help, carried by acclamation.

There being no further business the President closed the meeting at 12.40 pm. And those present adjourned for lunch and the usual chatter.

President

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**NEXT MEETING**

**WEDNESDAY 21st OCTOBER 1998**

**UNITING CHURCH HALL**

**CARRINGTON AVENUE,**

**STRATHFIELD**

**11.00 AM**

**PARKING ON SITE, SHORT WALK TO RAILWAY STATION.**

**LIGHT LUNCH SERVED AFTER**

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**GLUE!**

The following article was printed on the Internet and sent in by both Margaret Patterson and Tony Krasnodebski - I had been a bit reluctant to print it as it contains brand names which may not be available here. Tony has even been in touch with Pat Sanders who put the article together and she is happy to have it printed.

A few months ago, I had a call from a laryngectomy, who had given up trying to talk 'hands free' because of problems with glue and leaks.

Since I received a manual, I went on the Internet and asked everyone about glue and how to use it. When the answers came in and I ran them into word processing, I had 7 pages to work with.

So I have compiled the information, which is meant to be helpful hints and complete instructions. I hope it helps all who have had questions about this. Thanks to all who contributed.

* Start with a good cleaning of the skin all around the stoma with warm soapy water, rinse well.

Proceed with a second, very thorough, cleansing using alcohol. Do a good job of cleaning or skin oils will create a problem with the seal. Let dry.

* Almost everyone recommends Skin Prep or Skin Shield. Put on and let dry. (If these not available use tine benzyl.)

* Apply the adhesive. There are two types: The Brush-on Silicone or the Skin-Tec, which is thinner, easier on the skin, gives a good seal but perhaps not quite as good as the Silicone. To avoid fumes hold your breath as you apply. With either glue let dry 3-4 minutes.

* Clean the outer housing with alcohol before you apply the adhesive disc and use the back edge of tweezers or forceps to smooth out any wrinkles.
Look through it with a bright light to spot air pockets. A good job here will help to keep a seal.

* Apply the prepared outer housing to the area around the stoma that is covered by adhesive. Be sure to smooth the housing with the tips of the fingers to insure adhesion.

* Don't walk right away so no pressure is put on the glue till it really sets. Most of our correspondents agree that lack pressure is the cause of 'blow-out' and that lowering the volume of your voice, writing a note, or using an electronic larynx occasionally will help the seal to last.

QUOTE: 'The more pressure you put on the seal, the less time you will maintain the seal's integrity. When I am in a high noise environment I still resort to writing messages. I cannot order a cup of coffee orally on an airliner because I cannot overcome the engine noise etc.'

QUOTE: 'Back pressure is the cause. The best way to deal with that is simply to reduce the amount of air pressure you use. I have run some tests on my family and friends, and it seems, though I want to use extra force when I speak, there is little difference for the listener to notice a significant change in voice quality. So what I am trying to say is that 'less is more'. Try not to use too much force, using less is quite enough for others to understand you. If you want to improve your voice, using less force, try to articulate every word using your mouth and face. It is quite unbelievable how it can add quality to your speech. If you watch trained and skilled singers you will see that they do this so why shouldn't we.'

QUOTE: When starting out with putting on the seal, have patience. It takes a while to get the feel for what works to get a good seal and how to get the area prepared properly. Also, no matter what you do, some days will be good days, others will be bad. Go with the flow. Most of the time, my seal lasts through the day. But, some days it leaks early on and I just have to live with it. If I am doing something that requires a guaranteed seal I take along extra tape die and adhesive to redo the seal if necessary.

*One of the suggestions for repairing a leak was to lift the edge of the gasket and re-apply some glue, smooth it down and let it dry. A preservative idea was to run a glue line all the way around the outside of the disc. Tape is another quick repair tool. You can use surgical tape or Micropore tape and strip it around the edges. Some necks and stoma areas are not configured well for using this system; however, one person sent in the name of a professor of prosthodontics, who makes custom valves. Another wrote in about In-Health working on producing a tape die that is very flexible to fit odd shaped surfaces. Don't give up. New things are coming!!!
CONTRIBUTIONS WANTED
(OR ‘LILAH TRIES AGAIN’)
A poet I don’t profess to be
So here goes and we will see.
Complaints from our ed.
“No contributions each month is sending me
off my head”
So this contribution, as I’ve said,
Isn’t much but contains the ed.
Please help me keep the contentment going
With your contributions in your Newsletter
showing.
(Shall you tell her or should I?)

JUST FOR FUN!!
POOR BUT BLESSED IN THE OLD
DAYS (Author unknown)

We met and we married a long time ago
We worked for long hours when wages were low
No TV, no wireless, no bath, times were hard
Just a cold water tap and a walk in the yard.
No holiday abroad, no carpets on floors,
We had wood for the fire, and we didn’t lock
doors.
Our children arrived – no pill in those days
And we raised them without help of state-aid.
They were safe going out to play in the park,
And old folks could go for a walk after dark.
No saloon, no drugs and no LSD
We cured most of our ills with a good cup of tea.
No vandals, no mugging, there was nothing to rob,
we felt we were rich with a couple of bob.
People were happy in those far off days,
Kinder and caring in so many ways.
Milkman and paperboy would whistle and sing.
A night at the pictures was our one real thing.
We all got our share of trouble and strife,
We just had to face it – that’s the pattern of life.
Now I’m alone and look back through the years,
I don’t think of the bad times, trouble and tears,
I remember the blessings, our home and our love.
That we shared them together, I thank God above.

A GOOD TIP
Our president tells me that when he visited the
Western Districts Branch meeting he just could
not win the raffle. However when they counted
the takings he suggested they should invest them
in a horse running that afternoon. He doesn’t
know whether they took his advice but the nag
came home at ten to one!!!

DID YOU KNOW?
Sometime before 1790 Wolfgang von Kempelen
‘invented’ a ‘Chess Playing machine’ which won
many games against very good players. The
machine was later found to conceal a legless
Polish army officer named Woronski who was a
master chess player!!
Is it any wonder that when von Kempelen in
1791 produced a book ‘Mechanism of the
Human Language with Description of the
Speaking Machine’, it was held in low regard!!

THIS MONTHS JOKE
A 76 year old woman went to consult her
doctor as she was feeling very nauseated
and unwell. She was examined and told
she was pregnant. The woman was
badly shocked and asked if she could
phone her husband and tell him the
news. When he answered the phone she
said “Darling you have made me
pregnant”, to which he replied “To whom
am I speaking?”

(Mary Halliburton)

RECIPE OF THE MONTH
Sorry but there isn’t one – 300 members and
only four have sent in recipes !!!!!!

CHRISTMAS PARTY
Don’t forget to send in your forms to
reserve your places at the party.
Forms are on back page of last Newsletter.
UNTIL NEXT TIME: GOOD LUCK, GOOD
HEALTH AND TAKE CARE!!!
THE OFFICE    PHONE 3258 2259    FAX 3258 2287

NEXT GENERAL MEETING OF THE LARYNGECTOME ASSOCN OF QLD INC.

WED 28TH OCTOBER 10.30 PM
Qld Cancer Fund Headquarters, William Rudder House
553 Gregory Tce., Fortitude Valley (Opposite the old Museum)
Parking available underneath the building

Guest Speaker : Sonia Cudicio, Speech Path. RBH
Sonia has recently returned from a 3 day Conference held in Melbourne on swallowing problems. The 2nd National Dysphagia (swallowing difficulties) Conference had world experts speaking on this subject which is of great interest to many laryngectomees. Although there are many different causes of swallowing problems besides throat surgery, Sonia's report is sure to be interesting and informative. Hope to see a good roll up for our Guest Speaker!

CHRISTMAS MEETING CHRISTMAS MEETING CHRISTMAS MEETING CHRISTMAS MEETING CHRISTMAS MEETING
DECEMBER-CHRISTMAS SOCIAL GET-TOGETHER
ALL ABOARD THE CLUB CROCODILE PADDLEWHEELER
SUNDAY 6TH DECEMBER. BOARDING AT 9.45 am
The discounted group price is $15. per ticket & we hope advance warning will allow time to set this amount aside. This is the Captain's Morning Tea Cruise including Devonshire Tea. It departs from 1 Eagle Street (where Riverside Markets are) at 10.00 a.m and arrives back at 11.30. Several years ago we had one of our most enjoyable outings ever on the Paddlewheeler so we hope to repeat the experience. As BOOKINGS ARE ESSENTIAL, we will need to have people let us know they are coming (friends and relatives are very welcome on this Christmas Outing).
Tickets are purchased Sunday morning on the Boardwalk. Please phone, fax or write to let us know you'll be there. (Do not send money) We need a good idea of numbers by Nov 25th. Norm is waiting to hear from you!
And we all want to see our new and old friends for Xmas.
'ON THE NOSE' by Paul Hocken

What possible miseries the worst? That’s something no one knows, but the heaviest flamin thing on earth, is surely a useless nose.

Yh’sneeze and cough and cover it, to see the germs don’t spread
And keep forgetting it don’t work— to cover the hole instead.

It has its compensations though I guess — visiting the drug
Those odors all good folk abhor, to me are just plain funny.

But that’s the only goddam thing that I can find amusing
About a nose that has declared, it’s no longer for the using.

I’m well attuned to those dead weights that hang on older men
‘Cause I’ve got one down the other end that I never work again.

The lost two stone (of avoirdupois) I hardly ever miss
And that failed testosterone device still helps a man to piss.

But a nose defunct, alas, has not one single attribution...
Unless of course I can trade it in for permanent absolution

Of sins committed by the score, of every known description
My no good nose could come to be a Heavenly prescription.

103 Malcomson Street
North Mackay 4740

Dear Heather & Readers,
I wrote the above for my grown-up kids
soon after returning home from surgery in Brisbane.
It was never meant for publication. My Speech Pathologist heard
of it through my wife & liked it so much she asked permission to
submit it to Laro-Link.

I use a Servox but my Speech Pathologist is to begin teaching me
oesophageal speech. The prosthesis was a failure due to an excess
of mucus choking it up. Oddly enough, after it was removed it was
discovered that the excess coughing was caused by Captopril
blood-pressure tablets.

But I love gardening and both the Servox and prosthesis are a
handicap with dirt on one’s hands.

After reading Terry Mair’s letter I realise what wonderful
health I’m in. Like group meetings, Laro-Link makes one feel just
so grateful for what one has.

All the very best, Kind Regards
Paul Hocken.

DID YOU KNOW?

That it is 125 years since the first
laryngectomy operation! It was carried
out by Billroth in Vienna in 1873. The
patient was a 36 year old teacher who
had been hoarse for three years and
had been diagnosed and treated for
some time before the operation.
However, the tumour continued to grow
and in November 1873 it was decided to
operate and a partial-laryngectomy
was carried out. This was successful
but in December the larynx was exam-
ined under anaesthetic and it was obvious
that the cancer had continued to
grow, so he was wakened from the
anaesthetic and the position was
explained to him, he consented to a
total laryngectomy so was anaes-
thetised again and the operation was
completed and the patient revived by
administration of wine through the
feeding tube.

He had a fairly uneventful recovery
and was swallowing food on the 14th
day.

Various types of artificial larynx were
designed for him, the first being inserted
21 days after the final operation — it was
of rubber, and the final one, similar but
of metal, being very successful and is
said to have given him a loud and clear
but monotonous voice.

All of his voice aids consisted of one
tube going into the tracheotomyc, joined
to another going back up to the back of
the throat. In the join were valves stop-
ping food from travelling back down into
the trachea and reeds to produce noise.

He was discharged from home, com-
pletely well in March 1874.

Since that time many and varied have
been the voice aids produced and below
is an illustration of another early one.
CHARITY BOWLS DAY
AT BRIGHTON BOWLS CLUB

Winners, Losers & Touchers ensured as many players as possible went home with a prize on our beautiful sunny Sunday recently. Judged by all as another great day, the fundraiser event (started by Ken Crockatt in 1988) raised $4633.60 which was again outstanding in view of the demands on everyone's money these days. The Green Fees were donated and a very large cheque presented on behalf of the staff & customers of the Belvedere Hotel. The raffles on the day were also popular, and the donated prizes were outstanding.

THANKYOU, TO ALL OUR SUPPORTERS!

$4,633.60

THE MAJOR SPONSORS
BRIGHTON BOWLS CLUB
MICHAEL LARTER CHEMIST
BELVEDERE HOTEL WOODY POINT
TASTEE PRODUCTS
CARLTON & UNITED BREWERIES

PRIZES DONATED BY: REDCLIFFE PIZZA HUT, LESLEY RAETZ, CASTLEMAINE PERKINS, DIANNE CROCKATT, DOROTHY & HARRY BUCKLEY, MARIE LOHMAN, GREG CROCKATT, NEVILLE ARCHER, MAREE & DICK DE ARTH, JIM RUSSELL, DOREEN & PETER GALLOWAY, JUNE FREDRICKS, NOTHLING BROS., KEV & JOYCE GREENHALGH, B&P SCHULZ, JEAN ZAHN, THE CROCKATT FAMILY, DOREEN & TREVOR CRONIN.

And a very special thankyou to Eileen who managed the day superbly.

TO Everyone who gave of their time and/or money, the Laryngectomy Asscnn expresses sincere gratitude, & hopes you'll never need our services.

P.S. Plans are currently underway to convert a special piece of timber that Norm Fredricks has in his possession into a permanent Memorial Shield for Ken Crockatt.
First Voice Transplant

On 7 June, The Sunday Times published an article entitled “First voice transplant lets man speak” by Steve Farrar. The following contains extracts from that article:

It told of Timothy Heidler who is the world’s first voice-box transplant after 19 years when he was “hardly able to utter a word.”

Throat-Slashed

His throat had been slashed when he rode his motorbike into a wire stretched across a road. The operation involved transplanting the larynx, thyroid gland and part of the throat of the donor. It took 12 hours with blood vessels and nerves having to be reconnected.

Doctors said that it had been technically perfect although his progress is still being monitored to ensure that the voice box and thyroid gland both function normally.

Timothy will have to take drugs for the rest of his life to stop his body rejecting the donated organ and will need further operations to make swallowing easier, allow him to breathe through his nose and finally to close the hole in his neck. He will then start to regain taste and smell.

First Words

Within three days of the operation he was able to say: “Hello, in mum.” His new voice had some of the donor’s characteristics — a young man who had suffered a brain haemorrhage — his accent was intact.

Martin Burchall, a throat specialist at Bristol University, said that it would give quality of life to people in this country every year. His team is exploring the role of the larynx in the human immune system. He described this operation as a milestone in transplant surgery.

Harry Holden, a consultant at the Charing Cross and Westminster Medical School, called it “extremely good news” and thought we would start seeing the first ones in Britain within about a year.

Paul O’Flynn a consultant surgeon at the Royal Throat, Nose and Ear Hospital warned, that it would not be for everyone, that it was a potentially risky operation — in the one previous attempt in 1969, the patient died soon after. Even so, as Timothy Heidler said: “This is the best I’ve felt in a long time.”

Concerns

Kathleen Whitaker, a laryngectomy for seven years, read the article and decided to write to The Sunday Times — concerned at certain aspects of the feature. The following is taken from that letter:

“I was delighted, as all others without a voice must be, to read of the first successful voice-box transplant. This is the transplant for which we have been waiting. For, although the circumstances in which Mr Heidler lost his voice and that of the majority of us, is quite different, the end result is the same — no voice!”

Demeaning

The details of the report are exciting and encouraging but are marred by one aspect of the writing — the deprecating and demeaning tenor in which the difficulties of being a laryngectomy is depicted.

“Before his transplant,” Steve Farrar tells us, “he could only communicate with a hand-held electronic device called an electro-larynx, which gave him a buzzing voice with no tone. “People could not understand what I was saying”

Gift of speech

This isn’t true. I have friends who can still understand me even though I have a speech aid. This is because it is based on the spoken voice and this gives the accent and intonation of the person it is adapted to.

Credit: Sunday Times

As an accountant, still in practice, and a minister, I do not recognise this as a statement of the situation which many of us experience in our daily lives. Certainly there is the odd occasion, on taking a telephone call from someone who has not spoken to me before, when it naturally takes a few moments, as with any accent, for whoever is at the other end of the line to get used to the sound. And then those who are themselves hard of hearing might have a similar problem.

Non-Stop

As for not understanding a word I say, or the many other laryngectomies I know, for us is not the case. Most have little or no difficulty and most of us do not tend to talk, non-stop!

Steve Farrar then goes on to say: “Even when he kept quiet, people would stare at the hole in his throat through which he breathed.” Who were these people? How did they ever come to see his stomal? Laryngectomies do not usually flaunt their stomas and most people do not even realise they have them.

In this country we have self-adhesive foam flaps and tie on covers which we wear. If for no other reason than to keep out irritants such as insects and dust.

Crvats

We also have a good range of special crvats, in many styles and colours, which both men and women find useful and attractive to wear. In addition to which we wear collars and ties, just like anyone else — or even clerical collars. There is no reason whatever for anyone to see a stoma and most would consider it extremely discourteous of us to subject friends, clients or families to any such embarrassment.

I find it difficult to understand why this part of the report is written in such a negative way. I wonder about the mental picture Steve Farrar is trying to create with the allusion to a black hole — perhaps of Cabbala? Is it has been done to sensationalise the story! I assure you there is no need, for while without the voice one was born with it sensational enough in itself.

Very Positive

Laryngectomies are, on the whole, very positive people. We would certainly like to have our voices back, then we could sing again — well some of us could! Meanwhile, we thank God for being alive. We are thankful, too, for the services of the surgeons and the extended life we have as a result of their dedicated work. And we are determined to make the most of that life for the benefit of our families and friends and many others — and ourselves.

More Tips

The internet site R for Life at http://members.aol.com/fantamino/vcan_csr.htm contains lots of helpful hints for laryngectomies. One is to get a page to that the new laryngectomy can call their spouse’s page number. You can devise a code eg #1 means “I am OK” ; #2 means “Please call” (no emergency) etc.

Another idea is to get a smoke detector as one of the side effects of the operation is some loss of a sense of smell. This is particularly useful for someone living alone.

This is from the ‘Dutch’ Helms Web Site at: http://members.aol.com/fantamino/vcan_csr.htm
That Operation –
the Real Truth

Paul Carding is a Senior Lecturer in Voice Pathology at the National Otolaryngology Trials Office, Newcastle University Medical School as well as Senior Speech Therapist at Freeman Hospital, Newcastle. He writes as follows:

"I know that a lot of you will have read about the first laryngeal transplant operation performed in the USA in June 1997. You may also have read a misquote from me in The Journal saying that we will be doing the same sort of thing in the North East within the foreseeable future. I thought I should separate the facts from the sensationalism of the press articles.

Success?

It is true that the laryngeal transplant has been a success – if you judge that success by the fact that the body has not "rejected" the transplant (although the patient will be required to be on strong immuno-suppressant drugs for the rest of his life).

From what we understand, the patient's larynx is not actually working – ie it is not moving in order to produce good voice or to close to swallow. The patient is speaking in a forced whisper (not with normal voice as described in the press). He remains on tube feeding with no ability to swallow fluids or solids (because, with no laryngeal movement, he is not able to protect his airway during swallowing). Ironically, you could argue that his quality of life would be a lot better if he had a laryngectomy and learned oesophageal voice!

20 Years’ Time

The real truth is that this is a milestone in transplant medicine since it is the first laryngeal transplant. However, our ability to "rewire" the larynx so that it works and moves when we want it to is at least 20 years further behind.

Finally, remember that this man lost his larynx as a result of a motorcycle accident which crushed his throat. The surgeon did not have to worry about getting good surgical clearance of the disease. With patients who require a laryngectomy because of cancer of the larynx, the surgeon's primary aim should always be to clear the throat of the disease - not to try and preserve borderline tissues, blood vessels and nerves that may make transplant possible but that may compromise the patient's chances of survival.

Brief Encounter

A funny thing happened to me en route to my local social club one evening back in August. The day had been sunny and very hot but there was a cool breeze which made walking the mile and a bit more pleasant.

At about the half way mark, my journey was interrupted by two attractive young girls on the other side of the road. At a guess, I would say they were about 14 years old. Waving her arm, the taller one called out: "Excuse me, mister?"

I halted — curious as to what would be required of me. Pointing to her companion, she continued: "It's my friend's birthday. Will you wish her a Happy Birthday?"

A ‘First’

Now this was a ‘first’ for me. Telling people the way to town or the time of the next bus was commonplace. Birthday wishes were a tad unusual.

Digging into the pocket of my shorts, I produced my Servox and sang the first verse of "Happy Birthday" in a deep, metallic baritone.

By now, they'd crossed the road and joined me. Total bewilderment was written across their faces.

"There you are," I answered. "If you live to be a hundred, you'll never have a birthday like that again."

"Where did you get that from?" enquired the dark-haired, talkative one, indicating my machine.

"From the hospital — after they'd cut my throat," I replied — indicating my stoma and the long scar.

"Why did they do that?" asked the birthday girl, joining in the conversation.

"Because I smoked cigarettes and got cancer."

"Ugh. I shan't ever smoke," she answered with conviction.

"Me neither," added her companion.

A very brief encounter. I didn't win at cards that night but I think it was a profitable evening.

Whispering Smith
GROUP NEWS

The Editors,
LARO-LINK

BUNDABERG SUPPORT GROUP 4th, September 1998.

It has taken quite a long time to have the second meeting of the Group in Bundaberg. This has been due to a change of Speech Pathologists, Kelli departing to be married and transferred to Brisbane, while Anita went walkabout to Europe. So meetings were put on hold to permit the new Speech Pathologists settle in. The Group then had the pleasure of meeting and being welcomed by Kylie Wood and Ros Blackwood the new Speech Pathologists.

A friendly discussion ensued, which was followed by a cuppa. It was decided that a further meeting would be well worth while, early October was selected, with the date and time to be advised, the Base Hospital Speech Pathology Department again the venue.

Greetings and good wishes to all.

Stan Millar.

Qld Tracheostomy Support Group

The next meeting will be held

CONTACTS
Carol Cunningham 07 3350 1394
26 Kilburn St., Chermside, 4032
David Cossey 07 3848 2657
Garry Trotman 07 3372 9088 ph/fax
trotmang@ozemail.com.au

Sat. 7th November 1998, 2.00pm
Conference Room, 1st Floor, Spinal Unit
Princess Alexandra Hospital
Ipswich Rd., Woolloongabba

At this upcoming meeting we hope to complete the business end of establishing the support group. A regular cycle of less formal meetings can then be established, possibly with venues alternating between the north and south sides of the city.

Elections for the positions of President, Secretary and Treasurer will be held at this meeting.

At our last meeting, on 15/8/98, it was suggested we write to everyone on our mailing list to get as many opinions as possible on membership fees, and the names of our group and newsletter.

With this in mind we are now conducting two surveys on these topics. It would be appreciated if you would assist in this matter by completing the enclosed survey forms as soon as possible. If you are not able to attend the next meeting your completed forms will ensure that decisions can be made.

ALL PEOPLE WHO HAVE HAD THEIR OPERATIONS IN PRIVATE HOSPITALS ARE WELCOME TO ATTEND THE MONTHLY SUPPORT MEETINGS AT PRINCESS ALEXANDRA HOSPITAL, AND THE ROYAL BRISBANE HOSPITAL

At P.A.H. the venue is the Conference Room, Level 1 of the Main block, usually the 1st Thursday of the month.

For further information, contact Georgina Tutt Speech Pathologist on Ph 32402314

At R.B.H. the Head & Neck Support Group is usually the 2nd Thursday of the month, in 7H South Conference Room, 2-3 pm. Contact Sonia on 3253 8026
News from last meeting: Many of us enjoyed our St Patrick's day BBQ and Picnic at Paradise Point Park. Michelle won the raffle (bottle of champagne), and it was a great chance for us to catch up with new and old members. Laraine has been re-elected as chairperson for our group (with many thanks for her continuing efforts), and Norma Shewring has kindly agreed to become our Secretary. Thanks also to outgoing secretary, Brian Hay for his work.

Gold Coast Laryngectomy Support Group Meeting Minutes
22 July 1998

Present: Jack Grandy, Norma and Jim Shewring, Maj and Vin Rogers, Sheila and David Irving, Bill and Bya Hopkins, Roy Goddard, Vincenc Bedrich, John and Sylvia James, Patricia Hooper, Tom Phillips, Brian Hay, Val Purchall, Ron and Pat Flaxman, Michelle Brown.

Apologies: Stuart Miller (Beechmont), Laraine Turville, Irene and Ron Bart, Jeff and Myrtle Lamprell, Shirley Buckney.

Agenda:
1. Great entertainment was provided by the "MAESTRO OF MAGIC" (Greg Stanyer), who dazzled us with his sleight of hand and illusions!! He was certainly very clever and fooled every one of us. (I still can't figure out how he put the card back together without the corner!!!) Many thanks to David Irving who won and donated this great prize.

2. Normal reported on our excellent fundraising efforts, which were donated to the Qld Cancer Fund.

3. General discussion took place regarding interactions with doctors, and the need to explain our needs very clearly to them. Experiences show that doctors and nurses don't always realize the implications of being a "neck breather" which can be inconvenient, embarrassing and irritating to all involved. These meetings are a great place to share our experiences and gain information from others.

4. Congratulations to Norma and Jim Shewring who are celebrating their 50th wedding anniversary on the 24th July! Happy Golden Anniversary!

5. Val Purchall informed us about a device called the "KEEP IT HOT PLATE" It is a granite plate which is microwaved and placed under your dinner plate (or any plate) to keep your meal warm. This is especially useful for those of us who eat a little more slowly than others. It is available from STACKS or FDB for approximately $5.95 (small) or $6.95 (large). Thanks Val.

6. David Irving and Michelle Brown featured on the Gold Coast News on 29.7.98, as part of an item about "Speech Pathology Week". Although only short, David was shown to produce excellent voice with both the voice prosthesis and Servox, after only 5 months!! Well done David.

7. If anyone has suggestions for our Christmas celebration (which is fast approaching!!), please contact Laraine, Norma, or Michelle.

Enquiries:
Laraine Turville  
Chairperson 5539 4450
Norma Shewring  
Secretary 5577 1262
Michelle Brown  
Speech Pathologist 5571 8211 pg 529
Many members of our Association are currently taking part in this study. The Roaccutane has certain side-effects that indicate pretty clearly for some people that they are getting the drug, not the placebo. Because no scientific conclusions can be made for some time yet, and this newsletter goes all over the world we cannot put anything much in print. Mary-Ellen Yarker the Nurse in charge of protocols involved in conducting the study has spoken to Support Groups at P.A.H. and R.B.H. and these have been very interesting sessions indeed. There was one comment that if you were in the study, you were monitored closely for months after the operation which gave a sense of security.

**QLD NEWS**

(Otolaryngology Head and Neck Nurses' Group - Qld)

**ISSUE NO 1**

**AUGUST 1998**

**EDITOR'S LETTER**

The Qld News is a quarterly newsletter that informs Qld ENT nurses of the latest education and research issues and events in QLD

**QLD CO-ORDINATOR OHNNG**

Cathy Walker  
tel 07 2340 7004  
fax 07 3240 5551

**HOSPITAL CONTACTS:**

**Princess Alexandra Hospital:**

Cathy Walker  
tel 07 2340 7004  
fax 07 3240 5551

**Royal Brisbane Hospital:**

Marta Forrester  
tel 07 3253 7612  
fax 07 3253 7607

Julie Kirby  
tel 07 3253 7607  
fax 07 3257 1765

Holy Spirit Hospital  
to be advised

St Andrews Hospital  
to be advised

Mater Misericordiae Hospitals  
to be advised

Greenslopes Private Hospital  
to be advised

Please contact C Walker of any upcoming events or presentations  
Deadline 30.10.98

**RESEARCH FEATURE**

**THE ROACCUTANE STUDY - a clinical drug trial**

by M Yarker  ENT Research PAH

The Roaccutane Study is a randomized prospective study comparing isotretinoin in a high dose, low dose and a placebo group in the prevention of second primary tumours of squamous cell carcinoma of the head & neck. This study is being conducted at the Royal Brisbane, Princess Alexandra and Rockhampton Hospitals and is under the direction of Dr C Perry (Principal Investigator), W Coman, R Hodge and M Stevens.

The role of retinoids as a chemoprevention agent, principally 13 cis retinoic acid (Roaccutane) has been shown to modulate the progression of premalignant epithelial cell away from a full invasive malignancy (Lippman 1989, Huang 1986, 1990). Huang (1990) demonstrated the influence of 13 cis retinoic acid in reducing the rate of second primary tumours. In his study, 103 patients were randomly assigned to receive 13 cis retinoic acid or placebo, daily for 12 months. After a medium follow-up of 32 months, only 2 patients (4%) in the 13 cis retinoic group had second primary tumours compared to 12 (24%) in the placebo group. (p=0.005).

The objective of this study is to assess the effectiveness and the tolerability of high and low doses of 13 cis retinoic acid in the reduction of secondary primary cancers of the head & neck.

References:

1. Lippman SM et al. (1989) "Retinoids as potential Chemopreventive Agents in Squamous Cell Carcinoma of the Head & Neck," Preventive Medicine, 18, pp.795-801.


THIS NEWSLETTER WAS PUBLISHED WITH THE ASSISTANCE OF THE QLD CANCER FUND.

CLOSING DATE FOR CONTRIBUTIONS FOR NEXT ISSUE - 10TH DECEMBER.
The Aussie Poocheteers Present the “Doggy Dictionary”

We were sent this from the Internet the other day and thought our customers would enjoy it as well!

**Doggy Dictionary**

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEASH</td>
<td>A strap which attaches to your collar, enabling you to lead your person where you want him/her to go.</td>
</tr>
<tr>
<td>DOG BED</td>
<td>Any soft, clean surface, such as the white bedspread in the guest room or the newly upholstered couch in the living room.</td>
</tr>
<tr>
<td>DROOL</td>
<td>Is what you do when your persons have food and you don’t. To do this properly you must sit as close as you can and look sad and let the drool fall to the floor, or better yet, on their laps.</td>
</tr>
<tr>
<td>SNiff</td>
<td>A social custom to use when you greet other dogs. Place your nose as close as you can to the other dog’s rear end and inhale deeply, repeat several times, or until your person makes you stop.</td>
</tr>
<tr>
<td>Garbage Can</td>
<td>A container which your neighbours put out once a week to test your ingenuity. You must stand on your hind legs and try to push the lid off with your nose. If you do it right you are rewarded with margarine wrappers to shred, beef bones to consume and mouldy crusts of bread.</td>
</tr>
<tr>
<td>Bicycles</td>
<td>Two-wheeled exercise machines, invented for dogs to control body fat. To get maximum aerobic benefit, you must hide behind a bush and dash out, bark loudly and run alongside for a few yards; the person then swerves and falls into the bushes, and you prance away.</td>
</tr>
<tr>
<td>Deafness</td>
<td>This is a malady which affects dogs when their person wants them in and they want to stay out. Symptoms include staring blankly at the person, then running in the opposite direction, or lying down.</td>
</tr>
<tr>
<td>Thunder</td>
<td>This is a signal that the world is coming to an end. Humans remain amazingly calm during thunderstorms, so it is necessary to warn them of the danger by trembling uncontrollably, panting, rolling your eyes wildly, and following at their heels.</td>
</tr>
<tr>
<td>Wastebasket</td>
<td>This is a dog toy filled with paper, envelopes, and old candy wrapper. When you get bored, turn over the basket and stir the papers all over the house until your person comes home.</td>
</tr>
<tr>
<td>Sofas</td>
<td>Are to dogs like napkins are to people. After eating it is polite to run up and down the front of the sofa and wipe your whiskers clean.</td>
</tr>
<tr>
<td>Bath</td>
<td>This is a process by which the humans drench the floor, walls and themselves. You can help by shaking vigorously and frequently.</td>
</tr>
</tbody>
</table>
LEAN: Every good dog’s response to the command “sit”, especially if your person is dressed for an evening out. Incredibly effective before black-tie events.

BUMP: The best way to get your human’s attention when they are drinking a fresh cup of coffee or tea.

GOOSE BUMP: A manoeuvre to use as a last resort when the Regular Bump doesn’t get the attention you require....especially effective when combined with The Sniff. See above.

LOVE: Is a feeling of intense affection, given freely and without restriction. The best way you can show your love is to wag your tail. If you’re lucky, a human will love you in return.

AND NOW FOR SOMETHING SERIOUS!!!!

FROM SIR NORMAN’S DESK:
It has not escaped my eagle eye that this year FINANCIAL membership was 197 out of 530. This is NOT a good effort. I’m not saying much more this issue, but next issue will be announced at the start of the new financial year, and let’s hope we can do a WHOLE LOT BETTER next year.

Thankyou to everyone for their concern, phonecalls & prayers for June in her recent bout of surgery. I’m pleased to say she’s just about back to her normal self. Ill recover soon. Just joking. Keep well and don’t forget to let us know about the Christmas cruise and how many people you’re bringing with you.

NORM

June Byres
River Gardens Caravan Park
CARRARA 4211

Dear Heather,

I’m writing in rather a hurry to catch the newsletter because I feel there is an opportunity to connect with the Newcastle Laro Assoc. & give those of us who enjoy letter writing with new people (like I do) a chance to do just that. As you are aware I live at River Gardens Caravan Park & have done for 9 years. It’s on the widest part of the beautiful Nerang River, & I get to meet a lot of people from all over.

You remember Muriel & Karl, my best friends who played the guitar & sang & told jokes for us at one occasion at the Cascade Gardens? Well, I was sitting with them last evening up at our rest and Bar and a lovely couple got talking to us. As soon as he (Harry)found I was a laryngectomee I was enthralled & asked if I’d mind if he asked some questions. Naturally I said “Of course, one of not” showed him my tongue & he realised half of it was now made from my breast, he was intrigued.

It turns out one of his & his wife’s friends from Newcastle has had a laryngectomy. His name is Lovett & he is a member of the Newcastle Assoc. Harry belongs to the St John’s Ambulance & we were very interested in everything about our Assoc. Actually they were both very surprised that I was such a happy individual and also noticed that I ate quite a normal meal. He asked me if we had a newsletter as his friends would love to read it & especially if their name happened to apply.

It’s really a very small world when you think of the chances of Harry coming to where I live & finding me at the bar (I very rarely go to the bar) would have to be 5000 to 1.

If I could start the ball rolling, I would write to anyone from anywhere. I love to write, especially to fellow laryngectomees. If you put this in the newsletter I’ll send it on to the Lovetts.

Warmest Regards June.

Dear June, Make those odds a million to one & I’ll tell you something really amazing. You don’t have to send the Lovetts a Newsletter, they already get it! It’s actually Dawn who’s the Laryngectomee and we go back to the first Laryngectomee Seminar ever held in Australia. Not only that, the new Speech Pathologist at Redcliffe Hospital comes from Newcastle and she rang to say hello on her own behalf and to also pass on a big hello from Dawn & family. It really IS a small world! Heather.

A BIG THANKYOU to the recent graduates of the Laryngectomee Support Visitors training programme: Murray Peeler, Sam Perry, Charles Reidy and Bruce Jones. This year there were several people who came down from the country, notified us, but didn’t get to see any visitors, which was very disappointing for all concerned. Hopefully we now have enough people to remedy this situation.

We are still searching for a LADY volunteer who’s had a Pharyngolaryngectomy. If you think you would make a good visitor please contact Tina at the Cancer Fund, or discuss it with your Speech Pathologist. Again, congratulations to everyone involved in the course. June
EDITORIAL

The summer and flooding rain

Like many of us this past year we have been waiting for summer to arrive but today we are waiting for it to stop! Our members are spread across NSW so there are many who have had experiences in the last couple of weeks which have been both frustrating and exhausting. Flooding rains and water courses that have the potential for flooding make on the one hand difficult for those in flood-prone areas and on the other hand exciting for those who are used to the rain. The flooding of the last couple of weeks has been a real challenge for people on the mid North coast of NSW. We have received reports of flooding in areas that have never flooded before. The rain has been particularly heavy in the northern part of the state where several towns have been affected. The situation continues to be very difficult for many people who are still dealing with the aftermath of the floods.

CORRECTION

Speech Co-ordinators Report

There is a correction to Speech Co-ordinator's Report in last month's Newsletter. The report was about some new batteries for hearing aids. These are now available at a reduced price.

CHRISTMAS PARTY

As you are aware, our next meeting will be on 28th November 2008 and your booking slip is included in this newsletter. This slip must be filled in and returned with your order to the Secretary, PO Box 58, Richmond 2752, before 10th November 2008.

WHO TO CONTACT

For Blowing Supplies - David Smith, 27 Bellevue Pde, North Curl Curl. Phone: 02 9939-1693

For Speech Aid Batteries, Parts & Repairs - John Chaloner, 41 Station St, Petsham 2040. Phone: 02 9663-2592

For Stoma Covers, Shower Shields, Stoma Cover Material & Wearing Matters - Lachie Walon, 23 Bay St, Kensington. Ph: 02 9663-2660

For Accommodation Assistance When Needing OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Wollongong St, WOLLONGONG, PO Box 572, Kings Cross, 2011. Phone: 02 9334-1900. Fax: 02 9357-2878
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE
ASSOCIATION OF NSW, HELD ON
WEDNESDAY 19TH AUGUST IN THE
UNITING CHURCH HALL,
CARRINGTON AVENUE,
STRATHFIELD.

In the absence of the President VICE
PRESIDENT BILL BYRNE opened the
meeting at 10.05 am.

PRESENT: J Nicholson, W Byrne, B
Darlington, J Knight, W Evans, N Blaett, P
Halliburton, J Clyne, N Hounon, M Silver, D
Nicholson, L Walton, M Halliburton, M Clyne.

APOLOGIES were accepted from B Gardner,
C Gardner, J Chaloner, L Davis, J Nowland, D
Newby.

MINUTES OF THE JULY MEETING as
distributed were accepted on the motion of B
Darlington, seconded P Halliburton.

No business arising.

SECRETARY'S REPORT
NATIONAL LARYNGEAL CANCER
SUPPORT COMMITTEE.

This committee will hold its usual meeting
Wednesday 26th August 1998 at the rooms of
the Australian Cancer Society. This meeting
will be attended by representatives of each
state's Laryngectomee Association. Professor C
O'Brien - ENT surgeon, Margaret Pattison -
Speech Pathologist, and Mr Laurie Wright -
Executive Officer of the ACS. Our
representatives will be our President - Brian
Gardner and myself (J Nicholson).

MEMBERSHIP

I would like to welcome the following new
members to our Association.

Mr Alfred Schuet of Batemans Bay
Ms Ruby Rix of Waterloo
Mr M Roche of Burringbar North
Mr D Lynch of Tweed Heads
Mrs Fono-Lim-Si of Yambala
Mr E Bainbridge of Nerrimba Bay
Mr N Parker of Goonellabah
Mr K B Gilbert of Goulburn.

We do hope that all of you will be able to attend
one of our monthly meetings or a meeting held
by one of our branches. (and the Christmas
Party)

Mr Zeki Tokin's daughter has advised me that
her father is going overseas for an extended
period and we all wish him a pleasant journey.

ACCESS EXPO '98

Advertised as Australia's largest Disability and
Healthcare Exhibition, the Access Expo could
be of interest to all of us. I have asked the
organizers for some brochures so that we can
examine the exhibition in detail before

CHRISTMAS PARTY

If we finalize the costing today for our
Christmas Party we will include attendance
items etc in September Newsletter.

DONATIONS

Since our last meeting I have received donations
from the following:

Mrs J Newland of Paddington, Sydney
Mrs R Snow of North Sydney
Mrs P Black of Penrith
Mr A S Chuong of Chippendale
Mrs J McPherson of the late B J McDougal
of Griffith.

Central Coast Taxis Social Club
Wellington.

We thank all these people for their constant support of our Association.

CORRESPONDENCE

1. Australian Cancer Society Activity for the
Laryngeal Meeting on 26th August. Copy of a
draft of new policy on MOUTH, NOSE AND THROAT.
Also advising that the ACS is moving its office to Level 4 of 70 William Street, East Sydney.

2. ACCESS EXPO '98, Literature on the
disability and aged care exhibition being held at

3. Anti-Discrimination Board Newsletters.

4. Cancer Council of NSW. Literature
concerning Daffodil Day and seeking

5. Mrs Lilah Walton. Copy of submission
to Australian Cancer Society re new position
and her concerns re new laryngectomees not
receiving hospital visits because we are not
learning of these new patients.
Treasurers Report
July-August expenses included payment for three new NuVoice speech aids and a supply of stoma cover material. Credit balance $3132.62.

Reports accepted on the motion of D. Nicholson, seconded L. Walton.

Welfare Officers Report
It must be the weather because I've only had one call for supplies. Not a soul wanted any material.
I rang June Curtis and Ron is coming along OK but has the flu at present. Glad you are on the improve Ron.
John Chaloner had his holiday interrupted by a virus and is not yet 100%. Hope by the time this Newsletter goes to print you are much improved John.
To our members who had damage to their property due to the rain I trust it was very minor and that all family members are OK.
Keep your stoma warm and keep smiling.

Accepted on the motion of M. Halliburton, seconded B. Darlington.

Speech Aid Co-ordinators Report
The speech Aid co-ordinator being indisposed there was no report.

General Business
1. L. Walton read the letter she has written to Mr. Laurie Wright of the Australian Cancer Society asking for some matters to be raised at the National Laryngeal Conference, and the reply she received from him. The concerns she raised are similar to those raised by NSW and Queensland Associations and are on the agenda for that meeting.
2. In answer to an enquiry Lilah has obtained a tracheostomy tube holder - these are made by 'Dale Medical Products' and are obtainable from Pacific Medical in boxes of 10 at a cost of $100.00 per box.
3. Margaret Clyne raised the problem that her husband is having with attaching filters to his stoma, and preventing leakage from around the cassette. She asked about the glue mentioned in the last Newsletter. She was advised to consult Pacific Medical about the glue and cassette, and her husband's specialist surgeon about any other problems.
4. The two menus available for the Christmas Party were read out and it was moved by B. Darlington, seconded N. Bluer and carried that the three course menu be ordered.
5. Editor again asked for contributions from members for the Newsletter and thanked those who had already contributed - don't rest on your laurels please.

There being no further business the chairman closed the meeting at 12 noon and those present enjoyed lunch and a good chat.

Next Meeting
Wednesday 16th September
11am
Uniting Church Hall, Carrington Street, Strathfield.
Guest speaker Miss Margaret Patterson Speech Therapist RNS Hospital.
Parking on site, short walk to railway.
Light lunch served after the meeting.
CANDIDA.
Had a bright letter from Colleen Wilkie this month in which she tells of a chance meeting which helped her husband in his battle with candida, but I'll let her tell the story:

"In the delightful town of Port Macquarie resides our only and only grandson so we are fairly frequent visitors. I needed a haircut and saw a special (can't resist a bargain) for $10 at Settlement City so in I went. While sitting in the chair I eavesdropped on the lady in the next chair who was going on about her impatient husband and I thought 'Lady you don't know what impatient is unless you're married to a laryngectomy!'. Then she said 'There he is' and I looked out to see him talking to Ross, both with fingers to the throat. He is a laryngectomy!'. He turned out to be very pleasant and we got chatting about candida and he said 'Oh we beat that'.

What worked for him and for us is 'Daktarin Cream' rubbed on the valve each time it is cleaned and replaced. It requires no prescription and is a medication for baby thrush (candida)"

C Wilkie

There are also a number of hints in the Victorian Newsletter:

"When cleaning the prosthesis you can use various fluids including hot water, saline, vinegar, hydrogen peroxide or other prepared solutions that can be obtained from the chemist. Some use Napisan or White King. Just remember that when using strong solutions it is important to rinse well after cleaning as silicone is a porous substance and can absorb and retain the cleaning fluid if it is not quickly rinsed away. Cleaning or rinsing with vinegar is especially important after sugary or yeasty foods or beer.

DID YOU KNOW?

That it is 125 years since the first laryngectomy operation? It was carried out by Billroth in Vienna in 1873. The patient was a 36 year old teacher who had been hoarse for three years and had been diagnosed and treated for some time before the operation. However, the tumour continued to grow and in November 1873 it was decided to operate and a partial laryngectomy was carried out. This was successful but in December the larynx was examined under anaesthetic and it was obvious that the cancer had continued to grow, so he was wakened from the anaesthetic and the position was explained to him, he consented to a total laryngectomy so was anaesthetized again and the operation was completed and the patient revived by administration of wine through the feeding tube.

He had a fairly uneventful recovery and was swallowing food on the eighth day.

Various types of artificial larynx were designed for him, the first being inserted 21 days after the final operation. It was of rubber and the final one, similar but of metal, being very successful and is said to have given him a loud and clear, but monotonous, voice.

All of his voice aids consisted of one tube going into the tracheostomy, joined to another going back up to the back of the throat. In the join were valves stopping food from travelling back down into the trachea and needs to produce noise.

He was discharged to home, completely well in March 1874.

Since that time many and varied have been the voice aids produced and I will include an illustration of another early one here.

Fig. 1. This drawing shows a closed pharyngeal prosthesis, tracheostomy in place and a hollow apparatus to power a reed. The reed is represented as a part of the tube leading to the tracheostomy. Closure of the larynx prosthesis was an artificial larynx.
JUST FOR FUN

THE GARDENER
When Alf is in the garden
The weeds—-they don't grow
For he's out there daily
With fork and spade and hoe.
The snails and slugs hide away
Before each hanging leaf
But he acts like they're invisible.
And surely give them grief.

He sneaks around the garden.
Chasing weeds here and there.
He barely has time alone,
With activity abundant.

There's cut peas in the carrots.
He's really innovative.
If he gets the little brighter He'll stick honey on it.

He's bonding with the moment.
The white ants do come again.
He sprays them with a crane.
It's better than anything.

The white ants' nest is escape
Alf's face is covered pink.
He shakes his fist and smiles.
I'll give the swine a shock!

I'll watch this tableau
As it gets more smelly,
I'll get a chair and sit outside.
It's better than the telly.

Dawn Dyer
(Dawn wrote this about her husband Alf, one of our members)

What's happened to member John Chua?
His visits to us get fewer,
Its more than a year
Since we saw you John dear,
We're wondering John Chua where you are.

We have a member, Jean Case
A lady of charm, wit and grace
No if, but or maybe
She's always a lady
And to top that, still fair of face.

RECIPE FOR THE MONTH
HEALTH LOAF
1 1/2 cups wholemeal SR flour
1/2 cup raw sugar
Tablespoon golden syrup
3/4 cup skim milk
1 cup fruit and/or nuts

Mix all together, and bake in loaf tin in a moderate oven until golden brown (approx 1 hour)

Better eaten second day,
Served sliced with butter, margarine, or cream cheese.

A few suggestions for fruit/nut mixture:
1. Chopped dates and walnuts
2. 2 tablespoons marmalade and walnuts
3. Mixed fruit
4. Chopped dried apricots and almonds
5. Chopped crystallized ginger and walnuts
6. Chopped raisins.

LILIAN'S JOKES
Did you hear about the man who called his dog "Blacksmith"?
because every time he tried to give him a bath he made a "bolt for the door"?

And then there was the Irish man who was helping his friend fill in his Bingo card because his was already full!!!!!!!!!

Now don't forget to fill in and return your Christmas Party booking form.
UNTIL NEXT MONTH, GOODBYE,
GOOD HEALTH, GOOD LUCK AND
TAKE CARE!!
CHRISTMAS PARTY 1998

To - The Treasurer, The Laryngectomee Association of NSW
PO Box 58, RICHMOND 2753

Please reserve me ____________ tickets for our Annual Christmas Party, at Kardilla Ex-Services Club: 14-23 Harbour View Crescent, LAVENDER BAY
on Saturday 28th November 1998, 12.00 noon to 3.00 pm.

I enclose $15.00 for each laryngectomee and/or partner, and/or $25.00 for each non-laryngectomee.

I have appended the names of the people in my party so that name tags can be prepared.

If possible I would like to sit with ________________ party.

TOTAL ENCLOSED: $_______________

NAME__________________________ SIGNATURE_____________________

ADDRESS__________________________

My guests will be 1

2

3

4

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THIS FORM MUST BE RETURNED TO THE SECRETARY WITH PAYMENT BY NOVEMBER 20TH. YOUR RECEIPT WILL BE MAILED TO YOU. THIS RECEIPT WILL BE YOUR ENTRANCE CARD TO THE PARTY SO PLEASE REMEMBER TO BRING IT WITH YOU ON NOVEMBER 28TH 1998.
EDITORIAL

Floods & Flooding rains!

How easy is it for us in this part of our country - two years ago we were all waiting for the floods, today we are waiting for it to stop! Our members are being affected by this and many have had their homes damaged or lost. The media tells us that the rest of us can only watch with horror when we see the damage done to our homes on the television. There are those north west who have had their properties flooded by the slowly rising rivers - sometimes water courses that they thought of a hundred years had dried up, and in the last couple of weeks we have been shocked by the destruction that nature has visited on the people of the north west. We have many members on the south coast - our thoughts are with you. Never forget that this is your Association - a mutual help organization - so if you have lost needed supplies please contact a committee member who will arrange for immediate replacement.

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CORRECTION

SPEECH CO-ORDINATORS REPORT

There is a correction to the Speech Aids Co-ordinators Report in last months Newsletter. The report was about some new Nickel Metal-Hydride batteries. These are called 'Yama' brand batteries to fit Servox, Komet and Jeetoo speech aids. They are not suitable for the Nu-Voix speech aid which was mentioned in the report.

There are now 9 new NMH batteries for the Nu-Voix and these are available from Pacific Medical for $27 or your local electronics store may have them.

John Chaloner.

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CHRISTMAS PARTY

We are pleased to announce that the annual Christmas party/dinner will be held on Saturday 25th November at 6.00 pm at Club Richmond. Please let your local branch know if you wish to attend.

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

WHO TO CONTACT

FOR BLOOM-SINGER SUPPLIES - David Smith, 47 Bellevue Pde, North Currumbin, 2099 Phone: 02-9841-1539

FOR SPEECH AID BATTERIES, PARTS & REPAIRS- John Chaloner, 111 Station Street, Petersham 2049 Phone: 02-9500-2680

FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - K. LeRoy 23 Baker St, Kensington 2033 Ph: 02-9843-9250

FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 155 Durning Street, Woollahra, PO Box 572, Kings Cross, 2011 Phone: 02-9234-1900 Fax: 02-9234-1901

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MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEES
ASSOCIATION OF NSW, HELD ON
WEDNESDAY 19th AUGUST IN THE
UNITING CHURCH HALL,
CARRINGTON AVENUE,
STRATHFIELD.

In the absence of the President VICE
PRESIDENT BILL BYRNE opened the
meeting at 10.05 am.

PRESENT: J Nicholson, W Byrnes, B
Darlington, I Knight, W Evans, N Shuey, P
Halliburton, J Clyde, N Hannon, M Silver, D
Nicholson, I Walton, M Halliburton, M Clay.

APOLOGIES were accepted from B Gardner,
C Gardner, J Chaloner, L Davis, J Nowland, D
Newby

MINUTES OF THE JULY MEETING as
distributed were accepted on the motion of B
Darlington, seconded P Halliburton.

No business arising

SECRETARIES REPORT
NATIONAL LARYNGEAL CANCER
SUPPORT COMMITTEE.

This committee will hold its seminar meeting on
Wednesday 26th August 1996 at the rooms of
the Australian Cancer Society. This meeting
will be attended by representatives of each
state's Laryngectomees Association, Professor C
O'Brien - ENT surgeon, Margaret Patterson -
Speech Pathologist, and Mr Laurie Wright -
Executive Officer of the ACS. Our
representatives will be our President - Brian
Gardner and myself (J Nicholson).

MEMBERSHIP

I would like to welcome the following new
members to our Association.

Mr Alfred Schuett of Batemans Bay
Ms Ruby Rix of Penrith
Mr M Roché of Eunahday North
Mr D Lynch of Fingal Head
Mrs Foeck-Lin Shih, Vice of Artarmon
Mr E Bainbridge of Nelson Bay
Mr N Patel of Yarrawat
Mr K B Gilbert of Goulburn.

We do hope that all of you will be able to attend
one of our monthly meetings or a meeting held
by one of our branches (and the Christmas
Party).

Mr Zeki Tokin's daughter has advised me that
her father is going overseas for an extended
period and we all wish him a pleasant journey.

ACCESS EXPO 1996

Advertised as Australia's largest Disability
and Healthcare Exhibition, the Access Expo should
be of interest to all of us. I have asked the
organizers for some brochures so that we can
examine the exhibition in detail before it occurs
on 25-27 October 1996.

CHRISTMAS PARTY

If we finalize the costing today for our
Christmas Party we will include attendance
forms etc in September Newsletter.

DONATIONS

Since our last meeting I have received donations
from the following:

Mrs J Nowland of Patrons Heights
Mrs R Slover of Leeton
Probus Club of Randwick
Ms S Cheong
Family of the late P Nicholson
Linda Gifford.

Central Coast Toastmasters, and the Parish Club.

We thank all these people for their generous support of our Association.

CORRESPONDENCE

1. Australian Cancer Society - minutes of the Laryngectomees Meeting on 26th August.
   Copy of a draft of new book: 'LARYNGECTOMY OF THE MOUTH - NON-SURGICAL TREATMENT'.
   Also advising that the ACS office located at
   Level A of 70 Williams Street, East Sydney
   will close on Friday, 10th of October at 5:00pm.

2. ACCESS EXPO 96 Literature on the
   disability and aged care industries. Also held at

3. Anti-Discrimination Board - Newsletter

4. Cancer Council of NSW - Literature
   concerning Darkfield larynx and necking donations.

5. Mrs Lilah Walton. Copy of submission
to Australian Cancer Society re new publication
and her concerns re new laryngectomees not
receiving hospital visits because we are not
learning of these new patients.
LARYNGECTOMY ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomies and those with similar vocal disorders
No 81 AUGUST 1998

ALL CORRESPONDENCE TO: The Secretary, The Laryngectomy Association of NSW, PO Box 58, Richmond NSW 2753 or Fax 02 4578 4412. Phone 02-45784415.

MONTHLY MEETINGS:
* SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
* NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Boreuka Rd, North Newcastle.
* WARRINGTON: Second Tuesday, 12.30pm at Masonic Club, 126 George St, Parramatta.
* WARRIH: Third Wednesday, 2pm at Warri In Medical Centre, Forest Rd, Warilla.
* RIVERS: 4 times per year, rotating venues. Contact: J. Kidd, PO Box 572, Livermore. Phone 02-4422320.
* MID NORTH COAST: First Tuesday, 6.30pm at Staff Centre, Manning Base Hospital, Tarcoola.
* DUNBEITH: Londonderry Hospital. Last Thurs, 10.30am Conference Room.
* SABURY: Ph.02-6323-2011, ext 1236.
* CANBERRA: First Wed, 11am, Level 2, Building Q, Canberra Hosp.
* SOUTHERN DISTRICTS: 4th Wed, 16.30pm, Thomas River, Moruya Education Centre 1st floor.

OFFICE BEARERS 1998
President: Peter Gardner, 565 Burwood Rd, SELENE 2083. 02-9492-2820.
Vice President: Bill Byrne, 422 Grattan Rd, GLENDON, John Lussick (secretary).
Secretary/Treasurer: John Nicholson, MNS, PO Box 53, RICHMOND 2753. 02-4578 1413.
Assistant Secretary: Mrs. Margaret Appleby, NSW, PO Box 53, RICHMOND 2753.

WHO TO CONTACT
FOR BLOW-SINGER SUPPLIES: David Smith, 27 Bellevue Pde, North Curl Curl. 2099. Phone 02-9339-1329.
FOR SPEECH AID BATTERIES, PARTS & REPAIR: John Chaloner, 11 Station St, Petersham. 2049. Phone 02-9660-2520.
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS: Lisa Walton, 23 Baker St, Kensington. 02-9663-2550.
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME: Cancer Council of NSW. 153 Downing Street, WOOLLOOMOOLOO. PO Box 572, Kings Cross. 2011. Phone 02-9334-1800. Fax 02-9357-2570.

EDITORIAL
In January 1888 Crown Prince Frederick of Germany developed a cold. Frederick was a popular prince much loved by the people. He was a patron of the arts and did much to develop rural Germany. He married in 1859, Victoria, eldest daughter of Queen Victoria of England. The cold got better but he became increasingly hoarse and in March had his larynx examined. This examination showed a polyp on his left vocal cord and redness on the other. This polyp was cauterised many times but each time it returned. The German surgeons suggested a laryngectomy but his wife insisted that an English specialist be called in. Sir William MacKenzie arrived. He disagreed with the German surgeons, who wanted to operate immediately, and demanded a biopsy first. The first few biopsies showed bronchial cells, though the prince’s health was not improving.

Finally in November MacKenzie conceded that the problem was cancer and a laryngectomy was advised. This time the prince refused! By January 1888 the prince’s breathing was being badly inhibited by the growth and a tracheostomy was advised. This was finally performed in February 1888.

His father Wilhelm died about this time and in March 1888 Frederick was crowned Emperor of Germany. However, after many complications with the tracheostomy, and spread of his laryngeal cancer he died in June 1888 to be succeeded by his son Wilhelm II who we irreverently knew as ‘Kaiser Bill’.

One cannot help but wonder what course World History would have taken had Prince Frederick’s cancer been diagnosed earlier, and surgery performed earlier. If his English wife had not insisted on an English specialist, if he had not refused the operation in November how much longer would he have lived? Maybe there might have arisen a liberal Germany instead of the reactionary nation that developed under his aggressive son Kaiser Wilhelm II, maybe World War 1 would have been averted, maybe, maybe... but then our lives are full of "ifs" and "onlys" and "maybe’s", aren’t they? Interesting notions to cogitate but really a waste of time if we let them take over. It is up to us to live for the moment and enjoy what we have.

What might have been is dead and gone, the future is unknown, let’s enjoy what we have — TODAY, THIS WONDERFUL MINUTE!
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW, HELD ON WEDNESDAY 22nd JULY IN THE UNITING CHURCH HALL, CARRINGTON AVENUE, STRATFIELD.

THE PRESIDENT Brian Gardner opened the meeting at 11am.


APOLOGY was accepted from M Silver

MINUTES OF THE JUNE MEETING as distributed were accepted on the motion of B Byfield, seconded H Stone.

BUSINESS ARISING from these minutes - nil

TREASURERS REPORT showing a credit balance of $6161.00 in the working account, and an account for three Nu-Vois speech Aids were presented and accepted on the motion of J Nicholson, seconded J Chaloner.

At this point the President paused to welcome Michael Jordan of Pacific Medical - our guest speaker for the meeting.

SECRETARYS REPORT

NATIONAL LARYNGEAL COMMITTEE MEETING: The Annual Meeting of the National Laryngeal Committee, which was to have been held on the 15th July 1998, had to be deferred by the Australian Cancer Society until 26th August 1998. The change in the meeting date was made after we had decided to hold our meeting today (22nd July) so we were not able to revert to our usual meeting date. Our President, Brian Gardner and I will be attending the meeting next month at the new address of the Australian Cancer Society - 70 William Street, East Sydney.

The agenda of the meeting has not been finalized but it will include:

a. Discussion on the continuing failure to secure relief from either government or private medical insurance, from the ongoing costs of being a laryngectomee.

b. Discussion on the booklet being developed by the Anti Cancer Council of Victoria. This could have bearing on the future of the booklet 'YOU CAN SAY THAT AGAIN'.

NEWSLETTER: The Cancer Council of NSW, who maintain the address list for the Newsletter and print the address labels each month, is having some problems with their computer and there may be some errors in the next issue of labels. We will try to make sure no-one misses out on getting the next Newsletter but if you hear of that happening please contact me as soon as possible.

MEMBERSHIP: On behalf of our committee may I welcome the following new members and express the hope that they will be able to come to one of our meetings and obtain all the benefits of membership:

Mr B Barwell-Cook of Laurieton
Mrs J Griffiof of Searabah
Ms Blanche Pliaum of Erm Plains
Ms R Stapleton of Kiama
Mr J Better of Goulburn (via Tuinut)
Mrs G Dunlop of Moruya

Unfortunately we have also had word of the death of three of our members.

FILM PRODUCTION: Last week we received a call from Ron Farmer of Willoughby seeking assistance in providing him with information on the artificial voices used by laryngectomees. They are making a film which includes a laryngectomee. We referred him to Bruce Darlington as they envisage using a Servox.

PRIVATE HEALTH INSURANCE OMBUDSMAN: Last week on the radio we heard an interview with the Private Health Insurance Ombudsman, Mary Perrett, who deals with complaints from those who feel that they are not getting fair treatment. She can be contacted at Level 12, 31 Market Street, Sydney, 2000 or telephone 02-9261 5885.

CORRESPONDENCE

1 National Association of Laryngectomees clubs, UK. Thank you for use of one of our articles in your Newsletter.

2 Pacific Medical. Quote for NuVois aids and advice on new Intelligent Battery Charger.

3 Mrs J Rijigne, Isaac’s, seeking shower shield

4 Who’s Who - sales literature

5 Mailab Group - sales literature

6 Monarch Medical. Price list for Blom-Singer items. Prices increased in most cases.
I trust everybody else is keeping well - look after yourselves. 

LILAH

Carried on the motion of B Byfield, seconded S Lowe.

VOICE- AID CO-ORDINATORS REPORT

Laryngotomies who use Servox, NuVoices or similar speech aids will notice that the batteries they now receive is the Varta batteries are the same size but are now green not blue. The blue batteries, marked V170R were “Nickel Cadmium Hydroxide” and have been replaced by the green batteries marked V200H which are “Nickel Metal Hydride”.

The new batteries have slightly more power, and have the advantage that they do not have a memory and so do not need to be completely run down (discharged) before being recharged.

Members with chargers with indicator lights to show when charging is complete are advised to use the same method for charging the green batteries as they did for the blue batteries.

Members with no indicator lights are advised to charge the green batteries for 14 hours and not the 12-14 recommended for the blue batteries.

Overcharging can weaken the new batteries so members are advised not to exceed the 14 hours. These batteries cost slightly more, and postage costs have also increased, so the price to members is now $16.55 for one battery and $30.05 for two batteries.

Carried on the motion of B Byrne, seconded M Halliburton.

WELFARE OFFICERS REPORT

A very quiet month, so no new laryngotomies (1 hope) I Have done a talk at Probus Club, Randwick, of approximately 30 members - all men - not one of whom had heard of a laryngotome. Because I was so good (always modes) they gave the Association a donation which I have passed on to John Nicholson.

Marilyn Ploegers sent me a knitted doll to raffle - thanks Marilyn.

To anybody who requires tracheostomy tube holders, they can be purchased from Pacific Medical Service, 484 Swan Street, Richmond, Victoria, 3121. They come in packs 10 which are $10.00 each.

By the time this Newsletter is delivered Des Nicholson and myself will have stoma cover material for sale. $5.00 per metre plus postage.

Jim Nichol is not well - we wish him a speedy recovery.

The President then suspended standing orders and asked Michael Jordon of Pacific Medical to address the meeting.

MICHAEL JORDON.

Michael started by re-enforcing the message of John Chaloner - do not overcharge new batteries.

Air entering the lungs of a normal person averages 36 degrees centigrade with a humidity reading of 98%, while that entering the lungs through an unprotected stoma is only 20 degrees centigrade with a humidity of 42%. With a filter attached over the stoma the temperature is raised to 28.8 degrees and the humidity to 65%.

(1 do not know of any measurements taken when a cloth stoma cover is used but the warmth and humidity are considerably higher than those entering an unprotected stoma).
This warmed and moistened air causes much less irritation to the trachea, bronchi and lungs than cold dry air and thus results in less coughing and mucus production.

He then showed us samples of some new filters and the three grades of glue used to attach these to the skin around the stoma. He also suggested that this glue is even more effective if Tinc Benz Co. is applied to the skin and allowed to dry before applying the glue.

Filters have three main uses:

a) to help warm the air going to the lungs
b) to help moisturize the air going to the lungs
c) to help clean the air going to the lungs.

In addition to this experiments have show that the use of filters gives increased oxygenation of the blood, and therefore a greater feeling of well being.

(In a normal person this warming, cleaning and moisturizing is carried out by the nasal passages and most of us use cloth stoma covers to partially achieve this filtration.)

Michael also showed us a new water flusher for the cleaning of the 'Provox' valve.

In answer to questions:

The filter is unlikely to alter speech or affect esophageal speech.

New Nickel Metal Hydride batteries do fit NuVox aids.

Price of filter cassettes $4.00/each. They last from 1-2 days (shorter time when first used) and can be rinsed with clear water to clean once or twice. Thus cost averages at about $20/Esophageal speech. Those receiving Veterans Affairs benefits can obtain them through VA for free.

Michael offered to stay after the meeting to answer any other inquiries.

A vote of thanks moved by the President was carried by acclamation.

RON FURNER then spoke of the film he is making in which one of the characters is a young laryngectomee as a result of a motorbike accident. He came to the meeting to meet laryngectomees and to get some first hand knowledge of speech after the operation. He thanked us for inviting him.

GENERAL BUSINESS

Christmas arrangements to be made by the committee and members advised by Newsletter.

2. President announced that Margaret Patterson, speech therapist from RNS Hospital will be the guest speaker at the September meeting.

3. President spoke of his visit to Southern Districts meeting (see Branch reports)

4. In future all shower shields and other supplies to be handled through Welfare Officer.

5. Next meeting 19th August.

There being no further business the President closed the meeting at 12.20pm and those present retired for lunch.

President

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NEXT MEETING
WEDNESDAY 19th AUGUST
1998 --- 11am
UNITING CHURCH HALL
CARRINGTON AVE, STRATHFIELD
PARKING ON SITE, SHORT WALK TO RAILWAY.
Light lunch served after meeting
Laryngectomees, partners, friends, professionals all welcome.

BRANCH REPORTS

SOUTHERN DISTRICTS BRANCH

We welcomed Bryan and Carol Gardner to our June meeting and were very grateful for their visit and the help we received from them.

Bryan gave a great talk which was quite interesting and when he was asked did anybody have any questions he was bombarded. I don’t know how he did it, but he answered them all. Thanks Bryan and Carol for your visit, we hope we can see you again very soon and any one else at one of our meetings in the near future.

Our June meeting was a bit of a mix up at first with our people getting the starting time wrong (changed to 10am from 11am as it had been in the past) so there were only half a dozen present when we started but this soon swelled to 13. The meeting thanked NSWLA (of which we are a branch) for the starting fund of $200.00 - this means a lot to us.

We welcomed Robert McPherson, a new member to our branch, and we hope we will have a long
REPORT FROM THE OVAL OFFICE

H. Clinton (alias Carol Gardner)

In April the trees and I decided to travel to Scone to attend the races and play golf. However we brought the rain so golf was off. We made a second attempt in May, attending the three day Scone Cup meeting when it rained again in earnest. (The rain was welcome but we hope it's stopped now)

On the Thursday, at the same time that I spotted a chook talking with a speech aid (Noticeable because so many race goers speak through their pockets) a former workmate of Brian's was pointing him out to the same fellow and his wife. They came over and introduced themselves as Gabrielle and Ken Ford (formerly of Coogee)

Communication wasn't the best for anyone (least of all the 2 laryngectomies) with the rain pelting down on the galvanized iron roof of what is really quite a unique, futuristic type glass standup-motion which shelters the two windows, bars, food outlets and the nurses who were in a jubilant mood because of the downpour. We consequently arranged to meet Gabrielle and Ken later that afternoon for a drink and a chat in a quieter watering hole, and at that time also met their son.

(G - hope you have sorted out the address problem)

MORE TRIVIA FROM THE SMALL WORLD DEPARTMENT: We visited (at FOW) a patient from Narrabri, whose wife and daughter were present. We had plenty to talk about as Brian was stationed there some 28 years ago when we were married and we bought our first home there.

Surprise!!! The daughter had only recently said and moved out of the same house!!! It had of course had other owners and renovations since our time.

Not long after when seeing another fellow (from Dubbo) at FOW who also had his wife and daughter with him providing great moral support we asked if he knew our close friend 'XXXX'. This was a long shot as Dubbo is a big city. The patient replied

"Know him, I am often at his company on a Friday night for a drink at the local tavern" !!!!

NOT TRIVIAL AT ALL.

As our heartstrings reach out across the country and NSW in particular, we are very conscious when we see and hear the news of such things as the present floods affecting the North West. Nature is certainly a perverse creature! We hope that all involved can cope and withstand this latest catastrophe.

Our warm and sincere thoughts are also with our neighbours, the people of Papua New Guinea, while they are enduring the tidal wave disaster, the magnitude of which is painfully hard to comprehend.

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Have you ever considered the difference between "turning the corner" and "going round the bend" ???????
THIS MONTH'S RECIPE
PUMPKIN FRITTERS
(this recipe comes to us from Norm Walton who Lilah tells me is a very good cook)
1 pt. “Continental” spring Vegetable soup
1 1/2 cups Self Rising flour
2 cups diced cooked pumpkin
1 egg beaten
1 cup milk
1/4 cup grated tasty cheese
oil for frying
Mix soup with the sifted flour, add remaining ingredients and stir until combined. Fry tablespoons of mixture in hot oil until golden, turning once. Serve with grilled bacon or ham!!

JUST FOR FUN

Firstly a call for Shirley Cholsey whose poem won my competition - please tell me your chosen colour and chest measurement that I may knit your vest!!

POETS CORNER

We trip round the state after the horses,
We've been to lots of wonderful courses,
Like Seona and Conca' and Grafton
We cap lots of tips from tight or loose lips
Then back the 'fourth' or the 'last one'!

Caroline Gardner
(Who hopes she won't be kicked out of the 'White House' for this effort)

Said a smooth laryngectomee, Bill
"The ballroom always gave me a thrill,
The joy of the jive
Really keeps me alive,
So I dance and romance the girls still"

A cuddly Pat Halliburton
Has had trouble and strife that's for certain,
But he gets on with life
With Mary his wife
To help soothe the worry and hurtin'.

(This next contribution comes from Margaret Paterson, who found it on the Internet)

THE BEER PRAYER

Our larger, Which art in barrels,
They will be drunk,
At home as in the tavern.
Give us this day our foamy head,
And forgive us our spillages
As we forgive those who spill against us,
And lead us not into incarceration,
But deliver us from hangovers,
For thine is the beer, the bitter and the lager,
For ever and ever,

Barman.

(and now a puzzle sent in by D Grinham of Rosedale - he tells us it was worked out by a bored mathematician)

First, pick the number of days per week that you would like to go out.
Multiply this number by 2
Add 5
Multiply by 50
If you have already had your birthday this year, add 1748.
If you haven't had your birthday add 1747.
Lastly subtract the four digit year that you were born.
Now you should have three digit number.
The first digit is the number you first thought of.
The second two digits are your age -- correct??

Now as they say in the classics

KEEP THOSE CARDS AN LETTERS ROLLING IN!!

Until next time,

Good Health. Good Luck and take care.
STOP PRESS! OUR FAX NO. 32582287

IMPORTANT DATES TO REMEMBER. MARK YOUR CALENDAR NOW!

TUESDAY 28TH JULY  ON "BRISBANE EXTRA" 5.30PM
CHANNEL 9  THERE WILL BE A SEGMENT ON LARYNGECTOMY.
(A BIG THANKYOU TO NOEL MATTHEWS & FAMILY FOR REPRESENTING
US SO WELL. WE ALL APPRECIATE THE EFFORT INVOLVED.)

WEDNESDAY 5TH AUGUST  PROF GREGOR FROM SOUTH
AFRICA PRESENTS THE WILLIAM RUDDER MEMORIAL LECTURE
"VOCAL REHABILITATION FOLLOWING LARYNGECTOMY -
AN HISTORICAL PERSPECTIVE AND FUTURE DIRECTIONS".
QLD CANCER FUND  553 GREGORY TCE FORTITUDE VALLEY
(See enclosed green flyer for further details & RSVP if you wish
to have supper!)

WED 20TH AUGUST  GENERAL MEETING AT QLD CANCER FUND
VIDEOS & DISCUSSION OF MATTERS FOR THE NATIONAL MEETING
TO BE HELD IN SYDNEY 26TH AUGUST.
COMMENCES 10.30  PLEASE BRING A PLATE & MEET NEW FRIENDS.

SUNDAY 13TH SEPTEMBER  10.30 AM MORNING TEA SOCIAL
GATHERING, NEWSTEAD HOUSE GROUNDS, BREAKFAST CREEK.
ANYONE REQUIRING TRANSPORT PLEASE LET US KNOW AS SOON
AS POSSIBLE. IT'S A LONG TIME SINCE WE HAD A WEEKEND OUTING
AND WE HOPE TO SEE A LOT OF NEW FACES, PARTICULARLY THOSE
WHO CANNOT MAKE IT TO MEETINGS DURING THE WEEK.
TRACHEOSTOMY SUPPORT GROUP

The first meeting of the Tracheostomy Support Group was held at Princess Alexandra Hospital on Saturday 4th July.

The excellent turn-up of 22 people justified the efforts to get a group established and clearly demonstrated the need for such a group.

Visitors came from as far as Guyra and Tweed Heads in NSW and all over Brisbane.

The next meeting will be held at 2.p.m Saturday 15th August, Conference Room, First Floor, Spinal Unit, Princess Alexandra Hospital. ALL WELCOME!

ROCKHAMPTON SUPPORT GROUP

The Rockhampton group meets on the 2nd Tuesday every second month, and the next meeting will be 11th August at 2 p.m. at the home of Wendy Thompson, 150 North St., Rockhampton. Wendy's Phone/Fax number is 49274367.

The big news at present is that the Order of the Eastern Star has donated an amount of money which is going to buy trachy masks for all the ambulances in Central Qld.

Congratulations to everyone on a job well done! All the group sends best wishes to Lionel Barry and his wife Dawn down in Brisbane for further treatment.

SUPPORT VISITORS TRAINING

The next Laryngectomy Support Visitor Training Programme will commence Wednesday 26th August. There is a real need for ladies who have had a pharyngolaryngectomy resumed a satisfactory lifestyle and are prepared to visit other ladies before and/or after the operation to undertake this course. Anyone interested should contact either their Speech Pathologist or ring Tina at the Cancer Fund on 3258 2252.

PUBLIC AWARENESS of throat cancer has been greatly increased with the two well known entertainment figures of Marc Hunter who unfortunately has just passed away, but not before giving several interviews on Australian TV which has certainly certainly brought the concept of throat cancer to thousands of people who hadn't registered it before. And on a more global level came George Harrison's announcement that he had undergone successful treatment for throat cancer, at the same time announcing that he believed smoking was the most likely cause.

EDITORS NOTE.

It's six a.m. as I finish the usual long night of putting the newsletter together. How I long for a Secretary, or retirement- either would solve my problem. I realise this newsletter is about 5 weeks overdue but your next issue won't be so long because I have group reports, stories, poems, reports on filters and humidification, and batteries that I should have in this issue but the night is now finished and the working bee of reliable regulars awaits the photocopier so if your contribution isn't here, it certainly will be next time. My abject apologies.

ATTENTION ALL MEMBERS & SUPPORT GROUPS

The National Committee meets in Sydney August 26th and this is everyone's opportunity to raise topics or problems at a National level.
The continuing problem of ongoing costs will be on the agenda, so if you have a particular expenditure problem we would like to hear from you BEFORE 26th AUGUST. Thankyou.
Norms moving tribute to our great friend and benefactor reflects the attitude of all of us privileged to know Ken. Ken’s Life Membership of the Association was awarded to someone who not only raised money but to someone who opened his heart and his home to any laryngectomee—something far and beyond the duties of any fund raiser. His spirit lives on with this year’s Bowls Day going ahead with the determination of Eileen his lovely wife and his staunch friends & our great supporters.

Country Korner

Matthew 11 Verse 28

Come unto me all ye that are weary and heavy laden and I will give you rest.

THE LATE KEN CROCKATT

Once in a while one meets a person who stands out above all, and one does not realise till too late. So it is with a deep sense of pride that I write this.

Ken was a great supporter and benefactor to our Association, who gave his all to ensure 30 laryngectomees had the chance to talk again. I was one of those lucky people.

Over the years—7 to be exact—this humble man raised over $55,000 for his beloved charity, the Laryngectomy Association of Qld Inc.

Through the energetic efforts through chook raffles and the Brighton Bowls Club, we are gradually helping Queensland Lares. Ken was the financial backbone of our Club. His “shoes” will be hard to fill.

Ken’s charitable efforts were recognised by his peers. Redcliffe City Council named a Play Park after him.

I first had contact with Ken via a Servox. I wrote thanking him, then later I met him at his favourite watering hole and I won a chook. We talked and I joined the club.

To Eileen and family, my heart goes out to you all, because in those seven wonderful years I was practically a “relation”, as Ken and I talked ideas for the club. So in solitude I will shed my tears. We all have lost a friend and valued member of the Society.

“Well done thou good and faithful servant.”
Publican tireless in work for needy

HOTEL industry acquaintances, Lost Chord members, charity groups, social clubs and Woody Point residents are mourning the recent death from cancer of former publican Ken Crockett, aged 73.

Ken had been a brewery driver before he spent 25 years as a publican.

After being licensee of the Ingledale Hotel for several years, he took over as licensee of Woody Point's Belvedere Hotel in 1960.

During the 1970s, he raised funds by asking sporting groups who held races at the Belle to donate a percentage of their profits.

Enlisting the voluntary help of his patrons, he became the original conservationist for the foreshore in front of the hotel.

Several loads of fill, and any concrete left over from building jobs, were donated, and working bees formed to install seats, tables and barbecues, creating Crockett Park.

His efforts were so successful that Ken became known as the "eighth alderman".

When he retired in 1984, his send-off at the Golden Ox was packed to overflowing.

Ken was second youngest of six children born in Brisbane to Scottish parents and was educated at Rainworth State School.

During World War II he joined the navy aged 17 and trained at Flinders Naval Depot.

Drafted to HMAS Swan, he served as a cabin hand to Lieutenant Bill Dovers — later an admiral.

Ken married Fay Caldwell in 1951, and they had three children — Gregory, Dinane and Bradley.

After Fay died from cancer in 1988, Ken presided over a small committee to raise funds for the Lost Chord Club of Queensland.

He raised more than $53,000 and succeeded in placing electric larynx machines in most hospitals.

Ken was patron of the Redcliffe Junior Rugby League Club, the Waterloo Bowls Club and a Queensland Rotarians Bowls Club life member.

His funeral was at St Peter the Fisherman Anglican Church in Chatsworth. He is survived by his second wife Eileen, his extended family and five grandchildren.

---

Lindsay Sim

Current Stock Price List

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<tr>
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<td>Db-sided Tape</td>
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<td>Stoma Covers</td>
<td>$4.00</td>
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<td>$220</td>
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<tr>
<td>Leather Pouches</td>
<td>$12.50</td>
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<tr>
<td>Electrolarynx Carrier</td>
<td>$5.00</td>
</tr>
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</table>

For above items $2.50

Anyone requiring an Electrolarynx Carrier for loan contact the office
of Grahan Dux, Wynnum North
Ph 3396 7373
or Bill Robertson, Stafford
Ph 3355 9640.

Question & Answer Machine

Barry McKay of Canberra was at work one day and answered the phone for a colleague and the caller gave him a message to return the call. When his colleague did so, the caller was really impressed. He wanted to know what software he had - he'd never heard of an answering machine that asked questions before.

From NSW Newsletter

Spit Test Could Show Throat Cancer

Some day, your spit in a test tube may be enough to tell whether you have a smoking-related cancer that now is often found too late.

These cancers often are in the throat, making them hard to find until they're too far gone to cure.

Dr Michael Stafford and his colleagues at Johns Hopkins University hope to change that by finding indicators of change in the cells that shed out of people's mouths. They presented their early findings Sunday at the American Association for Cancer Research, which is meeting in New Orleans.

"This is a shining example of basic molecular biology having a real potential to benefit people," said Frank J. Rauscher III, a professor of molecular genetics at the Water Institute in Philadelphia and programme chairman for the AACR meeting.

Early Detection

Found early, there's a 50% chance of cure for squamous cell cancers of the head and neck, which are found in about 40,000 people each year. But so many are found so late that the overall cure rate is only 50%, Stafford said.

Early detection also might let doctors treat the cancer without surgery, which can be disfiguring and disabling, he said.

The researchers cautioned that the test is still in early stages of development.

Since every cancer is made up of clones of one rogue cell, the scientists looked for genetic areas in which tumour cells differed from a patient's noncancerous cells, specifically in areas where one sequence of DNA's building blocks is repeated over and over.

"The function of these repeat regions is unknown," Stafford said. However, scientists do know that they often differ from person to person.

"There are hundreds and hundreds of repeat areas... it's much more than a needle in a haystack," Stafford said.

The test cannot yet find all patients with this cancer, Stafford said, but the researchers hope to change that as the human genome project - the effort to map all of human DNA - finds more repeat regions.

"Our goal would be to detect tumors before they're clinically obvious, but we're certainly not there yet," he said. "And, of course, we'd like to follow our patients who've been treated to see if the markers are gone - or, if they recur, to detect that early.

Janet McConnaughey
LARYNGECTOMEE (NECK BREATHERS) ASSOOCN OF QLD

CHARITY BOWLS DAY
AT
BRIGHTON BOWLS CLUB

Sunday 23rd August     Optional Triples

$15 per Team    9.30 a.m. Start
Prizes for Winners, Losers & Touchers

SPONSORS
Brighton Bowls Club
Tastee Products
Carlton United Breweries
Michael Carter Chemist (Woody Point)
Belvedere Hotel (Woody Point)
Ken Roberts Irish Dozen Bakery (Deagon)
Pizza Hut Redcliffe
Castlemaine Perkins
Coca Cola Amatil (Qld) Ltd

PLACES FILLING FAST! FOR BOOKINGS

PHONE - BRIGHTON BOWLS CLUB 3269 2395
EILEEN CROCKATT 3284 0799
TREVOR CRONAN 3269 8932

Please give generously to this special day- cash or prizes to:
Mrs Eileen Crockatt, 92 King St., Woody Point Q. 4019

My name is Scott and everytime I say it over the phone I get the feeling there is a fault with my Servox.
Even when I spell it out they think I've said "Phillpousis" and call me "Scud"
Ray (Scud) Scott
A TRIBUTE TO BILL ROACHE

Shortly prior to last issue we lost one of our hardest workers with the sudden & quite unexpected death of Bill. Many readers will have been visited by Bill who made hundreds of visits in a relatively short time. This was typical of a man who had committed himself to many causes during his lifetime. His commitment to the Scout Movement and love of Nature led Bill to establish "Erapah" an environmental centre where he regularly escorted school children.

Bill was also a Freemason and few people facing a laryngectomy have had the obstacles that Bill had to overcome, being diagnosed only a couple of months before he was due to be installed as Grand Master of Queensland in 1992. Faced with the option of inconveniencing many people who would be coming from overseas, Bill decided to undergo intensive therapy to control his disease until after the installation. A few weeks after, he underwent laryngectomy and he commenced the travelling that went with this Office so thousands of people were exposed to the sound of speeches made with an electrolarynx.

Bill was to be our Guest Speaker at our last Meeting and he had the title "Travels with my Servox" to accompany the short videos he had.

Audrey, his wife and companion over 48 years has donated Bill's Servox to the Association for which we are extremely grateful. It has been engraved "Donated by Bill & Audrey Roache" and will no doubt continue to serve the laryngectomee community as Bill did.

THIS NEWSLETTER IS PRODUCED WITH THE ASSISTANCE OF THE QLD CANCER FUND.
All About Ada

Ada Lucas has been appearing in the papers recently. Here are two articles from the Liverpool Echo. First:

"For she's a jolly good fellow!" Ada Lucas was all smiles at a surprise party in her honour. Ada from West Derby thought she was attending a birthday party at the Liverpool pub in James Street, in the city centre. But instead, her friends were all waiting for her to celebrate becoming the first lady vice-president of NALC. The society offers advice and support to people who have had a laryngectomy. Ada, who had her cancer operation when was 28 - 30 years ago - was totally overwhelmed.

Organiser Reg Blewitt said: "She's fabulous and we wanted to have a party for her." She said: "It was amazing. I was never expecting it for one moment."

My Story

The second article has Ada tell her own story:

I had my operation in May 1948 - a month before my first wedding anniversary, so I thought I was just going in for a routine operation to sort it out. Doctors told my husband, Joseph, the real truth - apparently the prognosis without the operation was very poor.

Just before I went in to the operating theatre, a nurse told me that I was not to try to talk when I came round but to use a paper and pencil to communicate. I thought it was just a temporary thing, I had no idea. Of course, when it dawned on me what had really happened, I was very bitter. I was just 28 and in those days, they didn't go in for counselling patients.

I started speech therapy at the former ENT Hospital in Myrtle Street to learn how to speak again. With my voice box removed, I speak through a method known as the oesophageal voice, speaking from the diaphragm. But, one day, I managed to make a sound that sounded like 'ello'. I was so excited, I kept repeating it in case I couldn't do it again when Joe came in from work that day.

Our son, Chris, was born on Christmas Day in 1949 and, from then on, I had other things to think about. Having him was a real blessing. When he was little, I overheard a friend ask him why his mum 'spoke funny'. He said I swallowed a fishbone and had never been the same since. Joe and I laughed a lot about that.

For years now, I've been meeting up with other laryngectomy patients. It started when a speech therapist asked me if it'd help reassure someone after his operation and, from then on, I know more had to be done to help people like us.

Ada set up the first Merseyside support group, the Lost Chord, at Whiston Hospital, 18 years ago. There are now two more - Accord (706 2700) at the Royal Liverpool University Hospital and the Happy Larymes (523 4024) at Walton Hospital. You can also contact Whiston on Liverpool 426 1989.

My Yogi Home

Shortly after I'd written my last article (Back to School), I received an invitation to spend a week at the Yoga for Health Foundation outside Biggleswade in Bedfordshire, as their guest assisted by the charity 'New Approaches to Cancer'. We were a group of eight cancer patients with, as usual, myself being the sole laryngectomy.

The invitation came at a most opportune time. I was rapidly approaching the 'crumbling' stage of life. Various parts of me were beginning to fade and fail, and I was in need of repair and replacement. My little grey cells were totally occupied with problems and stress had become a way of life.

No Meat

In particular, I needed to reduce my cholesterol level which had been picked up during my January MOT. Although already in the process of changing my eating habits, I'd welcome any help and guidance. The prospect of spending a week as a total vegetarian and learning the rudiments of the Yoga way of life appealed to me greatly.

It could be the way forward to a healthier lifestyle.

The Yoga routine of physical exercise, meditation and relaxation with the emphasis on breathing did wonders for my time-worn body and spirit. I enjoyed being a vegetarian but mildly I gained three pounds during the week, though I must add that on joining the group as a modest five feet nine, I left at an amazing five feet ten.

Terroric Air

The air in Bedfordshire around Letchworth Bury is truly terrific. After a check with my peptic ulcer prior to returning on the first night, I forgot I had a stoma. Except for one particular occasion... On the Wednesday morning, in the Yoga Hall, we had worked our way, after much heavy breathing, to the 'shoulder stand'. I'd peeled my ganic bones most of the way and felt quite pleased with my efforts when Teacher came along and, holding my ankles, steadied me.

Needling no further encouragement, up I rose the final inches. Whooppeee Oh... I realised my stoma had folded up and I was without further air supply.

"Patience" I thought and waited until Teacher released her grip. Slowly I peeled my spine, returned to earth and took another breath. That's a memory that my little grey cells will retain for some time.

Geronimo

During the evenings we had Circle Dancing and Voice workshops.

Imagine if you can an antique laryngectomy dancing around in a circle like Geronimo in his dhotie singing:

"Wearing my long wings feathers as I fly - I circle around - the boundaries of the earth..." on a Savox. It's surprising how effective a Savox can be in three part harmony.

If there is anyone out there feeling jaded, worn out and in need of restoration or rejuvenation, I can heartily recommend a few days in another world of peace, love and tranquility.

For me, "The Bury" will always be my Yogi Home to which I'm positive I shall return.

Whispering Smith
ANNOUNCING
Nu-Vois Electrolarynx UPGRADE

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<th>Description</th>
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<td>Kit</td>
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<td>Nu-Vois Oral Silicone Adaptor Replacement Tubes - Clear</td>
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</table>

- NiCad Batteries have been superseded by Nickel Metal Hydride Batteries
  - Quicker Charging
  - No memory, therefore discharging not required
  - 9.6 Volts 150mAh

- The New Intelligent Battery Charger does all the work for you and charges 2 Batteries at a time.

- Circuitry adjusted to slightly increase volume.

- The Nu-Vois comes with a two year warranty.

- We have loan units available for clients to use, free of charge if they encounter any problems with their Nu-Vois Artificial Larynx.
You are cordially invited to the

William Rudder Memorial Lecture

"VOCAL REHABILITATION FOLLOWING LARYNGECTOMY - AN HISTORICAL PERSPECTIVE AND FUTURE DIRECTIONS"

Delivered by

PROF R THEO GREGOR MB BCH FRCS FACS PhD

Head, Department Otorhinolaryngology
Faculty of Medicine
University of Stellenbosch, South Africa

and QCF "William Rudder Visiting Fellow 1998"

WHEN: WEDNESDAY 5 AUGUST 1998

To commence 6.00pm

WHERE: QUEENSLAND CANCER FUND
553 Gregory Terrace
Fortitude Valley
(Parking available underneath building)

SUPPER PROVIDED FOLLOWING LECTURE

RSVP
3 August 1998
(To assist us with catering arrangements)
☎️ 3258 2200
LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomees and those with similar vocal disorders
No 80
JULY 1998

ALL CORRESPONDENCE TO: The Secretary, The Laryngectomee Association of NSW, PO Box 58, Richmond NSW 2753 or Fax 02 4578 4412 Phone 02-45781415.

MONTHLY MEETINGS:
#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
#NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Boree Rd, Broadmeadow.
#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.
#ILLAWARRA: Third Wednesday, 2.30pm at Warrill Medical Centre, Belfast St, Warrill.
#NORTHERN RIVERS: 4 times per year, rotating venues, Contact J Kidd, PO box 372, Lismore. Phone: 06-66323320.
#MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
#DUBBO: Loder Hospital, Last Thurs, 10.30am Conference room.
#ALBURY: Ph. 02-6332-2011, ext 323.
#CANBERRA: First Wed, 11am, Level 2, Building 5, Canberra Hosp.
#SOUTHERN DISTRICTS: 4th Wed, 10.00am, Thomas Rascal Moore Education Centre Liverpool Hosp., phone 02-9607-6708.

EDITORIAL
Today is the winter solstice, the shortest day of the year, the day when we begin our journey back to spring when according to the ancients life is renewed. How is the winter treating you? - not that we have had much winter yet but it was said “As the days grow longer the cold gets stronger” so I guess we will have a few cold ones yet. So put on the winter woollies and get out and enjoy it.

We had a few less at our meeting, probably due to the cooler weather - however it was a good meeting with lots of friendly chatter afterwards. Bruce Darlington had brought along a lovely crocheted rug to be raffled, it was very popular so we decided to raffle another at the July meeting.

In July the National Laryngeal Cancer Support Committee holds its annual meeting on the 15th which is our usual meeting day. John Nicholson is our State delegate to this meeting so it has been decided to hold our meeting on the 22nd July. Please put that date in your diary.

REMEMBER!!
NEXT MEETING
WEDNESDAY 22nd JULY
UNITING CHURCH HALL
CARRINGTON AVENUE
STRATHFIELD
11am
PARKING ON SITE, SHORT WALK TO RAILWAY.
GUEST SPEAKER FROM PACIFIC MEDICAL.
LUNCH SERVED AFTER MEETING
Laryngectomees, partners, friends, professionals all welcome.

WHO TO CONTACT
FOR BLOW-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Currajong, 2009 Phone 02-9639-1539
FOR SPEECH AID BATTERIES, PARTS & REPAIRS - John Clune, 114 St John's Street, Petersham 2049 Phone 02-9560-2550
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lillian Walton, 23 Baker St, Kensington 2033 Ph 02-9803-2560
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 152 Dowling Street, WOOLLOOMOOLOO, PO Box 572, Kings Cross, 2011 Phone 02-9334-1001 Fax 02-9357-2576
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMY
ASSOCIATION OF NSW, HELD ON
WEDNESDAY 17th JUNE IN THE
UNITING CHURCH HALL,
carrington AveNue, STRATHFIELD.

THE CHAIRMAN John Chaloner, in the
absence of the President, opened the meeting at
11am.

PRESENT: J Nicholson, S Lowe, W Byrne, D
Newby, J Chaloner, J Nowland, N Bluett, P
Halliburton, L Walton, M Silver, M
Halliburton, B Darlingon, J Knight, L Davis, R
Stapleton, J Clyne, J Maclean, N Hannan, M
Nashby, M Clyne, S Chiuon

APOLOGIES were accepted from B & C
Gardner, and Pat Rogers.

WELCOME was extended by the chairman
to Julie Melean, speech pathologist from ST
George Hospital and a new member Robert
Stapleton from Kirrae.

SECRETARY/ TREASURERS REPORT
NATIONAL LARYNGEAL CANCER
SUPPORT COMMITTEE Annual meeting is
scheduled to be held at the Australian Cancer
Society in Sydney on Wednesday 15th July
1998. As I will be attending that meeting I
will have to miss out on our July meeting.
If anyone has any matter which they would like
discussed at the National meeting would they
please let me know as soon as possible

MEMBERSHIP On be half of the committee
may I welcome the following new members and
express the hope that they will be able to attend
one of our, or our branch meetings

Mr R McPherson of Airds
Ms S Stone of ulladulla
Mr J Worthington of Coomaandura
Mr P H Lloyd of Parramatta
Mr A Bandiera of Warratah
Ms Larke, Speech Pathologist of
Canowindra

Regrettfully, I have also to report the death of
two of our members

DONATIONS I extend sincere thanks to the
following members for their generous donations
to our Association

Mrs B Cullen of Castle Hill
Mr Ken Spain of Peakhurst
Mrs L Walton of K sanction
Mr Lance Davis of Surry Hills

Mrs J Nowland of Padstow Heights
Mr J Gordon of Padstow
Mr V Garisyme of Empire Bay

CORRESPONDENCE
1 Australian Cerebral Palsy Association,
advise of their National Conference in Brisbane
2. Dawn and Oliver Harvey, Sinnamon,
Qld. Advising that they are setting in and
giving their new address.
3. Mrs J Nowland with donation
4. Mr C R Meyn - payment for stoma
cover material.
5. Mr L McIntyre, Penrith, payment for
stoma covers
6. Mr R Worthington of Campbelltown,
seeking ID Card and leaflets.
7. Mr J Gordon of Padstow; seeking ID
Card and enclosing donation.
8. Mr V Garisyme of Empire Bay
enclosing donation.
9. Mr C Lalor of St Clair enclosing
payment for batteries.
10 Mr Richard Patman, President of
Southern Districts Branch with news of the
progress of the Branch (See news item later)
11 The Sebel, sydney with advertising
material
12 Centra Hotels and Resorts, advertising
material
13 Leichhardt Municipal Council, seeking
update on our association
14 L da Silva, wishing us all health and
enclosing a poem (see later)
15 J Rutter advising of change of address
of Elaine Stone and telling us of a recent
experience.
16 V McGregor of Cranford enclosing a
recipe for us to try.
17 S Chorley of Berkley Vale enclosing a
poem
18 M Patterson of RNS enclosing a
topper’s prayer.
19 Newsletters from NZ, our branches
and Laryngectomy Associations in other States.
(Western Districts Newsletter mentioned that the
President of the Illawarra Association has
resigned but does not give replacements name)

TREASURERS REPORT showed a credit
balance of $6508.08 in the working account.
Reports accepted on the motion of L Walton,
seconded B Byrne.
Page 3

SPEECH AIDS CO-ORDINATORS
REPORT was given by John Chaloner.
Fairly quiet month with only one loan and few
battery sales. Accepted on the motion of B
Darlington, seconded P Halliburton.

WELFARE OFFICERS REPORT by L
Walton.

Bruce Darlington and I did two talks on Monday
1st to St John’s Ambulance Cadets and one on
Wednesday 3rd to Senior members. Weather
was bad but we were excellent!!!
The shower shields have arrived from USA.
This lot cost over $300 (due to change in
exchange rate) but we are still able to sell them
at $21.50 to members.

Met a country member Tom McKenzie from
Attunga in Randwick. He was down having
radio therapy. As my father’s property was at
Attunga and Tom knew of me the only thing
missing was the violin music at the
background playing “Mozart”. Trust
everything is now OK for Tom.
Nothing finalized re the Christmas Party
because it was noted that the menu was the
same as last year so alterations are under way.
Some people have good memories!!! If I have
an empty cup by me I don’t know if I’ve had a
cuppa or am about to get one!!! (makes her
cheap to feed)

Bruce Darlington has donated a crochet rug and
we are having a guessing competition at this
meeting. With the colder weather coming up
someone will appreciate it — thanks Bruce.
Sad to say all hospital visitors are busy, but
doing alright job. Westmead hospital visitor,
Ron Carlson has had a stroke. We all wish you
a speedy recovery Ron. Ron is in Lottie
Stewart at Dunsan. Western Districts Branch
has not yet advised me who will be taking Rons
place while he is indisposed.
Keep your stomas covered because the winter
winds are here and we don’t want anybody ill.
I’m only a phone call away if you want help.

Cheers — Lilah
Accepted on the motion of J Nicholson,
seconded B Darlington

GENERAL BUSINESS

1. The rug donated by Bruce was raffled
and raised $37 for our funds. Won by a
delighted Margaret Silver.
2. Moved J Nicholson, seconded J
Chaloner, that $200.00 be paid to Southern
districts branch. Carried
3. John Chaloner reported that he had
visited another new Laryngectomy at Orange
Hospital. As more and more Laryngectomies
are being performed in the country he moved
that country members be encouraged to come to
Sydney and do the course when the next visitors
course is held and that the Association help with
expenses so incurred. Seconded M Halliburton
and carried.
4. Moved J Nicholson, seconded J Walton
that the next meeting (July) be deferred for one
week and held on 22nd July. Carried.
5. J Nicholson offered to try to obtain a
guest speaker for this meeting — suggested he try
Pacific Medical who had supplied one to the
Victorian meeting. (A speaker has been
obtained)

There being no further business the Chairman
closed the meeting at 11.20am after which lunch
was served. Thanks to Mary Halliburton for
the delicious sandwiches and to those who
supplied the cakes.
During the lunch break Julie McLean talked
with the members and answered their many
questions.

President

POETRY CORNER.

(Unfortunately only one entry in my
laryngectomy poem competition — you still
have until 22nd July to enter)

When young I went out socially,
I didn’t drink alcohol or smoke,
But I loved to talk and joke.
I did this quite a lot,
So folk devised a plot,
“We’ll have to gag her – or – cut her throat”
Were the words they spoke.

Naturally I knew they were only joking
NOW I smile and say to myself
“The doctors did it for them,
And their job is THE BEST.”

SHIRLEY CHORLEY

(We did however have poem from Leony da
Silva, not about Laryngectomies but certainly
worth printing, especially as English is not her
first language. Thankyou Leony)
EARTH - WE MUST CARE

Mother Earth has been around
For so many generations now,
And the sight of what has happened to her
Can really bring you to tears.
The soil and earth and plants
Are bringing us all homes,
And we would just be floating if we didn’t have stones.
Pollution makes the land smell
And even makes plants rot,
And all the people living
Don’t seem to care a lot.
The oceans, seas and rivers are quenching all our thirsts.
They are giving us all the water to wash off all the dirt.
But lots of it is wasted, made dirty and polluted
By oil and smoke and acid
Never to be clean again!!
The living things on earth are being so encumbered
It will take more than a President
To reverse this state of things.
Cutting down the trees and making the land bare
Are letting creatures die and making nature scared.
So
Think when you see garbage
And pick it up right now
Reduce, reuse, recycle
Read books to teach you now!!
Leony da Silva

RECIPE FOR JULY
BAKED STEAK
(Sent in by V. McGregor of Grafton who tells us this is easy, quick and tasty and impossible to spoil.)
Take 1lb of rump steak and rub well on both sides with a mixture of 1 teaspoon of mustard, 1 teaspoon of sugar. Place flat in a pie dish or casserole and sprinkle with a little salt and about 1 teaspoon of flour. Slice an onion or two on top and pour over the following: 1 tablespoon of tomato sauce, 1 tablespoon PMU sauce, and one tablespoon of vinegar. Cover closely with another dish or lid of casserole and bake in a moderate oven for one hour. Cheaper cuts may be used but will need to be baked for maybe two hours.
Serves 4 (Sounds like a great winter dish)

NEWS FROM SOUTHERN DISTRICTS

Richard Patman, president of the Southern Districts Branch writes to tell us that they are getting a good attendance at their meetings with about 15 laryngectomees attending. They have settled into their new meeting place in the Thomas Rachel Moore Education Centre which is just near the main entrance to Liverpool Hospital. Future meetings will be held on the 4th Wednesday of each month. Laryngectomees, their friends, partners and professionals are all welcome.
Richard has had his first visit to a patient in the hospital and was able to answer all his questions.
The branch has requested Patient Packs and a donation for setting up expenses which have both been sent.
We look forward to further reports.

OUT OF THE MOUTHERES OF BABES --

Jo Rutter writes to tell us that she was coming out of Standish Medical Centre at Nowra a few weeks ago with their four year old grand daughter when they passed an older lady leaning against a shop window smoking a cigarette. Emily wheeled around, stood in front of the lady, pointed her finger and said “You shouldn’t do that, you’ll end up with a hole in your throat.” The lady obligingly took the cigarette from her mouth and stood on it!! Jo was left to explain about Emily’s “Poppy”.

YALE

It is with regret that sadly, forever the following members: We extend our most sincere and heartfelt sympathy.
Mr. & Mrs. W. H. C. Rentfrow
Mr. & Mrs. H. W. L. Young
Mr. & Mrs. W. E. M. Stoddard
Mr. W. A. W. E. Beale
Mr. G. W. P. J. Cutts and House Canterbury.
HOT PLATE?

Mention was made in the Victorian Newsletter of a microwaveable hot plate which has a granite core and is designed to keep the food hot for slow eaters. The granite centre conducts heat and apparently keeps the food hot. This would be a great help to those laryngectomees who have swallowing problems.

If anyone has used one of these please let us know and we will pass it on. The cost is under $10.00.

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

JUST FOR FUN

A bright laryngectomee, Lowe
Developed a deep sexy voice
She practiced hard daily
Then set off quite gaily
To charm all the men and the -

Bruce Darlington's a very nice man;
Helps others whenever he can.
He talks with a Servox
Instead of a voice box.
And on smoking - he wants a black ban!!

A Blox-Singer was called Ray
Couldn't keep the Candida away.
He tried all the cures
To find one that endures,
But nothing could keep it at bay.

Said a friend, "I think it's your diet,
Here's some yoghurt, go on just try it.
Said Ray "It's a beauty,
It tastes yummy and fruity
And sure helps keep Candida quiet!"

Our President whose name is Bryan
Has no time for whining' and crying.
He goes to the courses
To follow the horses.
As for winners - well he's still trying.

To describe John Chaloner in brief;
He looks like young Omar Sharif.
And with gentle smile
Travels many a mile.
To console laryngectomees' grief.

A skinny young fellow, Syd Lowe
Said "A laryngectomy is really a blow,
But I had no choice,
Now I've got a new voice
And a much improved 'get up and go'"

A handsome footballer, Noel Bluett
Smoked too much and later did rue it,
They said "You're a goat
Now we must cut your throat
And your voice - you will have to renew it."

A thin laryngectomee, Beasley
Attained good voice quite easily,
But when asked to sing
He said there was no Bing.
It came out all raspy and whispery.

A fit laryngectomee, Patman
As a youth was good with the bat man,
But he did aspire
To be an umpire.
Now he answers the question "How's that, man?"

AND NOW A FEW BON MOTS FROM
MARGARET

"Worry is like a rocking chair. It gives you something to do but it never gets you anywhere."

Notice in a Japanese hotel says:
"Invited to take advantage of the chambermaid" !!!!

Next month "Good health,
Good luck and take care"
OUR ASSOCIATION HAS DECIDED TO PURCHASE TWO OF THESE UNITS C/W BATTERY CHARGERS FOR USE BY MEMBERS WHEN REQUIRED.

ANNOUNCING

Nu-Vois Electrolarynx UPGRADE

<table>
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<th>Code No.</th>
<th>NU-VOIS ELECTRONIC LARYNX</th>
<th>Unit/Box</th>
<th>Unit Price (AUD)</th>
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<td>Artificial Larynx with Neck Cord, Self Contained Screwdriver,</td>
<td></td>
<td>$950.00</td>
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<tr>
<td></td>
<td>Two Rechargeable Batteries, Oral Cap with Tubes,</td>
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<td>$920.00</td>
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<td></td>
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<td></td>
<td>$895.00</td>
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<td>&quot;Intelligent&quot; Battery Charger (charges TWO Batteries)</td>
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<td>NUCAF</td>
<td>Nu-Vois Oral Adaptor Cap</td>
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<tr>
<td>NUORAL</td>
<td>Nu-Vois Oral Adaptor Replacement Tubes - White</td>
<td>25/Pkg</td>
<td>$31.00</td>
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<td>Nu-Vois Oral Silicone Adaptor Replacement Tubes - Clear</td>
<td>10/Pkg</td>
<td>$31.00</td>
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</tbody>
</table>

- NiCad Batteries have been superseded by Nickel Metal Hydride Batteries
  - Quicker Charging
  - No memory, therefore discharging not required
  - 9.6 Volts 150mAH

- The New intelligent Battery Charger does all the work for you and charges 2 Batteries at a time.

- Circuitry adjusted to slightly increase volume.

- The Nu-Vois comes with a two year warranty.

- We have loan units available for clients to use, free of charge if they encounter any problems with their Nu-Vois Artificial Larynx.
LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomees and those with similar vocal disorders

JUNE 1998

ALL CORRESPONDENCE TO: The Secretary, The Laryngectomee Association of NSW, PO Box 58, Richmond NSW 2753 or Fax 02 4578 4412 Phone 02-45761415.

MONTHLY MEETINGS:
# SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Currangin Ave, STRATHFIELD.
# NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Boree Rd, Broadmeadow.
# PARRAMATTA: Second Tuesday, 12.30pm at Manse Club, 163 George St, Parramatta.
# ILAWARRA: Third Wednesday, 2.30pm at Warrilla Medical Centre, Belfast St, Warrilla.
# NORTHERN RIVERS: 4 times per year, rotating venues. Contact J. Kidd, PO Box 572, Lismore. Phone 02-66233320.
# MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
# ALBACON: Loudenbros Hospital, Last Thurs., 10.30am Conference Room.
# BUNDERRA: First Wed., 11am, Level 2, Housing 3, Canberra Hosp.
# SOUTHERN DISTRICTS: 3rd Fri. 11.00am, Liverpool Hosp. Phone 02-9107-5708.

EDITORIAL
What has happened to the first five months of 1998? I need the answer to this soon, let me know what you did and I'll try and remember what I have done.

Have noticed in a few Newsletters (both Australian and overseas) some sad little poems about the life of a laryngectomee. These worry me because I think there should be more happy poems on the subject. After all the alternative to losing your larynx is usually losing your life. I will be forever grateful that my husband has had a laryngectomy because if he hadn't I would now be a widow.

So I am going to give a prize for the happiest poem I receive in the next couple of months. I will lent a vest for the laryngectomee, spouse, other family member or friend who sends in the jolliest poem!!!

Here's my contribution:

A fat laryngectomee from Broke
Said "Life is really a joke"
"Each day is so good,
I've plenty of food,
And as much as I eat I can't choke".

Now if you can't do better than that you ought to be ashamed. It doesn't have to be a limerick and it doesn't have to be long, as long as the message is positive!!!

(Note don't forget, include your favourite colour and your chest measurement with your contribution)

RAFFLE
A big thank you from your committee to all those who helped to make our 1998 raffle such a success. We were able to raise over $1,500 and this will certainly be of help to the laryngectomees all over NSW. With more laryngectomies being performed in the country our hospital visitors will be able to do more country visits. Now I'm sorry if you weren't a winner - I wasn't either. The winners, whose names appear below, should have their prizes by now, and I envy them.

K Hill of Churriah (Cheese platter and knife)
D Dawson of Greystanes (Clock)
C Clarke of Coburn (Salt and pepper grinders)
D Smith of North Curl Curl (Coasters)

WHO TO CONTACT
FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl 2099 Phone 02-9936-1539
FOR SPEECH AIDS BATTERIES, PARTS & REPAIRS - John Chaloner, 111 Station Street, Petersham 2049 Phone 02-9663-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilian Walton, 23 Baker St, Kensington, 2033 Ph 02-9663-2852
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Dawning Street, WOOLLOOMOOO, PO Box 572, Kings Cross, 2011 Phone 02-9314-1900 Fax 02-9367-2675
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW, HELD ON WEDNESDAY 20th MAY IN THE UNITING CHURCH HALL, CARRINGTON AVENUE, STRATHFIELD.


APOLOGIES were accepted from B Darlington and J Clyne.

MINUTES OF THE APRIL MEETING as distributed were accepted on the motion of L Walton, seconded B Byrne.

BUSINESS ARISING from these minutes - nil.

SECRETARIES REPORT

MEMBERSHIP It is pleasing to be able to report that few members now remain unfinancial and I thank everybody for their support in this matter.

May I also welcome the following new members to our Association:

Neville Usher of Faulconbridge
1 Taylor of Ingleburn (Nurse at Liverpool)
Leonard Bromley of Engadine
Jackie Snatchings of North Lambton
W Wilson of Orange
F Seall of Brighton le Sands
R P Payne of Winston Hills

Unfortunately I also have to report the deaths of three of our members and we extend our condolences to their families and friends.

Last month our Newsletter to Mr E E Sloane of Mollymook was returned, endorsed "address unknown". If anyone knows of Mr Sloans new address please advise me accordingly.

DONATIONS As shown in correspondence we received donations from Dr A Pool and Jo Nowland, Mrs S Chong, Mrs E Gill, Mrs Cullen, C Clarke, D Keighery, T Chaplin, and W McColl. Thankyou for your generous support.

HOSPITAL VISITS I would like to thank John Chaloner and his wife, Clarissa for visiting a

new laryngectomy at Orange Base Hospital

The speech pathologist there sought our help in this matter and it was good of them to go out and visit this new member. John has plans to go out again and visit a patient post-operatively at Orange.

SYDNEY UNIVERSITY It was pleasing to hear that our submission to the review conducted by the School of Communication Sciences and Disorders at the University had been classified as an "excellent contribution".

When we receive a copy of the committees final report on this subject we will publish it, or parts thereof in this Newsletter.

SURVEY We thank the 100 members who returned the questionnaire published in last month’s Newsletter requesting information on help received on the purchase of laryngectomy requirements. 36 of these members are in a health fund and 15 are covered by Veterans Affairs. 15 have submitted claims to health funds, and of these claims 6 were rejected by HCF, 7 rejected by MBF, and two have received some reimbursement from MBF after constant nagging.

One member received help from Queensland health, 8 received help from FADP and 11 are receiving help from VA. NIB will pay for Blom-Singer replacements if they are done by a doctor. These figures will be forwarded to Australain Cancer Society who are lobbying the Federal Govt. on our behalf.

CORRESPONDENCE

1. University of Sydney. Thankyou for your submission to their review of the School of Communication Disorders.
2. Newsletter of the Anti-Discrimination Board of NSW
3. Rotary Cottage - seeking donation.
4. Reckitt & Coleman Regret unable to assist (Christmas raffle)
5. Colgate Palmolive Donation to Christmas raffle.
7. Interstate organizations - Newsletters.
10. Mrs Nowland - donation of $50.
11. Laryngectomee Club of W.A. - Support for our survey concerning medical benefits.
12. Dr A Poole - donation of $200.00
13. Hursley City Council - Seeking update on our Associations activities
15. Hunter Valley Branch - Payment of Subs for eight of their members.
16. Harry Playford - acknowledging receipt of voice aid batteries.
17. Mrs E Gill of Sussex Inlet - Advising us of the death of her husband Richard.
18. Miss S Chong - Thanking Lilah and Des for their help and advice concerning her father - a new laryngectomee living in Singapore, and enclosing a donation.
19. National Association of Laryngectomee Clubs in UK - Thanking our Association for article from our Newsletter which they used in their newsletter CLAN. This was the article by Lilah about the use of a whistle.
20. Newsletter from Western Districts Branch.
21. Numerous letters from members with raffle money, subs and donations (see secs report)

TREASURERS REPORT showed a credit balance of $6461 in the working account.

These reports accepted on the motion of P Rogers, seconded J Nowland.

WELFARE OFFICERS REPORT.
I have made the booking at Kurrabilli RSL for our Christmas Party on 28th November 1998. If anybody requires a ‘special’ meal (diabetic, vegetarian, smooth etc.) please let me know. Prices and menu will be included in the Newsletter when they are finalized.
I have had a very busy month but it was made much easier with the assistance of the great band of hospital visitors. I sincerely thank you all (no names in case I miss anybody out) Have fulfilled all “hospital Pack” orders, plus orders for supplies.
John Chaloner rang wanting long cotton tip swab sticks. Most chemists sell these and are known by their correct name is “Q-tip”. If your chemist does not stock them tell him/her they can be purchased from Richard Thompson, Alexandria, Sydney. Phone 02-93192644, order number 541400. They cost about $25 for a box of 100 packs with two swabs in each pack. Am trying to get things to put in baskets for the Christmas raffle. I will accept donations of diamond tiaras (used) or Rolls Royce cars (not necessarily new) for inclusion. I will take care of cleaning, packing etc.
Keep smiling; hope everybody is keeping well. Accepted on the motion of J Chaloner, seconded P Halliburton.

SPEECH AIDS CO-ORDINATORS REPORT
John Chaloner is now back ON THE JOB and dealing with any enquiries. He reports that more laryngectomees are now being carried out at country hospitals.
Accepted on the motion of M Halliburton, seconded S Lowe.

GENERAL BUSINESS
1. A Dawson brought up the matter of Servox repairs, which are reported to be slow, expensive and often unsatisfactory. John Chaloner reported that we had few Servox in stock for loan purposes and as they needed replacing it had been our practice to replace them with Nu-VO is aids. We need two more at the moment and he moved that we buy two Nu-VO is, seconded A Dawson and carried.
2. The Nicholsans had a phone call from Birrong Girls High School where a Drug Awareness Programme is being introduced. The teacher asked for a speaker and John Chaloner has accepted the challenge. He is in touch with the school which is now planning the programme for year 8 pupils.

There being no further business the President closed the meeting at 12 noon and those present adjourned for lunch.

PRESIDENT

NEXT MEETING
Wednesday 17th June 1998
11 am
UNITING CHURCH HALL,
CARRINGTON AVE, STRATHFIELD
Parking on Site
Short Walk to Rail Station
SEE YOU THERE!!
DREAM BARS A LA MARGEURITE D'ARGENT
(Margaret brought these wickedly delicious bars to our last meeting - there were so many requests for the recipe we decided to print it)

BASE
90gr (3 oz) Butter
1/3 cup Brown Sugar
1 cup Plain Flour
Beat butter and sugar, stir in flour. Press mixture into a 11inch x 7 inch lamington tin, lined with Glad Bake. Bake in a moderate oven for 10 mins. Remove from oven and spread with prepared topping.

TOPPING
2 Eggs
1/2 cup Brown Sugar
1 Teaspoon of Vanilla
1 Tablespoon Plain Flour
1/2 Teaspoon Baking Powder
1+1/2 cups Coconut
1 cup Bottled Fruit Mince
Beat eggs sugar and vanilla until thick and creamy. Fold in dry ingredients, coconut and fruit mince, mix well and spread on base.
Return slice to oven and bake another 25-30 mins until firm and golden brown.
Allow to cool in tin, and when cold, dust with icing sugar.
Cut into small slices.
ENJOY

(WINTER TIPS FOR LARYNGECTOMES)
We all know that, to stay healthy, laryngectomies sometimes should take special care - and this is especially so in the winter months.
1. Keep your stoma covered and warm. This prevents cold air entering your lungs and so helps prevent inflammation of the lungs.
   (The rest of us have noses and mouths which warm the air before it gets to the lungs). This is best done by wearing a loose knitted woolen scarf or stoma warmer over your normal stoma cover when venturing outdoors.
2. Keep your stoma covered indoors, especially if you have heating in the house. Any artificial heating dries the air and thus the membrane lining your trachea; dry air also irritates the lungs. You will cough less if you keep your stoma covered.
3. If the dry air still causes your stoma to crust; sponge it gently with normal saline (salt water) until clean and apply a LITTLE vaseline around the edge.
4. If you tend to stay indoors more in the winter and thus talk less, remember to keep up your practice - read aloud - sing a bit - remember your diction is important, and you will need it again when spring comes - and it will
5. Keep your lungs healthy with lots of deep breathing.

GOOD HEALTH!

THIS MONTHS CHUCKLE
It was the start of the wet season and the English tourist stopped his car at the edge of a stream flowing across the road he was travelling. He called out to the local farmer who stopped to see what was going on, "I say man, shall I be able to ford this stream?"
"Yeah, mate" said the cocky, "She'll be right" The Pom drove into the water and his car sank like a stone.
When he spluttered to the surface he shouted, "I thought you said it was safe to cross."
"Can't understand it, mate", said the cocky, "That water only came halfway up our ducks!"

Vale
It is with regret that we sadly farewell the following members. We extend our families and friends our sincere sympathy
Mr F Stanley of Epping
Mr John West of Croydon
Mr R E Gill of Sussex Inlet

NEWS FROM BRANCHES
Western Districts reports that their bus trip to Kiama was a success. No reports from other branches.

Thanyou to Cancer Council for helping with Newsletter expenses.
INFORMATION LEAFLETS
Our secretary has obtained another supply of leaflets containing general information about laryngectomees. These are suitable for distribution in Community Centres, Senior Citizens Centres, doctors waiting rooms etc etc. If any one would like some for distribution please let him know how many copies you need and they will be posted to you.

He also has identity Cards, Car Windscreen Stickers (saying that one of the car occupants is a laryngectomee), and pocket identity cards which say that this person is unable to do a breath test and telling what to do in case of an accident. These are available free to members.

WINTER READING
(John Nicholson)
Having spent nearly 30 years in the Air Force I did not think reading maritime stories would interest me, but I have recently read three books by American authors that I am sure will keep you away from the TV these winter nights, and make those long wet afternoons go quickly.

Those books are:

’NIMITZ CLASS’ by Patrick Robinson.
The United States Nimitz class Aircraft Carrier “Thomas Jefferson” is a $1 billion state-of-the-art war machine, with its 6000 crew members on operational duty preserving peace and Western Allies interest in the strategically vital area of the Arabian sea.

Then the unthinkable happens!!
The Thomas Jefferson is vaporized in what appears to be a nuclear accident. Of course it wasn’t an accident and we are able to follow the unravelling of the mystery.

’HOSTILE WATERS’ by Tom Clancy.
1986 - the Cold War was nearly over. Off the East coast of America, an aging Soviet Ballistic missile submarine, a ’boomer’, suffered a crippling accident, coming within moments of a nuclear meltdown. Had her reactors exploded, the radioactivity released into the Gulf Stream would have dwarfed the Chernobyl disaster. This is the gripping true story of the young Soviet sailors who fought to save their submarine.

’KILO CLASS’ by Patrick Robinson.
The Russian built Kilo Class submarine; diesel electric with nuclear capability, silent and undetectable when travelling under 5 knots.
The only true enemy of the American Carrier Battle Groups - the stealthy underwater marauder that can chill the hearts of of US Navy Commanding officers. The Kilo is now available; at a price, to aspiring nations around the world. China has ordered ten. Russia, desperate for foreign currency, has agreed to sell them. The first three are already on the way. The American Government must stop the order in whatever way necessary to safeguard American interests.

These are available in paper back but get them from you library or if they haven’t a copy ask them to buy them for you. All are great reading.

LIFE EXPECTANCY
(These figures we obtained from the ’Second Voice Club’ - the laryngectomee group from Texas, USA)

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I don’t know about you but we intend extending that average!

NEWS FROM THE MAILBAG
Lilah has had a letter from the Harveys – Dawn and Oliver. They have moved to Queensland and are quickly getting organized. They have bought a house in a new suburb having been pleasantly surprised at real estate prices in Brisbane.

They intend making themselves known to the nearest laryngectomee support group when they are settled into the new home.
Page 5

(Because I have had no contributions from "out there" I will include one of my knitting patterns that some of you might like to try - I have found it useful over the years.  It's mine so not copyright)

STUDY BOOTS

To fit shoe sizes 6,(7,8,9,) (womens)
3,(4,5,6,) (mens)

MATERIALS:  Approximately 120gms 12 ply wool or equivalent (double 5 ply may be used)
Use oddments for stripes etc.; double mohair for extra warmth.
1 pr lambskin insoles (buy mens large ones and cut to size as you may need the extra width).  Now these are not always easy to obtain and other things can be substituted eg cut-offs of sheep skin if you know where to get them (some skin shops sell them).  Thick felt, double acrylic blanket ends cut to size.  Improvise.
1 pair 5mm needles  1 pair 3.75 needles

DIRECTIONS

Using 5.00mm needles cast on 70(80,90,100) stitches
Knit 6,(7,8,9,) rows garter stitch
Next row: knit 40(45,50,55) sts, turn
Next row: Knit 10 sts, turn
Next row: * Knit 9, knit two together, turn
Repeat from * until 44(48,52,52) stitches remain, turn.
Knit to end of row
Knit 3(4,5,5) rows garter stitch.
Next row: # knit 2 tog, knit 7, knit 2 tog, knit to last 11 stitches, knit 2 tog, knit 7, knit 2 tog
Knit 3(4,5,5) rows garter stitch
Repeat # row.
Change to 3.75mm needles and Knit in 2 plain, 2 purl rib for 8cm or required length.
Change to 5.00mm needles and cast off.

Sew up back seam and sew upper to sole with fleecy side inside the boot.

These symbols are to remind you to write with your contributions soon.

UNTIL NEXT MONTH GOOD HEALTH AND GOOD LUCK.
EDITORIAL

OK OK I know I should have repeated the Raffle details in the last Newsletter but I thought you would have still remembered from the March Newsletter and be waiting with eager anticipation for the tickets to arrive. For those who still want the details; the tickets are one dollar each and there are four prizes of considerable value. They must be returned, sold or unsold, to the Secretary before 14th May as we are going to draw the winner at the next meeting.

The prizes for the raffle were made by Jack Darby who is fulfilling his lifelong dream of working with wood in his retirement. When he first retired to the North Coast he found it difficult because of other commitments to get the time to indulge his hobby and when at last he had the time he was shocked to find he had no idea of the larynx!!

Now laryngectomies and wood turning do not go well together because of the dust can really damage the lungs but Jack was not to be deterred. After a successful Arts and Crafts week he made a suitably beautiful mask he made his own from a sheet of foam, a stoma cover and various tapes and velcro fastening and now spends his days “happily dripping with sawdust.”

He has been very generous to the Association donating some products each year for our raffles. This year he has donated a beautiful wooden pine box, a knitting case, a wallet with a ceramic face, salt and pepper grinders and four coasters for hot and cold drinks or plates.

We all need a hobby don’t we! Something that gives us satisfaction and stimulus outside the daily grind — please write and tell us yours — there must be hundreds of them out there amongst our members. It could be a sport, a craft, the garden or an organization to which you belong.

As for us we each have our own but we do have a common interest in the Hawkesbury Show. Nick became involved in 1974 when he applied for and got the job as full time secretary/manager of the Hawkesbury District Agricultural Association and despite my statement that I wasn’t going to become involved by 1975 I was “hooked” and became a volunteer. Nick retired in 1988 but stayed on as Steward in charge of the Art and we have been doing voluntary work there ever since. So if there are mistakes in this Newsletter its because the Show was on the 24th-25th April and we have been very, very busy for the last 3 weeks!!

WHO TO CONTACT

FOR BLM-SINGER SUPPLIES -David Smith, 27 Bellevue Pde, North Curly, 2009 Phone 02-9839-1639

FOR SPEECH AID BATTERIES, PARTS & REPAIRS—John Nicholson, until end of March 1998, then John Chaloner, 111 Station Street, Petersham. 02-9560-2852

FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS—Lilian Walton, 23 Baker St, Kensington, 2033. Ph 02-9663-2550

FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUTPATIENT TREATMENT AWAY FROM HOME —Cancer Council of NSW, 159 Cowling Street, WOOLLOOMOOO, PO Box 572, Kings Cross, 2011. Ph 02-9354-1900 Fax 02-9357-2676
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE
ASSOCIATION OF NSW, HELD ON
WEDNESDAY 15th APRIL IN THE
UNITING CHURCH HALL,
CARRINGTON AVENUE,
STRATHFIELD.

PRESENT: J Nicholson, S Lowe, J Knight, W
Byrne, B Darlington, D Newby, J Chaloner, P
Rogers, B Gardiner, Z Hoos, W Byfield, P
Halliburton, N Bluet, L Walton, M Silver, D
Nicholson, N Hannon, B Wilson, C Gardner, M
Halliburton, G Coffey, N Belcastro, B Dun.

THE PRESIDENT B Gardiner opened the
meeting at 11am. and welcomed Nicole
Belcastro and Gabrielle Coffey, speech
therapists from Liverpool Hospital.

APOLOGY was accepted from H Stone.

THE MINUTES of the March meeting as
circulated were accepted on the motion of M
Silver, seconded B Byrne.

Business arising — nil.

SECRETARY'S REPORT:
Members Subscriptions: Since despatching the
April Newsletter 35 members have paid their
subscriptions for 1996 so there are still some 65
members who are unfinancial.

I think we should extend the payment date to
31st May and also invite those that are having
financial problems to let us know of this so we
can continue to provide them with a newsletter.

Medical Benefits Survey: The returns we have
received indicate that many members do not
belong to a hospital/medical benefits scheme and
those that do have had little or no success with
their claims for laryngectomy items. I will
summarise the results and send them to the
Australian Cancer Society, which is lobbying on
our behalf, for action as they consider
appropriate. Meanwhile I urge all members to
persist with their claims.

Raffle: Although we did show details of the
raffle prizes in the March Newsletter we failed
to repeat the information in April (see reference
on page 1)

Membership: On behalf of the Committee may I
extend a cordial welcome to our new member,
Harry Playford of Tuggeranong.

Regretfully I have to report that one of our
members has died.

Support Group: Mrs Marilyn Wintzoff of 141
Talarig Road, Bradfordville, 2580 has advised
me that plans are underway to form a
Laryngectomee Support Group at the
Community Health Centre in Goulburn and sic
is anxious to hear from those who would care to
be members of that Group. Marilyn can be
contacted on 0248–218043.

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

TREASURERS REPORT showing a credit
balance of $3520.12 in the working account was
accepted on the motion of L Walton, seconded J
Chaloner.

CORRESPONDENCE
1. Mrs J Fisher of Canberra. Subs, raffle money
and change address advice.
2. Centrelink Brochures on Pensions (available
by ringing 132300)
3. Centrelink Newsletter.
information on our Association.
6. Central West (Dubbo) Support Group
Seeking supply of Identity Cards.
7. Internet Resources Advertising material.
8. Laryngectomee Club of India. Seeking
information on possible non-payment of US
agents, for Indian Electo-Larynx voice aids.
(None owing by this Association)
9. Mrs Jo Nowland. Donation of $50.00
10. Directory of Australian Associations.
Seeking up-date on our Association.
11. Mrs R Payk of Emu Plains. Seeking
information on Laryngectomy operation and
other information.
12. Mr H Playford of Tuggeranong. Seeking
information on stoma covers and Servox
batteries.
Seeking our attendance at Reference Panel Open
Day. (This was supported by our President)
14. Newsletters from Laryngectomee Clubs
and Support Groups.
15. Medical Benefits Survey forms, subs,
Raffle butts etc from many, members.
Accepted on the motion of B Byfield, seconded B Byrne.

PRESIDENTS REPORT.
I have done a few hospital visits this month and attended the Health Care Complaints Commission Open Day which was of no benefit whatever to this Association.
I have to report that I have had mixed success in obtaining rebates on prostheses - have had lengthy discussions on the last two occasions before obtaining a rebate. I am of the opinion that only stubborn persistence wins the day. So keep trying people and if one office won't give you a rebate, try another.

WELFARE OFFICERS REPORT.
Canberra speech pathologist rang me to send supplies to a new patient Mr Ken Gilbert. POW speech pathologist wanted more patient packs. Numerous calls re the price of raffle tickets.
New member Frank Scullin called to pay his membership fees.
Rod Day sent copies of letters that the Day family have been writing re their lack of success with health fund claims. The letters are from the fund, which blames the Federal Government; his local member enclosing a letter from the Federal member for Health which says it is up to the fund to decide what ancillary benefits they pay!!!!!
Had a call from a gentleman who when cleaning a NuVois for a lady laryngectomy broke a part off it and wanted to know where to send it for repairs. He was to ring back but as yet hasn't. John Chaloner had already given him the information.
Marilyn Ploenges gave me five baskets which I hope to fill for the Christmas raffle. Thanks Marilyn.
I have again invited the lady whose father is in Singapore to our meeting so she can see and hear laryngectomees in operation.
A laryngectomy's partner rang me and was saying that he (the Laryngectomy) has had to wear glasses, and a hearing aid so says he is now deaf, dumb and blind - I like people who can laugh at themselves.
I was invited to be a guest speaker at the Association of Self Help organizations and Groups. Nobody walked out so I must have had something interesting to say (Would you have dared to walk out? Ed)
I hope everybody is well.
Accepted on the motion of M Halliburton, seconded B Byfield.

LARYNX OFFICERS REPORT.
I am now back on deck and available for batteries, loan of voice aids and advice on maintenance. Thanks to John for looking after this while I was indisposed.

GENERAL BUSINESS
1. Re the discussion on speaking at schools on the dangers of smoking, the Cancer Council which arranges such visits has been contacted to see what success they have had in getting speakers into the schools and they have promised to get back to us.
2. We were pleased to meet Gabrielle and Nicola from Liverpool Hospital who told us a little of their support group and its progress (a further report later in the Newsletter)
3. Pat Halliburton, secretary of Western Districts Branch suggested that in future we contact each other before we conduct raffles to ensure that they do not clash. We hold but one per year in the March-May period and next year will advise them when we intend starting it.
4. Lilah Walton will book the Kirribilli RSL club for our Christmas Party and will attempt to book it for Saturday 28th November 1998. She will report next meeting.

There being no further business the president closed the meeting at 11.30 am and all present enjoyed fellowship and rowdy discussion while enjoying Lunch prepared by M Halliburton and C Gardner.

PRESIDENT

NEXT MEETING
WEDNESDAY 20TH MAY 1998
UNITING CHURCH HALL
CARRINGTON AVENUE, STRATHFIELD
Parking on Site, Short Walk to Railway
Light lunch served after meeting.
Laryngectomees, friends, relatives, professionals - all welcome.
REPORT FROM SOUTHERN DISTRICTS BRANCH

Laryngectomee Association members from the Liverpool district have now formed a branch with the aim of supporting Laryngectomees from Picton to Bulimba to St George, Bankstown and Liverpool. They are a very enthusiastic and active group so I would urge all from around those areas to join in.

All information can be obtained from their president Richard(Dick) Patman on 02- 9607-6708.

Until the present meetings have been held in the Liverpool Hospital but negotiations are underway to obtain the use of a meeting room at the Council Library. No doubt when that is settled we will have a report for the Newsletter. In the meantime ring Dick.

Dick tells us that without the great help and enthusiasm from Gabrielle Coffey and Nicole Belcasto of the Speech Pathology Department at the Hospital the group would have had trouble getting started. Many thanks girls.

The members have been active already in Pensioners week. They manned an information stall on the last day displaying posters and handing out information on laryngectomees, what and why a laryngectomy is and methods of communication etc.

We wish them all good luck in their endeavours and hope they will be able to send a delegate to Association meetings to tell us of their progress.

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

VALE

It is with regret we sadly farewell the following members. We extend to their families and friends our deepest sympathy

Mr Arthur Style of Dubbo
Mr F A Stanley of Epping
Mr Richard E Gill of Sussex Inlet
Mr John West of Croydon

PREGNANT MARE

Our President reports that he believes the pregnant mare who ran in the Melbourne Cup was Mapperly Heights, trained by Colin Hayes. Now he cannot swear to this and is not sure of the year so we are still awaiting further information.

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

EARLY DETECTION OF THROAT CANCER.
(This article was sent to us by Margaret Patterson, it was originally published in the Boston Globe and repeated on the Internet)

Someday, your spit in a test tube may be enough to tell whether you have a smoking related cancer that is now often found too late.

These cancers often are in the throat, making them hard to find until they are too far gone.

Dr Michael Spafford and his colleagues at Johns Hopkins University hope to change that by finding indicators of changes in the DNA of the cells washed out of people’s mouths. They presented their early findings Sunday at the American Association for Cancer research, which is meeting in New Orleans.

“This is a shining example of basic molecular biology having a real potential to benefit people”, said Frank J Rauscher III, a professor of molecular genetics at the Wistar Institute in Philadelphia, and program chairman for the AACR meeting.

“Found early there is a 90% chance of cure for squamous cell cancers of the head and neck, which are found in 40,000 people each year. But many are found so late that the overall cure rate is only 50%”, Spafford said.

“Early detection might also let doctors treat the cancers without surgery which can be disfiguring and disabling”, he said.

The researchers cautioned that the test is in the early stages of development.

Since every cancer is made up of clones of one rogue cell, the scientists looked for genetic areas in which tumor cells differed from a patient’s non-cancerous cells, specifically in areas where one sequence of DNA’s building blocks is repeated over and over.

“The function of these repeat areas is unknown” Spafford said. However scientists do know that they often differ from person to person.

“There are hundreds and hundreds of repeat areas – it’s much worse than a needle in a haystack” Spafford said.

“The test cannot yet find all patients with this cancer” Spafford said, “but the researchers hope to change that as the human genome project - the effort to map all of human DNA - finds more repeat regions.

“Our goal would be to detect tumors before they’re clinically obvious, but we’re certainly not there yet” he said. “And, of course, we’d like to follow our patients who’ve been treated to see if their markers are gone - or, if they recur, to detect that early”
LARO-LINK APRIL 89

NEWSLETTER OF THE LARYNGECTOMEE ASSOCN. OF QLD. INC.
An Association dedicated to the Welfare of Laryngectomees and the Regaining of Speech.

Registered by Australia Post Publication No QA3738

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Secretary
Assist Sec Kylie Perkins Speech & Hearing Dept R.B.H. HERSTON Ph 3253 3026
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Hospitality Kevin Delaney 427 Jane St., WEST END Q 4101 Ph 3846 5549
LaroLink Ed. Heather Winstone & Sue Collins
GCF Liaison Tina Kurylowicz Qld Cancer Fund Ph 3256 2200

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NEXT GENERAL MEETING OF THE
LARYNGECTOMEE ASSOCN OF QLD. INC.
Will be held at the Qld Cancer Fund Headquarters
William Rudder House 553 Gregory Tce., Fortitude Valley
THURS 30th APRIL 10.30 am

Guest Speaker: Ms Kylie Perkins, Snr Speech Path. RBH
Last year Kylie went on an overseas study tour assisted by a Qld Cancer Fund Grant. She spent time with Eric Blom (Blom-Singer Prosthesis) in Indianapolis, and then in Amsterdam with the Provox people. Kylie also spent time with the ENT and Speech Department at Charing Cross Hospital in London giving her a world wide knowledge of current and future trends in post-laryngectomy speech. Although Kylie's talk will feature the voice prosthesis, she also learned a great deal about the filters that are now commercially available, and as mucous control is something dear to the heart of all laryngectomees who wish to have a normal social life there will be something of interest for everyone.
Kylie’s presentation commences at 11.15 and we hope to see a good roll up. (Yes it's THIS THURSDAY)

===================================================================

BRIGHTON BOWLS CLUB CHARITY DAY

Once again we are in the enviable position of being chosen as a worthy cause by our tremendous and loyal supporters down by the bay.

The date is SUNDAY 23rd AUGUST Play starts 9.30 a.m,
Bowlers from around the State are invited to make this day a Charity Day in their locality as well. Players wishing to register for the Brighton Day contact Ken or Eileen Crockatt Ph 3284 0799 as soon as possible.
Because this event is now very popular members are advised to book their place as for the past two years the event was fully booked well before-hand.
Donations are also welcomed for prizes etc. Last year this event raised over $5000 for laryngectomees throughout the State, and we hope members will show their appreciation of the hard work involved in raising such an amount.
Ken & Eileen's address is 92 King St., Woody Point Q 4019.

=====================================================================

This newsletter may be reprinted in whole or part with credit given to Laro-Link.
PRESIDENT/EDITOR'S REPORT.

Welcome to another edition and as you can see by the office bearers, some people were actually brave enough to attend the AGM. I would like to thank everyone who served on the executive last year, and those who have filled the positions this year. Your efforts are very much appreciated.

I must apologise for the lateness of this newsletter and the change of meeting date caused by the late newsletter.

Due to circumstances beyond my control, work commitments escalated and I was unable to do everything that needed to be done. I regret that for the same reasons I have not visited many people that I want to visit. Graham has been on Jury Duty this month, and Norm has had June unwell so our activities have been somewhat curtailed.

In this issue we have included the form that neckbreathers need to carry to avoid arguments with policemen trying to do a breathalyser test. Cheryl Ogilvie reported an unfortunate experience recently which reminded us that we should all get our Drs to fill out the form & keep it with our licence, thankyou Cheryl. (They can of course ask for a blood sample).

In the past couple of months we have lost some very significant people, and for new readers I would like to make it clear that condolences to members and their families are not all caused by throat cancer.

Most recent was Marion, wife of our Past President Bill Robertson. Marion was a familiar figure at meetings for many years & as mentioned in a previous newsletter for over a decade while Bill was out visiting or at work, Marion answered the phone and was the support person for the Lost Chord Club as it was then known.

Shortly before this, we lost Bill Roach who had made hundreds of Hospital and Home visits to people who were undergoing the operation. The laryngectomee community owes both these people a dept of gratitude for the service they gave.

Other people known to many of us were Ruth, wife of Neil Todkill, Brian Church who demonstrated the Litewriter and won a prize at the last Bowls Day, Brian Roache, Tom Gidding, Ken Sharpe, George Aloap, Michael Keegan, Laurence Loch, Lindsay Clelland.

As I was finishing finding the material for this newsletter I received the letter from the Indian Association asking for their notice to be inserted as George Drum had died. I was stunned.

Readers will remember many great stories that have appeared in our newsletter that were taken from his Chattanooga Choo Choo Newsletter. George managed to create an international Network where there was none. He went to India and saw the huge need for communication devices and Did something about it. George was a busy man and a remarkable example of the truth of the saying "if you want something done, give it to a busy person" His love of Steam Trains led to more correspondence. At present I don't know what happened to George, but I do know this: He made a difference to many people's lives. And I'm sure he was pleased to be seeing the Internet starting to do what he had been doing for so many years: getting laryngectomees to speak to fellow laryngectomees all around the world.

Speaking of which, thankyou to all those groups who keep in touch with us, we love to hear from you and know that support and raising public awareness is going on all over Qld

Good health to everyone and REMEMBER those winter winds are just around the corner. Protect the delicate membranes inside your stoma-it only takes a little while to dry out & start bleeding but it can take days to heal. So if it's windy or very cold cover those stomas!

Until next issue - Heather.

------------------------------------------------------------------------------------------------------

THIS NEWSLETTER WAS PRINTED WITH THE ASSISTANCE OF THE QLD CANCER FUND

INDIAN ELECTRO-LARYNX INSTRUMENTS.

We seek your kind cooperation in the following matter. Following the untimely death of Mr George Drum of USA would all those individuals and Clubs who have received the Indian Electroarynx from Mr Drum on trial please be kind enough to either return the instrument or pay for it (i.e. US $150 per unit) to the grandson of Mr S. P. Goel, Secretary General of the Laryngectomee Clubs of India at the following address, so that Mr Goel who sent these units to Mr Drum for sale can make payment to suppliers.

Mr Anurag Gupta
1815 East Speedways Blvd
Apart D 205
TUCSON AZ 85719 USA.

Yours faithfully S.P.Goel.
MEDICAL EXEMPTION FROM PROVIDING SPECIMEN OF BREATH

(PRINT NAME IN FULL)

*District Superintendent/Superintendent/Authorised Officer, state that the medical practitioner
named below has certified in writing that

(FULL NAME OF PERSON EXEMPTED)

by reason of a stated illness or disability is incapable of providing a specimen of his or her breath
or the provision of a specimen of breath could adversely affect his or her health.

Signature. ___________________________________________ Date __________ /

MEDICAL CERTIFICATE

(PRINT NAME IN FULL)

a legally qualified medical practitioner registered in the State of ________________________________

have this day examined ________________________________ (FULL NAME OF PERSON EXEMPTED)

whose signature was affixed below in my presence.

In my opinion—

*(a) this person is incapable of providing a specimen of his or her breath;
*(b) the provision of a specimen of breath by this person could adversely affect his or her health;

by reason of the following illness or disability:

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Address of medical practitioner

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(PRINT IN CAPITALS)

Signature of person exempted

*cross out whichever is inapplicable
GOLD COAST SUPPORT GROUP

At the February meeting with 18 members in attendance, Laraine Turville was re-elected as Chair Person, Norma Shewing Secretary, and Michelle Brown was welcomed as the on-going Speech Pathologist. Brian Hay did not stand for re-election as Secretary.

A Picnic Day was held on St Patrick's Day. Most members turned up in their green goar and enjoyed the cool breeze off the water at Paradise Point. Unfortunately attendance was down on our usual numbers.

The next meeting will be held TUESDAY 19th MAY at 10 a.m. QLD CANCER COUNCIL HEADQUARTERS Corner Bay & Davenport Streets, Southport.

Our Guest Speaker will be Mr STEVE ORAM who will demonstrate the ancient art of TAI CHI. You've seen the groups in various parks around the coast all enjoying this activity so come along and find out what it's all about.

At this meeting we plan to show our efforts towards the Cancer Council with a gold coin donation, contributing to the Biggest Morning Tea which is a fund-raising activity for the Council each year. Please bring a friend (or friends) along if possible.

Hopefully we may be able to help make that morning a success.

LARAINF - PH 07 555394490

REDCLIFFE SUPPORT GROUP

At our two meetings this year we had six or seven members much to my surprise as so many were still on the Sick List. In February we regrettfully said goodbye to our Speech Therapist Maeghan Mann-Leonard who has been with us for the last few years. Meaghan has left to take up a new appointment at Ipswich Hospital.

In March we welcomed our replacement Speech Therapist, Joan Arnold, and as if that isn't enough change our venue is now back at the R.S.L. as the hospital at Redcliffe is doing alterations and rebuilding etc - so we seem destined to keep on the move. Still, it keeps us awake trying to remember where we are meeting!!

So, future Meetings will be THIRD FRIDAY of the month 10.30 a.m. at the R.S.L. REDCLIFFE.

Look forward to seeing you at our next meeting, Friday 15th May

Bye for now, ANNE PH 3205 3278

BUNDABERG NEWS

The Editors of Laro Link,

As I was unable to attend the AGM last Wednesday, I trust both of you consented to continue as Editors of our Newsletter, so I write to tell you of the progress made in Bundaberg on the formation of a Laryngectomy Support Group.

I firstly contacted the Speech Pathologist at the Bundaberg Base Hospital Ms Kelli Hancock, who was most supportive and agreed that such an organisation would be very helpful. She kindly agreed to contact the Laryngectomees she knew in the area, and eventually organised a get together, with a "Cuppa" in her Office at the Hospital, where she was joined by Anita Fairbairn and Maureen Wilson her co-therapists.

After introductions, a brief discussion followed on the Objects and Desireability of a Support Group. It was decided to go ahead and call a further meeting, possibly with some publicity in the local Media, particularly the local NEWS MAIL which circulates widely in the area. This was achieved, with some response. So a further Meeting is being arranged for 31st March.

I hope to have further good news shortly.

Kindest regards, and good wishes for the continued prosperity of the Newsletter.

J. Stanley Millar
81, Argyle Garden Village,
Twyford Street,
Bundaberg.

Thankyou Stan - We look forward to your next progress report.

Yours sincerely,

Stan Millar
The Laryngectomee Association of Queensland Inc

Balance Sheet — Year ended 30/11/97

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Represented by:

**Current Assets**

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<tr>
<td><strong>Total</strong></td>
<td>$38,928.78</td>
<td>$32,943.03</td>
</tr>
</tbody>
</table>

**Stocks — Saleable Aids**

| (1)                      | 7,177.35 | 2,540.00 |

**Fixed Assets**

| Artificial Larynx & Accessories | (2) 16,121.00 | 50,357.68 |
| Video & Tape                   | 2,009.00    | 2,009.00 |
| Less Provision for Depreciation | (2,009.00) | (2,009.00) |
| PA System                      | 563.00      | 563.00   |
| Canon Communicator             | -           | 486.00   |
| Teletwiter                     | 2,895.00    | 2,895.00 |
| Less Provision for Depreciation | (1,314.00) | (282.00) |
| Filing Cabinets                | 1,006.00    | 495.00   |
| **Total**                      | $20,278.00  | $65,634.88 |

**Total & Net Assets**

<table>
<thead>
<tr>
<th>1997</th>
<th>1996</th>
</tr>
</thead>
<tbody>
<tr>
<td>$66,373.13</td>
<td>$91,017.91</td>
</tr>
</tbody>
</table>

Notes to the Balance Sheet:

1) Saleable Aids — Represents the value of Stock on hand as at 30/11/97
2) Shift in the value of Artificial Larynx & Acc represents a donation to Queensland Health Dept

**Statement of the Treasurer**

In the Operation of Treasurer:

1) The Statement of Income and Expenditure is drawn up so as to give a true and fair view of the results of the Laryngectomee Association of Queensland Inc, for the year ended 30th November, 1997.
2) The Balance Sheet is drawn up as to give a true and fair view of the state of affairs of The Laryngectomee Association of Queensland Inc as at the 30th November, 1997.

On behalf of the Laryngectomee Association of Queensland Inc

Treasurer

**TRUE STORY** From Ray Scott.

After attending the excellent Support group Meeting at the P.A. on March 5th when Alan Beale from Axion Biomedical gave us a tremendous amount of information about the Servox electrolarynx and the care of batteries, I got home with my spare battery and an extra one which Alan had brought for me.

I usually keep my spare batteries on a shelf in my kitchen but being aware of the emphasis Alan placed on keeping batteries in a cool place I changed this habit.

Forty-eight hours later after searching my flat from top to bottom, I found the bloody things on the stone shelf at the bottom of the kitchen cupboard!!!
Statement of Income & Expenditure – Year Ended 30/11/97

Income

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes</th>
<th>1997</th>
<th>1996</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sundry Income</td>
<td>(1)</td>
<td>585.40</td>
<td>1641.50</td>
</tr>
<tr>
<td>Members Subscriptions</td>
<td>(2)</td>
<td>1,830.00</td>
<td>3,385.50</td>
</tr>
<tr>
<td>Donations Received</td>
<td></td>
<td>6,716.70</td>
<td>5,450.50</td>
</tr>
<tr>
<td>Interest Received:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ANZ Operating A/c</td>
<td>(3)</td>
<td></td>
<td>115.62</td>
</tr>
<tr>
<td>ANZ Investment A/c</td>
<td></td>
<td>765.33</td>
<td>868.77</td>
</tr>
<tr>
<td>Sale of Laryngectomee Aids</td>
<td>(4)</td>
<td>6,109.00</td>
<td>3,838.00</td>
</tr>
<tr>
<td>Sale of Badges</td>
<td></td>
<td>21.00</td>
<td>3.50</td>
</tr>
<tr>
<td>Sale of Books</td>
<td></td>
<td>89.00</td>
<td>30.00</td>
</tr>
<tr>
<td>Stalls and Raffles</td>
<td></td>
<td>428.75</td>
<td>0.00</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td></td>
<td><strong>$15,373.38</strong></td>
<td><strong>$15,333.39</strong></td>
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</table>

Less Expenditure

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes</th>
<th>1997</th>
<th>1996</th>
</tr>
</thead>
<tbody>
<tr>
<td>Audit Fees</td>
<td></td>
<td>285.00</td>
<td>270.00</td>
</tr>
<tr>
<td>Assets &lt; $300.00</td>
<td></td>
<td>120.53</td>
<td>-</td>
</tr>
<tr>
<td>Bank Charges</td>
<td></td>
<td>197.80</td>
<td>(383.56)</td>
</tr>
<tr>
<td>Insurance</td>
<td></td>
<td>301.25</td>
<td>296.25</td>
</tr>
<tr>
<td>Depreciation</td>
<td></td>
<td>1,052.00</td>
<td>400.00</td>
</tr>
<tr>
<td>Donation</td>
<td></td>
<td>-</td>
<td>500.00</td>
</tr>
<tr>
<td>Equipment Donated</td>
<td>(5)</td>
<td>34,722.88</td>
<td>-</td>
</tr>
<tr>
<td>Postage</td>
<td></td>
<td>1,081.78</td>
<td>1,306.73</td>
</tr>
<tr>
<td>Sundry Expenses</td>
<td></td>
<td>35.00</td>
<td>-</td>
</tr>
<tr>
<td>Parts &amp; Repairs to Electro Larynx</td>
<td></td>
<td>288.62</td>
<td>415.23</td>
</tr>
<tr>
<td>Printing &amp; Stationery</td>
<td></td>
<td>1,077.21</td>
<td>1,082.56</td>
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<tr>
<td>Loss on Scrapping</td>
<td></td>
<td>-</td>
<td>10,578.12</td>
</tr>
<tr>
<td>Seminar Costs</td>
<td></td>
<td>238.20</td>
<td>112.00</td>
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<tr>
<td>Consumer Affairs</td>
<td></td>
<td>(6.50)</td>
<td>83.50</td>
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<tr>
<td>Cost of Laryngectomee Aids</td>
<td></td>
<td>608.29</td>
<td>10,244.13</td>
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<tr>
<td>Decorations</td>
<td></td>
<td>-</td>
<td>81.20</td>
</tr>
<tr>
<td>Answering Machine</td>
<td></td>
<td>-</td>
<td>148.00</td>
</tr>
<tr>
<td>Gifts</td>
<td></td>
<td>-</td>
<td>10.39</td>
</tr>
<tr>
<td>Office Power Board</td>
<td></td>
<td>-</td>
<td>33.35</td>
</tr>
<tr>
<td>Adjustment for Rounding</td>
<td></td>
<td>0.10</td>
<td>0.38</td>
</tr>
<tr>
<td><strong>Total Expenditure</strong></td>
<td></td>
<td><strong>$40,018.16</strong></td>
<td><strong>$25,178.48</strong></td>
</tr>
</tbody>
</table>

Net Deficit

<table>
<thead>
<tr>
<th>Description</th>
<th>Notes</th>
<th>1997</th>
<th>1996</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net Deficit</td>
<td></td>
<td>-40,018.16</td>
<td>-25,178.48</td>
</tr>
</tbody>
</table>

Notes to the Income & Expenditure:
1) Relates to Un-received income from previous year
2) Membership and the collection of Fees were down on the previous year
3) Interest Payments were down due the lower Interest Rates
4) Sale of Laryngectomee Aids were up on the previous year
5) By far, the largest Expense was the donation of Electro Larynx to the value of $34,722.88 to Queensland Health Dept.

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

When Helen Guterres was down from Townsville recently she caught up with old friends who were thrilled to see how well she now looks. Helen is making bead necklaces which she finds are the coolest things to wear in the tropical climate. (When Helen has made more than she can use herself we hope to hear that she is interested in making a few for sale to other interested ladies!)

* * * * * * * * * * * * *
As regular readers will know these 2 pages are for readers to contribute on any subject handy hints, hobbies, penfriends etc and I get to fill up my space left! Well VICTORY I only get to fill up one page this issue because of Terry’s letter on the next page. Thank you for sharing your situation and graphics with us and we're thinking of you.

NORM

-----------------------------

ANOTHER HOLIDAY
(GUESS WHERE Hic! Hic! Hic!)

It was that time of year when Heather said I could have a break and let Graham rest. Heavens above Hells below I must be a hard task master.

In fact,

As I stand at the rear of the Bundy Hospital Hic! Hic! I am wondering if I should change the Government for DEMOLITION! I did not really think I was that bad when I met those charming young ladies that look after your interests.

A GREAT BIG “HELLO” to Maureen, Anita, Kellie who made me feel at home, really it does not take much but I hope my antics did not upset the apple cart but they are lucky the poor Brissey girls have to put up with me all year round. Yes this “CITY SLICKER” learnt a great deal from the Bundy people Hic! Hic! the hospitality was terrific and I would be very surprised if I was asked to meet your local Laros as this was my mission but maybe FATE spared you the ANTICS of a certain young fellow.

Unfortunately my arch enemy won out again maybe you know him “SOL” I was floored for three days so I had to cancel visits to you Laros in the district maybe next year you will have a support group going and I will PLEAD with "THAT WOMAN" (see previous NEWSLETTER) to sanction a visit to you.

Q. What do you call a cat that’s eaten a duck?
A. A duck-filled Fatty Puss

In closing a FAVOUR.

If you know of any “LAROS” who do not get a NEWSLETTER please let me know just address your mail “OFFICE BOY” etc so that they may enjoy the Mag.

TERMITIE walks up to the bar and demands “OK where is the BAR tender?”

GOD BLESS
“Sir Norman”

What is the difference between:
(a) An Authority
(b) An Expert

An authority is someone who knows that half the politicians are CLOWNS
An Expert is one who knows which half.

THE GREATEST GIFT
THAT ONE HAS TO GIVE
IS OF ONESELF

TO GIVE IS TO RECEIVE
AND TO LOVE IS TO LIVE

SUCCESS

I'll be another year older soon
And in life well passed noon
It's just another day you say
As you watch life slip away.

When life we start, we have a dream
But in my life that's all it's been
It seems that I failed to gain the mark
They call SUCCESS
But who, in judgement stand
When all must play their own hand.

In life there are things to overcome
PRAY that health is not one
So, in “MYSELF I KNOW” you see
Just to be alive is SUCCESS FOR ME

An Irish Joke (as old as me)
Mick “Hey Paddy it's raining cats and dogs”
Paddy “No need to remind me I've just stepped into a poodle”

LONELINESS IS A PRISON

FRIENDSHIP IS THE KEY

So come and join us
and set YOURSELF FREE
Sunday, 22 February 1998
LARYNGECTOMEE ASOCIATION OF Q.L.D. INC.

P.O. BOX 576
LUTWYCHE, Q.L.D. 4050
Ph: (07) 3258 2259.
Dear Norm,
or to who it may concern.

WE DON'T WANT TO CHoke
SO PLEASE DON'T SMOKE,
DON'T BE A PAIN IN THE NECK,
LOOK AT MINE AND CHECK.
THIS COULD BE YOU.

In appreciation of the Laro_Link Newsletter Feb. 98.

Terry A. Mair.

I find reading the Newsletter very refreshing, as I find the information, news content and
terms close to my heart. As I don't get to the meetings, very rare, not just because of
transport problems, but mainly because of my nerve disease which controls me instead
of the other way around. I still go to the Hospital as a outpatient every couple of months
at the F.N.T. happy room. There's not much they can do any more as I have eight
Tumors in my Lungs plus two on my bones as of the 21/11/97, and I have a new one
growing on my Collarbone it's like a golf ball at the moment, as long as no one tries to
Tee off with my nerve disease they can't give Radium or Chemo as it would make me a
Paraplegic. So I was told I would have a short life, and go home and enjoy what's left
of it, I'm lucky I can still type with three fingers and a thumb on my right hand and for
that I'm grateful, so you can see why I enjoy the Newsletter as well. I feel like a lost
"Laro" in a speaking world as family and extended family don't comprehend what it
really entails living with the situation daily. Being an ex-speaking person of good
vocabulary I can understand both sides of the coin, so you find it in your heart to give
more understanding their way, then they give our way, and you'll be a better person
for it. I don't feel sorry for myself, I don't really have time to, so I hope you realize what
I'm trying to say. Gee I have just sat back and read what I have wrote and it really
sounds like a sob story, I could put the icing on the cake and tell you they found out
in January 1988 why my bones kept breaking, because I was Isodaptic Osteoperosis,
the thing that worried me though, I was 180 c.m. now im only 153 c.m. I didn't have the
darn height to lose. So after I had another couple crush in the Lumber in 94, they
thought they better put me on a disability pension, I really missed working though.
There you go, now it is a sob story, but in reality I cant complain there's always
someone worse off, and I have had a pretty good life. And im not dead yet, I know I
cant beat the Cancer but I wont lie down for it either. So Norm I would appreciate it
if you kept these Newsletter's coming. You never know I might even pluck up the
courage to write a story, im quiet sure it wont be a sob story Norm, because we all have
our own. I see membership fee's are due ill get my other half to fill out the form and
send it in with the money, I cant understand her, she says I yells at her and I say I
cant speak, they can pick things up when they want to, cant they. No flies on them.

Hobby Corner sounds good, mine Graphic Art. Yours Sincerely Terry Mair.
By Mary Jane Remmer
IAL Vice President

During the IAL Annual Meeting in Toronto, Gunnar Jensen of Vordingborg, Denmark, expressed concern that the International Association of Laryngectomees was more the "North American Association." Despite the fact that there were people attending the Toronto meeting from New Zealand, Singapore, Jamaica, and the Republic of Panama, in addition to Canada, the United States and Denmark, our international aspect was recognized only briefly on the final day of the meeting.

Since I have been operating the temporary IAL office in Indianapolis, I have received communications from a number of countries around the world. Some of the mail has announced meetings which we would have liked to advertise in the IAL News. However, the communications were always in the language of the originating country. Like most Americans, I am not a linguist. By the time I could have tracked down someone to translate the information, the meeting might have been over.

Many Europeans and residents of other countries are fluent in several languages. They put Americans like me to shame! I would like to suggest to our members and friends throughout the world that we could make much better use of the news you send to the IAL office if someone could translate it into English before it is sent. Further, target mailing dates for the IAL News are currently February 1, May 1, and November 1 of each year. Stories and information to be included in those issues should be received in the IAL office a minimum of two months before those dates to allow time for composition, editing, production and mailing.

Ever since my discussion with Gunnar, I have wondered what else we could do to broaden our international scope. A fax we received in the IAL office from Marianne Peereboom, newly-elected president of the Confederation of European Laryngectomees (CEL), may have brought us some help in exploring those horizons. One of the goals of the CEL is to improve cooperation with the IAL. I have responded to Ms. Peereboom's fax, assuring her that we are eager to cooperate, and have invited her to come to Indianapolis for the 1998 Annual Meeting. We will keep our members informed of our efforts.

American Speech Pathologist Honored Abroad

Many laryngectomees are well aware of the work of Eric Blom, PhD, in laryngectomy rehabilitation. When tracheoesophageal speech is mentioned, Dr. Blom's name comes immediately to mind. Now his endeavors have received well-deserved acclaim and acknowledgment in the United Kingdom.

In September, 1997, Dr. Blom was made an Honorary Member of the Section of Laryngology and Rhinology in the Royal Society of Medicine. This is the highest honor which the Section, with the approval of the Council of the Society, can bestow. It is rare indeed for a nonphysician to be accorded this honor. The IAL congratulates Dr. Blom on this outstanding British recognition.

A Word to the Wise

Following a severe heart attack last March, Joseph Schad, of Boca Raton, FL, had a defibrillator/Pacemaker implanted in the left side of his chest. Realizing that his electrolarynx, which he carried in his left shirt pocket, could affect the operation of the defibrillator, he contacted the manufacturer and sent them his electrolarynx for testing. Following are their findings and advice:

"It has been determined that the magnetic field radiating from the Servox® speech aid is unlikely to affect the defibrillator unless the unit is placed very close to the implanted defibrillator. Therefore, to ensure no adverse effects are encountered, we recommend that you do not carry the unit in a pocket over the defibrillator, and that you maintain a distance of six inches between the speech aid unit and the defibrillator."

Joe Schad tells us he now carries his electrolarynx on his right hip, using a double clip. He also strongly urges every laryngectomee to carry an emergency card. His voice prosthesis was removed by rescue personnel, causing severe problems with aspiration while he was unconscious.
The Ninth Congress of European Laryngologists (CEL) was held in Victoria, British Columbia, Canada from 8-12 September 1997. It was organized jointly by the Danish and Norwegian Laryngologists Associations and about 370 people participated. They represented many European countries and there was a delegation of 43 from Japan and a group from Nepal. The Chairman of the Congress was Professor Kjell Sandberg from Denmark.

There were various topics presented during the Congress, including recent developments in laryngology, new technologies in vocal function and voice therapy, and the latest research in the field of laryngology. The Congress also featured a number of panels and workshops, providing opportunities for delegates to engage in discussions and share their knowledge.

In addition to the scientific presentations, there were also social activities organized during the Congress. These included a welcome reception, a gala dinner, and an evening of cultural events. The Congress concluded on a high note, with attendees expressing their gratitude to the organizing committee for a well-organized and informative event.

Profile:

Marianne Peerboom - President of CEL

Marianne Peerboom, married to Hein, with two children: Johan nearly 14 and Marije almost 11, became a laryngologist in 1980 in the Netherlands. She has been active in the Association for several years and has been a member of the Board of Directors. Her main interest is in voice disorders, particularly in children. She is the President of the European Laryngological Society and has been involved in many international projects in laryngology.

The O.P.A.

The Oesophageal Patients Association (O.P.A.) was founded in 1985 to support and provide a support network for people affected by oesophageal conditions. Their aim is to promote awareness and understanding of these conditions, and to provide information and support to those affected. The O.P.A. has members throughout the UK and beyond, and offers a range of services, including a helpline, support groups, and a newsletter.

Laryngectomy Laughs

When I was preparing a manuscript for a professional convention, I asked members of the San Diego New Voice Club to tell a funny story or two about their most memorable experiences in their communication with other people. Here are some of those stories:

- A laryngectomy patient who was talking to a friend on the telephone said, "I have no voice. Is that how it's going to be forever?"

- A user of an artificial larynx said, "I used to be a model in the 60s, but now I'm just a model on the telephone.""
The Qld Tracheostomy Support Group

Will hold its first meeting on

Sat. 4th July 2.00pm
Conference Room, 1st Floor, Spinal Unit
Princess Alexandra Hospital
Ipswich Rd, Woolloongabba.
[a carpark is situated opposite the hospital on Ipswich Rd]

A planning committee consisting of volunteers and medical professionals from major Brisbane hospitals is working to establish a Tracheostomy Support Group.

Please come along to our first meeting! Have some input into the goals of the group, and socialise with others in a similar situation.
Topics for discussion could be: - newsletters, regularity of meetings, support visits to people with a tracheostomy, collection of product information, a support kit for people with a new tracheostomy, etc.
All ideas welcomed.

CONTACTS  # Carol Cunningham  07 3350 1394 ah
          26 Kilburn St, Chermside, 4032
# David Cossey  07 3848 2657
# Garry Trotman  07 3372 9088 ph fax

If you are unable to attend this meeting but would like to be on the Mailing List, or have your ideas considered at the meeting, please complete the form below & return it with your ideas to Carol Cunningham.

Please put me on the Newsletter Mailing List

- I provide care for a tracheostomised person Yes / No
- I am a medical professional Yes / No
- I have a tracheostomy Yes / No

Name

Address

Phone
MONTHLY MEETINGS:
SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
NEWCASTLE: Third Tuesday, 8pm at Hamilton North Bowling Club, Boreca Rd, Broadmeadow.
PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 169 George St, Parramatta.
ILLAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Belfast St, Warilla.
NORTHERN RIVERS: 4 times per year, rotating venues, Contact J Kid, PO Box 572, Lismore. Phone 02-66233260.
MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
DUBBO: Lovers Hospital. Last Thurs, 10.30am Conference room.
FALSBURY: Ph 02-6323-2101, ext 323
CANBERRA: First Wed, noon, Level 2, Building 5, Canberra Hosp.
LIVERPOOL: 4th Wed. 11.00am - 12.30pm, T&D Moore Education Centre, Liverpool Hospt.

EDITORIAL
The March meeting was the first time many members had the chance of meeting our new president Brian Gardner and his wife Carol. Of course there are many of you who have met this friendly couple during their hospital visits.
Brian, who is 60 years old, had his laryngectomy ten years ago and speaks, extremely well, with the aid of a Blom-Singer, is relishing the challenge of being the President of the Laryngectomee Association of NSW.
He is a retired Detective Inspector of police who spent many years at country stations before moving to Sydney in 1963 after which he served for 27 years in the C.I.B. before retiring for medical reasons.
Brian married Carol 38 years ago and they have three daughters.
Carol lives in Belford, and is now a licensed Private Inquiry Agent with his own business.
Carol and Brian are both keen fans of horse racing and travel extensively following the horses. They hope to be able to visit country laryngectomees and country branches of the Laryngectomee Association in the course of these travels.

1998 SUBSCRIPTIONS
At the General Meeting held on the 18th March 1998 it was decided that those members who had not paid their subscription for 1998 be reminded that:
a. Their subscription is overdue; and
b. Their Newsletter would be discontinued if the subscription is not paid by 30th April 1998.
If this issue of the Newsletter bears a coloured sticker it means that the records show we have not received your 1998 subscription.
A renewal form appears later in the Newsletter.

1998 RAFFLE
With this Newsletter you will receive a small book of raffle tickets which we ask you to return sold or unsold before 30th April 1998 with any money from sold tickets. Raffle will be drawn on the May meeting. Details of the prizes offered are in the March Newsletter.

WHO TO CONTACT
FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curfew 2099 Phone 02-9930-1530
FOR SPEECH AIDS BATTERIES, PARTS & REPAIRS - John Nicholson until end of March 1999 then John Chaloner, 111 Station Street, Petersham, 2049 Phone 02-9560-2662
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St, Kensington. 2033 Ph 02-9663-2530
FOR ACCOMMODATIONS WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 163 Dowling Street, WOOLLOOMOOCHE PO Box 572, Kings Cross, 2011. Phone 02-9334-1960 Fax 02-9337-2070

OFFICE BEARERS 1998
President: Brian Gardner, A Merlyn Rd, BELGRADE 2083. 02-9452-2829
Vice Presidents: Bill Dyne, 422 Guildford Rd, GUILDFORD. John Chaloner (see below)
Secretary/Treasurer: John Nicholson, MBE, PO Box 35, RICHMOND 12753. 02-4578 1415
Minister Secretary: Mrs Margaret Silver, 89 Spencer Rd, KILLARA 2071. 02-9402 4390
Speech Atkins Co-ordinator: John Chaloner, 111 Station St, PETERSHAM 2049. 02-9293-2822
Welfare Officer: Mrs Lilah Walton, 23 Baker St, Kensington, 2033. 02-9663-2530
Editor: Don Nicholson (as for John)
Committee: Brian Dargie, 5 Alexandra St, ARNCLIFFE 2205. 02-9592 2540 Pat Halliday, 94 Cannon Drive, CARLINGTON 2118. 02-9771-8590
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE
ASSOCIATION OF NSW, HELD ON
WEDNESDAY 18TH MARCH IN THE
UNITING CHURCH HALL,
CARRINGTON AVENUE,
STRATHFIELD.

PRESENT: J Nicholson, B Byrne, B Gardner, J
Knight, O Harvey, B Darlington, S Lowe, L
Thompson, H Stone, N Bluet, P Halliburton, D
August, J Clyne, M Clyne, L Walton, C
Gardner, D Harvey, D Nicholson, M Ploenges,
P Ploenges, A Barnett, J Bluet, M Halliburton.
APOLOGIES were accepted from M Silver, B
Dun, J Chalaner, H Ploenges.
THE NEW PRESIDENT introduced himself
and his wife and opened the meeting at
11.05am.
Harry Stone welcomed the Gardners on behalf
of the other members.

THE MINUTES OF THE FEBRUARY
meeting as distributed were accepted on the
motion of B Darlington, seconded B Byrne.
No business arising from those minutes.

THE TREASURERS REPORT showing a
credit balance of $4367 in the working account
was read and accepted on the motion of J
Nicholson, seconded B Byrne.

THE SECRETARYS REPORT
1. Reprint ‘YOU CAN SAY THAT
AGAIN’ The Australain Cancer Society has
advised that the new edition of this book is still
not ready for reprint. Further advice will follow
shortly.

2. Membership. On behalf of the
Associations Committee I wish to welcome the
following new members
    Mr Ray Wood of Terrigal
    Mr George Simenka of Wilberforce
    Ms Laura Doran of Caringfield.
We hope they will be able to join us at our
meeting or one of our branch meetings.

3. Subscriptions. At this date there are
just over 100 members who have not yet paid
their 1998 subscriptions. With your permission
I would like to include a notice in the next
Newsletter seeking payment from those
members. I think we should cease sending the
Newsletter to members who are still unfinancial
on 1st May 1998.

4. Internet Information. Our computer is
still not connected to the Internet but my
daughter has access and she has obtained quite
an amount of information from the USA. I have
brought it with me and if anybody would like to
read these papers they are welcome to them.
Although interesting there is no new
information.

5. HCF information. The latest brochure I
have from the HCF states that those members
with MultiCover can receive $150 per person per
3 years for Speech/ Bivona voice aids and
$100 for the Larkell Breathing Device (for
swimming). The Australian Cancer Society is
still trying to obtain better benefits from
Medicare.

Accepted on the motion of L Walton, seconded
B Byrne.

CORRESPONDENCE
1. Mrs J Nowland - donation of $50.00
2. Mr Bill Eccleston, Hurstville Grove,
   advising that he has received a letter from the
   Laryngectomee Club of India concerning his
   offer to service the Indian made voice aid. We
   will keep you advised on future development.
3. Laryngectomee Support Group,
   Liverpool Minutes of February Meeting. Also
   asking for financial assistance in provision of
   coffee/tea at their stall during Senior Citizens
   Week.
4. Laryngectomee Club of India.
   Regarding their new voice aid and servicing of
   that unit in Australia (see 2 above).
5. Monash Medical. Explaining their
   price increase for the Blom Singer Low Pressure
   Prosthesis.
6. Mrs Enid Powell of Pendle Hill,
   Donation of her deceased brothers ‘NU VOIS’
   aid.
7. New members and other subscriptions.
8. 2 contributions to Newsletter
9. Newsletters from other states, NSW
    branches and overseas clubs.
Accepted on the motion of L Walton, seconded
O Harvey.

WELFARE OFFICERS REPORT
Had a telephone call from a Sydney lady whose
father lives in Singapore. He had been told he
had cancer of the larynx and because of very
little availability of information in Singapore
didn’t think he would ever speak again. I
answered all her questions as best I could and
suggested she ring a laryngectomy to hear for herself. I sent her “You Can Say That Again” and invited her to our meeting. I shall ring her again.

We had received a sample of blue material from a factory in Melbourne, and by phone were assured they had plenty of the material and a ribbing to match so ordered a length. Unfortunately they had not been entirely truthful and what we received was an entirely different (and unsatisfactory) colour and a note to say they did not have a ribbing to match (it didn’t match the sample either). Altogether a very disappointing transaction - we are waiting for our money back!

I rang MBF re payments for laryngectomy’s requirements. They were to write to me to read at this meeting but as that was one month ago I’m afraid the stage coach carrying the letter has been waylaid by bus squanders and I will have to phone again.

Have been in touch with Clarissa Chaaponer. John is coming along fine and we hope he may be able to attend our next meeting.

Stan Morley (Western Districts Branch) wrote inviting us to a barbecue on 5th May at Woronora Dam.

Till next month keep well and have a happy Easter.

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

VOICE AIDS OFFICERS REPORT
(Per John Nicholson)

Have sold 12 batteries this month and have 3 Sicvox on loan to three members whose own units have met with misadventure.

Accepted on the motion of O Harvey, seconded B Byrne.

GENERAL BUSINESS

1. H Stone delivered two plaques from M Lyons who had been caring for them since the “Lost Chord Club” moved from the Club in Sydney where it used to meet. One is a replica of the old “Lost Chord Club” badges and the other a recognition from the International Association of Laryngectomies. They are now in the care of the secretary.

2. Moved D Nicholson, seconded B Byrne that a coloured sticker be attached to the Newsletters of those who have forgotten to pay their subscriptions. Carried.

3. L Walton thought that we must try to get to school children to help warn them about the dangers of smoking. J Nicholson will contact the Cancer Council, an organization with a high and respected profile, telling them of our willingness to visit schools and asking them to arrange visits to schools or introducing our Association to schools.

Noel Bluet told us that he had had occasion to visit St Gregory’s school at Campbelltown recently on a rugby league matter. During the visit he had the opportunity to speak to some of the boys about his laryngectomy and felt it was a very worth while contact. He strongly supports LA visits to schools after this experience.

4. L Walton brought up the matter of brochures about throat cancer. Various opinions were expressed but generally thought that we would need more than we could afford to distribute in all doctors surgeries.

5. M Clyne reported that they had not been able to obtain any rebate from MBF for BlemSinger suppliers, and had received a letter blaming government regulations. B Gardner had received the same letter but had received a rebate from one MBF office. He also had made extensive enquiries about the stated Government regulations and believed the blame was all on MBF and not the govt. The meeting decided to follow this matter and to this end ALL members are asked to fill out the questionnaire in the Newsletter that we may use the information (no names used) in our representations.

6. The President on our behalf farewell Dawn and Oliver Harvey who are moving to Queensland in April. He wished them well and asked that they keep in touch. Oliver thanked the Association and his words were seconded by Dawn.


There being no further business the President closed the meeting at 12.00 noon.

Lunch was then served and fellowship enjoyed.

President

QUESTION FOR THE GRANDKIDS:

What goes up a chimney down but won’t go down a chimney up?

ANSWER: An umbrella.
MEDICAL BENEFITS SURVEY
The Australian Cancer Society (ACS) is still endeavouring to obtain improved financial benefits for voice aids (both prostheses and electronic aids) and other items necessary for the care of tracheostomies etc which are needed by laryngectomees. The ACS is making representations to both Medicare and the private health funds.

At our meeting we were able to ascertain that different members have received different benefits from the same health fund, and that some funds pay more than others. It is obvious from tables issued by some funds that other disabilities (eg hearing loss) are far better catered for than voice loss.

In view of the existing anomalies the meeting decided we should endeavour to obtain some information from members, for submission to the ACS, and to assist this organization to lobby for more equitable treatment for our disability. Therefore, if you could please complete the survey form included in this Newsletter and return it to the Secretary, Laryngectomee Ass., PO Box 58 RICHMOND 2753 you could be assisting not only yourself but all other members too.

Your name will not be used in any submission or correspondence from this Association.

HELPING
My effort at poem writing is humble
And when excited I mumble
Whenever I buy goods, it helps a worthy cause,
I don't do it for accolade or to receive applause,
I know it helps in some small way to ease somebody's need.
So always buy where you see "We support --
---------" that's my advice to heed.

Shirley Thorley

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PREGNANT HORSE.
Don Grinham of Wollem (near Mudgee for those like me who didn't know) writes to tell us that there was a great deal of sympathetic interest in the entry of a pregnant mare in the Melbourne Cup - alas without success. But in the USA a woman jockey, Mary Bacon, told Sports Illustrated about the race she rode in just days before the birth of her daughter. Her horse, too, was in foal. Said Mary "I couldn't help thinking about those fans betting on a pregnant horse ridden by a pregnant woman. The four of us finished last."

Don asks can someone please tell him the name of the mare in the Melbourne cup and year in which she ran, and I would like to know how good the fool was.

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THE LIGHTER SIDE.
Browsing through some printouts from the internet I realise that the funny things that happen to us happen all over the world but a couple of the experiences I found new.

One gentleman had been showing his Servox to a group of children allowing them to try it out. One boy became adept at using it and then asked what the other knob was for. He took the Servox back and explained "As you can see I speak normal Norwegian, but if I use the other knob it will change to English." He then pressed the other knob and started speaking in English, completely mystifying the kids for some time. Try it some of you clever bilingual people!!

More next month.

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EDITORIAL

The new year being well under way your new committee has now taken over. There is only one new member but two of the outgoing committee have unfortunately retired.

The new member is Brian Gardner, our president. Brian is a retired policeman and he and his wife Carol have been enthusiastic and willing laryngectomee visitors for some time. He is on holidays at the moment and when he returns at the end of the month I will find out a bit more about him and give you a run down in the April Newsletter.

We were sorry that one outgoing vice-president, Harry Stone, did not re-nominant but as he is the welfare officer for the Western Districts Branch, and very occupied with other positions outside the Association I can understand his situation. Harry had a heavy load to carry in 1997 as John Stein was ill and unable to attend meetings later in the year and the vice-presidents had to chair the meetings. Hopefully he will still be able to attend meetings (and contribute to the Newsletter).

Marion Lyons also did not re-nominant, we missed Marion due to ill health for many meetings last year. Marion has been a strong supporter of the Association for many years and we hope that soon she may be able to attend a meeting again.

There was a good attendance at our Annual General Meeting, members who had not been able to attend for some time came back and it was pleasant to renew acquaintances.

Oliver and Dawn Harvey announced that they are soon to go and live in Brisbane - they will no doubt join the Queensland Association - we will miss them but wish them well - Brisbane’s gain is our loss.

Have had correspondence from both Liverpool and Canberra support groups both of whom have busy years planned - but more of that later in the Newsletter. Could other branches and groups let us know of their plans please?

WHO TO CONTACT

FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curlew 2600 Phone 02-9330-1639

FOR SPEECH AID BATTERIES, PARTS & REPAIRS - (John Nicholson until end of March 1998) Then John Chaloner, 111 Station St, Petersham 2049 Phone 02-9560-2852

FOR STOMA COVERS, SHOWERS SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St, Kensington, 2033. Ph 02-9563-2356

FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Dowing Street, WOOLLOOMOOO, PO Box 572, Kings Cross, 2011. Phone 02-9334-1900. Fax 02-9357-2678

THE CHAIRMAN, Harry Stone opened the meeting at 11.05am


APOLOGIES were accepted from Brian and Carol Gardner and Pat Rogers.

MINUTES of the 1997 Annual General Meeting as published in the March 1997 Newsletter were accepted on the motion of B Byfield, seconded Oliver Harvey.

There was no business arising from these minutes.

PRESIDENT'S REPORT - owing to the untimely death of our president John Stein there was no presidents report.

TREASURERS REPORT and Auditors Report were read by John Nicholson and accepted on the motion of B Byfield, seconded J Chaloner.

ELECTION OF OFFICE BEARERS.

All positions were declared vacant and nominations called for. There being only one nomination for each position the following office bearers were elected unopposed:

PRESIDENT - Brian Gardner
VICE-PRESIDENTS - Bill Byrne and John Chaloner
SECRETARY/TREASURER - John Nicholson
WELFARE OFFICER - Lilah Walton
SPEECH AIDS CO-ORDINATOR - John Chaloner
MINUTE SECRETARY - Margaret Silver
NEWSLETTER EDITOR - Des Nicholson
PUBLICITY OFFICER - John Nicholson
COMMITTEE MEMBERS - Pat Halliburton and Bruce Darlington

GENERAL BUSINESS

1. John Chaloner is unable to take up the position of Speech Aids Co-ordinator until mid-

April members are asked to direct all enquiries to John Nicholson until further notice.

2. To comply with a requirement of the Department of Fair Trading it was moved P Halliburton, seconded L Walton that all office bearers of the Association be authorized to sign on behalf of the Association those forms required by the Department of Fair Trading and the Chief Secretary's Department. Carried.

There being no further business the chairman closed the Annual General Meeting and called on John Chaloner to take the chair for the February General Meeting.

President _____________________________

MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW, HELD ON WEDNESDAY 18TH FEBRUARY IN THE UNITING CHURCH HALL, CARRINGTON AVENUE, STRATHFIELD.

THE CHAIRMAN, John Chaloner opened the meeting at 11.35am

PRESENT as per AGM

APOLOGIES as per AGM

MINUTES of the November meeting as distributed were accepted on the motion of B Darlington, seconded L Walton.

SECRETARY'S REPORT

NEW MEMBERS. On behalf of our Committee I would like to welcome the following new members and hope they will be able to join us or the members of one of our branches, at meetings in the near future.

Mr G Walkerston of Coffs Harbour
Mr L S Davis of Sunny Hills
Mr K R Dawson of Greystanes
Mr K Wallis of Casula
Mr A Garland of Greenacre
Mr R Taylor of Bankstown
Mr R Walker of Warners Bay
Ms L Loschava of Guildford
Mr M Fagan of Bidwill
Mr J Bass of Gomillionah
Mr A Latta of Lane Cove
Mr K Trey of Picton
Mr R Harper of Raby

Regrettfully I have to report that we have had news of the deaths of three of our members since the last meeting and to their families we extend our condolences.
LIVERPOOL BRANCH. On 28th of January Desma and I were invited to attend the initial meeting of the Liverpool Area Laryngectomees arranged at the Liverpool Hospital by speech pathologist Gabriella Coffey (a report on this will be later in Newsletter) If enthusiasm counts then this will soon become a progressive and well organized branch.

DONATIONS Mrs Enid Powell of Pende Hill has kindly donated her deceased brother’s (Robert Wood) Nu-Voic speech aid and in thanking her for this donation I have assured her it will be of great use to one or more of our members.

Financial donations were accepted from
- A W & K L Ward in memory of J Stein
- Mr G B Dooley of Forrestville
- Mrs G Giraud of Terrara
- Mrs J Nowland of Padstow Heights.
- Mr P Martin of Nswra.

Accepted on the motion of B Byrne seconded O Harvey.

TREASURERS REPORT read by J Nicholson and accepted on the motion of H Stone, seconded J Nowland.

SPEECH AID COORDINATORS REPORT was given by J Nicholson.

During the absence of John Chaloner I have lent out one Cooper Rand and two Servox Units to members who have:
- Had their unit stolen (at the Club!!!)
- Needed to repair their own unit
- Wanted to trial a Cooper Rand as had not had success with Servox.

Seventeen Varta batteries for Servox users have been sold

Accepted on the motion of L Walton, seconded B Byfield.

CORRESPONDENCE RECEIVED.
1. F Powell, Donation of Nu-Voic
2. Aust Cerebral Palsy Association re National Conference
3. Uniting Church, Strathfield, users agreement
4. Dept. Of Fair Trading - Annual return forms
5. To Monash Medical. Asking about increased prices for Bion Singer items.
6. Spastic Centre seeking update on our Association
7. Laryngectomee club of India. Update on their Electro Larynx Price $US200.00
8. Mrs G Giraud, advice on change of address
9. Tony Krabnodebski re TV cartoon “South Park”
10. RPAH report on “An Investigation into the Quality of Life After a Laryngectomy” (A report on this report appears later in the Newsletter)
11. National Public health Partnership - newsletter
12. Mrs Lorraine Stein and family - Thankyou for flowers, prayers etc.
13. Disability Discrimination Act - newsletter
14. International Association of Laryngectomees to Australian Cancer Society. Expressing regret that ACS has decided to withdraw from IAL.
15. Centrelink - Disability Connections Newsletter
17. To NSW Cancer Council with our donation of $5000 for future accommodation expenses.
18. ASHOG - A thankyou for Lilah’s participation in their annual Community Services Arts & Crafts Display and expressing appreciation of her efforts.
20. Directory of Australian Associations seeking update on our association.
21. Newsletters from overseas and Australian Laryngectomee Associations.
22. Fax from Margaret Patterson re some information she had obtained on laryngeal transplants in USA. Precis of this information is elsewhere in this Newsletter.
23. Halliday and Nicholas - Public Liability insurance policy premium.
24. Cancer Council of NSW. Two letters thanking our Association for its donation of $5000
25. Numerous letters from members with, subs, donations, notifications etc.

Accepted on the motion of B Darlington, seconded B Byfield.

WELFARE OFFICERS REPORT:
Was contacted by the parents of, and the matron of a nursing home re a retarded young lady who had a permanent tracheostomy. With the cost of Nursing Home fees they were wanting assistance in purchasing tracheostomy tubes etc. Like the fairy tale a happy ending!!
Also assisted a pharmacist who telephoned enquiring about a supplier of supplies of tracheostomy accessories. Have sent patient packs to three hospitals that requested same.

A laryngectomy to be asked if he could have a pre-operative home visit. RMSH gave me the name and address and Brian and Carol Gardiner obliged - thank you Brian and Carol.

Another gentleman at RMSH declined to have a visit. After reading a letter in Queensland’s “Laro-Link” by a laryngectomy, he his fears and his peace of mind after a visit makes me wonder how we can get the message through.

Mrs Lyn Simmons of the Australian Cancer Society has had a sojourn in RMSH and has been diagnosed as a diabetic - we send our kind regards to Lyn.

A friend of mine, Val Howells, while in England was kind enough to find (and it wasn’t easy) Jack Hawkins autobiography which he has kindly donated. Jack was an actor and a laryngectomy. Val has also offered to knit ‘stoma-warmers’ so anybody who needs one please let me know so that I can get her busy. I have the name Bernadette Yeo from Narrabri written in my diary - but no message. Bernadette please let me know: was I supposed to send you something?

St Johns Ambulance from Hornsby have asked Bruce Darlington and myself to do a talk for them on 16/6/68. These people only ask for the best!

The Christmas party at Kirribilli was a great success once again and it’s great seeing old friends. Thanks to all those who sold tickets and those who bought tickets too and those who donated prizes.

Jack Darby of Glendon has once again donated prizes for our yearly raffle. Jack does wood turning using beautiful Australian woods. This year the prizes will be:

1. A Huon pine cheese and biscuits platter with cheese knife.
2. A clock with a ceramic face.
3. Salt and pepper grinders
4. Four coasters with wild flower motifs.
   (I covet them all - Ed)

Tickets will be sent out with the next Newsletter each member receiving 10 tickets at $1 each. If you do not wish to have tickets let us know.

There is no compulsion to buy all or even any of the tickets but we do ask you to return the butts, any money received and all unsold tickets.

Jack and Jane gave me one of their eddies for Christmas (much appreciated) so it won’t worry me too much if I don’t win a prize this year.

I trust everybody is feeling well but to anyone who isn’t 100% I hope it won’t be long before you are.

Carried on the motion of B Darlington, seconded P Halliburton.

GENERAL BUSINESS

Lilah displayed and sold stoma covers in various colours and styles made by herself and Des. These are available from her for $4.

Unfortunately she is now out of blue but we are endeavouring to buy more blue material as this seems to be popular. She still has some green, gold, white, cream and skin tonings.

There being no further business the chairman closed the meeting at 12.15 p.m after which we enjoyed our very pleasant light luncheon and fellowship.

PRESIDENT

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NEXT MEETING

Wednesday 18th March
11am
 UNITING CHURCH HALL
 CARRINGTON AVENUE
 STRATFIELD
 PARKING ON SITE
 SHORT WALK TO RAILWAY
 Light lunch served after meeting.
 Laryngectomes, families and friends
 made very welcome
 SEE YOU THERE!

LIVERPOOL NEWS.

The inaugural meeting of the Liverpool Laryngectomes was held on the 28th of January at the Liverpool Hospital. The meeting had been called by Gabriella Coffey, speech pathologist at the hospital. There were 13 Laryngectomes present, a number of spouses and friends and three speech pathologists. Four other members sent their apologies. Invited guests were Alan and Carmela, reporter and photographer of the Liverpool newspaper.
John Nicholson gave a run down on the aims and aspirations of the NSW Laryngectomy association.

The meeting then decided that the Liverpool group would hold monthly meetings - the next one on the 25th of February, at 11am at the Thomas and Rachel Moore Education Centre, Conference room 2. (For further information ring Gabriella at the hospital.)

Richard Patman was elected to be chairman of this meeting.

Publicity was discussed at length. Iris Wallace will contact the council and it was decided to man an information booth on Thursday March 17th (during Senior Citizens week) in Liverpool Plaza.

Gabriella visited the Aged and Disability Centre, 111 Devonshire Street, Surry Hills. Karen Kenny, State Manager, gave her information on ‘hands-free’ phones. These can be organized by phoning Karen on 02-93102022 who will arrange to exchange your normal phone for a ‘hands-free’.

On 4th February a very good photograph of the three who had their operations at Liverpool and an article on the group was published in the ‘Liverpool Leader’.

This was also received quite well and the Speech Pathology group felt that it had been very successful (A copy of the article and a photo-in full colour- that appeared in the Canberra Times included).

We visited the Police Emergency response telephone group, and they were very happy to be able to put faces to the ‘funny voices’ that they had been made well aware of that may come out of their consoles. Knowing that they and Telstra Crew are fully aware and quite ready is an important prop for people who may sometimes feel very isolated.

We will be going to visit the Ambulance Service early this year. Chantel Younger (our speech pathologist) is looking for a film she thought she had seen on resuscitation of a neck breather. (John will help here - Ed) Barry McKay has been the organizer for these visits and has done a great job, we are always well received.

We are also looking at the possibility of visiting schools.

INTELLIGENT ANSWERING SERVICE

Barry McKay of Canberra was at work one day and answered the phone for a colleague and the caller gave him a message to return the call.

When his colleague returned the call the caller was really impressed. He wanted to know what software he had - he'd never heard an answering machine that asked questions before!!!

LETTERS FROM CANCER COUNCIL OF NEW SOUTH WALES

LETTER NUMBER 1

Dear Mr Nicholson

On behalf of the NSW Cancer Council I would like to thank you (NSWLA) for your generous donation. The Cancer Council's activities are directed towards the control of cancer by preventing cancer and for people diagnosed with cancer, saving lives and enhancing the quality of life through programs in research, education and support. If you would like more information regarding our work or need any other information do not hesitate to contact us.
Thank you once again for supporting our efforts and I do hope you will remain a friend of the Cancer Council.

Yours sincerely

Michael Nasser
Manager, Fundraising.

Page 6

LETTER NUMBER 2
Dear Members of the Laryngectomy Ass.
The Cancer Council recognizes the impact for patients and their families who need to travel long distances from their homes to receive daily cancer treatment, such as radiotherapy, over many weeks. As your members would be aware radiotherapy services are only located in major cancer treatment centres, hence the issue of accommodation is often daunting. The Cancer Council has been involved in working with communities to develop low-cost hostel facilities.

Your donation to this area is gratefully appreciated and as discussed we have placed this in a special account earmarked for the purpose. Currently Blue Gum Lodge located in the grounds of Greenwich hospital is about to embark on extensions.

We plan to look strategically in the next financial year at the hostels program and I will keep you informed of the outcome.

Yours sincerely

Louise Burton
Manager - Supportive Care.

LIFE AFTER LARYNGECTOMY
We have received from Royal Prince Alfred Hospital a report on an investigation into the quality of life following the laryngectomy operation.

The researchers studied the progress of twenty-six laryngectomies from a period just prior to the operation up to six months past surgery. Subjects were recruited from six major Sydney Metropolitan teaching hospitals over a twelve-month period.

Despite the small sample studied the researchers were able to conclude that “despite the advances made in surgical and prosthetic interventions for laryngectomies in recent years, numerous ongoing problems exist for this population.” They make nine recommendations for future research in the area. One of these particularly concerns us i.e. membership levels in the Laryngectomee Association.

It appears that although all laryngectomies knew of the Association six months past surgery less than half had opted to join. We must accept some of the blame - we are a mutual help association but our message is obviously not reaching all laryngectomies. We (i.e. the members) know we need the support of each other but how do we get the message across?

We have trained visitors ready to visitors ready to visit any laryngectomy patient but can only visit if requested by the patient. We make available to all hospitals our “Patient Packs” to distribute to such patients and all visitors and Speech Pathology departments are kept supplied with these.

What must we do to encourage more participation?

Please send your suggested solutions to this problem to a committee member.

Or are we being presumptuous in thinking we can help?

VALE
It is with regret we inform you of the following names.

Families and friends are asked to extend their sympathy.

Mrs N. Clifflin of Marrickville
Mr Robert C. Wood of Marrickville
Mr A. Smith of Marrickville

LARYNGEAL TRANSPLANT
Some of you may have read in a recent newspaper of a laryngeal transplant carried out in the USA. Margaret Patterson (speech pathologist at RNS Hospital) has kindly sent a number of printouts from the Internet on the matter and a summary of these follows:

The first recorded laryngeal transplant was carried out in the 1940s in Europe when a bovine (cow) larynx was transplanted into a man who apparently spoke the next day. He died shortly after due to tissue rejection.
Page 7

There was another in Belgium in 1969 - this too was unsuccessful due to a recurrence of the cancer at the stoma site, probably encouraged by the necessarily heavy use of immuno-suppressant drugs used to allay rejection. 

Nineteen years ago Timothy Heidler (then 21 years) was involved in a severe motor cycle accident which caused severe trauma to his neck. He underwent, over the next few years, several surgical procedures to try to reconstruct his airway, but these all failed. He was left with a tracheostomy and communicated by means of a Cooper-Rand electro larynx.

Dr Marshall Strome, ENT surgeon, of the Cleveland Clinic and head of the team that carried out the transplant had been for some time studying the possibility of such a procedure and the ethics involved in transplanting a non-vital organ and had concluded that if “people want to be normal, or as normal as they can be, and are willing to make the sacrifices to make it happen, we’re here to serve the population.”

Tim who had become increasingly frustrated by years of surgery and his inability to communicate normally was put in touch with Dr Strome in 1997. He then went through extensive education and counseling procedures on the risks, limitations and possible outcomes and after a period of reflection had opted for the procedure if and when a suitable donor became available. A suitable larynx became available on January 3rd 1998 and surgery was carried out on January 4th, taking about 14 hours and involving three surgical teams.

On January 22nd all reports were good - he was healing well.

Doctors and surgeons are pleased with his progress but feel there is a long way to go. They will not give a prognosis on resultant voice quality. Tim already has some voice which he can use to communicate. Dr Strome says Tim will live with the risk of rejection for at least five years but believes there is a 70% chance the larynx will be functioning by then.

Despite this great leap forward this operation is not suitable for all laryngectomees for a number of reasons:

1. Cancer patients are not appropriate for transplants as the strong immuno-suppressant regim necessary to stop the rejection of new tissue weakens the patient against cancer recurrence.

2. There are many much simpler and safer alternatives to transplant to attain communication skills, eg tracheo-oesophageal shunt.

3. There are great risks of pneumonia after a transplant due to leakage into the lungs.

4. If the transplant fails the laryngectomy would have to be performed again.

5. The absence of a larynx is not life threatening while such a massive procedure as a transplant could be, and the follow up dosages of steroids and immuno-suppressant medications carry very real risks.

I hope this has not dashed your hopes, don’t be depressed; the technical difficulties that had to be overcome to perform this operation were enormous and that one team has been able to overcome them is a huge step. We can look forward to the day when laryngectomees will be a thing of the past.

In the meantime let us be grateful that we live in this age when cancer of the larynx means a hole in the neck instead of a hole in the ground. And if all laryngectomees don’t believe that I can assure you their friends and relations do - we like having you around.

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PRESIDENTIAL CANDIDATE
Margaret Silver tells us that whilst campaigning in 1992, Bill Clinton discovered that his wife, Hilary, had almost married a small town mechanic. On pointing out to Hilary how close she came to not being the First Lady, she replied, “Had I married the mechanic he would have become president”!!!
NEWSLETTER

Please remember this is your newsletter and I am again pleading with you to send in your contributions. We are all interested in each other I think and the more we know about our fellow members the better.

Please write and tell us of your hobbies and how you became interested; your holiday experiences be they good, bad or just funny; your favorite holiday spots, and why they are; interests you may have developed since your operation; things like choral work or marathon swimming that you’ve had to give up, your love life etc etc -- the possibilities are endless and I could have filled this page if more people had written.

Maybe you are an artist or a cartoonist - we would love to have some of that.

Poetry we like too or a short story

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Good-bye till next month and may your God smile upon you in all that you do.
THE ANNUAL GENERAL MEETING

OF THE
LARYNGECTOMEES ASSOCN OF QLD. INC.

Will be held at the Qld Cancer Fund
William Rudder House 553 Gregory Tce., Fortitude Valley
(Parking underneath building)

WEDNESDAY 25TH FEBRUARY 10.30 am

PLEASE NOTE THIS IS THE FOURTH WED NOT OUR USUAL THIRD.

ALL POSITIONS ARE VACANT AND WE ARE PARTICULARLY SEARCHING FOR SOMEONE TO BECOME OUR SECRETARY. WE ARE VERY GRATEFUL TO GLORIA O’HANLON FOR BEING OUR SECRETARY AS WELL AS FAMILY SUPPORT CONTACT. GLORIA NOW HAS REGULAR OFFERS OF HOLIDAYS AWAY & HOLIDAYS WITH THE GRANDCHILDREN & WE ALL AGREE GLORIA TRULY DESERVES THE FREEDOM TO ENJOY HER RETIREMENT.

EVEN IF YOU DO NOT FEEL YOU WISH TO BE ACTUALLY ON A COMMITTEE, THERE ARE MANY SMALL JOBS TO BE COMPLETED, AND MANY HANDS MAKE LIGHT WORK. THE LIST WILL BE THERE AT THE MEETING, SO PLEASE COME ALONG AND SEE IF THERE IS AN AREA WHERE YOU FEEL YOU COULD CONTRIBUTE.

APART FROM THE BUSINESS SIDE OF THINGS, THIS YEAR WE HOPE TO HAVE SEVERAL SOCIAL GETTOGETHERS AT WEEKENDS SINCE MANY MEMBERS HAVE SAID THEY ARE UNABLE TO ATTEND WEEKDAYS. IF A FEW PEOPLE UNDERTOOK TO ORGANISE ONE SOCIAL ACTIVITY EACH THE JOB WOULD NOT BE TOO DIFFICULT WHEREAS TO GET SOMEONE TO ORGANISE 4 OR 5 THEMSELVES MAY PROVE BEYOND OUR HUMAN RESOURCES.

PLEASE, DON’T BE FRIGHTENED TO COME ALONG IN CASE YOU GET “CAUGHT”. WE NEED YOUR IDEAS AND INPUT TO ENTHUSE US ALL AND MAKE 1998 A YEAR OF ACHIEVEMENT.

THIS NEWSLETTER WAS PUBLISHED WITH THE ASSISTANCE OF THE QLD CANCER FUND
BORROWED FROM THE CHATTANOOGA CHOO-CHOO LOST CHORD CLUB

WHEN DID YOU START SMOKING?

I started at the age of 12 when my older brother left long cigarette butts in the ash tray. Eventually, I smoked four packs of Winston until my laryngectomy.

I had my first cigarette when I was sixteen and while on a date in my boyfriend’s 1931 model A convertible and we were in the rumble seat.

Many laryngectomees who are 70 years of age or older, began smoking while in the Armed Services as they were free and the doctors were even hooked. Since many GI’s never knew if they would ever come home, they lit up at every break.

I actually began to smoke at the age of 7 but didn’t start smoking in earnest until I was 10 and then went through thousands of smokes; Lucky Strike, Parliament, Wings, Avalon, Camel, even Prince Albert.

Didn’t start to smoke until I was 22 years of age and in college but I would smoke with a vengeance, two packs a day and often three or four packs a day if I was studying for an exam.

I got a job in a machine shop and since everyone smoked, I thought it was cool to smoke. Now that I’m a laryngectomee, it really hurts to see so many young people smoking.

Smoked a pipe for some 25 years and had a laryngectomy the same time that movie star John Wayne was having his but with cancer. My doctor and I would discuss John Wayne and his cancer until he died.

FROM THE U.K. NEWSLETTER “CLAN”

AN ELECTRO-LARYNX USER

The New Voice Club of Broward County in Fort Lauderdale, Florida informs that a Mr. Horace Crews had been a full laryngectomee for twenty years and had never been called on by a speech therapist or anyone connected to his condition and had not spoken a single word in all that time.

When someone from the laryngectomee club arrived at his home, there were other people there and several fans blowing in an attempt to cool the place down. Mr. Crews was taken into a back room (without the noise) and taught the basics of speaking with an electro-larynx instrument.

The club representative was amazed at the speed this man picked up on using the electro-larynx and after a short time, both returned to the room where the people and fans were. Mr. Crews turned to his wife and said, “I love you” perhaps not as plain as it could have been, but audible enough for everyone to understand.

His wife almost went into hysterics at hearing Horace talk and everyone was afraid she might have a seizure.

Later the club rep was in the neighborhood and stopped by and Mr. Crews met him at the door and said very plainly, “I have been practicing.”

MAN OVERBOARD

We received the following from Australia concerning a new laryngectomee that was invited to accompany friends on a fishing trip near the Great Barrier Reef.

There were eight people on the small boat and hardly room enough to cast a line without hitting someone.

After several hours with no luck, the laryngectomee hooked onto a large fish and several people rushed to assist him.

With the laryngectomee standing on the fan tail of the small boat, he was suddenly jerked over the fan tail into the ocean and everyone gasped. The laryngectomee went under but came back up with his thumb over his stoma.

The ocean was calm so the laryngectomee had no trouble keeping his stoma above water. They hauled him back aboard the boat and literally stood him on his head “to let all the water drain out” they recalled.

Without any damage, they resumed fishing, and the laryngectomee stayed well inboard.
FIRST TOTAL LARYNX TRANSPLANT PERFORMED

CLEVELAND (Reuters) Surgeons at the Cleveland Clinic have performed what is believed to be the first successful total larynx transplant. Just three days after the transplant, the recipient, Timothy Heidler, aged 40 years, of Hollidaysburg, Pennsylvania said "Hello" to his doctors. That was the first time Heidler had spoken without the aid of an electrolarynx since his voice box was injured in a motorcycle accident 20 years ago according to Dr Marshall Strome, Chairman of the clinic's department of otolaryngology and communicative disorders.

Strome headed the team of surgeons who performed the 12 hour operation on Sunday January 4th. News of the groundbreaking surgery was released at a press conference here January 9th. The surgeons also transplanted a donor thyroid gland into Heidler. The thyroid transplant, Strome said, will ensure that venous drainage from the transplanted larynx is satisfactory.

Commenting on the surgery, Strome said in a prepared statement "Mr Heidler was the perfect patient, and we waited for the perfect donor". Asked about the donor a clinic spokesperson said only that the organs came from a male in Cincinnati. "Although Heidler did speak on Wednesday" Strome said,"We won't allow him to say a complete sentence until his sutures heal- which could take 3 to 4 weeks". Strome said however, he believed his patient could "speak a full sentence now".

The only reported attempt at laryngeal transplant occurred in 1969 when a Belgian doctor performed a subtotal transplant of a larynx. However in that case, the larynx was never fully perfused and the patient died without speaking.

Strome said at the press conference At this time it is unlikely that a total larynx transplant would be attempted in persons who have cancer of the larynx because the transplant requires an extensive course of immunosuppressive therapy. Drugs that are used to fight organ rejection could also inhibit the body's ability to fight the spread of cancer. Until immunosuppressive therapy is refined in a way that would not increase the risk of metastases, transplant does not seem a good therapeutic option for laryngeal cancer patients.

Reuters 18:28 01-09 98

Thank you to Kylie Perkins for passing this item from the Internet on to us. For those of you who have Internet access at home or at the local library, a good place to start for info is the Inhealth Technologies site http://www.inhealth.com -you can spend as long as you like at this site which offers many different options to follow.

TRACHEOSTOMY SUPPORT GROUP.

Over the years hospitals, organizations and individuals have contacted us for information and support for people who have lost their larynx but for a variety of reasons have to live with a tracheostomy. Because many of the problems faced by these people are common to those of us who have lost the larynx also we have always welcomed them as members of our Association. However their situation is different and they do have different problems, so we felt the time has come to arrange a meeting -an informal gathering/morning tea where they can meet each other and share common problems, solutions and perhaps we can work out some information sheets which can be sent to people who find themselves in this position. We sincerely thank Mrs Anne Miller, herself with a permanent tracheostomy for accepting the role of contact person, and organizer of the meeting.

Would everyone interested in participating please contact Anne either by phone 3205 3278 or write 35 Stirling St., Strathpine Q 4500.
REDCLIFFE SUPPORT GROUP: Thankyou once again to our great friends Ken & Eileen Crockatt who opened their house and BBQ for our Christmas luncheon.

Harry Woodgate (who was very unwell that day) is currently in Ward 3A at Redcliffe Hospital, and Ivy Oakey has a suspected fracture of the spine. We hope they both feel better soon.

Our next meeting will be held on Friday 20th February in the O.T. Dept, Redcliffe Hospital.

APologies for missing P.A. Hospital’s and R.B.H. Support Group Meetings which were held last week- also the Gold Coast Meeting held on 13th Feb.

Because the start of each year often means a change of staff at the various hospitals around the State and we have not heard from many contacts, we hope to print a full list of contacts around the State next issue, with calendars of events if possible.

The NALC in the UK produced the video “LIFE” on emergency resuscitation for laryngectomees, and many of us will have seen that video, and will remember the doctor explaining the incidence, symptoms and effects on persons following a laryngectomy. He was Wing Commander Mike Thomas FRCS, a Senior Consultant Surgeon, and Medical Advisor to the NALC. Tragically he died last year from malignant melanoma aged 41, leaving a wife and three young children.

Laryngectomees world-wide will benefit from Mike’s work and we also send our condolences to his family and the NALC.

BON VOYAGE/ GOOD LUCK IN THE FUTURE/ FAREWELL GREAT FRIEND

Our loss is to be Sydney’s gain with Sister Di Clancy of the ENT Ward at Princess Alexandra Hospital leaving us to return to Sydney.

What a force Di turned out to be in the ongoing education of professionals concerned with the care and management of us. Di also organised the Head & Neck Nurses Group into a nationally recognised specialty (of course WE have always known just how specialised it is), ran Conferences & Seminars and worked closely with the P.A. Speechies to offer a tremendous support service.

We are very very sorry to see you go Di, and wish you every happiness, personal and professional, in the future.

CURRENT STOCK PRICELIST.

Foam (2.8, 3, 3.5, 4, 4.5 mm thickness) $2.50 sheet
(please state thickness required) (ask for samples if don’t know)
Dble/sided Tape $2.50 roll
Stoma Covers $4.00 each
Shower shields $20.00 each

Minimum $2.10 for postage and handling thankyou
Publication “Self-Help for the Laryngectomee” $15.00
The National Association of Laryngectomee Clubs

(In Association with Macmillan Cancer Relief)

Ground Floor, 6 Rickett Street, London SW6 1RU
(Telephone: 0171-381 9993)

President Mr T BATCHelor General Secretary Ms. V. REED
PATRONS MEDICAL ADVISOR
Mr HENRY J. SHAW Miss C. WILLIAMS
Mr BOBBY DAVRO

The National Association was inaugurated in 1976 with the sole objective of promoting the welfare, in any way possible, of laryngectomy patients and their families living throughout the British Isles and Eire. To this end NALC has concerned itself with various aspects of laryngectomy and thereby has grown from a very small organisation to the National Charity it is today.

The following is a summary of some of our activities - click for more information

General Services

Clan - The Association Newsletter

Stop Press News
Laryngectomee Clubs
NEW Club News Letters NEW
Seminars
Speaking Again
Our Publications
Resources
Useful Addresses


The following sites are worth a look as they contain much of interest to Laryngectomees

"Dutch" Helms, a laryngectomee from Texas has a web site and has given permission to use information from it. The following three links are to his site.
The Association produces a range of literature, covering many topics, for both patients and professionals and also publishes a quarterly newsletter, CLAN, which, apart from a large circulation in Britain, is currently sent to 44 countries throughout the world. Distributed through the clubs and to individuals on request.

The following may be of value to the laryngectomee and family pre-operatively and shortly after surgery.

*Laryngectomee Stoma Care - A guide for the Laryngectomee and Family
Available from NALC free of charge

Other leaflets are contained in: "Living with a Laryngectomy" which includes:

1. First reactions to being told you need a laryngectomy
2. Adjusting to a new way of communicating after laryngectomy
3. Long term healing problems after laryngectomy
4. Coping with mood changes after laryngectomy

Available from NALC free of charge

Other Association publications include: "Handbook for Laryngectomy Patients" Contents are:

1. The Diagnosis
2. The Operation
3. After the Operation
4. Speech Therapy
5. Stoma Care
6. Returning to Normal Life
7. The National Association of Laryngectomee Clubs
8. Resources

"After your Laryngectomy"
Written by Mrs Valerie Seddon, Speech Therapy Department, The Lister Hospital, Stevenage, Herts.
Copies available from Kapitex.
Price £2.00 each

"After your Laryngectomy: A Guide for Patient and Family"
A booklet covering most aspects of both physical and psychological adjustments after laryngectomy.
Available from: Kapitex Healthcare Ltd., Kapitex House, 1 Sandbeck Way, Wetherby, W. Yorkshire LS22 4GH
Tel: (01973) 580211

ATTENTION READERS
IF ANYONE WOULD LIKE A COPY OF LEAFLETS MENTIONED ON THIS PAGE YOU DON'T NEED TO WRITE OVERSEAS AS WE HAVE COPIES HERE IN QLD.
I'M NOT SURE ABOUT THE KAPITEX BOOKLETS SO WILL CHECK & ADVISE NEXT ISSUE.
BELIEVE IT OR KNOT
LOST FOR WORDS

surprise when presented with his well-deserved Certificate of Appreciation.

By "A PIECE OF PAPER"

Ho Hum, what a sorry life I have these days, so boring, dreary you name it. A secret I've jealously guarded for my 21 years and a few months (I cannot remember how many) my favourite saying "I Forgot". You know what, its like being out on a limb, well here I am but it feels as though there is a viscous animal waiting to jump up the tree to liven me up. I'm so disillusioned! Why! I forgot to put my foot in my big mouth AGAIN.

"WILL I LIVE IT DOWN"

In future when our illustrious President is around I will have to learn to disappear. Heather unwittingly discovered my life long secret at the AGM and to make matters worse for me IN FRONT OF EVERYONE. Goodness gracious me how can this problem be settled.

"HAVE YOU ANY IDEA YET" Good I'll keep teasing you to make it worthwhile.

On my last visit to "YOU KNOW WHO" for a brain scan, I became a very troubled young lad. The reason those learned gentlemen said "they could not see anything of importance" and my reaction was one of dismay. How am I going to compile material for articles in the COUNTRY KORNER with no Brain?? What a dilemma! So you can understand why I am confused.

In my lifetime EXPERTS have told me to:

(A) SIT DOWN
(B) BE QUIET
(C) SHUT UP
(D) YOU NAME IT

Following is another clue.

Many have tried to SHUT ME UP, and to my pleasure "FAILED"

then

"THAT WOMAN" succeeded in a single sentence. Caught on yet!!

well here goes

"IT GIVES ME GREAT PLEASURE" etc etc.

That dreaded moment in my life had arrived: (Knowing me) meekly I stepped forward for my Certificate of Appreciation.

So there hangs a tale of legend

LOST 4 WORDS

By A PIECE OF PAPER

PRESIDENT'S REPORT Welcome to another issue, particularly for our new members. For some time now, since the voice prosthesis arrived on the scene, and the hospitals have been running their own support groups, I have read in other areas that there does not seem to be the same need for the Associations with such dramatic drops in attendance. However at the time of printing this newsletter, all funding of aids has stopped and no-one is quite sure when it will resume. These are the times when a formal Association has an important role to play. Lobbying for the basic rights of new laryngectomees. Past experience has taught us how quickly the supply of loan electrolarynxes runs out in these circumstances, and the problems this creates. Let's hope the funds become available very soon, in the meantime we want to hear from anyone, patient or staff if they are experiencing serious supply problems.

Thank you to everyone who will renew their membership this year, we really appreciate hearing from people all around the State. As Editor I urge more members to use the pages to communicate or share information. Also as Editor I have to apologise yet again for not having the Seminar written up nor the story on the Vitamin A trials in Qld. At present I just can't see my way clear to sit down and view the video, making notes and then writing it up. Any VOLUNTEERS?

Well, I daresay Norm will not appreciate my stealing any more space from his Country Korner so I wish everyone good health in '98 - Regards Heather.
PENFRIENDS

No Contributions

HOBBY CORNER Nil

However I happen to know we have several
members whose hobby is woodworking. Any
hints or stories to share with new readers?

1998 SUBSCRIPTIONS ARE DUE

Donations are also accepted.

CIRCULATION is INCREASING and with rising costs things are a bit of touch and go. If it was
not for the QUEENSLAND CANCER FUND your NEWSLETTER would be very skimpy.

You SUPPORT is NEEDED. I have a magical photo of sunken ship. The photo has a 360°
angle. At present it is totally submerged.

??CAN IT BE REFLOATED??!

Before closing, it is hard work for your editors working out the layout for the NEWSLETTER
without your support with articles how long can you tolerate the “rubbish” they are forced to put
to print from me bimonthly. So put pen to paper one might never know if you have a hidde
talent.

“WOULDN’T IT BE NICE” to see your story or item go international as have some of your stories
or BETTER STILL, appear in COUNTRY KORNER.

NORTH QUEENSLAND FLOODING

It is with deep heart that I write the following.
We have approximately 35 “LAROS” in the MONSOONAL AREA. Many have suffered much
damage to their properties, help could be needed. But knowing the “PRIDE FACTOR” which is
paramount they will not ask for help.

GOD BLESS
So here is a chance to let your fellow members know how you fared, put pen to paper maybe
your letter could be printed in ENGLAND or WORLD WIDE in the “LAROS” NEWSLETTER.

My Dare “OVERFLOW THE OFFICE”
P.S. Don’t go for a swim in the flood water on your surfboards, you might get
(a) (a Moreton Bay) “BUG” not a fish from
(b) mud[dw] crab from the water

MEMBERSHIP DUES 1998

ANNUAL FEE $10.00

TO: L.A.Q Inc
P.O. BOX 576
LUTWYCHE Q 4030

DONATION

TOTAL

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

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

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

POSTCODE

REGISTERED CHARITY NO 817 THANKYOU FOR YOUR SUBSCRIPTION
MONTHLY MEETINGS:

#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.

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

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

#WILLAWARRA: Third Wednesday, 2.30pm at Warril Medical Centre, Belfast St, Warrill.

#NORTHERN RIVERS: 4 times per year, rotating venues, Contact: J Kidd, PO Box 572, Nimbin. Phone 02-66233320.

#MID NORTH COAST: First Tuesday, 1:30pm at Staff Centre, Manning Base Hospital, Taree.

#DEEGO: Latherine Hospital, Last Thursday, 10.30am Conference room.

#ALBURY: Ph: 02-6322-2011, ext: 323

#CANBERRA: First Wed, 11am, Level 2, Building 5, Canberra Hosp.

EDITORIAL

As another year is on its way and I just hope we are all ready for it with our 'loins girded' and our shoulders to the wheel', 'fighting fit and ready for action'. Personally I'm a bit 'collar proud' but should get over that. I hope with a bit more 'work under my belt'. And I can't think of any more cliches.

There have been no meetings since our last Newsletter so there is no news in the way of news, so this letter will be short. Just a reminder - the Association has functioned over the holiday period, a few new members have joined the fold, a few laryngectomies have been carried out, Lilah is still making stoma covers, John Nichol is still writing receipts, John Chaloner is recovering from surgery though he is due for more in March and we have had no reports of people in ill health - there are, no doubt, those who are not sparkling with health and to them go our best wishes for a quick return to good health.

The main reason for this Newsletter is to remind you all of our

ANNUAL GENERAL MEETING

Wednesday 18th February

UNITING CHURCH HALL

Carrington Avenue

STRATHFIELD

11am.

For those of you who have not been able to attend our meetings in the past year I do hope that you will be here to join us. The meeting is held in the church hall, which is a short distance from the Main Street Railway Station, and if you can make the trip there is plenty of parking in the church grounds. After the meeting a light lunch is served and this is your opportunity to meet other laryngectomies and their families. Although there is a lot of work being done during the meeting for the airing of problems, surgeries etc. or to tell other members of your problem solving or great discoveries, during the lunch these things can be aired on a one to one basis.

So please come along - you are not alone.

Partners are of course very welcome - we have no problems too and a chance to get away from it all. Friends too are welcome as they might like to learn a little more of the laryngectomy, their faults, their virtues and above all their courage.

SO PLEASE COME ALONG

YOU WILL BE VERY WELCOME.

WHO TO CONTACT

FOR BLOOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curran. 2075 Phone 02-9639-1599

FOR SPEECH AIDS BATTERIES, PARTS & REPAIRS -  John Nicholson (until end of March 1998) then John Chaloner. 111 Station Street, Petersham.  2049 Phone 02-9500-2552

FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Welton, 23 Baker St, Kensington. 2033. Ph 02-9663-2550
COMMITTEE
This is your last chance to nominate yourself or somebody else for the committee of the Laryngecetome Association of NSW. Forms were in the November Newsletter. Remember all positions are vacant and even outgoing committee members need to be re-nominated if they intend standing again.

LIVERPOOL AREA
Gabriella Coffee, speech pathologist from Liverpool Hospital, is endeavouring to form a Support Group for Laryngectomies which will meet at Liverpool Hospital. The first meeting she tells us is planned for this month. If you are in the Liverpool Area and interested in attending please contact Gabriella for details.

NEWS FROM INDIA
We have had a letter from the Secretary General of the Laryngectome club of India, S P Goel. We would like to apologise to the Indian club who felt that we denigrated the Indian Product. I quote from his letter: “In connection with the reference (October Newsletter) about Indian ElectroLarynx available at a cheap price we would like to place on record that our ElectroLarynx is certainly a cheap unit as it is being made available keeping in view the poor financial position of vast number of Laryngectomies in India. Technically this unit has all the features which are available in best units of the world. A leaflet on the latest model of same, which has separate VOLUME & PITCH control, with option of energizing the unit through AC220 Volt Adapter, besides usual battery, is attached for kind information and record.” Thankyou Mr Goel - no denigration was intended though I agree on reading it again it may have appeared to be implied. Servicing is one of our problems and we do seem to have more success if we stay with the one model. The information sent by Mr Goel will be available for perusal at the February meeting. The new model is available for $US200.00

CARTOON CHARACTERS?
Tony Krasncheski has been watching the screen again, and our self-appointed “Laryngectome Detectors” have come up with another one. On the last weekend in December on Saturday he happened upon a cartoon “South Park” on SBS. He generally seemed not impressed with it saying “the animation is not of a particularly high standard, the voices of some of the characters are a bit hard to understand and they seem to run very close to the edge of what may be considered good taste” He continues, “Anyway one of the characters was using a Servox type of machine which they termed a “cancer Kozoo” and each time he spoke he raised the gismo to his neck and began each piece of dialogue with a “lumur”, checking that it was on for talking. Quite realistic really. No explanation was given for the character behaving in that fashion so most people probably would not have noticed or realized that he was a laryngectomee. It certainly took me by surprise, as I probably wouldn’t have watched the show if I hadn’t noticed the laryngectomee.” “The show was called South Park and it was on SBS at 8.30pm, Saturday. I wouldn’t recommend it but shall watch it again to see if the laryngectomee is a regular character” Thankyou Tony, we look forward to your next report.

JOKES OF THE MONTH
This month two from Ken Bluett’s “Humour in Uniform” book

Soldier, “Let’s get married or something”
Girlfriend, “Let’s get married or nothing”

She, “Kiss me once more like that and I’m yours for life”
He, “Thanks for warming me” 😂😂😂😂😂😂😂
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CALEM
It is with regret that we sadly farewell the following members. We extend to their families and friends our sincere sympathy.
Mr R E Wall of Lanesceston, Tasmania
Mrs N Chinnery of Maroubra.

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Girlfriend, “Lest get married or nothing”

She, “Kiss me once more like that and I’m yours for life”
He, “Thanks for warning me”
MERRY CHRISTMAS TO ALL......

Please come along to the Laryngectomy Association of Qld Christmas Breakup

To be held at the Qld Cancer Fund
William Rudder House 553 Gregory Tce Fortitude Valley.
(Park underneath)

Wednesday 17 December 1997 from 10.00 am onwards

Please bring a plate of eats to share and exchange seasons greetings with friends old and new.

CONGRATULATIONS!!

Lynell Basset (nee McFeeter) and husband Geoff are the proud parents of a beautiful daughter Nicola Isabelle 4lbs 13ozs born on 21st November.
We wish them all a very happy future together.
Editors Note:
I have been of very little use to Heather in this edition - Brian and I have been off to Beijing in the People's Republic of China having the most wonderful time!! We walked along (a small portion) of the Great Wall, attended the most amazing dinner in the Great Hall of the People at Tiananmen Square where the entertainment was the Beijing Opera Company, the Beijing Acrobatic Troop and the Chinese Opera. We visited the Hutong - a "suburb" of Beijing where you can see the traditional city life - albeit it was where officials live so probably is a better standard of living than the average. It was a fascinating time and I recommend a trip to China for all. Of course we were in a very large group and stayed at the China World Hotel - I'm not sure that I am brave enough to just head off on my own! I came back from China and then headed off to Melbourne to spend a few days at Phillip Island seeing the Fairy Penguin parade - a wonderful sight! Then attended the ACROD National conference in Melbourne where we explored the future direction of funding and other issues for the disability sector. All in all I have had a great time and left Heather with the work. No doubt I will be made to "pay back" - and rightly so.

From all of us - Have a great Festive season and a truly happy, healthy and exciting 1998.

For people using an INDWELLING VOICE PROSTHESIS - Kylie Perkins Sen. Speech Pathologist at R.B.H. has sent the following information which applies to RBH patients. Since services may differ in other places we suggest you contact the speech pathologist at your local hospital for further information.

ANTIFUNGAL TREATMENT

When a voice prosthesis starts to leak prematurely due to fungal colonization of the valve, a new voice prosthesis is inserted and the patient is started on daily antifungal decontamination of the mouth and pharynx.

Commonly prescribed antifungal agents include:-

Nystatin oral suspension (oral drops) which comes in
- 24 ml (6 days use) $ 7.00 approx
- 500 ml $63.00 approx

Prices may vary depending on the chemist you use.

An alternative to Nystatin is Mycostatin. The only difference is it is made by a different company.

Daktarin (miconazole) oral gel which comes in
- 15 gram tube $ 9.60 approx
- 40 gram tube $17.80 approx

Prices may vary depending on the chemist you use.

The above mentioned antifungal agents are available at the Royal Brisbane Hospital Pharmacy (lower ground floor).

You will need a prescription from a Royal Brisbane Hospital doctor for all items purchased through the Royal Brisbane Hospital Pharmacy, even if the item does not require a prescription when purchased at a local chemist. Your local doctor's prescription is not accepted at the Royal Brisbane Hospital Pharmacy.

If you are a pensioner (PBS scheme) you are eligible to receive items at the reduced cost of $3.20. The Royal Brisbane Hospital Pharmacy works on a standard monthly supply.

If you are not a pensioner you can still purchase items (with prescription from a Royal Brisbane Hospital doctor) but at a slightly reduced cost than is available at local pharmacies.

The Daktarin gel is used on the tip of the cleaning brush which is carefully inserted into the voice prosthesis once daily.

The Nystatin oral suspension is given orally. Hold in the mouth for at least 3 - 4 minutes, then expectorate.

LATE PRESS Unfortunately the Daktarin gel has been taken OFF the free list. Concerned staff are currently looking for an alternative.

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THIS NEWSLETTER WAS PRODUCED WITH THE ASSISTANCE OF THE QLD CANCER FUND
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SEMINAR REPORT: THIS IS JUST TO SAY THE SEMINAR WAS A GREAT SUCCESS WITH A WONDERFUL ATTENDANCE OF SEVENTY ONE PEOPLE INCLUDING OUR VERY WELCOME BUSLOAD FROM THE GOLD COAST. WE WERE THRILLED TO HAVE MEMBERS FROM THE NORTH COAST, BUNDABERG, ROCKHAMPTON, AND OTHER COUNTRY AREAS - AND ALL THE SPEAKERS MADE WONDERFUL PRESENTATIONS.

I have not been able to write up the Seminar as I usually do, so our next newsletter will be the Seminar edition for all those unable to attend.

Dr McCafferty's presentation "The History of Laryngectomy" gave everyone a new insight into all the effort that has been put into the field by doctors and patients alike over the years. And Barb O'Donnell, Jen Frisby and Annie Reilly brought us up-to-date with nursing and speech options and problems. In the afternoon after we'd heard Damien Parny and Susan Collins speak, everyone had the opportunity to have their say, and our Patron Dr Quayle did his usual excellent job of summing up the day's activities for which we thank him most sincerely.

THANKYOU TO EVERYONE WHO ATTENDED AND MADE THE DAY.

P.S. Has anyone seen Heathers camera? Last seen as we were packing up it contains all the important photos taken on the day and we are very anxious to locate it before next newsletter.

At our recent Seminar, presentations were made to Bill and Marion Robertson acknowledging their outstanding service to others for over 25 yrs.
When Bill had his operation in 1971 he went along to the Lost Chord Club Meetings held in the evening in the Professional Officers Association in Ann St. Andy Ross was the first President and Bill became the second.
Since then Bill has continued to hold various offices but nothing was ever more important to him than the hospital visits and although no one has ever counted them, I cannot see his record number of visits ever being surpassed.
Meanwhile back at home, Marion took the phonecalls and the messages for the Lost Chord Club and provided a supportive ear for many wives and laryngectomees over the years.
The laryngectomee population of Qld owe Bill & Marion more than can be expressed - and we thank them for all the years, the weekends, the money that was given in supporting fellow travellers through the laryngectomy experience.

FROM THE PRESIDENT & CO-EDITOR. Welcome to another edition which I am delighted to say includes 2 personal stories! Sue & I always feel like we've won Lotto if we have one story so this was a real thrill. We have several outstanding items for next issue but we would really appreciate hearing from all the Support Groups with details of meeting times and contact people for the next year if possible. The attendance at our Seminar was excellent. My only personal disappointment was not being able to speak with many people, and then when I've finally got time to chat everyone's gone! I wish you everything you would like at Christmas Peace on Earth, and a harmless cure for cancer.

Bowls Day. The final figures for this year's Charity Bowls Day was a stunning $5,040.00. Congratulations to everyone involved in another incredible display of generosity including the major sponsors who have provided the base for Ken and his supporters to work with - Brighton Bowls Club, Bramble Bay Sporting Club, Belvedere Hotel and its patrons, Taste Products, Michael Larter Pharmacy, Dolphins Social Bowls Club, Ken Roberts Irish Hot Bread Kitchen, Duanne Enterprises, Franks Wholesale Cars.
To everyone who donated prizes, and conducted raffles in these hard times we wish you all a wonderful Christmas break and good health in 1998.
Thankyou again for the wonderful donation from all your efforts.

Servoxes for loan - Over the Xmas break anyone requiring a replacement Servox should contact Norm Fredericks, Graham Dux or Bill Robertson
Addresses and phone numbers on front of newsletter.
Hi There,

News from Redcliffe Laryngectomy Support Group.

We have had a pretty disastrous year with sickness prevailing for much of the time—several meetings we had only two of us present. However last week we had a very good attendance with twelve members present. We were pleased to welcome Harry and Elsie Woodgate back—Harry is on some new treatment and seems to be doing well now. Our good wishes go out to John and Ivy Oaken who are still sick, we hope they are soon feeling better. We were also pleased to welcome a new member—Ben Briggs and his wife Val, they both seem to be coping well.

Last week we had a guest speaker from St. John’s Ambulance who talked about and demonstrated resuscitation techniques for neck breathers. This was good although I think that possibly we told him as much, if not more than he told us! One suggestion he did make was that it may be a good idea to purchase a Hand Held Bag Resuscitator for use if a husband or partner of a neck breather should need resuscitation while waiting for an ambulance to arrive. Unfortunately I think the price of around two hundred dollars precludes this from most of us, so we hope we never need it. If any one has any suggestions on this we would be grateful. He also suggested that we write to the Commissioner for the Ambulance Dept. and The Commissioner for the St. John’s Ambulance Operations Branch—asking them to include more about neck breathers in their training schedules and manuals, as so very little seems to be included. We thought this was a very good idea and Meegan our Speech Therapist promised to write for us.

We hope you all have a very Happy Christmas. Redcliffe Christmas Party is on Friday next—December 5th. at the usual venue of Ken & Eileen Crockett’s house 92, King Street, Woody Point. —10:30 am. All Welcome we do so hope a few of you can make it—we would love to see you.

Take care, keep smiling and God Bless.

Anne M. Miller.

Anne

P.S. Thought for the Day. The World’s best medicine is laughter—to be taken in very large doses.

THE TEN COMMANDMENTS FOR REDUCING STRESS.

1. Thou shalt NOT be perfect, or even try to be.

2. Thou shalt NOT try to be all things to all people, and spread yourself too thin.

3. Thou shalt leave things undone that ought to be done.

4. Thou shalt NOT criticise thyself for decisions that were made without the benefit of hindsight.

5. Thou shalt learn to say “NO”.

6. Thou shalt schedule time for thyself and thy supportive network.

7. Thou shalt switch off, and do nothing, regularly.

8. Thou shalt be boring, untidy, indulgent and unattractive at times.

9. Thou shalt NOT even feel guilty!

10. Especially, thou shalt NOT be thine own worst enemy, but be thy best friend.

Source unknown.

======================================================================
Editor- Thankyou for sending a copy of this very well-set-out notice which other groups might find interesting too.

Are you a Laryngectomee?

Are you a neck breather?

Do you have trouble talking because of surgery to your head or neck?

if so

THE REDCLIFFE LARYNGECTOMY ASSOCIATION SUPPORT GROUP can help you

MEETINGS

Every 3rd Friday of the month
10.30 am - 11.30 am

AT THE REDCLIFFE HOSPITAL SPEECH PATHOLOGY DEPARTMENT

All those interested are welcome
For more details please contact

Mrs Meghan Mann-Leonard, Speech Pathologist Redcliffe Hospital on 3883 0883

or

Mrs Anne Miller on 3205 3278
PUBLIC SPEAKING by BOB BLACKBURN, GOLD COAST.

I've just read the September edition of Laro-Link and noticed that they want articles and stories to fill the pages.

This is my story, and I swear that it's true.

When my voicebox was taken out and long before I received my voice prosthesis I used to drink at the now long defunct Hotel Grande in Coolangatta. In those days I used to carry notebooks and pens to the pub with me.

I don't know if fellow laryngectomees have had the problems I had. Probably they have.

When I was engaged in conversation with my mates, I had to write my answers on sheets of my notebook. The one very, very big drawback, was that by the time I'd written my replies or whatever, the subject had changed and my mates were talking about something else. They used to tell me that the angrier and more frustrated I got, the larger my writing got and my face got redder.

This went on for about eighteen months until the magic day I received my voice prosthesis. At last I could talk again and I couldn't wait to speak to my mates in the pub! After six weeks in P.A. Hospital I was on a bus back to Coolangatta and the Hotel Grande. The bus ride back was filled with anticipation of the looks on their faces when I could answer them back.

The first person I saw when I walked in to front the bar, beside Dianne the barmaid, was my best mate Donny Townsend. As usual for a Friday he was at a table making his choices for the races on Saturday. When he looked up and saw me, I got my usual hearty greeting from him. I thought to myself "What a surprise he's going to get" and so I replied in my now, somewhat gravelly voice "G'Day Donny, How's it goin'?

His reply floored not only me but Dianne as well. "I'll never forget it as long as I live."

"Don't growl at me you Bastard"

When I stopped laughing and Dianne had picked herself up and wiped her eyes, what else could I do but buy him a beer.

Bob Blackburn.

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THE LARYNGECTOMY EXPERIENCE - A PERSONAL VIEWPOINT
by COLIN O'BRIEN, Gold Coast.

I think that as a newly appointed laryngectomy support visitor for the cancer fund that I should put some thoughts down on paper with regards to how I felt when I was told that I had suspected cancer of the throat. Firstly I could not believe it as the only problem that I was having was that my voice would come and go more or less as it wanted and that I was having difficulty in getting volume but had no real pain to speak of. Forgive the unintentional pun. Therefor I thought that I had some sort of acute laryngitis as I had my tonsils removed when I was about eighteen years of age. I went to see the E.N.T. specialist at the Gold Coast Hospital and was examined and informed that they suspected that I had throat cancer. I just could not believe it but was told that I would have to go to the hospital about a week later to have a biopsy operation performed, that is they operate and remove a piece of the growth and have pathology examine it under the microscope to determine what the growth actually is and in my case it was a malignant cancer growing in my throat. Even before I had the official results from the hospital the surgeon informed me that he believed that the growth was malignant and that without the operation I would have about six months to live this came as such a shock as up until this time I believed that because that I was a returned Vietnam veteran that I was somehow not like everyone else and that I was invincible but this soon brought me crashing back down to
earth, I had to wait for about a week to get the bad news officially from the pathology department. It was then that I had to decide what action if any that I should take, at first I thought that I should simply do nothing and let the disease take it's own course and just cram as much life into the time that I had left and to hell with the consequences. But then I decided that this was simply taking the easy way out and that after a lot of soul searching and agonising deliberation with myself I decided to go through with the operation even though I had no idea of how that I was going to cope without not being able to talk. As they always said that I could talk underwater with a mouth full of marbles without ever missing a beat.

The operation that I was to have is called a laryngectomy. which in lay man's terms meant that they would remove my entire voice box and reconstruct my airway so that it would come out a hole in my neck and from that time onward my mouth, nose and throat would be basically only be used for eating and drinking and that I would now be a total neck breather. I think what worried me most was the gaping great hole that was going to be in my neck in the place of my adam's apple and although the speech therapy people showed me the films on what happens after the operation with regards to being able to speak and the various types or artificial voice prosthesis that would be available for me to be able to use and enable to once again by normal speech as it were. While all this was going on as I recall it now none or at least very little of the information was actually getting through to me.

All I could think about at the time was that I had cancer and the possibility of my sudden and premature death, which was all very frightening and preoccupying at that particular time. The thing that stuck in my mind was this vision of this guy inserting this thing into this hole in his neck and it somehow magically disappearing somewhere down inside of him and I remember how horrified I was at the thought of having to do this, also the big hole that he now had in his neck where his adam's apple used to be. So all this important and very useful information was being wasted on me. I am now trying to devise some way that all this important information could be passed on to anyone that was about to have the same operation as I had performed on me. In hind sight now I believe that the only way achieve this is to talk to someone like myself who has actually gone through the same experience as the one that they are about to go through and have come out the other side as a reasonably complete person with the ability to carry out most of the tasks that they could have achieved prior to having their operation, this proves to them that there is light at the end of the tunnel and although they will have to undergo a lot of discomfort and in some cases pain the end result will be that their life will not be all gloom and doom, Once over the main shock and coming to grips with the choice of either having the operation or not which is a simple choice of either life or electing to have a premature death. Most people choose life over death and therefore go through with the required surgery and adjust to their new way of life.

Getting back to the mistakes that I personally made, the main one was that I wanted to deal with this problem on my own as being a returned serviceman I thought that this was the manly way to go. I did this somehow bungling my way through the operation and all the decisions associated with it. This is not the way that I would recommend to anyone else. As it is a very tough route to travel. Post operatively I would have found it impossible to get through on my own but I was most fortunate to have a few of my Vietnam veteran friends to assist me with moral support that along with my other friends got me through the transition period when I was unable to talk.
This is the most frustrating of times as one has to write down everything in order to communicate with people and it is only then that you realise how fast even the slowest talker speaks as it seems to take forever to write the questions that you require answering. The good thing about this is that it then makes you appreciate any verbal means of communication, it also makes one try much harder to learn to speak once again although don’t get me wrong it is really not that difficult once you learn to control your breathing. The good thing about having a cancer support visitor is they know most of the pitfalls associated with this particular type of operation and can more easily guide you through them. It is only after you meet up with the other laryngectomyes hat one realises that they have so much in common and are willing to help one and other and we all learn from each others experiences. We also don’t notice that we all breathe through our stoma’s ( the hole in our necks ). Probably the greatest singularly most shocking experience one has after the operation, is when you first get a look at yourself in a mirror and see this what appears to be great gaping hole in your throat because no matter how many times that they tell you that it will be there you don’t believe it until you see it for yourself. The trouble is that the first time that you actually do see it you have still got your staples and stitches in place so you tend to look the worst in your appearance that you ever are likely to, This can be a very daunting experience even more so if you happen to be a woman as they are so aware of their appearance. That is why I believe that it is very important for the person about to have the operation to be able to speak with someone who has had one. Because one they learn first hand that they generally will have some form of speech in the very near future after their operation also that the disfigurement that they witness in the mirror is only temporary and the total physical amount of disfigurement is actually not that dramatic nor that traumatic in the end.

So to all the people that are about to undergo this operation I would sincerely recommend that they have a meeting with a support visitor. I personally came to this conclusion after meeting and talking with the other volunteer support visitors and getting their opinions on issues that affect us generally and how we all deal with them, I would respectfully suggest that they have an informal chat with one of the volunteers both prior to definitely post operatively as I feel that they have everything to gain and nothing to loose by the experience. The main reason for this is that prior to the operation one tends to preoccupied with the fact that one has come into contact with the dreaded "CANCER" Which congers up this instant picture of imminent death and we all go through the why me syndrome or what did I do to deserve this, instead of looking at things from the proper perspective of what the limitations are going to be. We always seem to look on the black pessimistic side rather than the taking optimistic view of appreciating what we will be able to achieve after the successful completion of the operation and the subsequent healing and learning is over. Not that I wish to make light of the situation for as anybody knows who has undergone the surgery and had to except the inevitable fact that one no longer has a larynx (voice box). So therefore have to learn to speak with the aid of an artificial one of some description or learn to preform oesophageal speech in order to be able to communicate in the normal fashion. The reason that it would be useful to the perspective laryngectomy is that they will more readily except their situation if they realise that they are not alone and that if all us other people can survive and communicate at least there is some light at the end of the tunnel and it is not all doom and gloom after their surgery. We can explain to them on a personal basis how we managed as
individuals to overcome the situation and return to leading a relatively normal life and apart from no longer being able to go for a swim we can more or less do anything that anyone else can do all be it sometimes a little slower than other people. I personally can not comment on the effects of having either radio or kemo therapy as I was most fortunate that when they examined my Larynx in the pathology lab after the operation they found that the outer walls of the larynx were unaffected which would appear to indicate that they caught it before it had a chance to spread through my system. Something that I am extremely grateful for. I know a lot of the others were less fortunate than myself and had to have the other treatments for their cancers that is why it is important for us to have among our support group a cross section of people who have undergone all the various kinds of treatment and are therefore able to give a first hand account of what it actually entails.

I think that I can speak on behalf of my fellow volunteers in saying that had we had the same service available to us prior to the operation that we all in hind sight would have used this service. Because we are not only fellow volunteers but also friends who are able to call on one and other for assistance, or just to telephone someone that truly understands their situation and how they are feeling.

From Colin O'Brien

18th September 1996.

NECKWEAR FOR LADIES.
At last we have a local source of beaded necklaces! Mrs Anne Miller who is already one of our busiest members has produced several items (a couple were on show at the seminar) and has said she would be happy to help out those of us less nimble with our fingers. Cost is $20.00 each which covers the cost of materials. The hours that it takes to make them are given as a labour of love - thankyou Anne. She will do her best to find particular colours for people. Anyone wishing to place an order, or find out what colours are currently available can phone Anne on 3205 3278 or write: Mrs Anne Miller 35 Stirling St., Strathpine. 4500.

CHRISTMAS FUNCTIONS

GOLD COAST: WEDNESDAY 3RD DECEMBER 11AM-2PM AT QLD CANCER FUND ROOMS, Cnr BAY & DAVENPORT STS, SOUTHPORT. ALL WELCOME.

P.A.H. SUPPORT GROUP, THURSDAY 4TH DECEMBER 1.30PM THE NORMAN HOTEL, IPSWICH ROAD, WOOLLONGABBA. (FOOD SERVED UNTIL 2.30)

REDCRUF & BAYSIDE SUPPORT GROUP, FRIDAY 5TH DECEMBER, PARTY AT THE HOME OF KEN & EILEEN CROCKATT 92 KING STREET, WOODY POINT FROM 10.30AM

L.A.Q. CHRISTMAS BREAKUP WEDNESDAY 13TH DECEMBER, QLD CANCER FUND, FROM 10.00 AM TILL 12.30.

CONGRATULATIONS & BEST WISHES TO TINA KURYLOWICZ - TINA & IAN WERE MARRIED AT THE END OF NOVEMBER AND HAVE SET OFF TO WALK IN THE FOOTHILLS OF MT EVEREST! TINA WISHES EVERYONE A MERRY CHRISTMAS & HOPES TO SEE US IN THE NEW YEAR.

THANKYOU to the TELSTRA CSA RETAIL SOCIAL CLUB for their recent & very welcome donation of $58.20.
"COUNTRY CORNER"

GET WELL SOON
We hope all the good wishes and warm thoughts
We're sending you today
Can brighten your mood and help to speed
Your recovery along.

MY MEAN MOTHER

"I had the meanest mother in the world.
While other kids had lollies for breakfast, I had to eat cereal, egg and toast.
While other kids had cans of drink and lollies for lunch,
I had to have a sandwich.
As you can guess my dinner was not only different from the other kids - I had to eat it at a table and not in front of the television."

"My mother also insisted on knowing where we were at all times.
You'd think we were on a chain gang or something.
She had to know who our friends were, where we were going, and she even told us what time we had to be home."

"I am ashamed to admit it, but my mother had the nerve to break child labour laws.
She made us wash the dishes, make our beds and even learn to cook.
That woman must have stayed awake at nights, just thinking up things for us kids to do."

"By the time we were teenagers our whole life became even more unbearable.
Our old-fashioned mother refused to let us date before we were 15, and insisted that boys had to come to the door to collect girls from our family, instead of tooting the car horn for them to come running."

"She really raised a bunch of squares.
None of us kids was ever arrested for shoplifting or busted for dope.
And who do we thank for this? You're right - our mean mother.
Every day we hear cries from both our people and our politicians about what our country really needs.

What our country really needs - is more mothers like mine."

(Author unknown)
LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomees and those with similar vocal disorders

DECEMBER 1997

ALL CORRESPONDENCE TO: The Secretary, The Laryngectomee Association of NSW, PO Box 58, Richmond NSW 2753 or Fax 02 4578 4412 Phone 02-45784145.

MONTHLY MEETINGS:
#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
#NEWCASTLE: Third Tuesday, 6pm at Hamilton Bowling Club, Borden Rd, Broadmeadow.
#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.
#HILLARWARKA: Third Wednesday, 2.30pm at Warilla Medical Centre, Belfast St, Warilla.
#NORTHERN RIVERS: 4 times per year, rotating venues. Contact J Kidd, PO Box 572, Lismore. Phone 02-66233320.
#MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
#MURU: Lismore Hospital, last Thurs, 10.30am Conference room.
#ALBURY: Ph 02-6023-2011 ext 323.
#CANBERRA: First Wed, 11am, Level 12, Building 5, Canberra Hosp.

EDITORIAL
And so we come to the end of another year, a year which contained much happiness, many achievements, and sadly much sorrow. We have met many new laryngectomees in and out of hospital and rejoice with them in each step they and their partners make in the rehabilitation process - steps we have all taken in a long and frustrating experience. We hope that we have been able to be a help and support. Sadly we have lost friends and to those families our deep sympathy.

And so it is time to pause, take a deep breath and be ready for the year ahead whatever it may hold. The next meeting of the Association will be the Annual General Meeting on Wednesday February 18th 1998. Thus it is time for us all to think what EACH OF US can do for our Association and fellow laryngectomees. ALL committee positions are declared vacant on that date - are you able to fill one of those positions? If your answer is "Yes" then you may nominate yourself on the form in the November Newsletter and post it to the Secretary before the end of January. There will be no Newsletter in January.

Enjoy the holiday season, enjoy your family and friends, and may your God smile on you in 1998.

Remember the joyful hours we spent
The family friends who came and went
What a great 1997 Christmas meant
When we were very young.

And there what Christmas joy will bring
The pleasure of remembering
Old places, old faces, old carols to sing
From when we were very young

Garnet Ewing.

OFFICE BEARERS 1997
President: Position not filled until Annual General Meeting 1998
Vice President: Bill Byrne, 642 Guildford Rd, GUILDFORD; Harry Stone, 133 Noble Ave, GREENACRE, 1590
Secretary/ Treasurer: John Nicholson, MBE, PO Box 58, RICHMOND 2753, 02-45781415.
Minister Secretary: Mrs Margaret Silver, 89 Spencer Rd, KILLARA 2071, 02-9458 4530.
Spokesman: Co-ordinator: John Chalmers, 11 Station St, PETERSHAM, 02-9560 2852.
Welfare Officer: Mrs Lilah Walton, 23 Baker St, KENSINGTON, 02-939-2870.
Editor: Don Nicholson (for John)
Committee: Bruce Darlington, 5 Alexander St, ARNCLIFFE, 2205, 02-9999 2540.
Marion Lyon, 21 Harald St, GREATER COMING 2509 02-9708 8631.
Pat Hillhouse, 94 Sunset Drive, CARLINGFORD, 02-9497 4650.

WHO TO CONTACT
FOR BLOW SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curt Curl. 2089. Phone 02-9695-1538.
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St, Kensington, 2033. Ph 02-9963-2850.
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW HELD IN THE UNITING CHURCH HALL, CARRINGTON AVENUE, STRATHFIELD ON WEDNESDAY 19TH NOVEMBER 1997

THE CHAIRMAN Bill Byrne opened the meeting at 11.00 am. He immediately called for a minutes silence to remember the sudden and untimely death of our president John Stein.


APOLOGY was accepted from B Dun.

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

SECRETARIES REPORT

MEMBERSHIP. About 80 members have paid their subscriptions for 1998 and it would be appreciated if those who have not paid could do so as soon as possible.

On behalf of the committee I would like to welcome the following new members:

  - John Wright of Chester Hill
  - Bill Thorburn of Camden
  - Barry Breakspear of Kogarah
  - Speech Pathologist of Regional Hospital, Launceston, Tasmania.
  - Speech Pathologist of Regional Hospital at Burnie, Tasmania.
  - Arthur Lara of Lane Cove
  - Ken Troy of Picton
  - Michael Fagan of Bidwell
  - John Basso of Coomellahah

Unfortunately I have to report that five of our members have recently died.

DONATIONS. Our sincere thanks to the following members and others for their generous donations to our Association. Many of these donations came in memory and appreciation of our late president John Stein.

  - V Mc Gregor of Grafton
  - J Nowland of Padstow Heights
  - B Bryne of Guildford
  - A & J Judson of W. Pennant Hills
  - J Stein (Jnr) of Florey ACT
  - M & V Di Carlo of Terry Hills
  - N E Ives of Northbridge
  - P & L Rafferty
  - J & G Clayton of French's Forest
  - F M Stein of Killara
  - F A & B E Stein of Killeare
  - G R Hamilton of Peakhurst
  - D L Richardson of Earlwood
  - D & O Harvey of Pennant Hills
  - B J Cullen of Castle Hill
  - Bill McColl of Ennismore
  - M J Thompson of Bourke
  - J Rightin of Isanees
  - A Cowgill of Bundanoon
  - D Tauro of Maroubra
  - A S Shepherd of Waterlool
  - D Vowles of Ennington
  - Dr G Mac Halliday of Sydney
  - Uniting Church (Arnecliffe) Friendship Centre
  - L Fisher of Lake Cargelligo.

SCHOOL OF COMMUNICATION SCIENCES AND DISORDERS.

We had a letter this month from this body which is conducting a review of their programmes. As the members of this Association are known to have an interest "in the operations, academic programmes and future directions of the school" we were asked to make comments, positive or critical; suggestions or recommendations. I did not have time to bring this matter to the meeting before replying, but ask now that you endorse my reply.

In my reply (and) I table it now for all at the meeting to read. I made three main points:

1. The desirability of speech pathologists learning to teach oesophageal speech without the use of a tracheo-oesophageal shunt.
2. The need to carefully evaluate a patients needs and abilities before recommending a voice aid.
3. The willingness of our members to be available as teaching aids.

Secretary's report carried on the motion of J Chaloner, seconded B Darlingten.

CORRESPONDENCE

1. Hunter Valley Brunch. Inviting members to their Christmas Party on 9th December 1997. RSVP is 1st December to John Lovatt, telephone 02-4954-3368.
2. Australian Cancer Society. Due to structural changes in the USA - whereby the International Association of Laryngectomees has lost the support of the American Cancer society - the Australian Cancer society has decided not to pay the IAI dues for 1998. I think this is a sensible decision.

3. Media Net. Advertising material on a one day seminar on writing media releases.

4. Asia Pacific Incentives and Meeting Expo. Advertising material

5. Laryngectomee Association of Tasmania. Membership fees for two speech pathologists in Northern Tasmania.

6. Who's Who in Australia - advertising material

7. University of Sydney, Faculty of Health Sciences (see Sec's Report)

8. Disability Database. Advertising material on a seminar in Adelaide in May 1998


10. Charities Bulletin from Gaming and Racing Department

11. Initial information from Network on Laryngectomees

12. Newsletters from other clubs and associations.

11. Donations and memberships as per Sec's Report.

TREASURERS REPORT showing a healthy credit balance for this year was accepted on the motion of J Chaloner, seconded L Walton.

SPEECH AIDS OFFICERS REPORT.
John reported that during the month he had the usual number of requests. John will be admitted to hospital on the first of December and will be unavailable until late February 1998.

During his absence please direct requests for speech aids, batteries etc to John Nicholson on telephone 02-45781415 or FAX 02-45784412 (John N will also be away for some days in the middle of January so if you think you will need a battery in January get your order in early)
Report accepted on the motion of D Nicholson, seconded L Walton.

WELFARE OFFICERS REPORT
Apart from sending parcels, helping people who phone with queries (who better than I to ask - if you want perfection you go to the best - I'm also modest) this month has flown. Received a letter from a South Australian lady wanting to sell her late husband's new Sequvix. I contacted John Stein, John Chaloner and John Nicholson as the article was over $100. We decided it was a worthy purchase.

I had a phone call from a chemist complaining about Veterans Affairs cut back on supplies to veteran laryngectomees. Should we write to Vet Affairs Dept. about this. (No vets at the meeting had had any problems - please let us know if you have had any)

Jack Darby from Glenfield has again made us four wooden articles to raffle next year (he made the raffle this year) Thank you Jack and Jane. Mrs Latta rang wanting a shower shield for her husband, who had not had a hospital visitor. Arrangements are being made for him to be visited at home.

Thank you card received from the family of the late George Brown.

In the Kiwi Last Chord Newsletter was an article re a comprehensive brochure of pamphlets to be put together for hospital visitors to give to laryngectomey patients. I sent out our Hospital Packs to help them get started. Oliver Harvey shortly goes to hospital for routine surgery but hopes to be able to attend the Christmas Party.

I rang Bonds re material as suggested at our last meeting. I was courteously received but told they did not give donations. Pablo did say that we can still purchase but the smallest amount sold is $3000.00 worth. Who is going to store it???????

Shirley Newby has been busy again making us things to raffle - thank you Shirley.

Our hospital visitors have been busy again but I pray it slackens down.

Helen Brake from St Vincent's Hospital has arranged a Christmas get-together for some laryngectomees who can't make it to Kirribilli - unfortunately it is the same day as our party so Helen will not be able to attend ours.

Ronny Dun has had the chicken pox but is recovering.

To all those who have not been 100% my best wishes. Also to all those who have lost dear ones, especially Lorraine and Clare Stein deepest sympathy.
To all members I send Christmas Greetings and trust everybody has a happy and healthy 1998.
A friend has gone to Melbourne and I have given her money and addresses of material warehouses in the hope that she has time to purchase some coloured material for stoma covers.

Report accepted on the motion of J Chaloner, seconded H Stone.

GENERAL BUSINESS
1. Moved D Nicolson, seconded L Walton that the Association donate $5000.00 to the Cancer Council fund which provides accommodation for cancer patients who are required to stay away from home for extended day treatment. (See November Newsletter). Carried
2. The Welfare Officer displayed some material which she had been donated for stoma covers. This material is black on one side and gray on the other an therefore difficult for aged eyes to sew. Lilah has it available for any who require it.

There being no further business the chairman closed the meeting at 11.40am, after which the usual luncheon, fellowship, and convivial chat were enjoyed.

President

NEXT MEETING
LARYNGECTOMEE ASSOCIATION
NSW
ANNUAL GENERAL MEETING
WEDNESDAY 18TH FEBRUARY 1998
11.00AM
UNITING CHURCH HALL
CARRINGTON AVENUE,
STRATFIELD.
MEMBERS AND FRIENDS WELCOME
PARKING ON SITE
SHORT WALK TO RAILWAY
Light Lunch Served After The Meeting

CANBERRA NEWS:
Peter Beasley has written from Canberra to let us know that their Christmas get-together was held on Tuesday 2nd Dec at “The Restaurants” of the Canberra Institute of Technology.
Knowing some of that group, I have no doubt that an enjoyable night was had by all.

On 12th November a group of laryngectomees visited the Australian Federal Police to continue the job of putting faces to the voices of laryngectomees. They saw the members who are taking emergency calls and also tried to educate Police on alcohol breath testing as some laryngectomees have had trouble explaining when requested to blow into the tester. They wonder if NSW members have had any problems.

They will be sending us results of the meeting - I hope for the next Newsletter.

‘OOPS’

Dulcie Cowgill writes from Bundanoon to tell us that she and her husband Allan recently traveled to Port Macquarie with a group of Senior Citizens.

“We were chatting together outside our motel, Allan joining in with his Servox voice, when Tom, a bit older than us, turned to me and said, “He’s quite sensible, isn’t he”!!”

SLIPPERY ELM POWDER

You may remember that last year we had a letter from Tony Kramodebski telling us of the relief he had received from using slippery elm powder for flatulence - his advice was followed by quite a few of our members who also received relief. The following is an article I read recently in an 1883 publication. I found it interesting, and at times amusing and I hope you do too. Please do not believe all it says!!!

The tree ‘ulmus fulva’ is a native of America. The powdered bark is now extensively sold and used in that country. It is used as an article of diet for invalids, on account of its soothing and nutritive properties.
Milk thickened with it makes an excellent food for infants, for dyspeptic and consumptive patients; it subdues inflammation and agreeably calms the system.
According to the celebrated Dr Beach it is “demulcent, pectoral, diuretic, deobstructant, excellent and refrigerant, useful in
all bowel complaints, in scurvy, cutaneous eruptions etc.

In the form of a poultice, it is an admirable remedy (far exceeding any known production in the world) for ulcers, tumours, swellings, wounds, chilblains, burns, scalds, skin diseases, erysipelas, obstructed ulcers, blisters etc. and sore mouth, or thrush etc. used as a wash"

It quickly allays inflammation, promotes resolution and suppuration. The tea is much used by Indian women to procure easy labour. In point of utility, it is of far more value than its weight in gold. It has rapidly come into use as an invaluable medical agent.

As an ingredient in injection (enema) it is most valuable, healing and soothing, and preventing any painful sensations.

It may be obtained at the vendors of botanic medicines.

(Obviously the wonder drug of the 1880s)
However it certainly has been of assistance to many of our members - is obtainable from health food stores - they will give you directions on its use)

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EDUCATION, SCREENING AND TREATMENT HAVING AN IMPACT ON CANCER

The latest NSW Cancer Council figures reveal that progress is being made in cancer prevention, detection and treatment.

In 1994, around 26,000 people were diagnosed with cancer in NSW, an increase of nearly 1000 on the previous year. But although cancer rates continue to rise, due largely to an increasing and older population, cancer deaths have fallen slightly in men and have remained fairly constant in women.

Cancer council spokesman Dr Lesley Russell said there is plenty of good news on the cancer front with the latest statistics reflecting the success of cancer education, screening and treatment programmes.

"Lung cancer rates in men have been going down, showing that the anti smoking message is getting through.

"In women, cervical cancer rates have been falling. More women are having Pap tests to detect changes which can be treated before they develop into cancer.

"Improved eating trends, away from fat and meat towards more vegetables, fruit and fibre have probably brought about the reduction in bowel cancer seen in younger men and women.

The incidence of thyroid and testicular cancers has been steadily rising, however, the good news is that treatment for these cancers is very effective and survival rates are high."

More than 50% of all cancers are successfully treated. Breast cancer is the most common cancer in women, but 77% of women diagnosed now survive. Although Australia has the highest rate of melanoma in the world, treatment is successful in 90% of cases.

For cancer statistics and information about research, educational programmes, support groups and more, visit the Cancer Councils World Wide Web site at http://www.nswcc.org.au/

Information for those diagnosed with cancer, their families and carers is available from the Cancer Information Service on:

1800-422-760.

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VALE

It is with regret that we sadly announce the following deaths. We extend our sympathies to the family and friends of the deceased.

Yvonne Caroche (Rahima) 26th May 1994

Mrs. A. Martin (Patricia) 25th July 1994

Mr. J. D. Bock 25th July 1994

Mrs. L. Caesar (Nellie) 27th August 1994

Mrs. A. F. Brown (Mabel) 5th December 1994

Australia Day, 26th January 1995

The Association in memory of the deceased, as a gesture of respect, will wear black. A plaque will be presented to the deceased's family at a later date.

Yvonne Caroche was a resident of Wollongong, a mother of five children. She died following a short illness. She was 73 years of age.}

In memory of Mrs. A. Martin (Patricia), a resident of Sydney, a mother of five children. She died following a short illness. She was 73 years of age.

In memory of Mr. J. D. Bock, a resident of Sydney, a father of five children. He died following a short illness. He was 73 years of age.

In memory of Mrs. L. Caesar (Nellie), a resident of Sydney, a mother of five children. She died following a short illness. She was 73 years of age.

In memory of Mrs. A. F. Brown (Mabel), a resident of Sydney, a mother of five children. She died following a short illness. She was 73 years of age.

In memory of Australia Day, 26th January 1995, a resident of New South Wales, a mother of five children. She died following a short illness. She was 73 years of age.
1997 CHRISTMAS PARTY

Lilah reports that the Christmas Party this year was once again the success she had hoped it would be.

It was held again in the Kairihi Returned Services Club and was attended by fifty seven laryngectomees, friends and families. The food was excellent with each attendee having the choice of two entrees, two main courses and two sweets. Wine and juices were served on the tables.

She was happy to see many old friends and a few new ones too. Jack Darby and his wife came up from Glenden, Jack bringing with him four beautifully crafted wooden gifts for raffling in 1998. It was good to see Oliver Harvey recovering from surgery and enjoying himself with the aid of an amplifier. Jean Case, Don August and wife and Lesley Dear were there too renewing old friendships. The Western Districts mob turned up in force to party with the home crowd, and of course most of those who are able to regularly attend NSW meetings.

Guests for the day were Lyn Simmons (in her new you-beast figure) from the Australian Cancer Society, Stan Morley, Western Districts Branch President and Dr Peter Carter.

Apologies were received from L Wright, M Patterson, Dr Mac Halliday, Prof. Chris O’Brien, Dr Sheridan, Rosemary Champion, Dr Cole, Karen Isman and Louise Burton.

Lilah managed to conduct her usual raffle of gifts supplied by members and friends so most parties managed to go home with a gift or two. A Beautiful basket of Christmas food was also raffled and went home with a very happy winner.

WEB SITES

Margaret Patterson has sent in two Internet addresses which are of support groups for laryngectomees:

1. http://members.aol.com/famtumtwo/index.htm

and two which are full of information about laryngectomy

1. http://www.larynxlink.com

Those of you with access to the internet might explore these addresses and report back.

REMINDER

1998 SUBSCRIPTIONS ARE NOW DUE.

There will be no January Newsletter but you will receive a brief one in February reminding you of meeting dates etc for 1998.

JOKE OF THE MONTH

This months joke comes from Ray Johnson of Gilgandra.

A chap went into a fortune teller and asked her what she knew about him.
She told him a few things and then said “You are the father of two children”
“Thats what you think,” he replied. “Actually I’m the father of three.”
“No, that’s what you think,” she said!

UNTIL WE MEET AGAIN MAY GOOD HEALTH AND GOOD LUCK GO WITH YOU AND YOURS

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MONTHLY MEETINGS:

#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.

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

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

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

#NORTHERN RIVERS: 4 times per year, rotating venues, Contact J Kidd, PO Box 572, Lismore. Phone: 02-66233020.

#MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Tamworth.

#DUBBO: Leevard Hospital, Last Thursday, 10.30am Conference room.

#ALBURY: Ph: 02-6323-2011, ext 323

#CANTERBURY: First Wed, 11am, Level 2, Building 3, Canterbury Hosp.

EDITORIAL:
We had an interesting letter this month from Lydia Chu whose husband John had his laryngectomy a year ago. Lydia is the only one who expressed an interest in a new name for our newsletter. She and John suggested ‘NU VOICE,’ an idea stemming from John’s recently acquired new voice. (Any comments?) She then goes on to say “Another suggestion we would like to present to the Association is regarding assistance for fellow members. Through John’s experience, we find it extremely difficult to obtain any post operative information, such as side effects of radiotherapy, how weather can affect his health and the many ‘problems’ (though at varying degrees with different patients) he has encountered in the early part of operation and treatment. The information supplied by the medical profession is limited and tends to come from people on the “other side of the fence.” The most helpful information we have received so far is from fellow laryngectomees we have been able to meet through regular meetings at the hospital and through the Association.

We feel for those who have no-one to turn to for advice, especially those from the country. Perhaps the Association can offer them a chance for their concerns and distress to be expressed. It is just a thought that perhaps as an agenda item for the meeting (or maybe through one section of the Newsletter) can be devoted to members queries which can be answered by other members who are prepared to share their personal experiences and give whatever support, morally or otherwise.

Personal experience of a laryngectomy can provide invaluable information for a new member, especially during the period of readjustment.

The long cold winter has not been kind to John but hopefully with the warmer days approaching, he can get out from his self-imposed confinement and attend future meetings. Lydia Chu.”

WHO TO CONTACT:
FOR AND BLOM-SINGER SUPPLIES -David Smith, 27 Bellevue Pde, North Carl Curl, 2069 Phone: 02- 9939-1559
FOR SPEECH AIDS BATTERIES, PARTS & REPAIRS - John Chaniter, 111 Station St, Petersham, 2049 Phone: 02-9550-2872
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 3 Baker St, Kensington, 2033. Ph: 02-9683-2650
development and publish such information when it is available. We encourage members to send queries to the Newsletter and obtain and publish professional answers to these queries. We ask those laryngectomees who have discovered something that they have found helpful to send these hints in for publication. But we cannot force people to ask or to answer!

Our president John Stein always opens the meeting for general business and it is then that members can air their problems and ask for answers. If they find an open meeting intimidating then they can talk with other members during the informal lunch after the meeting.

I can suggest from our (Nick & I) personal experience that it is wise to find out all you can - continually ask questions, and store the information away, ask your surgeon, your GP, your speech therapist and your fellow laryngectomees. After all there aren’t many laryngectomees in this country and it behoves us all to become experts.

And I will add another plea for contributions to this Newsletter, ask questions, share experiences, share helpful hints, that we all may learn more. Many many thanks to all those who have contributed.

Thank you Lydia for your interesting letter, we look forward to welcoming you and John back to the meetings.

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MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEES
ASSOCIATION OF NSW HELD AT THE
UNITING CHURCH HALL,
CARRINGTON AVENUE STRATHFIELD
ON WEDNESDAY 15TH OCTOBER 1997

THE PRESIDENT John Stein opened the meeting at 11.04 am.


APOLOGIES were accepted from M Lyons, D Newby and B Dun.

MINUTES OF SEPTEMBER MEETING as distributed were accepted on the motion of H Stone, seconded J Chairon.

SECRETARY’S REPORT

1. VOICE AIDS. Some months ago we reported on the Ultra-Voice aid that was available in the USA and that this new aid cost several thousands of dollars there. My daughter tells me that this new aid is now advertised on the internet but no price is shown. According to the advertisement this aid has a built in speaker that creates a natural voice tone, male or female which simulates the voice sound the larynx usually makes, and that the laryngectomee shapes this sound into voice patterns in the way he/she would shape the sounds from his/her own voice box. (Does the ad writer think we know nothing?? This is exactly the way all electrolarynx work) The difference with this aid is that it is fitted into an upper denture and is powered by rechargeable miniature batteries. We have had no reports on the efficacy of this aid. We will try to check further and report on anything we discover.

2. MEMBERSHIP. On behalf of our Committee I wish to welcome John Green from Griffith - a new laryngectomee who was operated on at Canberra. Don Jackson of Buff Point, Arthur Homer of Merebew, Kevin Paul of New Lambton, and Dawn Lovett of Cardiff have all renewed their memberships and it is good to have them back with us. Unfortunately I also have to report the passing of two members.

3. ANNUAL SUBSCRIPTIONS. Your subscription for 1998 remains unchanged at $20.00 and elsewhere in this Newsletter there is a subscription renewal form. Would you please complete the form and return it to the Secretary/Treasurer, PO Box 58, RICHMOND 2753 by 1st January 1998.

4. VOICE AID ITEMS. John Chairon, our Voice Aids Co-ordinator is on holidays from 1st -12th November and in his absence please direct your requests for batteries, or the loan of voice aids to me, - telephone 02-4578-1415 - as John will leave such items with me.

This report accepted on the motion of L Walton, seconded B Byrne.

CORRESPONDENCE

1. Telstra - Brochure on “Services For The Disabled”. These brochures may be obtained by ringing the Telstra Hotline on FREECALL
Page 3.
1800-069-424 Mon-Friday during normal business hours. The brochure is also available on audio cassette and has been produced in English, Italian, Greek, Vietnamese and Chinese.
2. D McPherson of Summer Hill - subscription
3. L Smith, Oakley - payment for supplies
4. Asia Pacific Incentives & Meeting Expo - advertising.
5. J Nowland - donation
6. N Whiting, Tumut seeking a new car sticker (New car Nav?)
7. T Krabbeolof - subscription
8. Brian Gardner, Belrose - report on visit to see William Thorburn at POW Hospital.
10. Richard Gill of Sussex Inlet - subscription
11 M R Wilcox of Dubbo - subscription
12 J Stein - subscription
13 Newsletters from branches, other states and overseas.
14 L Chu (fax)
15. Two new members

WELFARE OFFICERS REPORT.
Lilah reported that it had been a very much a "business as usual" month.

SPEECH CO-ORDINATORS REPORT
John also reported a "business as usual" month.
He will be on holidays from 1st to 12th November and asks that any requests for goods, during that time, be directed to John Nicholson who will have supplies.

PRESIDENTS REPORT
John Stein asked that all members seriously consider taking office in 1998. John feels at the moment that his health may preclude him from taking office next year. He enjoys the work but feels he is not at the moment able to put in all the effort he would like. However he was urged not to make a decision yet.
He regretted not producing a guest speaker for the meeting but will endeavour to do better in November.

GENERAL BUSINESS
1 John Nicholson suggested that in the future members be charged a pro rata membership fee.
It was moved L Walton, seconded J Chaloner, that NEW MEMBERS who join January-March pay $20.00 for the first year, April-June $15.00
July-September $16.00, and October - December $5.00. Carried.
2. Harry Stone reported that material for stoma-covers was not only available from Bonds at Blacktown but that they would donate any material we required (in the past we have had to buy this from Bonds) Lilah to investigate.
3. John Nicholson again brought up the possibility of a connection to the internet. There would be a fee after connection of about $40.00 a month. He moved that we make further enquiries and obtain a connection, seconded L Walton and carried with one dissent.
There being no further business the president closed the meeting at 11.36pm and a light luncheon was served.

President

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NEXT MEETING
Laryngectomy Association of NSW
WEDNESDAY 19th NOVEMBER
11.00am
UNITING CHURCH HALL
GARRINGTON AVENUE, STRATHFIELD
MEMBERS AND FRIENDS WELCOME
PARKING ON SITE
SHORT WALK TO RAILWAY
Light Lunch Served After Meeting
(Last meeting of 1997)

ANNUAL GENERAL MEETING
There will be no meetings in December and January, so that the next meeting after November will be the Annual General Meeting in February.
At that meeting all positions will be declared vacant and elections will be held for the 1998 committee. A nomination form will be included in this Newsletter for you to nominate people to fill the positions as described on the form. If you require more than one form they can be obtained from the Secretary, or they may be photocopied.
This is your organization - one in which laryngectomees and their families support and help each other.
Please give thought to your part in the LA.
A donation of $10.00 can provide information kits on skin cancer to 30 school children”, said Ms Russell.
There are Cancer Council health promotion programmes involving community groups, local councils, sporting bodies, health professionals and government agencies working in cancer control.

**Patient and family support.**

A Cancer Council survey revealed that many people diagnosed with cancer often don’t know who to approach for information about their condition.

“The telephone Cancer Information Service provides access to accurate, up-to-date information for people diagnosed with cancer, their families and friends”, said Dr Russell.

“In the past year, the trained oncology nurses who staff the service took 22,000 calls. They provide counselling, information and written resources such as patient information booklets, journal articles and printouts from the internet”.

“People can contact the Cancer Council from anywhere in NSW for the cost of a local call. And, a donation of $100.00 will allow approximately 120 people to access the free information service”.

The Breast Cancer Support Service also plays a valuable role in providing practical and emotional support for those diagnosed with breast cancer. The service is comprised of more than 400 volunteers, all of whom have undergone treatment for breast cancer, and who have been trained to make personal visits before and/or after treatment.

The Cancer Council can provide accommodation for cancer patients required to stay away from home for extended day treatment. A donation of $50.00 will provide comfortable accommodation for three nights for a cancer patient from rural NSW needing treatment at a Sydney hospital.

Dr Russell said that the Cancer Council aims to work in harmony with the community to control cancer.

“We all hope to see cancer controlled. The Cancer Council’s job is to turn this hope into a reality”, she said.
WESTERN DISTRICTS NEWS

At the October meeting of the Western Districts Branch of the LA three of their lady members were granted life membership of the Branch.

The three ladies, June Mooney, Helen Coutts and Patricia Dawson, all wives of laryngectomised men, have been hard working supporters of the Branch for many years doing all the things wives do so well, cooking, sewing, feeding, selling, organizing, making money -- weed I go on -- no wonder God needed to make Eve.

Congratulations ladies from LANSW.

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BROKEN HILL

Q: Margaret Silver and her husband Albert met, while still at school, and married in Broken Hill. She submitted the following article.

In September I made a visit to Broken Hill to attend a High School Reunion. Growing up there I always enjoy returning. The reunions are popular and ex-students arrive from all over Australia.

Because of the isolation we experienced in the 1930s we were thrown onto our own resources. There were no competitions with other High Schools for debating, sporting activities etc. So a very strong camaraderie developed between the students of all ages.

Broken Hill these days is a thriving city though the population has decreased from 34,000 in my day to about 24000 now due to the winding down of mining operations, but with tourism on the increase and with a big percentage of Australian films and commercials being filmed out there, the city is a very clean, graffiti free and interesting place to visit.

After good March rains, come September the ground is covered with wild flowers, red hops, purple Salvation Jane, and the beautiful Start Desert Pea abound. Unfortunately the March rains only happen every five or six years!!

I recommend a trip underground at Delphi's mine, excellent guides give a wonderful insight into how the mines were worked when machinery was not as refined as it is today and safety was not a consideration. You will gain a lifetime respect for the people who earned their livelihood by the sweat of their brows, and a particular respect for the skill and knowledge acquired by miners practicing their trade. It should be called an Art.

There is a daily air service to Broken Hill, the Indian Pacific stops there on its way to Perth, and the reads are excellent if you wish to drive yourself.

I suggest the round trip via Dubbo, Nyngan and Cobar, and coming home via Milpara and then either through Balranald and Wagga Wagga or along the Murray Valley Highway, stopping for a few days in Rutherford for some bottles of very good wine!!

I recommend a visit.

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

SICK LIST

We read in the Western Districts Newsletter that Jock Felton, Ron Coutts and Elsie Marshall have all had a few physical problems but seem to be on the way back to being their cheery selves - best wishes to you all.

It was good to see Jo Nowland and Oliver Harvey back at our meeting and looking well.

Marion Lyons was unable to make it but we hope she is able to return soon.

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JOKE OF THE MONTH

(This month's joke comes courtesy of Noel Bluett who has lent us a book of WW2 jokes. OK I know many of you can't remember it and some of you weren't even born but Australians get a laughing at themselves doesn't change.)

The flying instructor had just delivered a lecture on the use of parachutes.

"And if it doesn't open?" somebody asked.

"If it doesn't open V", repeated the instructor, "Well - that, gentlemen, is known as jumping to a conclusion".

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CHRISTMAS PARTY

Remember to get your replies in by middle of the month if you wish to attend.

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IN THE MEAN TIME GOOD LUCK AND GOOD HEALTH BE WITH YOU!!
THE LARYNGECTOMEE ASSOCIATION OF NSW.

ANNUAL GENERAL MEETING 11am, WEDNESDAY 18th FEBRUARY 1998
ELECTION OF OFFICERS AND EXECUTIVE COMMITTEE

At the Annual General Meeting of the Laryngectomee Association of NSW, to be held on Wednesday 18th February 1998, all offices 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 the seconder, and be lodged with the Secretary of the Laryngectomee Association of NSW, PO Box 58, RICHMOND, 2753 by 31st January 1998 (or handed in at November meeting or Xmas party)

The following offices are to be filled:-
President 
Vice-Presidents(2) 
Secretary 
Treasurer 
AssSec/Treas 
Welfare Officer, Speech Aids Co-ordinator, Publicity Officer, Newsletter Editor, 2 Committee.

 NOMINATION FORM

LARYNGECTOMEE ASSOCIATION OF NSW, COMMITTEE 1998
(PLEASE USE BLOCK LETTERS)

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

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

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

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

Signod.................................................................................................................................(nominee)

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

Date..................................

SUBSCRIPTIONS 1998

Please return this section to:- Mr John Nicholson, Treasurer LANSW,
PO Box 58, RICHMOND, NSW, 2753

I ENCLOSE MY CHEQUE/MONEY ORDER FOR $20.00 BEING FOR RENEWAL OF MEMBERSHIP OF THE LARYNGECTOMEE ASSOCIATION OF NSW FOR 1998

Name................................................................................................................................

Address............................................................................................................................

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

Post Code..................................
MONTHLY MEETINGS:

SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carringah Ave, STRATHFIELD.
NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Darross Rd, Broadmeadow.
PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.
WOLLONGONG: Third Wednesday, 2.30pm at Wollongong Medical Centre, Bell St, Wollongong.
NORTHERN RIVERS: 4 times per year, rotating venues, Cookbook J Kidd, PO Box 572, Lismore. Phone: 02-6623331.
MID NORTHERN COAST: First Tuesday, 1.30pm at Ulladulla, Mountain View Hospital, Taree.
DUBBO: Lancers Hospital, Last Thursday, 1.30pm Conference room.
ALBURY: Ph: 02-6323-3011, ext. 323
CANBERRA: First Wed, Union Level 2, Building 3, Canberra Hosp.

The following article was sent in by Margaret Patterson, speech pathologist at Royal North Shore Hospital. She felt, and with her I must agree, that many of the paragraphs would evoke an empathy between laryngectomees and non-English speaking migrants in this country, so many of their problems are our problems too.

IF ONLY YOU KNEW ME IN MY OWN LANGUAGE

"If only you knew me in my own language, you would not think I was such a fool!"

Let me tell you what it’s like to be a foreigner........

when you give your name, and you know you’ll have to say it at least twice, and then spell it, as you watch the frown on the other persons face grow deeper and deeper.

this frustrating feeling of being stupid and articulate, when you know you have something worthwhile to say.

the embarrassment every time you go to shake hands with a woman, and you remember ‘they don’t do that here’ so you take your hand away, leaving the woman with her hand flopping in mid-air.

the confusion over initials that everyone else takes for granted, so you think ALP stands for Australian Liberal Party and NCP means National Communist Party.

the look that people get on their faces, and you know that they are not listening to what you are saying, but to the way you are saying it.

when everybody else laughs at Paul Hogan, or Rodney Rude, or Edna Everidge, and you just don’t get it. Is it funny, or is it funny because it is so unfunny, or because it is so awful?

or the first time they ask you to shout in a Pub and you do.

sooner or later you stop asking for directions in the street because you know you will scream if anyone else uses ‘You Tarzan – Me Jane’ kind of language, and perhaps you will punch to next person who shouts the answer at you if you were hard of hearing.

and you get into the habit of watching peoples heads going around in circles as they watch your hands while you are talking to them, or trying to explain something so they will understand you.

you become very good at pretending a polite laugh when somebody else laughs, even if you don’t understand the joke, or the words in which it is told.

Yes, they have more problems than we do. Let us be forever grateful for those good friends who don’t pretend to hear us when they don’t, who respect our opinions and wait for them, and who know we aren’t deaf and stupid!!!

WHO TO CONTACT

FOR AND BLOOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Coorong, 2009 Phone 02: 9689-1530
FOR SPEECH AID BATTERIES, PARTS & REPAIRS - John Chaloner, 111 Station St, Petersham, 2049 Phone 02: 9680-2502
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lillian Walton, 23 Baker St, Kensington, 2033. Ph: 02-9953-2550
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE
ASSOCIATION OF NSW HELD IN THE
UNITING CHURCH HALL,
CARRINGTON AVENUE STRATHFIELD
ON WEDNESDAY 17th SEPTEMBER 1997
The President John Stein opened the meeting at
11.03 am.
PRESIDENT: J Nicholson, D Newby, B
Darlington, J Chaloner, J Stein, B Byrne, P
Halliburton, N Bluet, W Love, H Stone, J
Knight, K Spain, M Silver, L Walton, M
Halliburton, J Bluet, D Nicholson, E Dun.
APOLOGIES were accepted from E Rogers,
M Lyons, O & D Harvey, L Stein and J
Newland.
MINUTES OF THE AUGUST MEETING
as distributed were accepted on the motion of J
Chaloner, seconded L Walton.
SECRETARY'S REPORT
DONATIONS It is pleasing to report that the
following people sent donations in the past few
weeks:
Mrs J Newland of Padstow.
Mrs D J Matthews of Randwick,
(Christmas Party)
Miss C J Malachi of Randwick
(Christmas Party)
Mrs N E Vanrell of Randwick
(Christmas Party)
Mr J Booth of Hervey Bay.

CHRISTMAS PARTY. I know it's a long way
off but it would be appreciated if members
could please let me know details of the numbers
coming to our Christmas Party in November.
Lisa is gathering some great prizes for the
table etc. On that day and we can guarantee the
hunch will be excellent.

MEMBERSHIP Our reminders to those
members who were not financial for 1997 have
resulted in a great response and very few are not
financial for this year. There has been little
movement in our numbers for the past month.
I would like to welcome the following new
members:
Mr Cliff Faulk of Umina.
Mr Joseph Brodnik of Corrimal.
Regrettfully we have received notification of one
death. Also our last Newsletter to Ray
Matthews of Ermington has been returned
described as "Left Address". If anyone knows of
Rays new address would you please let me
know.
PATIENT PACKS - We have the
envelopes printed to house those we give
to new laryngectomisees. Each one is
dominantly branded 'LARYNGECTOMEE
ASSOCIATION OF N.S.W., PATIENT
PACK', so it is less likely to be passed over or
lost by either hospital staff or patients.
NEWSLETTER NEWS. We are always on
the lookout for members news for our
Newsletter so please let us know if you have
anything that would be of interest to other
members. We would especially like to hear
about any work you are doing with patients,
with news of your activities, hobbies, problems,
suggestions etc.

TREASURER'S REPORT showing a credit
balance of $8361.08 in the Working Account
was read.

CORRESPONDENCE for September 1997
1. Joseph Brodnik of Corrimal, payment
for shower shield etc.
2. G C Pigman of Coomandura
payment of subs.
3. Public Trustee, Liverpool. Report on
estate of the late J H Jones.
4. Mrs J Rutter of Mollymook
Payment for shower shield and advising that
Ron is doing fine
5. Ron and Shirley Newby. 1998
subscriptions and payment for Christmas Party.
6. Mrs J Newland. Donation and
apology for non-attendance at meeting due to
cancer operation.
7. Mr John Simmons of Schofields.
1998 Subscription
8. Mr Alan Dyer. Payment of
subscription.
9. Strategix, Pty Ltd. Sales literature on
data base service.
10. Mrs V Sims of Malua Bay.
Advising of death of her husband.
11. Monash University, Melbourne.
Workshop literature.
12. Bookman Directories. Sales
literature on "Who is Who"
13. Newsletters from other states and
overseas clubs and associations.
Secretary's Report, Treasurer's Report and
Correspondence accepted on the motion of P
Halliburton, seconded L Walton.
SICK LIST

We have had word that some of our members have been not in the very best of health lately. Apart from those who have had the dreaded ‘lungi’ and to them we wish a speedy recovery that they may enjoy the warmer weather. On the way there are a few who have been checking up the hospital staff.

Jo Nowland has had an operation on her eyes and is fast improving.

Marion Ryce has had a few heart problems and had an enforced holiday in hospital, she too is home again and continues to improve.

Oliver Harvey didn’t catch the flu and developed pneumonia and needed a stay in hospital—he too is home now and recovering.

Lorraine Stein has been having problems with colds and aches but tells me she will be better when the weather warms. Our best wishes to these and all others who haven’t been their usual jolly selves—get well soon!!

FORTY YEARS ON

Miss Elinor Wray—born last century—founded the ‘LOST CHORD CLUB OF N.S.W.’ in 1957. This was the first organization in Australia for laryngectomees, and was founded as a self-help group.

Miss Wray went to London to study Speech Therapy as it was then known (now speech pathology) and returned to Australia to ‘find near total ignorance about what speech therapy was. Some doctors thought it was a new kind of elocution, and the hospital didn’t know either’.

At that time Miss Wray was working at the Royal Hospital for Children and mainly with children. She had great difficulty getting accepted and battled on virtually alone until 1935 when the hospital appointed and honorary consultant who realized the importance of the therapy and agreed that she should be part of the ‘child guidance clinic’.

In 1935 Miss Wray was still the only trained speech therapist in Australia but a training course was being planned. The syllabus was approved in 1939 and the course started but was disrupted by war.

After the war the speech clinic Miss Wray had started grew rapidly and the school she helped to found moved in 1974 to the Cumberland College of Health Sciences.

Speaking in 1990, at the opening of the new Speech Pathology Department at the RAHC she said

“The memories of those years of service are very precious ones. I was very happy doing it and watching it unfold as it has done and is continuing to do under new generations of speech pathologists, carrying the torch so competently as it expands further into the community”

Successful laryngectomies were carried out as early as the turn of the century but no speech therapy was available. The assumption was that without a voice there could be no speech. Some laryngectomees however were able to teach themselves to communicate with a voice generated in the oesophagus and a great number used this oesophageal ‘voice’ now. Many can generate this voice by ingesting air into the oesophagus and others by forcing the air into a tracheo oesophageal shunt. Advances are being made all the time and no longer does anyone assume that a life without a larynx is a life of silence.

Miss Wray died two years ago and fixed her later years in a nursing home. She was very bright mentally all her life though frail in body for her latter years. She never lost interest in her ‘Lost Chord Club’ and was always available for advice. However she did insist that it was a ‘self help group’ as she knew the value of advice and support from one who has ‘been there’.

Since that time many branches of the Association have been formed throughout the state and other states have also formed support groups, clubs, associations etc., so that now no matter where a laryngectomee is in Australia he has means of contacting another that they may help each other with those problems only known to laryngectomees.

The organization changed its name in 1991 to The Laryngectomee Association of NSW to facilitate finding it in phone books etc.

The Association is therefore forty years old in February and is celebrating this birthday in conjunction with the Christmas Party on 29th November at Kirribilli Ex-Service Men’s Club. All members and friends are welcome. Cost is $15.00 each for laryngectomees and partners and $25.00 for others.
SOME THINGS NEVER CHANGE
"Youth today love luxury. They have bad manners, contempt for authority, no respect for older people, and talk nonsense when they should be working. Young people do not stand up any longer when old people enter the room. They contradict their parents, talk too much in company, guzzle their food, lay their legs on the table and tyrannize their elders."
(Socrates, inditting the youth of Athens, c. 500BC)
"Young people are heedless of the wisdom of old age. I believe that young men and the women suffrage movement will turn the world upside down."
"The children were neatly clad, but their manners were appalling and their language foul."
(Diary of a Welsh Swagman - 1887)

NEWSLETTER
Do you think we need a name for our Newsletter? Queensland have recently changed the title of their newsletter to "Laro-Link" as they think this gives it more compoh or pizzazz or some such.
What do you think - should we update a bit and have a more 'with-it' title?
If you have any ideas, for or against, such an idea please write and let us know. Include any suggested names in your letter, phone or fax and we will put any ideas the meeting considers suitable to the vote of all members.

SUPPORT GROUPS
Reading through some old Newsletters recently I came across part of a report on Brisbane’s Mayo Clinic held in 1989.
Speaking of laryngectomees it says “apart from the professional help of the surgeon and speech pathologist the best support available is from family and friends.
Laryngectomee groups are of great assistance for the following reasons:
1 Seeing people with similar difficulties
2 You can discuss normal problems
3 The company you are with can show concern
4 Help you to be more independent
5 You obtain reward for success
6 You are recognized as an individual
7 You can help with public education
8 Groups develop power!!

ELECTION OF OFFICERS.
This is just a pre-warning——
The Annual General Meeting of the Laryngectomee Association of NSW will be held on the third Wednesday in February 1998.
All positions will be declared vacant and the elections for office bearers will be held on that day. Next month we will include in the Newsletter a nomination form so that you may nominate yourself or another member for any position.
Start thinking about it now.

HOW CAN YOU BEST SERVE YOUR ASSOCIATION?
WHAT CHANGES WOULD YOU LIKE TO SEE MADE?
Even if you are not able or willing to come to meetings or assist on the committee you may have ideas which will improve the Association, or help it to help other laryngectomees.
YOUR ASSOCIATION NEEDS TO HEAR FROM YOU.

MARGARET'S JOKE OF THE MONTH
There was an 80yr old wheat cooky who married a stunningly beautiful 23 year old blonde. After a month his mate asked him how married life was going. "Oh it terrible, terrible" he replied
"What do you mean?" asked his mate
"Well, I just can't keep my hands off her"
A month later his friend asked the same question, and got the same reply "It's terrible, terrible. I just can't keep my hands off her"
Two months later the same question but this time the answer was "ITS FANTASTIC"
"What do you mean? What happened?" said the mate.
And the cooky replied, "Well I bought myself a Combine Harvester, and sacked all my hands!!"

GOOD HEALTH AND GOOD LUCK
CHRISTMAS PARTY
1997

To The Treasurer, The Laryngectomee Association of NSW,
PO Box 58, RICHMOND, NSW 2753

Please reserve me ............. tickets for our Annual Christmas Party and 40th Birthday Celebration at Kirribilli Ex-Services Club,
11-23 Harbour View Crescent,
LAVENDER BAY
on Saturday 29th November 1997, 12.00noon to 3.00pm.
I enclose $15.00 for each laryngectomee and/or partner, and /or $25.00 for each non-laryngectomee.

I have appended the names of the people in my party so that name tags can be prepared.

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

NAME................................................Signature.................................................

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

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

MY GUESTS WILL BE 1........................................

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

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

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

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

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

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

THIS FORM MUST BE RETURNED TO THE SECRETARY WITH PAYMENT BY 17TH NOVEMBER. YOUR RECEIPT WILL BE MAILED TO YOU. THIS RECEIPT WILL BE YOUR ENTRANCE CARD TO THE PARTY SO PLEASE REMEMBER TO BRING IT WITH YOU ON NOVEMBER 29TH.
1997 LARYNGECTOMY ASSOCIATION ANNUAL SEMINAR

PROGRAM

8.30  Doors open for Tea, Coffee Socialising and viewing of Trade Displays.
      (Tables and Boards Available for items/ideas/inventions brought along by people on the day)

9.45  Welcome to Members

9.50  "Solving Problems after Discharge - An ENT Nurses View of Laryngectomy"
      Barb O'Donnell
      ENT Nurse PA Hospital.

10.10 "97 Update on Indwelling voice prosthesis"
       Jen Frisby
       Speech Pathologist RBH

10.30 "Swallowing Problems Following the Operation"
       Annie Reilly
       Speech Pathologist PA Hospital

11.00 Short Break

11.15 1997 Roy Coulter Lecture
       "The History of Laryngectomy"
       Dr Gerard McCafferty
       AM, MBBS (QLD), SRCS (EDIN), SRACS, Clinical Associate Professor of Surgery Otolaryngology -
       Head and Neck Surgery, President International Federation of Otorhinolaryngological Societies.
       Dr McCafferty introduced by Patron
       Dr John Quayle

LUNCH

1.15  "My life Today" - Damien Parry

1.30  "ACROD and the Unmet Needs Campaign" - Susan Collins

1.45  CONCURRENT WORKSHOPS

WORKSHOP 1.  "Caring For Carers" - Tina Kurylowicz QCF
             (For partners/Spouse/Family/Friends of Laryngectomees)

WORKSHOP 2.  "A Chance to Speak" - Graham Dux - (Graham will lead a session for
             people who have had their Larynx removed)

3.00  Open Forum

3.20  CLOSE
YOU ARE INVITED to the

1997 Laryngectomy Association Annual Seminar
To be held at the
Qld Cancer Fund
William Rudder House 553 Gregory Tce Fortitude Valley.
(Park underneath)

SATURDAY 11 OCTOBER 1997
COMMENCING 9.00 am
and featuring

1997 ROY COULTER LECTURE

"The History of Laryngectomy"
by
Dr Gerard McCafferty

AM, MBBS (Qld), SRCS (EDIN), SRACS, Clinical Associate Professor of Surgery
Otolaryngology - Head and Neck Surgery, President International Federation of
Otorhinolaryngological Societies.

Introduced by Patron Dr John Quayle

***** The Seminar replaces the October meeting *****

THIS NEWSLETTER WAS PUBLISHED WITH THE ASSISTANCE OF THE QUEENSLAND CANCER FUND
SPEAKING OUT

‘Laros’ appeal for understanding

By JASON PURDIE

As a group, the Rockhampton Laryngectomy Support Group is growing. As individuals, its members face daily ignorance, insult and challenges beyond belief.

For medical reasons, each “new” has their larynx surgically removed — taking with it the power of natural speech.

Instead, they use an electro-larynx — which emits a monotone, electronically generated “voice” — or, with practice, another technique which eliminates the need for the device.

They also breathe through a hole in their throat — which robs them of the sound of speech.

But the operation — as vital as it is — was a blow to an individual’s self-esteem. It has turned this once joyous person into a silent one.

Eighteenth-century wordsmith Percy Shelley wrote: “To live in the age of reason, and not speak, is the measure of the universe.”

And it is also the measure of the individual’s personal Universe.

“I cried for three months a day for three weeks after their operation,” Laros Byrne said.

Catholic priest Father Bob Culliney said: “Some people avoid the operation — never live to have it done.

Which — in the case of cancer — means they would prefer to die than speak no more.

The group’s members gathered to talk to The Morning Bulletin this week to raise awareness about the operation and its effects on the individual.

The meeting was in the wake of the “State Government’s” recent refusal to provide $2000 for replacement electro-larynx at the Rockhampton Base Hospital after a two month delay.

But Laros keeps a positive outlook.

For a group which could justifiably claim that their members are not looking for public pity.

In fact, they show an amazing resilience and tolerance of a world which has not treated them well.

“My grandmother called me Darw Vader,” Laros Byrne says. But she calls it harder.

“No, I started it,” she replies with a chuckle.

Another member, North Rockhampton Police officer-in-charge Sergeant Pat Lawton, said his workmates and colleagues had been completely understanding.

“It was very worrying answering the phone to start with because people would have just hung up when they heard the machine,” Sgt Lawton said.

But they have had great support from all my staff and all my bosses.

“It is a big change to your whole lifestyle, but it is up to you to make the change happen.

Things were different for Wendy who was deemed permanently disabled by her employer — also the State Government. Her beloved 15-year running career drew to a shattering halt.

But Wendy keeps a positive outlook, even though her initial days were filled with grief.

At first she refused to use an electro-larynx, instead sticking to a pen and paper for 15 long months.

But she refused to be held back, traveling overseas twice since her world had turned upside down.

During a trip to the United States, a Customs officer asked for the passport she had left with her son.

She was unable to answer. The officer persisted, demanding: “Speak to me, woman!”

It was not until she showed them the microphone she had dropped her head and walked away — he did not say anything,” Wendy said.

“I was too embarrassed to say anything else. The officer invited her to a karaoke stage and her night started there.

“I have to laugh otherwise you can’t,” Laros said. “People often accuse me of talking more now than before I had the operation.

And that seems to be what it is all about — understanding.

It stands to reason that if these people have spent months learning to speak from scratch — perhaps the rest of us should try a little harder and learn to listen.

That is instead of turning away, speaking right past people and reaching with grimmness at the sound of artificial tones.

“The voice of one crying in the wilderness, Prepare ye the way of the Lord, make his paths straight,” says the Gospel according to Saint Matthew.

There are about 30 larynx operations performed in Queensland each year. The Rockhampton Support Group is ready to help those in need.

They visit people in hospital before their operation, just to let them know the end of natural speech is not the end of the road.

And they stick together — safe in the knowledge that they don’t have to face it all alone.

But they are planning to continue spreading the word — regardless of how it sounds.

“We are only small (in number),” Laros said. “So maybe we have to speak a bit louder.”

Or as the inimitable Oscar Wilde put it: “There is only one thing in the world worse than being talked about, and that is not being talked about.”

As the inimitable Oscar Wilde put it: “There is only one thing in the world worse than being talked about, and that is not being talked about.”

ROCKHAMPTON SUPPORT GROUP

Congratulations on some great publicity for raising public awareness.

TALKING IT OUT

“role of friends — ‘laros’ (from left) Father Bob Culliney, Senior Sergeant Pat Lawton, Wendy Thompson, Laros Byrne and Laros’s wife Jane.”
May be I should call this letter “A Wife’s Story” for it is my account of life since my husband’s larenectomy. Can it really be ten years ago, since that terrible day when Derek went for a normal check up to be told his cancer may have returned and a biopsy was required. We received the bad news about 5pm on a Friday afternoon and were told to go home and return in two (or was it three?) weeks for another biopsy. It was a very quiet journey to Gladstone during the night time hours, one of the tapes I can remember Derek played over and over was John Denver’s “I Want To Live”. I think it became his theme song in the months ahead.

Well, like so many people before him, we returned and the operation was set for 27th July 1987. When I said good-bye I thought I would never hear his voice again. The operation went very well, and in spite of initial fears that because of previous radiation the area may not heal, it did and Derek was out of hospital with in 12 days. A couple of months later Derek resumed work only to be sacked some time later, because his boss couldn’t accept the Servox. (Now we could have sued for wrongful dismissal) However, we struggled on and very slowly life started to fall into place.

One memory was attending the Mayo Clinic Seminar and while it seemed to help Derek quite a bit, I hated every moment. I remember thinking everyone else seems to be coping so well, why can’t I? The spouses were put into discussion groups and many of the women told stories of how their husbands “called” them etc. Some by clapping hands, it all seemed too hard for me and I spent many hours outside in the gardens crying. I look back now and realize it all takes time and we really do need to take one day at a time. There just seemed to be an unending string of problems, from money to readjusting and being able to cope with other people’s reactions. One friend said “she’d rather be dead than have to talk with the Servox”. However, life is very precious and most of us would rather have our loved ones with us, even with the restrictions imposed.

We had always had the dream to do the big trip ‘round Australia and gradually we started to dream again. We bought a caravan and spent some of 1988 traveling around Queensland. Then in 1989, we felt game enough to try the “big trip” and spent 9 months going around Australia. It was during this trip, that Derek became confident enough to go around the camp and talk to people without me in tow. (He had been fitted with a bone sugar prosthesis by then). We returned from our trip with the “bug” and it has never left us. We bought a left hand drive Dodge motor home in 1990 and spent the next 12 months getting it converted and satisfying the transport dept. Every single day for 12 months we did something positive towards getting our new love on the road. Our sons call the motorhome “Dad’s other Woman”. It has changed our lives and has proved a wonderful interest.
Three years ago we traveled out west to Innamincka for a weekend that Dick Smith had arranged. The population swelled from 14 to 4,000, it was a wonderful experience, it was to celebrate the reopening of the old inland mission. We all camped by the Coopers Creek and after the festivities, we traveled with 3 other motorhomes down the Strzelecki Track to the Flinders Ranges, where we spent 10 every enjoyable days, then up to Marree and up the Birdsville Track to Birdsville. It felt such an adventure. We’d camp in the bush at night and have camp fires under the stars, cook our dinner in a camp oven, one evening we even had bananas cooked in port with long life cream, delicious.

Last year we went to the Snowy Mountains where one of our children was managing a resort. We stayed in luxury for ten days, leaving our beloved motor home in a caravan park. While there they had the biggest dump of snow for 18 years, it was magical to see. We caught the ski tube train, which goes up through the Mts. and met our son at Perisher Blue, he and a mate had skied over to meet us. From there, we left Jindabyne and traveled the Barry Way, a dirt road winding over the Alps into Victoria, it follows the Snowy River for part of the way. The scenery was fantastic and we camped beside busy little streams and Derek even tried his hand at trout fishing.

We even went to the Melbourne Cup!!!! An what’s more, we were the first ones there!! We hadn’t been before, so we were on our way by 5 am and arrived about 6, it was cold and still dark and one of the security guards nearly died, when Derek wound down the window to ask “where do we go mate?” He directed us to an excellent spot and I made cups of tea for them, they told us later, go and have a great day, we’ll keep an eye on your motor home. The car park at the Melbourne Cup is a cultural event in itself, people arrived early, out came chairs, tables barbeques, and soon, sausages, bacon and eggs could be smelt cooking. Some people don’t even go to the Cup, they just spend their day in the car park!!
Our lives are now full and very happy. I could never have dreamt that it would turn out so good. Derek has bought a computer and is learning that, I have taken up quilting and that fills my days and nights. I have a place in the m/home for my sewing machine, we are going to Sydney for Christmas and wonder if we have the room to take the computer.

I guess the theme of this letter is to let new laryngectomys know, there is a good life to be had after a laryngectomy. We certainly haven’t huge reserves of money invested, we live very carefully and make sacrifices so that we can keep traveling, but it’s what we want to do and we live every day mindful of the precious gift life is. We are so thankful, that such an op. was available and for the help and support received from family, friends and the medical profession. Myself, I have learnt a lot about life and feel I am a much better person for the experience.

DEREK & LORRAINE PRYCE 57 MAY ST, GODWIN BEACH 4511

Lorraine Pryce

GOLD COAST NEWS: A group from the Gold Coast will attend the Seminar in Brisbane on Saturday 11th October.

The bus will leave the Cancer Council Rooms Southport at 8.30 a.m. Those who have given names already and find that they CAN NOT attend please phone Laraine Turville on 5539 4450 by Tuesday 7th October.

We extend our thoughts to Adrian Russel during his treatment. We hope that Lionel Mansfield is well again after a stay in hospital.

Very pleased to say our efforts towards Dafodil Day was $1,178.90. Thankyou to all the workers.
We hope our Speech Pathologist Michelle Brown enjoyed her well earned holiday.
Many thanks - looking forward to meeting everyone at the Seminar
Laraine Turville Chairperson Gold Coast.

TOOWOOMBA SUPPORT GROUP. Next meeting to be held at the
QLD CANCER FUND
Cnr HUME & CLOPTON STREETS
TOOWOOMBA
FRIDAY 3 OCTOBER TIME 11 AM TO 1 PM
PLEASE NOTE CHANGE OF TIME !
Last meeting of the year will be held on Friday 5th December at 11 a.m.

NAMBOUR NEWS. Would anyone wishing to attend the Seminar in Brisbane Saturday 11th October and is requiring transport between Nambour and Brisbane and any points along the way- please ring Robyn Vincent Speech Pathologist at Nambour Hospital Ph 075 470 8747

From the President & Editors: Welcome to our new readers & special thanks for our members who are annual at present (Brian, Adrian, Dawn, John) CONGRATULATIONS TO EVERYONE INVOLVED WITH THE BRAMBLE BAY BOWLS DAY - OVER $5000!! A full report on this event & other contributions that were sent in will be in next newsletter - this was rushed to send out with the Seminar Program - Thankyou for contributing - Tedd & Sue
COUNTRY CORNER

I hope this will become a "FEATURE" in the Newsletter, BUT we cannot do it alone.

We need support in trying to REACH OUT to you for articles. So to start it off, the ideas I'm after are; JOKES, RIDDLES, RECIPES or AN ARTICLE ABOUT YOURSELF!

FOR EXAMPLE........

(1) Q. Who is 'Sir Norman'?  
   A. An annoyance but a lovable character.

(2) Q. What is he?  
   A. Half Robot - knees, hips, shoulders (ARTY-RITIS)  
     But unfortunately every club has one.

(3) Q. How do you tolerate him?  
   A. "Heaven forbid" God only knows!

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

YES, I do exist! (in reference to a wonderful letter from JAN and her father - a fellow LARO. - It made my day, THANKS!!!)  
But I'm lucky, I can laugh at myself, its the best therapy. I'm so smart, by trying to outdo others, I tie myself up in knots!

That is why I enjoy club support groups... GET INVOLVED WITH YOUR SUPPORT GROUP! You're in the company of fellow LAROS, THERE IS NO EMBARRASSMENT to you or your fellow supporters. GO FOR THE FELLOWSHIP....

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

Things are happening here so fast lately the "Powers" gave me an Assistant to catch up on the BACK LOG, he is your New Vice President - Goodness Gracious Me the office boy telling Management what to do!

Young GRAHAM DUKE (quack quack) is trying to stir ME, (of all people) and is doing a terrific job. My only problem here is...

"Who is the BEST Outsmarter?!

Time will tell....But the Legend will Live FOREVER!!!

Sir Norman

POETS CORNER.
I am a word user  
I use them every day  
They can have a different meaning Depending on what I say

If I'm feeling angry  
I can let them fly  
If I'm deceitful  
I can let them lie

Words without users  
Have very little meaning  
Until they're put together  
To express what you are feeling

So we should take care  
About what we say  
A word of encouragement Goes a long way.

"Gosh, Cedric, you seem to know absolutely EVERYBODY in the Army
LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomees and those with similar vocal disorders

No 71
SEPTEMBER 1997

ALL CORRESPONDENCE TO: The Secretary, The Laryngectomees Association of NSW, PO Box 58, Richmond NSW 2753 or Fax 02 4578 4412 Phone 02-4781415.

MONTHLY MEETINGS:
#SYDNEY: Third Wednesday, 6pm at Uniting Church Hall, Carrington Ave, STRATHFIELD.
#NEWCASTLE: Third Tuesday, 9pm at Hamilton North Bowling Club, Boreas Rd, Broadmeadow.
#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.
#KILLARNEY: Third Wednesday, 2.30pm at Wilfie Medical Centre, Belfair St, Warrilla.
#NORTHERN RIVERS: 4 times per year, rotating venues, Contact J Kidd, PO box 572, Lismore, Phone 02-66233220.
#MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
#DURBRO: Lorneovia Hospital, Last Thurs, 12.30pm Conference Room.
#ALBURY: PH:02-6323-2011 ext 323
#CANBERRA: First Wed, 11am, Level 2, Building 5, Canberra (1609)

And suddenly it’s Spring.
Gardens are full of colour, there is new warmth in the sun, and Sydney is at her beautiful best. Unfortunately most of the state is waiting for rain - one day it will happen - I just hope it is soon.
As with all seasons, spring holds special problems for laryngectomees so I do hope you are all looking after yourselves.

Flowers mean pollen and lungs are not fond of pollen as many of us who are coughing and sneezing can testify. Remember to keep your stoma covered at all times so that the air entering is as clean as we can make it and still live in the real world.

Spring usually means winds and this year they are dry winds - another reason to keep the stoma covered on all times as this helps keep the air entering your lungs moist. Some may even need to use an humidifier at times. And when the winds are cold keep that air warm - a light woolen scarf, jumper or stoma warmer will do the trick.

Now go and enjoy Spring.

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

TRACHEOSTOMY SUPPLIES.
Our Welfare Officer, Lilah Walton, has been having an increasing number of enquiries from people with tracheostomy tubes. Many of these people are not laryngectomees but we are very pleased to be able to help.

Lilah has been doing her usual round around to get all the information she can and has now accumulated quite a bit of information on what is available and from where, and has supplied us with three addresses of medical supply companies who should be able to help those in need of tracheostomy tubes and accessories; they are:

1. Capital Medical Supplies
   1/522 The Kings Way, MIRANDA
2. Mallinckrodt
   27 Bank Street, MEADOWBANK
3. Fisher & Paykel Health Care
   Unit F, 75 St Hilfer Road, AUBURN

Of course never buy anything unless it is on the advice of your doctor.
For further information contact Lilah who would be pleased to help.

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

WHO TO CONTACT
FOR AND BLOM SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl 2099 Phone 02-9933-1539
FOR SPEECH AIDS BATTERIES, PARTS & REPAIRS - John Cleon, 111 Station Street, Petersham 2049 Phone 02-9530-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St, Kensington 2033. Ph 02-9663-2550

OFFICE BEARERS 1997
President: John Stein, 13 Westcote Rd, NORTHBRIDGE, 2063. (02) 9558 7529.
Vice President: Bill Byrne, 422 Guildford Rd, GUILDFORD, Harry Stokes, 132 Noble Ave, GREENACRE, 2190.
Secretary/Treasurer: John Nicholas, MBE, PO Box 58, RICHMOND, 2753. (02-4278 1413).
Minister Secretary: Mrs Margaret Silver, 69 Spencer Rd, XILLARA, 2071, (02) 9428-4395.
Speech Aid Co-ordinator: John Chambers, 11 Station St, PETERSHAM, 2049. (02) 9530-2852.
Welfare Officer: Mrs Lilah Walton, 23 Baker St, Kensington, 2033. (02-9550-2550).
Editor: Des Nicholas (at 10 John Chambers, 11 Station St, PETERSHAM, 2049, (02) 9550-2852.
Alexandra St, ARNYCLIFFE, 2035. (02) 9939-2546.
S.GREACRE 2150 03 6708 4611.
Pat Houlberg, 94 Carrara Drive, CARLINGFORD, 2118. (02-9871-9690.

[Diagram or image containing contact information]
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEES ASSOCIATION OF NSW HELD IN THE UNITING CHURCH HALL, CARRINGTON AVENUE STRATHFIELD ON WEDNESDAY 20th AUGUST 1997

President John Stein opened the meeting at 11am. The meeting welcomed John and wished him continuing good health.


APOLOGIES: were accepted from O & D Harvey, M Lyons, J Nowland, J Chaloner.

NEW MEMBERS: The president welcomed Bill Evans and Noel and Josephine Bluett to the meeting.

MINUTES OF JULY MEETING as distributed were accepted on the motion of H Stone, seconded L Walton.

BUSINESS ARISING FROM THOSE MINUTES:
Still no replies to the questionnaire on the proposed seminar. H Stone said that he knew many members of Western Branch showed interest in attending but they did not know what matters they wanted discussed. John Stein said without written replies we can go no further.

SECRETARY/TREASURERS REPORT:
SUGGESTED SEMINAR: At the time of writing this report we still have not received any written requests to organize a seminar or suggest topics for such a seminar. Therefore for the time being we will not make any plans.

MEMBERSHIP: There have been few changes in our membership in the last month. I would like to welcome the following new members and hope they will avail themselves of the assistance we may be able to provide them:
Mr Donald Saunders of Blacktown
Mr J P Emerson of Ultimo
Mr J Boothe of Berowra Waters.

Regrettfully I have to report that three of our members have died.

TELEPHONE NUMBERS: With effect the 18th August the telephone numbers in our area have been changed and our new numbers are:
Telephone 02-4578-1415
Fax 02-4578-4412

Telstra has advised that the old numbers can be used for some months yet but would users please amend their records.

MEMBERSHIP SUBSCRIPTIONS: There are a few members who have not paid their subscriptions for 1997. In this September Newsletter we should put a final reminder to those members and if these subs. are not paid by the end of September their names be deleted from the Newsletter Mailing List. I would like your permission to delete the names of those who did not pay in 1996.

TAXATION: We have received notification of our re-registration as a charity: donations are thus tax-deductible.

BUSINESS ARISING FROM THOSE MINUTES:
Moved H Stone, seconded B Darlington that the secretary deal with those who have not paid subscriptions at his discretion. Carried.

CORRESPONDENCE:
1. Telstra - share offer
2. Gillian Isaac - speech pathologist at Central Coast Area Health Services reporting on formation of a Laryngectomy Support Group. (See later in newsletter)
5. Cancer Council of NSW seeking update on our activities.
6. Mrs J Nowland enclosing donation of $50.00.
7. Mr Bill Evans of Burwood. Bill has had a stroke and has had to learn to talk again but “that is going OK”. We like your spirit Bill!!
8. Newsletters from LAs in other states and from some of our branches.
9. NICAN - seeking updates on our activities for their records.
10. Australian Cancer Society - minutes of the Laryngectomy Support Committee meeting.
11. Mrs Margaret Patterson, RNS. Copy of revised preface for the reissue of “You Can Say That Again”.
12. Telstra - re directory assistance calls and proposed new procedures.
13. Greater Murray Health Services - advising of new procedures for their purchase orders.
14. Mr Syd Shepherd of Waterloo. New Laryngectomy paying for a shower shield and
advising us he is 82 years old - another with a great spirit

Accepted on the motion of H Stone, seconded P Halliburton.

TREASURERS REPORT
The Treasurer asked for permission to transfer the money from the estate of J H Jones to term deposit until such time as the Association decides on another use. Moved B Darlington, seconded P Halliburton that this be done Carried.

WELFARE OFFICERS REPORT
Member, Don Newby who is a truck driver, was able to visit our member in Tamworth who was having troubles. Don reported back and I rang the speech pathologist and I am now waiting to hear back from him but I am sure now everything is in hand.
A tracheostomy patient from Springwood telephoned me for filters. She was able to purchase them from Fisher and Paykel Health Care. If anyone knows of any tracheostomy patient (without laryngectomy) who needs any assistance please let them know that we may be able to assist them.
With warmer weather approaching I trust its drying up all the germs and everybody is 100% again.
I have been asked often if it is possible to buy coloured material for stoma covers - I have few blue, yellow and beige made at the moment but if anyone knows of a source of material please let me know. After all it is spring and time to brighten up your image.
Report accepted on the motion of B Darlington, seconded H Stone.

GENERAL BUSINESS
1. Those present held a general discussion on Newsletters and their contents. (Please make any criticisms you may have of this one known to me - Ed.)
2. John Stein thanked all those who had sent him cards, made phone calls, and prayed for him. He also thanked Bill Byrne and Harry Stone for chairing the meetings in his absence. There being no further business the president closed the meeting at 12.00 noon.

PRESIDENT

NEWS FROM THE BRANCHES

CANBERRA
In July three laryngectomees, Barry McKay, Garry Kifford, and Peter Beasley accompanied or chaperoned by Di Couch, Director of Speech Pathology at Canberra Hospital, visited Telstra’s Call Centre to meet operators and view the operation, to see how emergency calls are managed. This proved most informative, especially to see how much information was immediately available to the operator and to learn that they were very aware of laryngectomees. They felt that putting real bodies to the ‘different’ voices was very useful.
Many thanks to Linda Parsons, Manager and Joan Huntingford, Traffic Manager for their time and interest.
The Canberra Group will be having a Christmas “Get Together” on December 2nd at the Restaurant at the Institute of Technology. All Laryngectomees, families and friends are welcome, especially those around ACT and South East NSW region. For more details contact Peter Beasley
13 Downing Street
WATSON, ACT, 2602

CENTRAL COAST
Plans are underway for the formation of a Laryngectomee Support Group on the Central Coast. Suitable venues are being looked at, known laryngectomees contacted, and public notices printed.
Would any members interested in supporting or joining this group please contact Gillian Isaac on 043-203634 or write for information to:
Gosford Hospital
Speech Pathology Department,
PO Box 361
GOSFORD 2250

NEXT MEETING
LARYNGECTOMEES ASS. NSW
UNITING CHURCH HALL,
CARRINGTON AVENUE,
STRATHFIELD
WEDNESDAY 17TH SEPTEMBER
11AM
All laryngectomees and friends welcome
Parking on site or short walk to railway
Light lunch served after meeting
MEMBERS CONTRIBUTIONS

Margaret Silver's Joke of the Month
(I refuse to take the blame for this one. Ed)

Fred got a job driving a racehorse transport truck. He had to take horses to Flemington and Moonee Valley. He was running a bit late one day and had his horse flat to the floor when he was caught in a radar trap and pulled over.

"You were doing 150, driver" said the police officer, "What's the story?"

"Sorry sir, but I was late for the first race at Flemington, and the trainer said I'd lose my job if I wasn't there on time."

The cop walked to the back of the truck and looked in.

"What are you talking about?" he yelled. "There are no horses in here, it's empty!"

"Oh", said Fred "They've given me the scratchings again!!"

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NOSTALGIA

Alan Dyer sent this verse written by a friend of his.

I remember the cheese of my childhood
And the bread that was cut with a knife,
When children helped with the housework;
And the man went to work, not the wife.
The cheese never needed an ice-cream
And the bread was crusty and hot.
The children were seldom unhappy
And the wife was content with her lot.
I remember the milk from the 'billy'
With the yummy fresh cream on the top,
The dinners came hot from the oven
And not from the fridge at the shop.
The kids were a lot more contented;
They didn't need money for 'kicks'.
Just a game with their mates in the paddock
And sometimes, the Saturday 'flicks'.
I remember the shop on the corner
Where a peash'orth of lollies were sold.
Do you think I'm a bit too nostalgic
Or is it -- I'm just getting old?

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RIDDLE

Q. Why was number 10 really, really scared?
A. Because 7, 8, 9.

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OUTSTANDING SUBSCRIPTIONS

If your copy of this Newsletter bears a coloured sticker it means, according to our records, your subscription for 1997 has not been paid.

If you wish to retain a member and continue receiving a Newsletter would you please forward the $20.00 subscription to our Secretary/Treasurer by the 30th September 1997.

Thankyou.

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MOVING HOUSE - YOUR CHOICES

(A new publication)

This booklet is targeted primarily at people who are thinking of selling their home and are about to retire and will qualify for a part-or-full rate pension, or people who have retired and are on a part-or-full rate pension.

The booklet explains:

- People in retirement can improve their lifestyles through the housing choices they make.
- Various options in buying and selling.
- Relevant information about the move.
- Effect on Age Pension.
- Useful suggestions about alterations or repairs for people who do not want to move.

All copies of this booklet are free and are available by calling 132300 for the cost of a local call.

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YALE

It is with regret that we sadly farewelled the following members. We extend to their families and friends our deepest sympathy.

- Mr. Leon Arnot of Double Bay
- Mr. R.K. Youngs of Cunera West
- Mr. A.E. (Ted) Griffiths of Longueville who died very suddenly at his home on 9 June. Ted is thought to have been the member who had been a long-term member for the longest period, having had his lanyard removed thirty-three years ago.

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THANKYOU

John Chalmers, our Speech Aids Co-ordinator has asked that we thank the families of our late members, 'Blue' Boyle, Neville Marks and Ron Youngs for their kind donations of voice aid equipment.
ASTHMA

This article we have taken from 'THE NEW VOICE', the Newsletter of the Laryngectomee Association of Victoria. The Victorian LA had a guest speaker at their meeting and these are notes of the address she gave.

Asthma

Asthma is a disease that affects up to 20% of children 10% of adults. It causes shortness of breath, wheeze, cough, night waking and is responsible for approximately 500 deaths each year in Australia. It is due to an irritability and blockage of the air tubes in the lungs (bronchi) which become inflamed, swollen and produce mucus. Blockage of the air tubes can occur through accumulation of mucus and secretions in the airways and constriction of the airways by muscle surrounding the airway.

What causes a person to develop asthma?

Asthma can be due to a number of factors:
- inheritance
- infections (particularly in childhood)
- allergies
there are probably some factors that we don't understand the implications of, especially pollution and other industrial exposures such as fumes and dusts.

What factors can trigger asthma?

Some factors are known to trigger asthma in some people:
- Allergies
- Exercise
- Tobacco smoke
- Irritant fumes
- Aspirin and some other drugs.

Avoidance of known triggers is an important way of treating asthma.

How severe is asthma?

Some symptoms suggest severe asthma, especially night waking with asthma, being more short of breath than usual, having symptoms every day, needing large amounts of reliever medication (more than two times a day), or not being responsive to reliever medication. These symptoms suggest to both you and your doctor that you asthma needs further treatment.

Another way of knowing how severe asthma is is to measure it. This can be done at home using a Peak Flow Meter and many people choose to chart their asthma using one of these. It can be especially useful if you are unsure or unstable to know what your Peak Flow Rate is doing. Your doctor can also measure the severity of your asthma using breathing tests or lung function tests. These are very accurate in diagnosing the severity of asthma. However measuring the severity of asthma in people with tracheostomies is very difficult.

What treatments are available?

Treatments for asthma fall into reliever and preventer categories. Reliever medication is used when you have asthma symptoms and should relieve them promptly. Preventer medications are used on a regular basis to prevent asthma symptoms. In the long term Preventer medications reduce the amount of swelling in the airways and decrease airway damage. They are more effective at controlling moderate or severe symptoms than preventer medication. However they do not work straight away and need to be taken regularly to prevent an attack. Over-reliance on Reliever medications without using preventer medications is a major risk factor for severe and even fatal asthma attacks. People who need to use a reliever more than twice a week for asthma symptoms (except for exercise) should see their doctors about taking a preventer medication.

There are few side effects from therapy for asthma. Most of the side effects are reported about the preventer medications and can usually be overcome with careful monitoring of the dose and the way the medication is taken.

With good therapy nearly all people with asthma can pursue normal activities including all sports (in fact nearly 20% of the Australian Olympic team are thought to have asthma).
CHRISTMAS PARTY
1997

To The Treasurer, The Laryngectomee Association of NSW,
PO Box 58, RICHMOND, NSW 2753

Please reserve me ...............tickets for our Annual Christmas Party and 40th
Birthday Celebration at Kirribilli Ex-Services Club,
11-23 Harbour View Crescent,
LAVENDER BAY

on Saturday 29th November 1997, 12.00noon to 3.00pm.
I enclose $15.00 for each laryngectomee and/or partner, and /or $25.00 for
each non-laryngectomee.

I have appended the names of the people in my party so that name tags can
be prepared.

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

NAME .................................................. Signature ........................................

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

MY GUESTS WILL BE 1 ..............................................

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

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

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

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

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

THIS FORM MUST BE RETURNED TO THE SECRETARY WITH PAYMENT BY 17TH
NOVEMBER. YOUR RECEIPT WILL BE MAILED TO YOU. THIS RECEIPT WILL BE
YOUR ENTREE CARD TO THE PARTY SO PLEASE REMEMBER TO BRING IT WITH
YOU ON NOVEMBER 29TH.
LARYNGECTOMEE ASSOCIATION OF QLD. INC.

NOTICE OF MEETING

Please be advised that the next meeting of the Laryngectomee Association of Qld Inc. will be held as follows:

DATE: Wednesday 20 August 1997

TIME: 10.30 am

VENUE: Qld Cancer Fund - William Rudder House 553 Gregory Tce Fortitude Valley. (Park underneath)

GUEST SPEAKER AND VIDEOS

THIS SUNDAY (10TH AUGUST) IS THE CHARITY BOWLS MORNING AT BRIGHTON BOWLS CLUB!

SEE BACK PAGE FOR DETAILS

In the past 9 years the bowlers and friends from this area have raised $53,700. All this money has been spent on equipment to help people to improve their health and communicate with family and friends.

For further information, or if you would like to attend and need transport please contact Eileen Crockatt Ph 32840799
Trevor Cronan 32698932

If you are unable to attend but would like to make a donation to boost the days total, this can be sent to Ken Crockatt 92 King St., Woody Point 4019.

This is the main fundraising event, in difficult times, so we hope to receive support from members throughout Qld.

Ken Crockatt.
Presidents Report. The past month has been quite busy with the annual meeting of the National Laryngeal Support Committee which is sponsored by the Australian Cancer Society. There were many items on the agenda and as the Minutes have only just arrived I will have to report on this next issue. A major item was discussion regarding the Federal Government's directive to Health Funds NOT to reimburse surgically implanted prostheses unless it was done in hospital. We really need input from members who use Health Funds as to which ones offer full refunds, which are partial, and which ones pay nothing at all. The problems of Laryngectomees drying out under general anaesthetic in air-conditioned hospitals were discussed, and Dr Chris O'Brien (ENT Surgeon on Committee) is to be asked to draft a letter to be carried by laryngectomees admitted for operations, advising of the need for humidification. A full report next issue- which will be early since this is a rush job to be out before our Bowls Day. Last week I had the great pleasure of making it down to the Gold Coast Group meeting at Cascade Gardens Broadbeach- what a great mix of old and new friends the only blot on the landscape was the news that Adrian Russell was in the process of being diagnosed with colon cancer that very morning. Adrian- we all send our love- and hope you're recovered enough in October to see us all up in Brisbane. A big thank you to all our members who have supported the wonderful people who are involved in the Charity Bowls Day. Times are very tough now, and as money for aids in the Health system continues to disappear; supporters such as these are absolutely vital to the maintenance of the most essential support system and equipment. Until next time, protect those stomas from the August winds when they arrive! "Heather."

Good to hear that Daisy Barnes is back in action line-dancing again! Her surgeon said it was a remarkable recovery and she has finished with Physio!

Many thanks to Monarch Medical for donating two videos to our library- on the Voice Prosthesis, and the Speaking Valve as well as the accompanying literature.

Also to Gary Trotman from Pacific Medical for the latest updates in literature on the permanent prosthesis and the new filter systems.

Many people saw an item on the TV regarding the drug trials in Brisbane on Head and Neck patients with Dr Chris Perry. We will have an article on this in the next edition.

Congratulations to Graham Dux on coming third in his motorbike race at Historic Lakeside. Not too fast next year Graham- we need you.

A big thank you to Cheryl Ogilvie who had the ladies over to her place for afternoon tea recently and what an afternoon tea! Everyone enjoyed it immensely and there's no doubt we should do it on a much more regular basis. Lovely to have new member Catherine Denham along.

Did anyone catch The Odd Couple 25 yrs on? What a great story telling of Jack Klugman's experience with throat cancer and the results of his surgery leaving one vocal cord. It was such an accurate portrayal of so many situations we have found ourselves in. Excellent!

THIS NEWSLETTER WAS PRODUCED WITH THE ASSISTANCE OF THE QLD CANCER FUND

Closing date for contributions next newsletter 15th September.

Most girls tend to marry men who are like their dads. This is the real reason why their mothers cry at weddings.

They now have a new perfume that drives women crazy. It smells like money.

Having trouble finding the right description of someone's capabilities?

"His men would follow him everywhere, but only out of curiosity!" Technically sound, socially impossible.
DON'T FORGET! OUR ANNUAL SEMINAR

WHEN? SATURDAY 11th OCTOBER
Tea/coffee served from 9am. Programme starts 10am.

WHERE? QLD CANCER FUND Gregory Tce.
Main Auditorium
CLOSING AT 3.45 To allow long distance travellers
daylight travelling time.

Full programme details next issue but there will be the usual outstanding Roy Coulter Memorial Lecture, this year presented by Dr G. McCafferty. The latest in the world of speech methods and troubleshooting and the opportunity to mix with many others to learn and share and make lasting friendships.

It's a lot of fun and a lot of information, so please come and share an important day with us. Mark your calendars now!

JUNE REPORT The Redcliffe Support Group held its June Meeting 20/6/97 & was pleased with the attendance. We had a new venue in the Speech Therapy room at the Redcliffe Hospital and a lengthy discussion was held with assistance from Ken Crockett about the Bowls Meeting to be held 10th August at Brighton Bowls Club. The next Meeting will be 18th October

JULY today at Redcliffe Hospital in the Occupational Therapy Dept.

We had ten members present which was very good and a great improvement on one or two of our meetings lately. Two new members have joined us and seem to be coping very well indeed. Unfortunately two of our older members are not so good, but we wish them well.

Megan, our Speech Therapist showed us a film that demonstrated the surgery to insert a voice prosthesis. Lewis in particular was most interested in this as he is hoping to have this fitted very soon. Ken & Eileen Crockett came also and gave us a news of the Bowls day to be held on August 10th. We hope for a lovely fine day again.

Apart from that we had a good chat, a cup of tea and a biscuit.

The reason for our change of venue is that the RSL at Redcliffe has been undergoing very extensive renovations and the last few meetings have been most unsatisfactory owing to background noise (Music, a dishwasher and other machinery) and even on one occasion someone smoking at the next table!!! All this made things very difficult as you can imagine so for the time being we are meeting at the Hospital. Next one 10.30 a.m. on Friday August 15th.

If anyone is free we would love to see you there.

Please excuse any errors - don't know whether to blame me or the typewriter!

Bye for now.

Love and every good wish,

3/35, Stirling Street, Strathpine,
Qld. 4500.
18th Jul 1997.

Anne xx
We send our condolences to the families and friends of the following, Dauh Khan, Christine Blundell, Dudley Bright, Charles Anders, John Deaves, Alan Hamilton and Richard Donnelly. Thanks to the families who take the time to write. It means a lot.

Norm and Graham are obviously having difficulty sorting all the information they've been gathering on batteries and giving us everything we ever wanted to know about batteries in two concise information packed pages. This offering shows they're still working on the subject but we'll have to wait till next issue for brands, the actual differences, sources of supply, prices, chargers, dischargers etc.

ELECTROLARYNXES AND BATTERIES

NICAD Batteries - eg. Servox

NuVox

i) Should always be recharged with a NICAD battery charger which should

fully discharge the battery to avoid memory retention

stop charging once fully charged. This is necessary as they swell up with extra charge/heat and can "blow up". They cannot even accept a trickle charge.

ii) Have a high power rush at first and this can damage the circuits of some electrolarynxes.

iii) Battery power/volume tapers off slowly with decreasing charge.

Nickel-Metal Hydride (NMH) Batteries - eg. Optivox

i) Should always be recharged with a NMH battery charger, that should have a trickle charger:

ii) Have no memory.

iii) Battery power/volume tapers off slowly with decreasing charge.

Alkaline Batteries

i) Work well in most electrolarynxes.

ii) They tend to work well with no decrease in volume until they suddenly die.
From "Sir" Norman's Desk. (Which he can now see extra clearly since his recent lens replacement went beautifully - much to his Doctors and everyone else's relief)

I've been thinking of helping Heather and Sue by giving them a completed page for the Laro-Link full of contributions from anyone who would like to send in little items of interest. The name "Country Corner" came to mind but this is no reason for city folk not to feel at home. We are always interested to know what interests our readers so if you could tick the type of article you would like to see and send it in it would be a great help.

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<tr>
<th>Medical</th>
<th>Crosswords</th>
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<tr>
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<td>Poets' Corner</td>
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<td>Speech Hints</td>
<td>Competitions</td>
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<td>General Hints</td>
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<td>Jokes</td>
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<td>Quizzes</td>
<td>Other - Your suggestions</td>
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On my soapbox for a moment, please keep in touch and let us know of any change of address or altered circumstances. Our annual postage bill is between $3000 and $4000 annually and the amount of postage wasted on return mail is quite sizeable for a small club.

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

VALE

DUDLEY BRIGHT

A TRIBUTE TO A MATE.

As I sit here trying to figure out what to write I am at a temporary loss. "What can I say? What can I do? I know not what. Sitting here with precious thoughts in this sombre mood I reflect the past. Yes. we had our our little ups and downs, but like friends we soon got over our tiffs five minutes afterwards and laughed at each other. Many a time our fellow taros must have thought we were the "Odd Couple" as we were perfectly matched.

You will be remembered by myself and fellow members who knew you.

Dudley was a very caring person who found difficulty in saying "No" to anyone who sought his help or helping out with a problem. Myself I am at a loss, losing a mate and friend and will miss stirring you as we seemed to bring relief and humour to our meetings which may be sombre until a "new mate" who shall accept a fit for tat situation.

I feel for family who have been privileged to have known such a loving person. Yes we had our tiffs together, and I feel like family.

Farewell my Friend. You are now at peace. God Bless Norman.

Dear Member

This is the current price list of stock that we have on hand.

<table>
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<tr>
<th>Items</th>
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<tr>
<td>Buchanan Covers (Small)</td>
<td>8.00</td>
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<tr>
<td>Buchanan Covers (Large)</td>
<td>10.00</td>
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<tr>
<td>Foam - Pink &amp; Black</td>
<td>2.50</td>
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<td>Thickness (mm): 2.8 / 3.0 / 3.5 / 4.00 / 4.5</td>
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<tr>
<td>Foam Pads</td>
<td>.50</td>
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<tr>
<td>Double Sided Tape</td>
<td>2.50</td>
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<tr>
<td>Badges</td>
<td>3.50</td>
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<tr>
<td>Stoma Covers Colours: White / Cream</td>
<td>4.00</td>
</tr>
<tr>
<td>Extra Large: 40 cm</td>
<td>5.00</td>
</tr>
<tr>
<td>Personal Alarms</td>
<td>5.50</td>
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</tbody>
</table>

Please state foam thickness required.

Minimum postage $2.10.
My name is Leslie (Les) Wood, born in Huddersfield, Yorkshire, 13 August, 1934. Left home at 17 to join the RAF as a cadet pilot until it was discovered I would be a greater danger to friends than enemies. Whereupon I became an Air Signal/Air Traffic Operator (airborne radio, radar, electronics, etc.) for the rest of my 10 years service. Then became an Air Traffic Control Officer with the Civil Aviation Authority for the next 33 years until retirement in 1995. I served, among other places, at the London Air Traffic Control Centre, the Scottish & Oceanic Control Centre (Prestwick), I ended up on Salisbury Plain, taking care of test flights operating on the range.

Choral Singing

I married Audrey (Aud) in 1954 and we are still together. We have one daughter, Catherine (Kate) and one three-year-old grandson, Alexander (AJ). I was never a great sportsman, though Aud and I took up Audley in the 70s and reached high standards. We both had to give it up due to the damage it was causing our elbows. I then returned to a love of my youth, choral singing in local choral societies. For me, the peak of this hobby came in the early 80s when I was a member of the Salisbury Musical Society. We gave three professional concerts a year in Salisbury Cathedral. My very last concert was Mozart's Requiem in which I sang with our local Wiltshire choral society just seven weeks before the operation. Of course, by that time I was no longer putting my weight. My other main hobby has been angling which I have done on and off since the 60s. I like fly fishing the best though I am by no means a purist and I quite enjoy coarse fishing, too, especially for carp.

My cancer was diagnosed in June 1986 after increasing difficulty swallowing and losing a lot of my base singing range. The tumour had also affected my oesophagus thus resulting in a gastric pull-up in addition to the laryngectomy. For good measure, the surgeon decided to remove the pharynx too. This operation took place 25/7/86 and in September, a TEP was done and a Blom-Singer valve fitted. Eight months down the line, I am still improving and gaining in strength, the main problem being my stomach which seems to want to empty itself every time I bend forward too quickly, or when eating too much food for it. This has a great practical advantage as my garden has very chalky soil and I now have the ability automatically to apply an acid correction for several months. I had to keep sitting almost upright though I am now able to manage with just four pillows. Of course I have the same fears as all of us must have, but, I do look forward to a lot of dancing and the ability to take as much as possible for as long as possible, out of the Civil Aviation Authority's pension fund.

Internet Support

During the last few months I have relied heavily for support from my wife and family. They have, of course, been marvellous. The Macmillan head and neck specialist nurse at the Royal United Hospital, Bath and other nurses and staff in the ENT department at that hospital seem tireless in their efforts in being helpful to both in-patients and those who have been discharged. Much of my daily support has come from the use of my computer on the Internet. I stumbled across a group of mainly American laryngectomees who are organizing so as to give each other mutual support by E-mail. There is a good deal of discussion among them at present concerning the forming of the International Association of Laryngectomiee Clubs which is due to take place at the end of July in Toronto, Canada. Many of the group intend attending the meeting and I wonder if anybody is going from the UK. I don't think I could make it myself this year and in any case it would be inappropriate as I am not involved in the administration of any club. As there is no local club I have recently joined the Clubetts club based at Southmead Hospital in Bristol. It is almost 100 miles round trip once a month but both my wife and I find it very helpful having face to face contact with other laryngectomees. It seems that many of us have identical problems although we do have individual problems as well! We have many in common to be of mutual help and understanding. I should also mention the help of the resident Macmillan head and neck specialist nurse at Southmead, and other nursing and speech therapist staff there. Indeed, I will be forever grateful to all the professionals with whom I've been in contact over the last few months. Every one of them has been patient and understanding despite my occasional depression and tantrums! Thanks to all of you.

Should there be anybody out there who is about to become E-mail capable, please don't hesitate to contact me. My e-mail address is 106653.1204@compuserve.com.

Also, if you are able to surf the Internet, visit the website: http://members.aol.com/fairutmwo/cancer1.htm and other sites which you will find mentioned there.

Les Wood

A WORKING LIFE:

Three laryngectomees tell their stories. Please keep sending them in!

TC ROBERTS:

GARAGE MANAGER

I am a 77 year old widower and had my laryngectomy in 1982. The surgeon was Professor Stell of the Royal Liverpool Hospital. I had no problems and I think for myself but not all those who had the operation at the same time have been as lucky as it is not that easy to find help.

I was a manager of a garage in RAF Valley from 1954 to 1972 but was made redundant when the business changed hands. Almost immediately the Vauxhall dealer in Anglesey took me on as a parts storeman - the first they had employed. I worked very hard and the business grew and Vauxhall decided to make them their main agents. Unfortunately I was a very heavy smoker and stopped overnight - the worst thing I did as I had a breakdown and was off work - unpaid - for three months. I returned to work but at the start of 1982, my throat problems began and I was off work a lot more.

After the laryngectomy, I came home to an empty house with no idea as to what I should do. The local GP and other villagers were very supportive though. The Speech Therapist used to come three times a week and I was doing well. I went to see my employer but she wasn't keen to keep me on and we went to a Tribunal. I couldn't afford a solicitor but the Citizens' Advice Bureau provided me with a representative who didn't really know what to do. I heard no more about it and did not even get any redundancy pay.

I'm grateful to all the locals and I still do a couple of hours a day bookkeeping which takes me out a bit. For my age I am quite nimble. I still think that if I'd kept my job, I would have been able to speak better - but I manage quite well with my Servox.
IAN PATTERSON: WORKING WITH FOOD

I noticed that in Clin 80 you were asking for the work experiences and hobbies of Lanyngectomees.

I have been employed in the food industry all my working life, being trained originally at a Food Technology college. At the time of my laryngectomy (aged 51) in January 1982, I was the manager of a factory near Wigan with 120 employees, which produced about four tonnes of cooked chilled and frozen poultry meat per day, mostly to other manufacturers for inclusion in their products such as pies, pizza toppings, ready meals, sandwiches and so on. I had joined the company in 1985, to run the plant, which was then being built.

Whilst I was in hospital, and subsequently recuperating at home with the support of my late wife and my family, the company was very supportive, trained a production manager who was able to continue the factory the day to day running of the factory, and the Director to whom I was responsible, and who was based at another site in Lancashire, came to see me on a weekly basis. His visits ensured that I was kept up to date on all relevant matters which were a great help when I returned to the factory.

Provox Fitted

My operation included a single block dissection, and I went home after two weeks, but returned after a further two weeks for the other block to be removed. At this time, a Provox indwelling prosthesis was also fitted, this incision having been made at the time of the first operation. I returned to work part-time, at Easter, and full-time in June. The Provox allowed me to carry on a reasonable standard of conversation which improved with practice but, of course, I had the limitation when using the phone that I had to use one hand to hold my stoma, and therefore couldn’t easily write at the same time. Like all laryngectomees, I suffered the usual indignities of laughter and sniggering from callers, but I realised that there was no point getting upset – rather it was an opportunity to teach others about our problems. I had come into contact with both the Wigan and Preston clubs, and in May attended the BALC AGM. There, I noticed a gentleman whose manner and quality of voice indicated that he was using a prosthesis, and yet he didn’t seem to be having any trouble.

I asked him about it and he very kindly took me to one side and showed me that he was wearing an outer Doninger sphaglago valve which allowed him ‘hands free’ speech. Needless to say, I was quickly back to my surgeon, asking if I could have one of the sphaglago, which was then obtained by the hospital for me. I had quite a few problems mastering the techniques of getting the skin clean and the adhesive to stay on, but as with everything perseverance pays.

Use of the sphaglago made for a great improvement in my speech efficiency, and my office appearance, since I was able to adopt a canal end tie again.

Mix, Mix, Mix

(Metal - mix with as many laryngectomees as possible - you always learn something)

In the intervening years I have had further cancer problems and had to have bilateral radiotherapy in January 1986, followed by several surgical removals of all tumours from my neck. At present I am having a course of electron therapy at the Christie Hospital, but I have hardly missed being in the office for at least some part of each day, since 1982. The main difference at work is that due to so-called ‘advances’ in technology, and driven by competition and his colleagues, they produce eight tonnes of meat per day, but only employ 55 staff. The resulting staff redundancies were a matter of personal regret.

In the intervening years I have had further cancer problems and had to have bilateral radiotherapy in January 1986, followed by several surgical removals of small tumours from my neck. At present I am having a course of electron therapy at the Christie Hospital, but I have hardly missed being in the office for at least some part of each day, since 1982. The main difference at work is that due to so-called ‘advances’ in technology, and driven by competition and his colleagues, they produce eight tonnes of meat per day but only employ 55 staff. The resulting staff redundancies were a matter of personal regret.

I had three hobbies before my operation: Swimming, squash and the collecting and exhibiting of vintage trains. Swimming needs little comment as it has now been covered in these pages several times. Suffice it to say that thanks to the advice of Bert Claproth and his colleagues, and the help of the swimming section of the Liverpool Laryngectomees Club, I was able to return to that pastime, although recent events have not allowed me to join them as much as I would like.

Squash

I was determined to find a way back to playing squash, but couldn’t of course raise my arms to serve. I sought to booking a court on my own and developing an underarm serve and a style of play that relied on waiting for the ball to come to me, rather than having to reach for it.

Then I entered some of my squash club colleagues into giving me some practice until I was able to re-enter the local sports centre leagues (at the bottom). Bit by bit I became able to lift my arms above my shoulders and now play a more or less normal game, although slightly restricted in overhead movements. My doctors and surgeons have been aware of what I was doing all along and have refrained (most of the time) from being too critical, although I did get a bit of ‘told you so’ when I pulled my shoulder muscles trying too hard at an early stage. Fellow members of the squash section at the sports centre, and another Manchester area club have joined me twice in playing squash marathons for Imperial Cancer Research Fund, whereby we have raised over £3,000.

Collecting vintage train became an interest when my sons were growing up, which continued after their interests changed to other things. My main interest is in the trains produced by an American toy company called Lionel. This company had factories here for many years from Dudley, Worcestershire from 1932 until the war, and in Swindon afterwards. Their products from these factories were made along similar lines (sorry) to Hornby, but were more toylike. However the range of trains made in their American factories was far more extensive, and it is these that I collect. I visit about six shows a year with my portable layout, and there is a meeting up with old friends. I can be hard work, especially on your own. A trip to display in Bedfordshire for instance, I can mean getting up at 3 am and loading almost ¾ tonne of equipment into the car before driving 180 miles to be on site to unload at 7.30 or 8 am and have everything set up and running when the doors are opened to visitors at 10 am. Then a noisy action packed day before packing up and getting back to Lancaster or maybe 8 pm and it’s still got to be unloaded. Good job I enjoy it.

Further news this year are at Queen’s Hall, Hull (May 31st/June 1st, Bedford (July 8th/9th), Bann Hall, Rochdale (August 10th) and Leicester (October 18th). Lanyngectomees would be most welcome for a chat, and more details are available from me at 8 Riverview Place, Coppull Moor, Chorley PR7 5DY, or if you use email, from IanPaterson@CompuServe.com (Preferred for the Interets: it outside the UK).

Incidentally, I had a phone call last night from a Blackpool ‘larry’ to whom I recently demonstrated the sphaglago valve. When he asked his hospital to provide one, they refused on the grounds of cost, so he went to his MP who in turn approached the local Health Authority. The result is that all laryngectomees in that area (subject to suitable surgery) will now have sphaglago’s provided. Other areas might like to try a similar approach.

Ian Patterson
LARYNGECTOMEE NECK BREATHERS ASSN OF QLD'S
CHARITY BOWLS DAY
AT
BRIGHTON BOWLS CLUB
SUNDAY 10th August
OPTIONAL TRIPLES
$15 per Team
9.30am Start
Prizes for Winners, Losers & Touchers

Sponsors :- Brighton Bowls Club
Carlton United Breweries (Qld),
Tastee Products,
Belvedere Hotel (Woody Point)
Michael Larter (Woody Point)
Coca Cola Amatil (Qld) Ltd
and Ken Robert's
Irish Dozen Hot Bread
Deagon Plaza Bakery

Bookings - Brighton Bowls Club 3269 2385
Eileen Crockatt 3269 0799
Trevor Cronan 3269 8932
MONTHLY MEETINGS:
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#NORTHERN RIVERS: 4 times a year, rotating venues, Contact J Kidd, PO Box 572, Lismore. Phone 066-233-320.
#MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
#DUBBO: Loder Hospital Last Thurs, 10.30am Conference Room.
#ALBURY: PH 603-23-2011, ext 123
#CANBERRA: First Wed, 11am, Level 2, Building S, Canberra Hosp.

Since the weather at the moment is very drear, and I know we shouldn’t complain about that as the rain is very very welcome to most of us, I thought we might start this month with a quiet chuckle or two.

MISPLACED ANATOMY

We had a letter recently from Ray Ever of Kelso which gave us and is still giving us many a quiet chuckle. Ray tells us he has a neighbour and friend called Esther who is but three years of age. Esther was observing his storm and asked --- Why is your belly button up there? --- I do hope that one day Ray decides to write his life story because this would be the perfect title.

A COW

The next story was submitted by Syd Lowe who tells me he found it in W. A. Winter-Irving’s book “Bush Stories” but then we know that Syd spent many of his working years on a dairy farm so maybe he knows a thing or two.

A country car dealer purchased a cow and when it was delivered the invoice read:

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic price for one cow</td>
<td>$200.00</td>
</tr>
<tr>
<td>Fully equipped with 2 tone upholstery</td>
<td>$45.00</td>
</tr>
<tr>
<td>Grass converter</td>
<td>$75.00</td>
</tr>
<tr>
<td>Product storage compartment</td>
<td>$60.00</td>
</tr>
<tr>
<td>Milk dispenser with 4 taps @ $1.00</td>
<td>$40.00</td>
</tr>
<tr>
<td>Genuine cowhide upholstery</td>
<td>$125.00</td>
</tr>
<tr>
<td>Automatic fly swatter</td>
<td>$35.00</td>
</tr>
<tr>
<td>Four wheel drive</td>
<td>$25.00</td>
</tr>
</tbody>
</table>

**TOTAL** $650.00

SEMINAR

And now for more serious business. Last month we mentioned that we were considering holding a seminar on laryngectomy matters and asked that anyone interested fill out a form and return it. Not one form was returned!!! The meeting decided that if no forms are returned by the August meeting the whole idea will be scrapped. This committee cannot function without your input!!!

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 - Lilah Walton, 23 Baker St, Kensington. 2033. Ph 02-9663-2550

In the absence of the president the chair was taken by Vice-President Harry Stone who opened the meeting at 11.02am


APOLOGIES were accepted from D O Harvey, P & M Halliburton, J & L Stein, M Silver, P Rogers, M Lyons, J Chaloner

MINUTES OF THE JUNE MEETING as distributed were accepted on the motion of J Nowland, seconded B Darlington

BUSINESS ARISING FROM THOSE MINUTES - SEMINAR:

No replies in writing (phone call with no indication of topics) had been received. Moved B Darlington, seconded S Lowe that a reminder be placed in August Newsletter and if no replies received then the idea be scrapped. Carried.

SECRETARY'S REPORT AND CORRESPONDENCE.

SUGGESTED SEMINAR IN 1998

There were no replies to our suggestion concerning a laryngectomee seminar in 1998 so it would appear no-one is interested. The matter will be further discussed at the meeting.(see above)

MEMBERSHIP

ON behalf of the committee I have welcomes the following members during the last month.

Mr Ken Spain of Kenhurst
Mr D Lalor of St Clair
Mr F Smith of Oakley
Mr F Battye of Cootamundra

We hope that these new members may be able to attend one of our, or our branches, meetings.

Unfortunately I have also to report that four members have also died since the last meeting.

Our last Newsletter to Mr M Doughty of Fairfield has been returned endorsed 'left address'. If anyone knows his new address could they please advise me.

NATIONAL LARYNGEAL SUPPORT COMMITTEE.

Last Wednesday I attended the annual meeting of this committee at the Australian Cancer Society Rooms in Sydney. Those on that committee who also attended were Mr L Wright(Executive Director of the Australian Cancer Society), Professor C O'Brien(ENT Surgeon at RPA(you may remember him from TV series RPA)) Mrs Margaret Patterson (speech pathologist at RNSH), Mr L Lancaster (Secretary of Laryngectomee Association of Victoria) and Mr G Adams(president of the New Voice Association of SA) who also represented Western Australia and Tasmania.

Many matters were discussed and a summary of these matters follows:-

ACS PATIENT SUPPORT CONFERENCE that was planned for 1998 will now be held in 1999, probably in Sydney.

INTERNATIONAL ASSOCIATION OF LARYNGECTOMEE(S)(IAL)

Because it appears that the IAL will become independent of the American Cancer Society it was decided to check on other worldwide laryngectomee organizations to see if Australian associations may be better off with another organization. The ACS will investigate this matter.

FEDERAL ASSISTANCE WITH THE PROVISION OF SPEECH AIDS

Approaches made by the ACS to the government were unsuccessful but the ACS has made an oral submission to the Cost Of Disability Study being undertaken by the Department of Social Security.

I raised the question of the reported reduction and/or cancellation of benefits from the Health Funds for voice prostheses. The new Health Circular states ' a person must be a patient of a hospital or day hospital facility to receive health fund benefits for an indwelling prostheses'.

The ACS will write to the Minister on this matter and if unsuccessful they will recommend actions we as an organization or as individuals should take.

PUBLICATIONS

1. 'You Can Say That Again’. A review of the contents was carried out and the ACS will in time arrange for the printing of the third edition of this book.

2. ‘Rescue Breathing’ Professor O’Brien will prepare a suggested revision of the
2. Katherine Critchard reported that she was still being reimbursed for her prostheses.

**WELFARE OFFICERS REPORT**

I have been busy making patient packs. The packs returned from Canberra I have sent to Peter Beasley who has no doubt delivered them - thanks Peter. Every hospital that we know of now has patient packs as do all our visitors. This month we have only had four visits - 2 to Westmead, 1 to St Vincent and 1 to Liverpool. These of course are the ones who request a visitor. I received a parcel from Harvey Ploengs - thanks Harvey. I have booked at Kirribilli RSL Club for our Christmas/40th birthday party on 29th November so mark it on your calendar. Attended John Williamsons funeral - the family requested in lieu of flowers donations be made to Motor Neurone Disease C/- Concord Hospital. To Gwen and Martin our sympathy. On the sick list we have Oliver Harvey, John Stein and Margaret Silver - hurry up and get well as we miss you all. A speedy recovery to these people and anyone else about whom we have not heard who is not 100% The shower shields have arrived so if anyone wants one please ring. Same price is $21.50 to members. Had a phone call from Mr Cashman of Tamworth wanting a trachy stoma vent - I asked him to ring David Smith. (Don Newby volunteered to visit this gentleman next week when in Tamworth)

This report accepted on the motion of J Nowland, seconded B Byrne.

**GENERAL BUSINESS**

1. Chairman said one of our members had had money stolen since the last meeting and reminded all members to be careful when skipping. Member did not require any donation.
2. John Stein is not yet well enough to attend our meetings in this cold weather - however he is improving albeit slowly.
3. Secretary had enquiries re Clive Sommerfield's of Syntex research into voice reproduction - unfortunately this has gone no further and we await further information.
4. Raffle was drawn - results 1. Harry Stone, 2 - Wes Bourne, 3 Bill McColl.
5. Next meeting 3rd Wednesday of August. There being no further business the chairman closed the meeting at 11.57pm after which we enjoyed a light lunch and a lively chat.

**PRESIDENT**
NOSTALGIA
From a member. Who decided to visit some old
haunts.
"Not having a set agenda to stick to made
sleeping in easy so I rose about 8.30, shower,
shave, three Weetbix, usual handful of
prescribed tablets, cup of coffee and set off
about 10.30.
Drove to Strathfield, bought my $1.00
pensioners pass and was on my way. Where to
go? Decided to take the first train - it was city
bound so I jumped on thinking "BONDI - here I
come - haven't been there for about thirty years".
Settling in I began to think of all the old places I
used to visit all those years ago and how good it
would be to see them all again. But SHOCK,
HORROR - time had not stood still - progress?
First there was the experience of riding on the
Eastern Suburbs line of the railways - mostly
underground but it does emerge long enough to
give the traveller a top view of WHITE CITY
tennis courts.
After reaching the terminal at Bondi Junction I
wandered around the maze to eventually come
out via some small lane which led to a market
place cluttered with so many and various stalls, 
food, clothes, tarot reading, etc. Etc. I decided
to jump on the next bus to a new destination
which happened to be outside the Bondi Diggers
RSL at NORTH BONDI.
The beachfront (Campbell Parade) as I
remembered it no longer exists. Now the
greatest majority of shops are sidewalk coffee
outlets; each and every one full to capacity;
the number of cars parked along the beachfront
was unbelievable considering it was midwinter-
no wonder the local council wants to install
parking meters it would be a goldmine.

Having enjoyed my outing so much so far I
decided to travel to the other end of the city so
using my day pass boarded another bus bound
for CIRCULAR QUAY. I was surprised at
how full all the buses were - standing room only
during the trip. Luckily I joined at the
beginning of most trips so got a seat.
Arriving with only a wait of about 15 minutes I wandered
over to wharf 5 to catch the River Cat bound for
PARRAMATTA making only three stops at
MEADOWBANK, RYDALMERE and
GLADESVILLE. This is a delightful trip and I
recommend it to all with a chance to try it.
Having done the trip to Meadowbank a number of
times the part to grab my interest most was
yet to come. It was a very low tide which made it
all the more interesting - the water was very
muddy and half of the trip was in a very narrow
channel lined with mangrove swamps - so
narrow you feel you can touch the mangroves by
just leaning out. We passed another "cat"
making the return trip and there seemed to be
only one metre between the two vessels. At the
Terminal the "cat" makes a 180 degree turn
inside a weir to allow passengers on and off.
Having gone and come so far decided to have a
snack before strolling to the station for the
return trip to Strathfield - arrived home very
satisfied with my day just before 5pm.
Expenses for the day $3.30 at "Macca's" for my
snack and $1.00 for my fare.!!!!!
VERANDA - just as we used to draw them when we were kids - and the larger houses, the same shape but a little more ornate with wonderful iron lace of all different patterns - the Victorian era shops some still with the names that have been there for 100+ years. And the cities with their flamboyantly ornate public buildings. I could go on and on - but I won't.

Please could we have some more nostalgic bits - we are interested in you - your past - your childhood - your hobbies - no one has yet written to tell us of his/her interests - because your interests are of interest to other members.

BEWARE

This experience of a member should be a warning to us all.
She had her wallet stolen, but before she realized this had a phone call purporting to come from her bank. The person on the phone was very plausible and identified themselves as her bank. She was told the banks computer had gone down and the bank therefore required her PIN number as without it she would be unable to allow her to have any money for at least two weeks. She gave the number and before long found her wallet was missing. She then realized her foolishness and contacted the bank but then quite a sizable sum had been withdrawn from her account.

And the lesson from this story is:
NEVER give your PIN number to anyone.
If someone says they are your bank and require information hang up and ring your bank back - look up the number yourself - do not ask them for the number. Take very good care of your plastic cards whatever they may be - do not leave you wallet where another can find it, etc etc.

THEN YOU CAN SMILE

RAFFLE WINNERS
1. Wood Frame Clock - Harry Stone
2. Teapot Stand or Wall Plaque - Wes Bourne
3. Salt & Pepper Shakers - Bill McColl

CONGRATULATIONS

Vale

It is with regret that we sadly have to swell the following members. We extend to their families and friends our sincere sympathy.
Mr. E. McVee of Stanmore
Mr. D. Kevans of Granville
Mr. J. McDermott of Crows Nest
Mr. J. Williams of South Coogee

After twelve months suffering with motor neurone disease, John died on 7/7/97. John had been a laryngectomee for eighteen years and was a regular hospital visitor and an active Association member. He represented the Association at that time the Larynx Club at a seminar in Hawaii in 1984. He was used for television and in a feature at the Salvation Army. On his retirement he and Gwen (married nine years ago) left Sydney to return to the Riverina district, but the quietness of country life soon saw him back in Sydney and back to charity work. He will be missed by many.

Christmas and 40th Birthday Party.
Remember the date
29/11/97

Despite heavily increased costs the meeting decided our prices would not rise.
$15.00 per each for laryngectomees and partners.
Others $20
1 wine, 1 juice on table - all other drinks to be bought at bar.

DID YOU KNOW
That in 1990-2 there were enough cigarettes smoked in Australia for every Australian to have smoked 2,710!!!

SAY WHAT YOU MEAN
Walking down town one day a man met his friend and his new wife. His friend had put on quite a bit of weight.
Poking him in the midriff the man said “If this were on your wife I would say she was pregnant”
The wife answered, “It was, and I am”
HAWKESBURY

AG-CRAFT

WEEKEND
30-31 August 1997
SHOWGROUND, CLARENDON.

FEATURING:
Large Craft and Agriculture
Displays, Sales & Demonstrations

Refreshments Available
FREE PARKING
Adults $4.00, Children $3.00
Family & Pensioner concessions.

Enquiries:- Hawkesbury District Agricultural Association. Phone 045-773591
LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomees and those with similar vocal disorders
No 69 JULY 1997

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

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#ILLAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Belfu St, Warilla.
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#DUBBO: Lourdes Hospital. Last Thursday, 10.30am Conference Room.
#ALBURY: Ph.063-23-2011, ext 323.
#CANBERRA: First Wed, 11am, Level 2, Building 5, Canberra Hosp.

IMPORTANT NOTICE

NEXT MEETING OF THE
LARYNGECTOMEE ASSOCIATION OF NSW
Wed JULY 23rd
(The reason for this change is that the 3rd Wednesday of the month falls on the date of the National Laryngeal Committee Annual meeting and the NSW Association needs to be represented at that meeting)

UNITING CHURCH HALL
Carrington Avenue
STRATHFIELD
On site parking
Short walk from Rail Station
Light lunch served after meeting
MEMBERS AND FRIENDS PLEASE ATTEND.

NEWS FROM MEMBERS
Mr Ray Johnson of Gilgandra tells us he was a proud grandparent at the Gilgandra Show this year when his granddaughter opened the Show. Melinda was Gilgandra Show Girl for 1996-97 and runner up to the NSW Show Girl at this year's Royal Easter Show. Congratulations Melinda. Ray's brother was an agriculture judge too – what you might call a very involved family.

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. 9560-2552
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS- Leigh Walton, 23 Baker St, Kensington. 2033. Ph 02-9663-2550

OFFICE BEARERS 1997
President: John Stein, 13 Western Rd, NORTHBURRIDGE, 2563. (02) 9598 1529.
Vice President: Bill Dyes, 420 Guildford Rd, GILBERT, Merry Street, 133 Noble Ave, GREENACRE 2190.
Secretary/Treasurer: John Nicholson, MBE, PO Box 55, RICHMOND 2753. (04) 78 16 15.
Minute Secretary: Mrs Margaret Silver, 89 Spencer Rd, KILLARA 2071. (02) 9496-4396.
Speech Aid Co-ordinator: John Chaloner, 111 Station St, PETERSHAM, 2049. (02) 9560-2852.
Welfare Officer: Mr Lenny Walton, 23 Baker St, Kensington 2033. (02) 9663-2509.
Editor: Des Nicholas (as for John)
Committee: Bruce Darlington, 5 Alexandra St, ARNCLIFFE 2020. (02) 9599 2340, Marion Lyons, 21 Harold STREET, CROYDON 2136, (02) 9780-4931.
Pat Halls, 94 Cawston Drive, CARLINGFORD 2118. Ph. 9671-8690.
Page 2

Jan Fisher of ACT finds the Newsletter helpful in keeping herself and her 87 year old father up to date with what is going on. He is unable to attend meetings.

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Shirley Clurkey has a son in New Guinea about whom she worries - the country being in such an upheaval lately. She sends him the Newsletter to assure him that she has a support group she can rely on and that laryngectomies can still achieve. She tells us that she uses a Cooper-Rand which amuses the local children who, she is sure, have christened her Kermit or Freddo!

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THE CHAIRMAN Harry Stone opened the meeting at 11.05 am.

PRESENT J Nicholson, H Stone, J Chun, P Halliburton, O Harvey, B Darlington, D Newby, W Byrne, I Knight, D Harvey, M Lyons, M Span, M Chun, I Walton, D Nicholson, B Dunn, M Halliburton, N Hannon, M Silver

APOLOGIES were accepted from J Chaloner, J Stein, and P Rogers. John is getting better daily and expects to be on deck for the July meeting.

MINUTES of the May meeting as distributed were accepted on the motion of B Darlington, seconded M Lyons.

BUSINESS ARISING nil.

SECRETARY'S REPORT presented by J Nicholson

Membership: Three new members joined last month:

Miss B. Todd, speech pathologist of Griffith
Mr C Xinos of Kensington
Mr Rodney Slade of Coocalah

While it will be a long way for Rodney to travel we have advised him of the Support Group meetings at Dubbo and he hopes to be able to join that group.

Regretfully two of our members have died in the last month:

Monarch Medical. As reported in the last Newsletter we sought, from Monarch Medical, details of the Blom Seminar which they sponsored in Melbourne recently. Despite reminders unfortunately that information has not yet arrived but we will continue to chase it.

Raffle: To date 970 tickets in this year's raffle have been returned and I thank those members who have sent in their money and stubbs so promptly. We plan to draw the winners at the July meeting so please return the tickets - sold or unsold - and any money you are holding by July 22nd.

Subscriptions: There are still some members who are not financial for 1997. If you have not paid please do so as soon as possible in order that you may continue to receive the Newsletter.

CORRESPONDENCE
1. Newsletters from Branches, interstate Associations/Clubs and overseas

2. Mrs S Clurkey of Berkley Vale.

3. Mr Ray Johnson of Gilgandra.

4. Mrs Mary Worthington of Campbelltown - Raffle money and big thank you to Lilah Walton for stoma cover material for her husband.

5. John Stein - raffle money and seeking more tickets - update on health.

6. Mrs M Simmons of Schofields - raffle money and seeking information on subscriptions.

7. Bill Byrne of Guildford - seeking more raffle tickets.

8. Mrs Jo Nowland of Padstow Heights - donation of $50.00

9. Mr Ray Smith re candida.

10. Mr A S Shepherd of Waterloo - raffle tickets and donation.


12. Over 90 letters returning raffle stubs etc. Secretaries report accepted on the motion of M Lyons , seconded O Harvey


JULY MEETING: John Nicholson reported that he had had word from the Australian Cancer Society that the Annual Meeting of the National Laryngeal Association would be held on the 16th of July in their rooms. As this coincides with our usual meeting date and as there are five Wednesdays in July he asked if our meeting could be put back until the 23rd of July as he felt it was essential that we be represented at...
that meeting. Moved D. Newby, seconded O. Harvey that the July meeting be held on the 23rd of July. Carried.

SPEECH AIDS REPORT. John Chaloner was unable to attend the meeting but reported that he had had an uneventful month. He had been given a Roman by the widow of one of our members.

WELFARE OFFICERS REPORT. Received a phone call from M. Lyons, a volunteer worker at Sacred Heart Hospice, she had noticed a Laryngecetome having a problem communicating with the Canteen Staff. She went to his aid and made sure he got his cup of tea. He told her he did not know where he was and hadn't been told, that he had no clothes or money. When Marion told me I contacted the staff and was reassured that he had both but being out of his usual environment and not young was rather confused. (It is better to be called in and not wanted them to let anyone in need slip through the net. Ed)

Visited ‘Blue’ Boyle in RNSH - he was very ill and sadly died on 11/6/97. Lorraine Stein and I attended the funeral. The family donated his DSP3 which I have forwarded to John Chaloner. Also visited John Williamson at his home. He has had four months at Sacred Heart. Gwen, his wife asked me to thank all members for the flowers.

Phone call from Canowindra speech pathologist wanting icon of a Servox, referred her to John Chaloner.

Julie Brett, speech pathologist from New Zealand rang for shower shields - sent.

Sent hospital packs to Canberra as requested but they were returned so will send to Peter Beasley who will make sure they get to the right place.

Had a card from Kylie and Gillian (student speech pathologists who are trying to start a support group in Gosford) to tell me they had about 35 names of laryngectomies in the area and as soon as their exams are over they will be contacting them all re a club. Kylie knows we are available for assistance when required.

John Nicholson telephoned me about a patient leaving hospital that afternoon who had been informed had not had a visit and would I send him a patient pack. Found gentleman had been visited twice and had received a pack. (At this rate I will be grey before I'm 30[x3])

Narelle Day telephoned, they had just been informed by MBS that Rod was no longer entitled to a refund for his prosthesis requirements because they had been removed from the list on the latest government cut. Has anyone else experienced this? Perhaps if this is correct letters by laryngectomies to local members and medical funds may have some results. Please let me know.

Tony Rafta, the character cartoonist was kind enough to do a drawing re the whistle to work dogs for country people. It appears in the newsletter. Thankyou Tony.

Apart from this and sending supplies I've had an easy month.

Carried on the motion of D. Newby, seconded B. Darlington.

GENERAL BUSINESS
1. The chair thanked I. Nowland for her monthly donations - carried by acclamation.
2. Ken Spain was welcomed as a new member and presented with his badge.
3. Moved D. Nicholson, seconded L. Walton that the 40th birthday celebration be held in conjunction with the 1997 Christmas party. Carried.
4. Moved J. Nicholson, seconded M. Lyons that the Christmas party be held again at the Kirribilli club in November. Carried.
5. D. Nicholson reported that the Queensland Association will hold an annual seminar for and about laryngectomies, and those concerned with them. This was held over a full day with guest speakers etc. Suggested that we may be interested in doing the same one Saturday. There will be a form for YOU to fill in with this letter asking for your reaction to this so that it may be discussed at the July meeting. It may be possible to assist country members with fares and billeting etc.
6. It was revealed that some speech pathologists have not been taught how to teach oesophageal speech without the use of a tracheo oesophageal shunt. The meeting felt that this should be raised at the AGM of the Laryngeal Group.

There being no further business the chairman closed the meeting at 12.00pm, after which lunch and fellowship were enjoyed.

President
CANDIDA
A letter from Ray Smith this month, he has been in hospital for another spinal operation and is not very mobile.
Ray has been a laryngectomyee for more than eight years and has managed to keep the dreaded candida at bay all that time. He feels that Bill Johnson should not have to change his Blom-Singer every 24 hours. Ray also alternates valves but changes them only every five days. When he takes the valve out he washes it first in detergent, then overnight in peroxide of hydrogen before replacing it in the bag provided.
His doctor also gives him a scrip for 'Pangilin' tablets which helps keep the fungus at bay.
(If would seem that each laryngectomyee has worked out his own regimen for care of the valve-Ed)
A note in the Larn-Link (Queensland Newsletter) suggests that a 'Nyostin Oral Suspension' mouth wash morning and night is also very effective. One teaspoon is swished around the mouth for three to four minutes and then spat out (or as their newsletter puts it expectorated!!)
NOTE - Any less time than three minutes is ineffective.

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BRAIN FODDER
Here are a few brain exercises to keep your mind ticking over during this cold weather when you don't feel like going out into the wind and your laryngectomy gives you an excuse.
What is the difference between:
1. Laryngectomyee and Laryngectomy?
2. Tracheostomy and Tracheotomy?
3. Prostheses and Prosthesis?
4. Prostate and Prostrate?

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

JOKE OF THE MONTH
(From the South Australian Newsletter)
A smart looking woman marched into her lawyer's office and announced that she wanted to divorce her husband:
Lawyer: "Have you any grounds?"
Woman: "Yes. About two and a half hectares."
Lawyer: "No. I mean have you got a grudge?"
Woman: "Well not actually, but we have got a decent sort of carpet."
The legal eagle screwed up his brow as he could see he wasn't getting very far and decided to change tack. "Does he beat you up?"

Woman: "Of course not. I'm always the first up at our place."
This almost threw him, so in desperation he simply said "Why do you want to divorce your husband?"
"Because it's impossible to have an intelligent conversation with him" was the equally simple answer!!

***************
COMMITTEE PROFILE - No 1
MARION LYONS.
Marion who is sixty six joined the Laryngectomyee Association when her partner Frank Coghlan had his laryngectomy some fifteen years ago. She has served on the committee on and off during that time and was a great support to Frank during his time as president. When Frank died last year Marion continued with her work for the Association and this year was elected to the committee again.
Marion was born and bred in Sydney - she has one daughter and two granddaughters who keep her pretty busy but she still finds time for swimming and golf and many organizations.
She is an active member of the Bankstown Historical Society, The Mothers Union and the Home Mission and works in a voluntary capacity for the Cancer Council.
Makes you feel tired doesn't it?

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

END NOTES
Thankyou to Lola Arnold for donation of goods

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

DON'T FORGET YOUR RAFFLE TICKETS ARE DUE !!!
1998 SEMINAR.
Would you be interested in attending a one day laryngectomy seminar one Saturday in 1998?

What subjects would you like to have covered?

Would you be interested in billetting or being billetted?

Do you have any suggestions for guest speakers?

We envisage the Association would entirely sponsor this event.

HOW A LARYNGECTOMEE MAY BLOW A WHISTLE.
This is useful for calling dogs (or spouses) or attracting attention if you are in trouble.
A.T. Krasnodebski,
PO Box 232,
Bondi, NSW 2026

21st May 2000

Dear Pat,

Here's the two letters that I promised you, written back in 1997 before I got myself a computer. No need to comment on them really. I guess I might have smart-arsed him a little bit in my letter but my main gripe was against the medical people who ran the conference in question. However, the way he jumps up and defends the medicos against a fellow laryngectomy leaves me suspicious of the kind of guy we might be dealing with there.

Still, not to worry, it's all in good fun and it's good to have an idea of where someone stands in case you have the misfortune to run into him somewhere down the track.

Take care,

[Signature]

Tony

---

See also 2 letters in January.
A T Krasnodebski
PO Box 232
Bondi NSW 2026

Dear Antoni,
Your letter of 30/6/97 was received on 18 July.

My initial response was to answer in a like style of your own, as I thought your letter was insulting and in very poor taste.
Those couple of replies that I started have been consigned to the rubbish bin and I will try again.

I attended as a guest of Professor Perry and was very pleased to be able to once again assist in advancing the knowledge and needs of laryngectomees using tracheosophageal speech. Having been associated with Professor Perry's tutorials on tracheosophageal speech for speech pathology students at LaTrobe University for the past two years and with her predecessor Doctor Jennie Oats before that, LaTrobe is the only university that offers speech courses here in Victoria, and I welcome every opportunity to expose future speech pathologists to working with a laryngectomee.

I attended to enable a tracheosophageal speaker to be interview by media and as a standby patient for procedure demonstration by Doctor Blom. Three other laryngectomees from clinics in the Melbourne area volunteering to have specific procedures demonstrated sizing and fitting of Blom-singer protheses and trachea-stoma valves. They having been selected for the requirements of the procedures being demonstrated.

It was a speech rehabilitation conference with the emphasis being on the surgical procedures required to enable good outcomes for developing tracheosophageal voice when combined with Blom-singer prosthesis.
For surgeons to discuss the surgical procedures being used in the US and UK, and how speech pathologist can use the Blom-singer products for voice restoration.

Copies of papers published by the speakers and a Blom-singer procedure video have been made available by a sponsor Monarch Medical, and I believe made available to each state laryngectomee association.

At all times myself and the other laryngectomees where made most welcome.

Sincerely

Lorraine Lancaster
RMB 4645 Sth. Gippsland Hwy. Dariman Vic. 3851
A.T. Krasnodebski,
P.O. Box 232, Bondi, N.S.W. 2026

Dear Mr Lancaster,

I am writing this letter to you after reading a report in the Queensland laryngectomy newsletter that said you attended the Melbourne Conference that featured Dr Eric Bloom.

I would have liked to have attended that conference myself and made some calls to the School of Human Communication Sciences in particular to the office of Professor Alison Perry but was given short shrift. They told me that laryngectomees were not welcome and that the conference was strictly for medical personnel and medical students, so I gave up on the idea even though their program indicated that laryngectomees would be used as guinea pigs to be subjects of two demonstrations at least. It seemed a little hypocritical.

How I am given to wondering in what capacity you attended that conference. Are you one of the demonstration patients who was permitted to be part of the proceedings under sufferance, or did you have an unmemorbered seat for the conference?

The medical fraternity on the whole seem to be a cabalistic group held in low regard by the community and on Ms Perry and her associates' performance I can understand why. Since my laryngectomy in 1992 any useful information or advice has generally come from other laryngectomees and, occasionally, a particular speech therapist. Is this the underlying reason why I was prevented from attending their conference, that an informed laryngectomee is more likely to be able to show up the ignorance of most doctors in matters concerning our condition? We have all heard the horror stories such as the anaesthetist who put surgical tape over a stoma before an operation, was that an in joke around the coffee urn at morning and afternoon tea?

Please drop me a line with an explanation of why you were allowed to attend the conference and why I was not. I look forward to your early reply.

Yours sincerely,

Antoni T Krasnodebski

30/6/97
Program—Friday 28 February 1997

9.00 - 9.30am Registration Tea/Coffee
9.30 - 10.00am Historical Perspective/Developments
10.00 - 10.30am Patient Selection Criteria
10.30 - 10.65am Morning Tea
10.45 - 11.30am Tracheo-Oesophageal Puncture; Constrictor Surgery
11.30 - 12.15pm Laryngectomy and Primary TEP
12.15 - 12.45pm Questions

12.45 - 1.30pm Lunch
1.30 - 2.50pm Voice Prosthesis; Tracheostoma Valves; Fitting and Management
2.30 - 3.00pm 'Master Class'
   Patient demonstration: Voice Prostheses
3.00 - 3.15pm Afternoon Tea
3.15 - 4.00pm 'Masterclass'
   Patient Demonstration: Tracheostoma Valves
4.00 - 4.30pm Problems and Resolutions
4.30 - 5.15pm Questions/Discussion

Presented by
La Trobe University
School of Human Communication Sciences
Faculty of Health Sciences
Bundoora, Melbourne
AUSTRALIA

Kindly sponsored by
Monarch Medical
Tuesday.

Dear Tony,

Well old fellow hope everything is going OK with you. Last week I had another one of my heart turns. I stopped breathing 3 times within the hour. Sept at the hospital started at 5:45pm. I got to bed at 12:55am. Then I had a special set with me all night and we were yapping till 5 to 6. Then I felt tired. When the tea came with a cup of tea it was still on my cabinet at 10:00am when I woke up.

By everything is OK today as I spent this at the office. Then I gave it away to print home. As Wednesday is my official office day but I go in Mon and Fri.

This week will be Tue Wed Thu (newsletter). Fri, not bad for temporary work.

The kitchen mechanic is going too well. Since the burnt off seven parts of the heart she is terrific. No more turns and no more times worse. So that is how I know she is fit. (only joking)

It was a shame they did not know about that 30 yrs ago. I thought it had a big family. Will close hope to hear from you soon.

Regards,
Norm.
LARYNGECTOMEE ASSOCIATION OF QLD. INC.

NOTICE OF MEETING

Please be advised that the next meeting of the Laryngectomee Association of Qld Inc. will be held as follows:

DATE:  Wednesday 18 June 1997

TIME:   10.30 am

VENUE:  Qld Cancer Fund - William Rudder House 553 Gregory Tce Fortitude Valley.
         (Park underneath)

NOTICE FROM THE PRESIDENT

Welcome to another issue and I hope most of us escape the colds and flu that are already with us. There are some new faces amongst the old on our Executive with the addition of Graham Dux as Vice-President, and the welcome return of Daisy Barnes as our Hospitality Officer at Functions and Meetings. Norm Fredericks has added to his titles by becoming Social Secretary which really means Norm is going to ensure there is an outing of some sort on the weekend, in the alternate month to our Meetings. You will notice a space where the Treasurer should be and that is because Damien is very definite that someone else be made Treasurer this year. His life is full of commitments and he cannot do justice to the job. So, if there is anyone willing to take the Treasurer’s position on we are very anxious to meet you. Almost unbelievably, Bill Robertson is no longer officially on the Executive. There are no words that adequately thank Bill for the years and years of service he has given to his fellow laryngectomees- but “Thank you Bill- for everything”. And thank you to everyone who has accepted positions for the coming year- the load is so much lighter when it’s shared around.

I have been trying to find a photo of one of my favourite people- Jack Walker, who passed on recently after lengthy health problems. Many readers will remember Jack with both affection and respect as Jack was concerned with everyone’s welfare, and his years as Treasurer of the Lost Chord Club provided us with the framework to build on in the future. Jack was a Life Member of the Association and the work he did will continue and be in evidence as long as the Association exists. Our love and sympathy go to his family, Merle and Ros especially. For those of us who knew Jack personally it was a privilege and a delight to have shared a part of his life.

Heather.
We are currently in the very fortunate position of having two companies with excellent representatives trying to capture as much of the laryngectomy market as possible.

What a change from a few years ago when you just about had to hit a rep over the head to try and discuss product requirements.

This was wonderfully evident this year when Monarch Medical sponsored a Surgical Voice Restoration Conference in Melbourne which featured Blom Singer pioneer Dr Eric Blom, Dr Ron Haymaker who with Dr Blom has established the International Centre for Surgical Voice Restoration and Mr Tony Cheeseman Consultant Head & Neck Surgeon, London. Several Queensland Speech Pathologists attended this Conference and found it very worthwhile.

Almost at the same time, Pacific Medical assisted Speech Pathologists to attend the World ENT Conference in Sydney where the new front-loading Provox voice prosthesis was being presented, along with the new "Optivox" electrolarynx featuring a fast battery charger and a battery which will not develop a "memory" - at last mobile phone technology has caught up with us, and I can only hope for everyone's sake all manufacturers very quickly adopt a similar battery and charging system. Whilst mentioning Provox, the people in charge of producing their brochures are to be highly commended for their intelligence and sensitivity in using attractive well-dressed people who have undergone laryngectomy as models.

Annie Reilly, Sr Di Clancy and Jen Frisby have all reported back to local Support Groups on items of interest - particularly the filter systems that are issued to European Laryngectomists but will be quite expensive here in Australia.

ALL THIS WILL BE DISCUSSED AND ON DISPLAY AT OUR OCTOBER SEMINAR.

The Secretary-Editor of the Victorian Laryngectomee Assocn, Mr Lorraene Lancaster attended the Melbourne Conference and featured the following article on the subject of "Candida" (the fungal organism that just loves to inhabit and destroy prostheses).

The topic was raised for Dr Blom to comment at LaTrobe University. I gained the impression that previously the treatment was regular changing of the prosthesis (every second day) and soaking between times in hydrogen peroxide. With the introduction of the "indwelling" this the changing on a frequent basis would defeat its purpose, and the premature failure of an indwelling device was costly.

A number of companies have been trialing the addition of preventive. I use the collective word "plastics". To date this has not achieved any marked success.

Preparations that had proven successful for treatment of yeast colonies that naturally occur in other areas, such as the ears. Did not prove successful, the mouth has a differing strain and it is from the mouth it migrates from when we swallow and colonises the prosthesis.

Premature failure of "indwelling" prosthesis has all but been eliminated. In US they now change an indwelling on a 6 monthly routine, but are now looking to extend this to 12 months.

From a "Clinical Memo" by Dr. Eric Blom.

When a tracheoesophageal voice prosthesis fails prematurely due to fungal colonisation of the valve member, a new prosthesis is placed and the patient is started on daily anti-fungal decontamination of the oropharynx.

**Nystatin Oral Suspension:**
1. One teaspoon twice a day (morning and night).
2. Set a timer for 3 - 4 minutes (any less not effective).
3. Swish the liquid Nystatin thoroughly in the mouth for 3 - 4 minutes, and then expectorate.

(Note does state to swallow Dr. Blom pointed out that since the note was issued the practice is now to expectorate, as no benefit was found by swallowing and that some patients where developing upset stomachs).
MARK YOUR DIARIES NOW! THE DATE IS NOW FIRMLY SET FOR OUR

1997 LARYNGECTOMY SEMINAR
Organized by the Laryngectomee Association of Qld Inc.
To be held SATURDAY 11TH OCTOBER at the QLD CANCER FUND

We are delighted to announce that the 1997 Roy Coulter Lecture will be presented by Dr Gerard McCafferty A.M. one of the world’s most experienced and esteemed E.N.T. Specialists. As someone who has seen many trends come and go over the years, and who has been involved with many laryngectomees (particularly through Greenslopes Repatriation Hospital) at the time of their surgery and with subsequent checkups over the following years, this will be a rare opportunity to share an incredible accumulation of knowledge.

Doors will open at 9 am for early tea and coffee whilst meeting each other and viewing the exhibits. Any new inventions welcome. The Programme will commence at 10 a.m. and conclude at 3.30 pm so buses can get everyone home before dark. Last year we had a wonderful roll up from the Gold Coast and Toowoomba so we’re hoping the North Coast can join in this year! If you have a special talent that you would like to share with us, or some experience that you would like to share please drop us a line so we can include you in the day’s happenings.

ADMISSION, MORNING TEA, LUNCH & AFTERNOON TEA FREE!

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AN INVITATION

ALL LADY LARYNGECTOMEES ARE INVITED TO AFTERNOON TEA
FROM 130 PM ONWARDS

SUNDAY 6TH JULY at the home of Cheryl Ogilvie
"LOONGANA LODGE" 26 Grant Street, Hendra PH 3868 1514.

Anyone needing a lift please phone Cheryl as above (after work) or Heather (0418 782466 or 33915644 work. Or contact your Speech Therapy Dept. and transport will be arranged. The bus is Route 63 and Cheryl advises bus travellers to get off at Hendra State School on Nudgee Road. Cross the road and go down LONG St., Left into School St and 1st right is Grant Street. Please bring a plate and plenty of spare batteries as a lot of talking is certain to be done! Come along & really enjoy a great afternoon.

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

DON'T FORGET OUR BIG FUNDRAISING
CHARITY BOWLS MORNING SUNDAY 10TH AUGUST
BRIGHTON BOWLS CLUB

Donations, Prizes all welcomed by our Supporters.
Enquiries, information Ken and Eileen Crockatt Ph3284 0799

THIS NEWSLETTER IS PRODUCED WITH ASSISTANCE FROM THE QLD CANCER FUND
Update in ADVANCES IN ONCOLOGY from the Wesley Cancer CARE Centre who spoke on this topic at last year’s Seminar has provided us with the latest information on PET scanning and its relationship with head & neck cancer.

PET SCANNING (POSITRON EMISSION TOMOGRAPHY)

PET scanning has been in experimental use for several years now and major usage appears to be in head and neck cancer. Clinical assessment of the glands in the neck has mainly been by feel and also assisted by CAT scanning and MRI imaging. PET scanning offers a step forward in more accurate assessment of the glands in the neck as to whether they are involved by tumour or not. PET scanning involves the injection of a radioactive labelled material which is taken up in glands involved by cancer in the neck. A limitation of this technology has been access to the radioactive materials, called radiopharmaceuticals, which have been generated by cyclotrons. The nearest cyclotron to Brisbane is in Sydney - 1,000km away. In the United Kingdom, there are several cyclotrons scattered throughout the country and access to the radiopharmaceuticals they generate is not so difficult. This is now being further assisted by a new development - the coincidence detection camera which can be used for ordinary nuclear imaging and also PET imaging. These cameras are only a little more expensive than the usual medicine camera. Radiopharmaceuticals generated in cyclotrons can be easily transported to nearby hospitals for use, particularly for head and neck cancer patients. This technology has now arrived and its application in the Clinic is awaited in the immediate future. I understand that Cambridge is in the process of getting a coincidence detection camera at this moment.

D. J. Schlect.

CONTRIBUTIONS FOR NEXT NEWSLETTER IN BY 31ST JULY THANKYOU.

CONGRATULATIONS & A BIG THANKYOU TO SUE COLLINS & JOE FOLEY FOR BEING MARVELLOUS REPRESENTATIVES OF THE LARYNGECTOMEE COMMUNITY on Radio Station FM 99 during a recent anti-smoking feature. Several people have said how very professional they were. Unfortunately nobody seems to have taped it!

I hope you haven’t heard this one!!! FROM THE NEWSLETTER OF THE NEW VOICE ASSOCIATION OF SOUTH AUSTRALIA

A smart looking woman marched into a lawyer’s office and announced that she wished to divorce her husband.

The lawyer said, “Have you any grounds?”

“Of course not,” she replied, “I’m always the first one up at our place.”

This almost threw him, so in desperation he simply said “Why do you want to divorce your husband?”

“Because it is impossible to have an intelligent conversation with him.” was the equally simple answer.
5.

Whistling Laryngectomees

How do you whistle and shout and control sheepdogs after you've had a laryngectomy? That was the challenge faced by farmworkers Don Cousins and Norman Weatherall in the South Island of New Zealand.

In 'Whistling Laryngectomees', Don and Norman describe how they were inspired to overcome the difficulties of laryngectomy and learned to whistle again without the aid of a larynx.

Clear and simple graphics illustrate the whistling techniques mastered and reveal the remarkable adaptations made in order to maintain their chosen occupations.

Duration 13 minutes

Whistling Laryngectomees is available:

In NZ at $30 per copy (includes postage)
Or Overseas at $40 (includes postage)

Please send ____ copy/copies of 'Whistling Laryngectomees'

To 

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

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

I enclose cheque/money order for NZ$__________

Please post and make cheques to:

Australasian Patient Information Trust
PO Box 6438, Dunedin, New Zealand
Tel (03) 481 7947 Fax (03) 479 0401
EMERGENCY SERVICES. In Queensland are currently working on the first stages of developing a disability action plan for that department. In early March this year I had a brief meeting with Brian Evans from the Emergency Services department and pointed out to him a number of issues for people who have had laryngectomy's. I especially pointed out to him the need for training of service staff who handle emergency telephone calls in the "call centres", on the different sounding "voices" they may encounter in the course of their work.

We have been working on the understanding that if you call the emergency services you will get your local ambulance, fire station etc - not so - you get a central call service in Rockhampton!! While this may in fact be a more efficient way of handling calls the public need to be aware of the procedure and staff must be trained in the variety of callers they may encounter and be prepared for a person who has had a laryngectomy and who is in a very agitated state.

Will keep you posted as news comes to hand.

PS - In the state budget there was an item that said "$1.5 million dollars to enhance home medical aids scheme". I hope this means there will now be no delay in people receiving their electrolarynx??? Susan

RESUSCITATION IS THE ISSUE THAT MUST BE ADDRESSED THIS YEAR.

We need YOUR assistance urgently. Following is a letter from John (Darby) Barnes - Daisy's husband outlining the horrors they went through when Daisy recently broke her arm near the shoulder joint.

After you have read their letter, IF YOU HAVE HAD A SIMILAR EXPERIENCE, OR ANY OTHER PROBLEM WITH THE EMERGENCY SERVICES OR TREATMENT ANYWHERE, COULD YOU PLEASE WRITE TO THE SECRETARY OUTLINING YOUR STORY.

The National Laryngeal Support Committee of the Australian Cancer Society will be meeting in July and we need AS MANY EXAMPLES AS POSSIBLE OF PROBLEMS FACED BY OUR MEMBERS IN SERIOUS CIRCUMSTANCES.

John A Barnes.
1/25 Robinson Rd
Nundah 4012.

21st April 97

The Secretary.
Laryngectomee Association of Queensland.

I wish to advise you of a situation that arose recently. Daisy, my wife [A Laryngectomee] had a fall late on a Friday afternoon while we were visiting friends at Toorbul. When she slipped and fell she broke her right arm where it fits into the shoulder socket and due to the nature of the injury she was experiencing severe pain.

An Ambulance from Caboolture attended the call and decided to transport her to the Caboolture hospital. The Ambulance personal could see she was in a lot of pain and said that once they got her in to the ambulance they would be able to give her some relief from the pain with the gas provided in the vehicle for that purpose.
But alas, once we were under way it was found that the ambulance was not equipped with the appropriate fittings to give gas to a Laryngectomy's or for that matter any " Neck Breathers " as the only fittings provided were for normal " Nose or Mouth " breathers. The trip to the hospital was a very painful experience.

X-rays at the hospital confirmed a complex break to the arm bone where it fits into the shoulder socket but a more detailed " CT " scan was required but unavailable until the Monday. Daisy was admitted as a public patient at Caboolture hospital.

As we have private health cover, a bed was found in the Peninsular Private Hospital and so she was transferred via ambulance on the Saturday. Again this Ambulance was not equipped to provided pain relief by gas for " Neck Breathers ".

Due to the severity of the injury, the Orthopaedic Surgeon decided to replace the bone in the shoulder joint with a artificial one. This operation [ A Bio Modular Hemi-ArthroPlasty ] was carried out on the Wednesday, five days after the accident, at 6 pm. After the operation when she was recovering from the anaesthetic she needed to be provided with oxygen but yet again the medical services were not equipped to cater for a " Neck Breather ". The only thing available was a baby's mask which was left sitting, unattached, on her neck and could quite easily have been dislodged only I was in attendance to keep an eye on it.

In conclusion it would appear that in this State, Laryngectomy's are regarded as second class citizens because some [ in our particular situation, none ] of the medical services can provide the necessary fittings, to cater for their needs that in some instances would mean the difference between life and death.

It would be appreciated if the Laryngectomy Association of Queensland could bring this lack of facilities to the attention of the Queensland Cancer fund for their assistance and also to the attention of the Minister of Health and any other relevant authorities who may be able to address this deplorable situation.

Yours Faithfully,

John Alan Barnes. (04.07.87)

ONCE AGAIN, IF YOU HAVE HAD AN UNFORTUNATE EXPERIENCE LIKE THIS.

PLEASE PLEASE TAKE THE TIME TO WRITE AND LET US KNOW.
**PRICE LIST OF CURRENT SUPPLIES.**
(Office open Wednesdays)
Phone: (07) 3258 2259 At other times answering machine will take messages.

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<th>Item</th>
<th>Price</th>
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<tr>
<td>Foam Sheets (Pink, Black)</td>
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<td>Please state thickness required 2.8, 3, 3.5, 4 or 4.5 (if you are unsure or thickness please ring or write requesting samples)</td>
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<td>Individual Prepacked filters (White or Tan)</td>
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<td>Double sided Tape</td>
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<td>Stoma covers - Single side (Front only)</td>
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<td>Leather Belt Pouches</td>
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<td>Buchanan Filters (Large and small)</td>
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**GOLD COAST LARYNGECTOME SUPPORT GROUP**

Next Meeting: **TUESDAY 17th JUNE**
9.30 a.m. (PLEASE NOTE - THIS IS HALF AN HOUR EARLIER THAN USUAL)
**VENUE:** Qld Cancer Fund Office Cnr Bay St and Davenport St Southport.
**GUEST SPEAKER:** Dr SCOTT COMAN ENT Registrar, Gold Coast Hospital.
**CONTACTS**
Laraine Turville, Chairperson 5533 4450
Brian Hay Secretary 5537 1525
Michelle Brown Speech Path. 5571 8211

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**TOOWOOMBA SUPPORT GROUP**

Please note change of venue to Qld Cancer Fund, Cnr Hume & Clopton Sts TOOWOOMBA (076) 384799
First Friday of every second month.

6th June, 1st August, 3rd October
5th December, 12.30 start

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**LATE NEWS.**

For the past 5 weeks Peter Kelly from Hervey Bay has been trialling the new filters available through Pacific Medical and reports "absolutely fantastic!" No more drying out of the stoma, no more thickened mucus, the whole airway seems much more healthy. Also even though people can use 2 or 3 a day Peter reports no problems simply washing the foam filter so they last 3-4 days which could help a great deal in lowering costs.
Peter will be going to England later in the year and will report on the filter situation there when he returns.
Next issue we will do an article on these new filtering systems-complete with pictures.

---

**FROM "SIR" NORMAN'S DESK**

This analogue is dedicated to those hardworking members of the Medical Staff, and to all my fellow sufferers who do not understand that strange JARGON that these people use, in fact it is with reluctance that I finally say "GOODBYE"

Yes my friends & others, I have finally got my clearance, so now this brain will have to concoct something so as to "keep in touch."

**SO HERE GOES**

With my brogue one can easily misunderstand me, as to what I'm saying

<table>
<thead>
<tr>
<th>Word</th>
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<th>Meaning</th>
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<tr>
<td>Artery</td>
<td>Ah Terry</td>
<td>The study of Art</td>
</tr>
<tr>
<td>Bacteria</td>
<td>Back Terry A</td>
<td>Back door cafeteria</td>
</tr>
<tr>
<td>Bowel</td>
<td>Bough Eil</td>
<td>A little like A.E.O.U.</td>
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<tr>
<td>Caesarian Section</td>
<td>Co Mar</td>
<td>Neighbourhood in Rome</td>
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<td>Coma</td>
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Continued next issue.

In closing, I must have a go at two brilliant surgeons. Surgeon "B" if that offer to clear your rooms at lunch time still goes, you know where to find me.

Thankyou Gentlemen and your Staff for putting up with me the last 5 1/2 years. "Sir" Norman

**AS SOCIAL DIRECTOR** I am very interested to hear what people want to do and whether you prefer Saturdays or Sundays.

How about a B B Q in a park somewhere? A trip on our tourist train? Squeeze on a river Cat?

**BUS TRIP? Theatre outing?** Give me a ring at the office, otherwise I’ll organise something all by myself!!!!!

Klaas Wall, New.
EDITORIAL

A few days before our last meeting I received a phone call from one Ethel Culling from England who has come to this country for the birth of her new granddaughter in Sydney. Ethel, an historian, had visited Melbourne the ‘Australian Chinese Museum’ and there had met the director. In the course of their conversation Ethel mentioned that her husband, who was with her, was a laryngectomy. The director, who was a very old friend of mine then gave her my phone number, Ethel duly rang when she arrived in Sydney, expressed her interest in attending a meeting so of course they were immediately invited. Isn’t serendipity a wonderful thing!!

We were delighted to welcome them to the meeting and after the meeting I invited them to address the meeting - he had come prepared hoping to receive such an invitation and kept us all most interested for a long time - I just hope he managed to consume an adequate lunch so busy was he kept answering questions.

Bert is an ex-president of the National Association of Laryngectomy Clubs in Great Britain and both he and Ethel are very active members of their local club. He was the second president of the NA, and a very active one only retiring in 1995. The NA was formed some twenty years ago and now has almost 100 local clubs affiliated. Bert had his laryngectomy some fourteen years ago and speaks with the aid of a Servox. The Geordie accent had us floored for a sentence or two but we soon got used to that!!

Each club in the UK is responsible for itself, raising money and generally giving support to laryngectomites. The NA is there to support the clubs, for an exchange of information, encouraging new clubs to form and be part of the Association. The NA also does many of the things better done by a larger and encompassing body such as printing brochures, producing tapes and videos, and organizing on a national basis.

Bert identified what they consider to be their two main problems:
1. Late diagnosis of laryngeal cancer. He cited cases where patients had been treated for up to two years for laryngitis before being referred to a specialist. The NA is endeavouring to overcome this lack of knowledge by keeping GPs up to date by sending them letters and pamphlets on the problem.
2. Lack of knowledge by professionals who from time to time have to deal with a laryngectomized patient. He told tales, familiar to us all, of...
laryngectomized patients having oxygen tubes placed in their noses, having their stoma covered, being told to blow into a bag, etc. etc. The NA has had, in an endeavour to overcome these problems, a number of pamphlets printed and tapes and videos made to distribute to doctors, ambulance drivers, first aid personnel, schools, nursing and ancillary staff at hospitals etc. Bert had with him a number of these pamphlets etc which he left with our committee. He explained that none of these was copyright and we could use any we wanted. We are having them evaluated by health professionals and our committee will do the same to see if any of this material could be used by us. We of course reciprocated by giving him a copy of ‘You Can Say That Again’, and other cards stickers etc which we use, as well as stoma covers and other equipment.

Bert is an enthusiastic swimmer and during his term as president of the NA started many swimming groups throughout the country. He explained to us the aids used in Britain for this and left pamphlets on these and the organization of the groups. Some of this information will be in future Newsletters. In the mean time if you are interested in swimming again contact the Speech Therapy Department at RPA Hospital.

Bert was then inundated by questions over lunch.

Thankyou again Bert and Ethel for your visit - it was certainly appreciated and we enjoyed your happy company. All good wishes for the rest of your stay in Australia - we hope we may meet again - and will certainly keep in touch.

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

NORTHERN RIVERS BRANCH OF LARYNGECTOMEE ASSOCIATION.
We have had a letter from Jocelyn Kidd, the speech therapist at St Vincent’s Hospital at Lismore telling us of some changes to the Richmond Valley Branch of the Association.

The Branch has now changed its name to the Northern Rivers Branch to incorporate laryngectomized from all areas of the Northern Rivers region.

The Branch now only meets four times per year with the venue for the meetings rotating.

For information concerning details of the meetings people should contact Jocelyn at the Hospital, PO Box 572, Lismore or phone 666-233-520.


MEETING opened at 11am by Vice President Harry Stone who took the chair in the absence of John Stein due to ill health. Lorraine reports that John is improving steadily with lots of TLC from his wife and daughter and hopes to be back with us shortly.


APOLOGIES were accepted from P Halliburton, M Halliburton, J Stein, M Lyness, J Costigan, P Rogers and B Dua.

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

SECRETARY/TREASURERS REPORT was presented by John Nicholson.

MEMBERSHIP: On behalf of the Association I have welcomed the following new members in the last month

Mr Neil Blunt of Chatswood 
Mr D J Hamblin of Dubbo 
Ms Germaine Howlett of Liverpool 
Ms Sarah Barnes CNC of POW Hosp 
Mr Charles Scothe of Lismore 
Mr John Holoday of Rosemeadow 
Mrs I W Davies of Bathurst 
Mr Zakar Teter of Parramatta

We would be pleased to welcome these new members to our meetings, and/or those of our branches.

Unfortunately I have also been informed of the death of one of our members.

DONATIONS IN the past month we have received very generous donations from Mr J Clyne of Rose Bay, Mrs N E Varbel, Mrs J Nowland of Padstow Heights and Mr John Simmons of Schofields.

We have also received some news from Northern Rivers Branch, Dubbo Branch and Newcastle Branch which will be reported elsewhere in the Newsletter.
CORRESPONDENCE May 1997
1. Lourdes Hospital, Dubbo advising of staff change.
2. St Vincent's Hospital, Lismore
3. Disability and Discrimination Act News (Circular)
4. Halliday and Nicholas, Insurance Brokers, confirming renewal of Public Liability policy
5. Public Trustee Update on the estate of the late James Henry Jones.
6. Mr A T Krasnodebski - see later in newsletter
8. Laryngectomy Club of WA - seeking OK to reprint the 'Little Red Hen' as printed in February Newsletter (Note - none of our stuff is copyright).
9. Peter Beatson of Canberra, re meeting time changes and seeking information about hospital visitor training.
10. Legal Aid Invitation to a forum on access to Legal Aid Services and Disability Sector on June 16th. Limited to one person per organization.
11. Newsletter from Branches, other states of Australia and overseas organizations.
TREASURERS REPORT Credit balance of $7555.30 in Working account.
Carried on the motion of B. Byrnes, seconded L Walton.

SPEECH AID CO-ORDINATORS REPORT John Chalonor had a quiet month with nothing to report.

WELLFARE OFFICERS REPORT I had a call from Beth Todd, speech pathologist of Griffith requiring names of pharmaceutical outlets for supplies for laryngectomy or tracheostomy patients. They are Mallingcroft of Meadowbank or Capital Medical of Miranda or Mitchell ACT.

Had a request from a country laryngectomee to visit a new laryngectomee in hospital. This new laryngectomee was visited after I rang the hospital first to ask if he or his family required a visitor - we must not visit unless requested by patient concerned.

Another request I have had is from country laryngectomees asking for the names and addresses of other laryngectomees in their area. If any members objects to me giving their names please let us know as we don't want to infringe on anyone's privacy.

I attended Sacred Hearts Hospice Week celebrations. Guest Speaker Professor Ian Macleodstressed the importance of us all making representations to our Federal Members re the 10% cut in palliative care funding. I found the availability of help available at Sacred Heart amazing.

I also attended the Annual Conference of the Association of Self Help Organizations and Groups as the LA representative.

I also represented the LA at the 25th birthday of the Hunter Valley branch.

Would the Lady who rang me about the foam please phone again.

Don't forget to return your Raffle Batts and money.

Haven't heard of anybody on the not-so-well list but with the colder weather approaching please ring up - keep your stoma warm because we want this list forever empty.

Bankstown Community Nurse rang me about Ken who has a tracheostomy and I subsequently rang him and invited him to the meeting. Also had a call from a laryngectomee's wife requesting the phone number of the visitor to her husband. I was unable to help as I had not received the Visitors Information Sheet from Westmead visitors. I gave her Stan Morley's number and hope she was able to assist.

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

GENERAL BUSINESS.
1. The Laryngectomy Association (formerly Lost Chord Club) of NSW turns forty next February and we hope there will be a celebration of some kind. If you wish to serve on an organizing sub-committee please let the secretary know as soon as possible.
2. A letter has been received from the SP at St Vincent's, Lismore thanking us for the information we sent. We will reprint the instructions for the Stoma Warmer.
3. Lilah met at the Newcastle celebrations the student speech pathologist from Gortford who is interested in forming a branch there.
4. We were pleased to welcome Ken Ford of Coogee who was attending his first meeting.
5. Bill Byrne's sister who many of us have met is not well but is now out of hospital and we wish her a speedy recovery.
There being no further business the chairman closed the meeting and invited Bert Culling to address the members. (See editorial)
At 12.20 lunch was served and fellowship was enjoyed.

President

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

**NEXT MEETING**
LARYNGECTOMEE ASSOCIATION
N.S.W.
WEDNESDAY 18TH JUNE, 11am
UNITING CHURCH HALL
CARRINGTON AVENUE
STRATHFIELD
ALL MEMBERS AND FRIENDS WELCOME!
***************************
SHORT WALK TO RAILWAY
ON SITE PARKING
***************************
LIGHT LUNCHEON AFTER MEETING

**FILM STARS?**
Had a letter this month from Tony Krasnodebski who had been to see a film called “Donnie Brabsco”, a run of the mill gangster film starring Al Pacino. One of the Mafia hoodlums was using a Servox or something similar and appeared twice in the picture. Tony says he was unable to see whether he was actually a laryngectomee but wonders if it will be long before we have our first laryngectomee film star.
I too remember a show once on TV where the villain used a Servox, but in this case he was a doctor who used it to disguise his voice.
Are we destined to always be the ‘baddies’? Actually Jack Hawkins a well known British actor became a laryngectomee in later life and made one or two films after, but his character’s voice was dubbed in later. Probably before your time Tony.
***************************
Tony also said he was disappointed not to see a report of Eric Blum’s Seminar in the Newsletter. We have asked for such a report from Monash Medical but so far nothing has arrived. As soon as we get it extracts will be printed.

**RAFFLE**
You will find enclosed with the Newsletter a small book of tickets in our 1997 raffle.
Each ticket is worth $1.00
Prizes in the raffle are:
1. Wall Clock
2. Pot Stand
(All made of turned wood)
There is no compulsion to buy or sell any of these tickets, but we ask you to return unsold tickets to the Secretary.
PO Box 58, RICHMOND 2753
AS SOON AS POSSIBLE
(Drawn at July Meeting)

**COMMITTEE PROFILE No 9**
**PAT HALLIBURTON**
Pat is 67 and retired, after 42 years as Cereal Chemist with the flour milling division of Goodman Fielder, in 1995.
He was married in 1972 to Mary Becker and they have two daughters and one son.
In 1993 he suffered a stroke which affected his swallowing, speaking and walking. In May 1994 a laryngectomy enabled him to eat normally and to speak with the aid of a Blom Singer valve.
Mary and Pat spend their time between their home in Carlingford and their holiday home in Buff Point. When the children have settled away from home they intend moving permanently to Buff Point.
Meanwhile they are kept very busy as Secretary(Pat) and Assistant Secretary of the Western District Branch of the Laryngectomee Association of NSW.

The guide on a bus trip around Sydney was giving his usual spiel “On my left is the Opera House, — on my right is the Town Hall, —- on my left is Hyde Park ——— we are now passing Darling Harbour —— and here we are at the Rocks and passing the oldest licensed hotel in New South Wales”
and a voice at the back of the bus shouted “WHY?”
LETTER FOR BLOM-SINGER USERS

Graham Roberts contributed to the May Newsletter prompts me to add a few facts and figures that may be helpful to fellow Blom Singer users.

On becoming a laryngectomee 5 1/2 years ago I was made aware of the danger of Candida infection at an early stage and became very meticulous in the care of the stoma, tracheo - oesophageal puncture and valve. The stoma and the TEP are more precious than a replaceable valve!

After the initial stages I developed a system, alternating two valves at 24 hour intervals. It involves soaking a valve in hydrogen peroxide for 24 hours and then cleaning thoroughly in saline before insertion.

Please read thoroughly "Users Information and Data" that accompanies the Blom-Singer prosthesis, especially Item A, 1,2 & 3.

Over the last three years prostheses treated as above have been functional up to 12 months/(search) and then only replaced when looking a bit tatty or ‘better to be sure than sorry’.

Thankfully I have not had Candida or leakage problems.

Bill Johnston.

SICK LIST

We have had word that both John Williamson and 'Blue' Boyle are not as well as they and we would like. Our thoughts and prayers are with you boys.

TRACHEOSTOMY MASKS

Lilah has asked me to mention that she has tracheostomy masks for administering oxygen etc to those with tracheostomies (eg laryngectomees) and is willing to supply them at $3.00 (plus postage) to members and $4.50 (plus postage) to non-members.

JACK DARBY

Jack lives at Glencon, is a laryngectomee and does ‘wood turning’ as a hobby. It is he who has donated our beautiful raffle prizes this year. Each piece he makes is an individual and is therefore a collectors piece - you will never find another exactly like it.

DUBBO BRANCH

We have had a letter from Kristy Rhoades of the Lourdes Hospital at Dubbo. Kristy is the new speech pathologist at Lourdes, joining Kate Starick in the Speech Pathology Department. Kristy replaces Robyn Parker who is on maternity leave for 12 months.

Kristy has taken over the co-ordination of the Laryngectomee Support Group (Meets on the last Thursday of every month in the Lourdes Conference Room).

Kristy tells us she has already been to one meeting and enjoyed meeting many of the laryngectomees in the region.

We wish both Kristy and Robyn good luck for the future.

NEWCASTLE BRANCH

Newcastle Branch of the LA has just celebrated its 25th birthday. The party was attended by Lilah Walton as our representative. Lilah tells us she enjoyed the celebration greatly, especially the entertainment which was supplied by a new group “THE SILENT KNIGHTS”. The group is made up of six laryngectomees who sing with the aid of Servoxs. Lilah was so impressed she offered to become their manager. I do not know if any contract has been signed yet so in the mean time contact Newcastle Branch for bookings.

Congratulations Newcastle on your achievements over the last 25 years and best wishes for the next 25.

NEXT MONTH

Reminder to those who haven't returned raffle tickets.
And maybe I will catch up with Marion for a profile.

UNTIL THEN GOOD HEALTH AND GOOD FORTUNE TO ALL.
STOMA WARMER
For those whose work, sport or other recreation takes them into the winter winds.
Compiled by Desna Nicholson, The Laryngectomy Association of NSW

REQUIREMENTS: Depending on brand, approximately 100 grams 8 ply wool or equivalent in other knitting yarn. 1 pair 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, 1 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 — k3 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 2½cm (5cm).
Change to set of size 8 (4mm) needles and continue neck band for a further 4½cm (10cm).
Cast off loosely.

LEFT: John Nicholson models the stoma winter warmer. ABOVE: How it looks without John in it.
STOMA WARMER

For those whose work, sport or other recreation takes them into the winter winds.
Compiled by Desma Nicholson, The Laryngectomy Association of NSW

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Cast off loosely.

LEFT: John Nicholson models the stoma winter warmer. ABOVE: How it looks without John in it.
MONTHLY MEETINGS:
#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
#NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Foreest Rd, Broadmeadow.
#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.
#ILLAWARRA: 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.
#MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
#DUBBO: Lourdes Hospital. Last Thurs., 10.30am Conference.
#TOUL: #ALBURY: Ph. 063-23-2011, ext 323
#CANBERRA: First Wed, 11am, Level 2, Building 5, Canberra Hosp

EDITORIAL

I am writing this on Anzac Day and have just finished watching the march(on TV) and the lack of traffic made me realize that we were probably sharing this experience with most Australians. Whatever your age or experiences this seems to be a day for remembering. I seem to have two memories which always surface, the first is of marching with the other pupils of the tiny country school I attended about half a mile up the road to the local cenotaph where I had been chosen to recite the first two verses of Laurence Binyon’s “To The Fallen” (actually I was supposed to recite it all but, aged 9, the first two verses were all I could manage!). Those eight lines have never left me - the second verse is now known as “The Ode” and means so much to us all.

My second memory is of Anzac Day 1980 when I watched the march with my husband in RPA Hospital, he having had a laryngectomy the day before. We were very close that day wondering what the future held and how long it would be, but ready to face it together. I can honestly say that the Australian “mateship”, a trait of this country since 1788, but defined for the world on that first Anzac day has been a great help. And is this not the purpose of the Laryngectomee Association - it’s a mutual support organization.

In the words of Rudyard Kipling:

“Not as a ladder from earth to heaven,
Not as an answer to some common creed,
But simple service, simply given,
Each to his own kind in their common need”.

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CANBERRA BRANCH MEETINGS

Peter Beasley has written from Canberra to say their branch is still going strong with up to six members attending monthly. A number of these members and no doubt spouses are interested in training as Hospital Visitors and Margaret Patterson is willing to supply her notes etc. so no doubt such a course will be set up soon.

The meeting time has been changed for their meetings which are now held at 11.00 am, on the first Wednesday of the month, on Level 2 of Building 5, at the Canberra Hospital. Any further information can be obtained from Peter on 06-2488482.

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WHO TO CONTACT

FOR BIVONA AND BLOM-SONG-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 9550-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS- Lilah Walton, 23 Baker St, Kensington. 2033. Ph 02-9663-2550
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE
ASSOCIATION OF NSW HELD IN THE
UNITING CHURCH HALL,
STRATFORD ON THE 16TH APRIL
1997.

PRESENT - B Byrne, J Nicholson, O Harvey, J
Costigan, J McAulister, B Darlington, R Patman,
D Newby, P Halliburton, H Stone, J Chua, S
Lowe, V Garisya, J Chaloner, J Knight, M
Clyne, L Walton, M Silver, D Harvey, B Dun,
N Hannor, M Halliburton, L Chua, D
Nicholson, J Clyne.

APOLOGIES were accepted from L & J Stein,
M Lyons and P Rogers.

The meeting was opened at 11am by the
chairman, Vice-President B Byrne.

MINUTES of the March meeting as published
in the Newsletter were accepted on the motion of
L Walton, seconded O Harvey.

SECRETARY/ChEASURERS REPORT
was presented by J Nicholson.

Things generally have been very quiet this
month as I have spent most of that month
engaged in the organizing of the Art Exhibition
at this year's Hawkesbury Show, there is little to
report.

NEW BRANCH: As mentioned in
 correspondence we have had a request from
Kylie Davies, speech pathologist at Gosford
Hospital. seeking information on how she
should go about forming a branch of the LA on
the Central coast. Reply will go this week.

MEMBERSHIP: Just the one new
member to greet this month and we welcome
Jack Lawrence of Cronulla. Jack had his
laryngectomy at Concord in February 1995.
Regrettfully three deaths have been reported this
month: Mr G A Kidd, Mr A Ortiz and Mr A
Taylor.

TREASURERS REPORT shows a
credit balance in the working account of $7752
CORRESPONDENCE
1. Public Trustee, Sydney re the estate of the
late J H Jones.
2. Mr G C Roberts of Merewether re candida
problems (see later in Newsletter)
3. Directory of Australian Associations seeking
update of our information.
4. Ms Kylie Davies seeking advice on forming
Central coast Laryngectomy Association
Branch.

6. Cancer Council Re a planned Supportive
Care Summit on May 16th. Invitation to
attend. (Details may be obtained from sec.)
7. Chattanooga Choo-Choo Lost Chord Club
USA providing address of Dr Ashok M Shenoy,
Bangalore, India - organizer of International
Laryngectomy Conference.
8. Mrs M K Giles of Macksville - thanks for
expressions of sympathy on death of her
husband.
9. Mrs Jo Nowland with donation of $40.
10. Mrs Thora Smith of Sans Souci with
donation and confirmation of her availability to
do hospital visits.
11. 'Who is Who in Australian Public Life'
seeking information for inclusion in this
publication at no cost.
12. Newsletters from branches, other
associations in Australia and overseas.

The Secretary also reported that though
our president John Stein was in hospital with
serious heart problems he was improving and
out of Intensive Care. Lilah had arranged for
flowers to be delivered. At the time of the
meeting he was to have no visitors except close
family. The meeting unanimously wished John
a speedy recovery on the motion of J Chaloner
seconded L Walton.

Secretary/treasurer reports accepted on the
motion of J Chaloner seconded P Halliburton.

WELFARE OFFICERS REPORT;
St George hospital have new speech pathologist
Julia Maclean who rang to introduce herself.
St Vincent's Lismore rang for patient packs -
sent.

Our president John Stein was admitted to RNS
Hospital with a heart condition. His wife
Lorraine is ringing me each day so if anyone
wants information please ring me.

Sacred Heart Hospice has an open day with
Professor Ian Maddocks the guest speaker. I
shall attend and any relative information I will
give at the next meeting.

Had a thank you card from Juana Ortiz.
Good wishes to anyone who is feeling poorly.

In the June newsletter we will be sending to each
member a book of 10 raffle tickets ($1.00 each
ticket) for the clock made of Australian woods.
This clock made by Jack Darby and donated by
him is a collectable piece and very valuable.
There is no obligation on any member to buy or
sell these tickets. We will supply more tickets to anyone who requires them. Please return the butts and any unsold tickets as soon as possible and before the nominated date.

Had a phone call last Sunday from a sister at St Vincents to say a patient had just arrived and was having a full laryngectomy at 8am Monday morning and could somebody visit. Bruce Darlington was able to visit. Thankyou Bruce

Had a letter from Janine Botta, Nurse Educator at St George Hospital thanking myself and Bruce for our excellent input into the Head Neck and Plastic Surgical Update.

Welfare Officers report accepted on the motion of J Chaloner seconded P Halliburton.

GENERAL BUSINESS
1. Western Districts Branch has arranged three Bar-b-ques to which we are all invited.
(Further details available elsewhere in the Newsletter)
2. Our editor would still like more Newsletter input from Branches and individual members.

GUEST SPEAKER
Mr Michael Jordan of Pacific Medical gave us a very comprehensive and informative talk on the latest speech aids available from Pacific Medical who are the Australian agents for DIVUNA voice aid products and now the distributor of the new voice aid OPTIVOX.
Their research group is working on the development of new aids with very good results. The OPTIVOX which retail at $975, and has the advantage of a better rechargeable battery, more durability and even comes in different colours was demonstrated and tested by our members.

(Unfortunately since the meeting we have had advice that the OPTIVOX will not be available in Australia for at least three months due to the enormous demand in USA.)

Mr Jordan advised that no-one should buy a voice aid before testing which one suits you best.

More information and brochures are available from Pacific Medical on a toll free number 1800-656-059.

The Chairman closed the meeting at 12.09pm after which the usual light lunch and fellowship were enjoyed.

President

WESTERN DISTRICTS NEWS
Western Districts will be holding three social outings this year
1. B.B.Q. on May 4th at WOONORA. All welcome. $2.50 per person, please bring knife, fork and spoon.
2. B.B.Q. at BUDGEWOI on Sunday 14th September
3. Trip to BOWRAL to see the tulips on Tuesday 30th September.
A Mini-bus will be travelling to Budgewoi and Bowral leaving from the Parramatta Masonic club.

Details of these trips are available from Pat Halliburton on 02-9871-8690.

NEXT MEETING
NSWLA
11am
Wednesday 21st May 1997
Uniting Church Hall,
Carrington Avenue
STRATHFIELD.

On site parking, easy walk from Strathfield Railway Station.

Light lunch and ‘getting to know you’ after the meeting.

Bring a friend!

QUESTIONS AND ANSWERS
We have had a letter from Graham Roberts in which he tells of his experiences with his voice prosthesis.

“I was interested in your Helpful Hints articles re problems with the voice prosthesis.

I am a laryngectomee using a Blom-Singer valve. For the first 18 months of use it was virtually trouble free. I cleaned the valve regularly and replaced it when I thought it was looking a bit the worse for wear (usually 3-4 months)

Then came the problem – the valve started to leak - I changed it for a new one and after about five days it leaked again! This went on for several months – I was buying new valves -
changing them regularly but was still plagued with leaks. I was at my wits end - I thought the valves may have been faulty but didn't know what to do about them. I thought the puncture may have been changing causing pressure distending the valve but could get no proof. As a last resort I wrote to my surgeon detailing my problems and he was able to suggest a solution - THE VALVES WERE BEING ATTACKED BY THE FUNGUS CANDIDA - I had read about it in some literature I had received from the hospital but did not realize the importance or recognize the symptoms. After treatment I am now back to normal and getting on with my life again. Grahame's experience must have been shared by many other members - the professionals are there to help - always be ready to ask!!

I am interested in the new valve from Atos Medical - is there any information available. This information is supplied in the speeches Speak column.

Also I am confused about the cleaning techniques listed, is there more information available?

Grahame, I am sure Pacific Medical would be pleased to answer any of your questions if you ring them on the toll free number 1800-656-059.

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If an intelligent politician, an intelligent woman and the Easter Bunny got into a lift together and discovered a $10 note lying on the floor who would pick it up?
The intelligent woman of course - the other two don't exist.
(Sorry about that, gentlemen, but only the ladies seem to send me jokes!!)

Watson Watson Watson Watson

WORDS TO LIVE BY
Cancer might rob you of that blissful ignorance that once led you to believe that tomorrows stretch forever. In exchange you are granted the vision to see each day as precious - a gift to be used wisely and richly. No one can take that away.

(From IAL News)

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SPEECHIES SPEAK
The Provox voice prosthesis is made by ATOS Medical. The sales people say it is made of medical grade silicone and has a teflon insert which is more resistant to candida formation. Overseas research suggests it lasts longer. It is an indwelling prosthesis which must be inserted by a surgeon, speech pathologist or other trained professional. The Provox 2 is frontloading like many other VPs on the market, and is likely to be used more in the future.
The main problem with these prostheses is the cost. A removable VP costs between $45 and $88. An indwelling Biom Singer costs approximately $166 and a Provox costs approximately $290. The question is whether there is a cost advantage in moving from one type to another. If an individual is dependant on a professional to replace their VP there may be labour savings in moving from the removable to the indwelling type. However a Provox must last twice as long as a Biom Singer to make its use cost neutral. There is also an issue of who pays for the device. Professionals are more likely to be agreeable to use different kinds of prostheses if the cost for these devices do not come from limited department budgets unless there is a clear cost advantage in doing so. Members of health funds or Veterans may get funding from these sources.

Margaret Patterson
Speech Pathologist, RNSH.

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CURIOSITY
AN OPPORTUNITY TO EDUCATE
By Louis J LaBorwit, PhD

Who among you has not had the experience of being stared at?
Is there any laryngectomee who has used an artificial larynx in public and not turned a few heads?
Haven't some of you been noted as having "such a deep voice", or, "you ought to do something for that cold"?
For those of you who have been to hospital for reasons unrelated to laryngectomy, you may have experienced the wonder of purportedly professional personnel when you indicate that your breathing is through an opening in your neck.
And "If your voice box was removed, how do you talk?"
"Where's the implant?"
We could go on but you know what I mean.

The question here is: what do YOU do when confronted by these circumstances?
Do you try to avoid the situation?
Do you get a normal voiced person who is with you to respond?
Maybe you become annoyed and angry.

How about trying some of the following approaches the next time you are faced with these curious and wondering questions.
1. Simply indicate that you had a throat operation.
2. You talk the usual way but your voice is different.
3. There are no real implants yet. The T-E puncture is a bypass to facilitate pulmonary assisted oesophageal voice.
4. Your (artificial larynx) voice is not a robot's voice. You are simply articulating words which are transmitted via the sound made by the device you are holding to your neck, face, mouth etc.
5. "Yes my voice box was removed because of cancer." "Yes, I did smoke" (if this is so)
6. "No it doesn't hurt to talk"
7. "There are a number of ways in which laryngectomees like me can learn to talk"
8. "I hear you just fine"
9. "Yes it is a great sacrifice - the loss of voice but the alternative would have been worse - and the challenge to produce a new one is worth the effort"
10. Yes, the operation was life saving and if I am lucky like the majority of laryngectomees, I plan to be around for a long time yet"

Try it. You will help yourself and your naturally curious neighbours.
(I have taken this article from the International Association of Laryngectomees News. Dr Borwit is a speech pathologist and a firm believer in "The more you talk, the better you talk"

A FUNNY THING HAPPENED——
There are many funny experiences in life and this happens to laryngectomees too. I would like to relate some that you have had and to inspire you I am going to reprint here some from the IAL News. Ed

1. A new laryngectomee visiting his speech pathologist for the first time, wrote the following wry observation: "If silence is golden then I'm Fort Knox"!!
2. A woman, noted for her quick response and intense participation in every conversation, found out after her laryngectomy that this talent was diminished. Devising a new way to attract attention, she would put her hand up to her neck and appear unable to breathe. On day at a party when she could not get a word in edgeways, she pulled her act. A nearby waitress thought she was passing out and threw a glass of cold water in her face. Said the lady afterwards, "I really got everyone's attention -- actually nearly too much. It could have been a disaster"

Come on now you have all had such experiences - share them with us - it's good to be able to laugh with each other.

NEXT MONTH-A profile of Marion Lyons- if I can catch up with her.
Raffle tickets
Your stories I hope.

UNTIL THEN - DON'T FORGET YOUR VOICE EXERCISES.
From the editors: Welcome to “Laro-Link” our newly named Newsletter. Sincere thanks to everyone who sent in final votes.

Although “Laro-Link” was a clear winner “The Laro Letter” had a lot of support (7 out of 8 at the Nambour group!) We hope everyone will accept our new name and throw themselves into the spirit of the title - for Link is to bond, connect, tie. So you can show this spirit by sending ideas, experiences and stories to share with all our readers. Family members are also invited to share their experiences as we all know a laryngectomy affects the whole family - parents, partners and children and we would love to hear from more of you out there. Here’s to new links, Heather and Sue.

ANNUAL GENERAL MEETING
LARYNGECTOMEES ASSOCIATION OF QLD. INC.

NOTICE OF MEETING

Please be advised that the Annual General Meeting of the Laryngectomees Association of Qld Inc. will be held as follows:

DATE: Wednesday 16 April 1997

TIME: 10.30 am

GUEST SPEAKER: Jen Frisby Speech Pathologist presenting “Updates from the World ENT Conference” held recently in Sydney

VENUE: Qld Cancer Fund - William Rudder House 553 Gregory Tce. Fortitude Valley. (Park underneath)

NOTICE FROM THE PRESIDENT

Apologies for the late delivery of this newsletter but we have been waiting for the Auditors Report which has to be presented at the postponed AGM. As we have just been advised it’s completed (8.4.97) this is a panic job to get a notice of meeting out. For those who strenuously avoid AGM’s for fear of being landed with a job - come along anyway - the election of officers will not take long, the reports will be short (all reports printed in next Newsletter) and the main activity will be listening to our Guest speaker. Hoping to see many old and new members there,

Sincerely, Heather.

CONTRIBUTIONS FOR NEXT ISSUE CLOSE 31ST MAY

PRODUCED WITH THE ASSISTANCE OF THE QLD CANCER FUND
REDCLIFFE SUPPORT GROUP FIRST MEETING FOR 1997.

The Redcliffe group held its first 1997 meeting on 17 February 1997 but a disappointing number attended. Unfortunately we have lost members due to ill health and death but we'll keep trying. A discussion on the question for a name came up and two were thought of - "The Communicator" and "The Laroo Mail". Not much else was on the agenda so I hope next meeting in March and on through the year are stronger.

Contact for details of next meeting is Anne Miller on: 3205 3278.

Rockhampton Laryngectomee Support Group

Rocky had a support group meeting on 11 February 1997, their first for the year. A good number of members were present.

Rockhampton Base hospital advised that the maintenance of the new electro-larynx will be met by the hospital.

Good news of Five Star Club Rockhampton donating an Electro-Larynx for use of members and a donation of $350 given to Father Bob.

The Christmas party was held at Wendy Thompson's and members thank Wendy for the use of her residence.

Next Meeting TUESDAY 8 APRIL (yesterday - sorry!) Ring Pat Lawton on 273957 for the details of next (May) meeting.

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"Dear June Byrne - a Big Thanks!"

Dear Everyone,

After my husband read the note from June Byrnes from the Gold Coast in the Nov/Dec 1996 Newsletter, he decided to ask his Doctor about the dilation, he has had six dilations and has to see the doctor again on the 6 March to discuss about the wonderful change in his eating.

My husband is so excited! After 5 years not being able to eat food which doesn't look like baby food and doesn't need mashing treatment! So he now hopes to put on some weight.

Many thanks to June Byrnes for her suggestion, it has really changed his whole lifestyle and also thanks must go to Dr Kendall of Greenslopes Private Hospital who did the dilations.

Yours sincerely, Dawn Donnelly.

Ed. Thank you for writing Dawn, we know June's letter has made a difference to other lives also.

So... If you have been having severe swallowing problems don't accept it as an unavoidable result of the operation until convinced otherwise. Tell your doctor what you can and cannot eat - after all they don't live with you and surgeons are interested in the overall results of their work.

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

Foam Sheets (Pink, Black) $2.50
Please state thickness required
2.8, 3, 3.5, 4 or 4.5 (if you are unsure of thickness please ring or write requesting samples)

Individual Prepacked filters (White or Tan) $0.70 ea.

Double Sided Tape $2.50

Stoma covers - Single side
Front only $4.00

Double Side
Front and Back $6.00

Personal Alarms $6.00

Shower Shields $23.00

Leather Belt Pouches $12.50

Buchanan Filters
Large and small $8.50

Self Help for Laryngectomee $7.50

Self Help for Laryngectomee $15.00

Please add postage to cover.

GOLD COAST SUPPORT MEETINGS - Are now being held in the Cancer Council Building Southport. Laraine Turville has been elected Chairperson and Brian Hay is Secretary.

At this week's meeting Michelle Brown spoke of her recent experiences at the Melbourne meeting with Dr Eric Blom and other experts in the Voice Prosthesis. It was extremely informative and everyone who attended learned a great deal that was very useful information.

Next meeting in June. Laraine's Phone 5539 4450 Michelle 5571 8211. Pager 529.
NEWS FROM THE NORTH.

The Townsville Head and Neck Group has had its first meeting for 1997. We started off the year with a food theme (as every one knows speech pathologist's love food). Our oncology dietitian supervised a modified textured diet tasting session but people mainly went for the icecream! The group continues to meet on the last Friday of every month in the Oncology building at 10:00am. Every one is welcome.

The Laryngectomee Support Group also meet on the last Friday of every month at the Townsville RSL club at 5:00pm. We have started the year well with a win on the raffles (well a second prize) so let's keep it up.

That's all from us. We'll write again if we are not blown or washed away by cyclone Gillian.

Georgina Tutt
Townsville.

QLD CANCER FUND GIFT

Once again the L.A.Q. has benefited from its close association with the Qld Cancer Fund.

With the recent upgrade in all its office equipment (including the incredible photocopier responsible for the photos this issue), when considering the distribution of the old but still very much in working order equipment the Q.C.F. we we remembered us, and we have been given a computer monitor and laser printer for the office.

On behalf of everyone who will use this equipment in the future we are indebted and truly appreciative of this generous gesture by the Qld Cancer Fund.

A DELIGHTED JENNY DONELLEY
WINNER OF ONE OF NEIL TODD KILLS
"RUNNING BUCK"S IN OUR STALL
RAFFLE

CHARITY BOWLS MORNING
AT
BRIGHTON BOWLS CLUB
SUNDAY 10TH AUGUST
9.30 START

TEAMS ARE WELCOME

Further information ph 3284 0799

Ken and Eileen Crockatt.

All donations welcome. All Bowling activity throughout the State is encouraged - what a wonderful day if there was more than one Bowling region having a day to support Laryngectomees in their area!
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STALL IN THE QUEEN ST MALL
WEDNESDAY 19 FEBRUARY 1997

Raised $380 - which we were pleased about - since it was our first time, with little preparation and most of us complete novices at street stalls. Sincere thanks to everyone who made and donated items and to those who came along on the day to help in the most important activity - increasing public awareness. There is no doubt we will be delighted to participate in next year's Charity Week - with a much higher profile.

FROM L TO R
MURRAY BIELER, GRAHAM DUX & BILL ROBERTSON "ON DUTY, GREETING THE PUBLIC" IN THE QUEEN ST MALL

MARLENE BIELER HOLDING 2 BEAUTIFUL DOLLS (WHICH QUICKLY SOLD), MARLENE, GLORIA CHAN-LON & HEATHER MANAGING THE STALL. SPECIAL THANKS TO EVERYONE WHO DONATED TIME & WORK INCL NORM, JUNE, MARLEN DAISY, NEIL & FAMILIES.

RAY SCOTT & GRAHAM DUX CHAT WITH PAT & PAUL DOWN FROM MAROOCHY FOR THE DAY.
Calling All Cromies

I am doing some research into the Cromie family history - going back 9 generations and looking at many scattered branches. If any readers in Scotland, England, Australia and America have links with Virginia Cu Cavan and Kelts Cn. Meath, please contact me. All correspondence will be acknowledged. Please reply c/o the Dublin Institute of Technology, Kevin Street, Dublin 8, Ireland.

The Trouble I've Seen

I recently spent an entire day talking to students about tobacco. Being tired after the work I stopped in to a fast-food restaurant for some take home dinner. I was alone there with two young girls employees. When I replied, using my electro-larynx, to an offer of a soft drink, a look of sheer terror came over one girl's face. She asked me, "Did you have cancer and what were the symptoms?" As I replied, she instinctively grabbed her throat and said, "I have been having trouble." All fear left me as I spent the next few minutes calming her telling her how to quit cigarettes. If I had a picture of that girl's terror, it would be more effective than anything I could ever say.

In my talks, the students seem most impressed by the following points:

- Each of you is worth an average of $25,000 to the tobacco companies if they get you addicted.
- I could have bought a Lamborghini with the money spent on tobacco, my operation and cancer medical maintenance. The tobacco companies took mine - I don't want them to take yours.
- The four phases of addiction are:
  - Fun - when you first try tobacco with a friend
  - Like - when you feel important giving friends some
  - Want - when you have been under pressure and need to relax
  - Need - when a friend has a ciggie, you have to have one too.

Jesse Morme
Ohio, USA

Fantom Two

The Internet is clearly catching on. This issue we have been contacted by two enthusiasts. Both R. Tunnard and Lesley Wood mention David Dutch Helm's in the USA. R. Helm's says 'Dutch's' has a large number of pages on the World Wide Web which start at:
http://members.aol.com/Fantom Two/index.htm and http://members.aol.com/Fantom Two/cancer3.htm. Meanwhile, Les writes:

"As a recent laryngectomy (July 1998), my family treated me to a modem so that during the difficult period of adjustment, I could connect my computer to the Internet and explore another world. As a by-product of this, I stumbled across an E-mail network of laryngectomees, mostly in the USA, with whom I am now in regular E-mail correspondence. If any of your readers are interested, there is a growing list of laryngectomees to which anybody with E-mail/Internet capability may be added by contacting Dutch Helm of Seabrook, TX. His E-mail address is Fantom Two@aol.com and his very interesting home page on the Internet is at:
http://members.aol.com/Fantom Two/page3.htm."
Unfortunately in the race to get this out about a third of our material cannot be found sitting in a folder somewhere it will no doubt come to light in the very near future- like tomorrow however that doesn't help us tonight. We apologise to anyone we have left out this issue -it will be in the next one.

The Queensland Medication Helpline - A free service which answers questions about medication use, drug interactions and side-effects PH 3840 8590

Telstra have a new mobile phone feature which allows short messages to be sent from one phone to be read on the screen of another. This may have considerable potential for use by people with all sorts of communication problems.

Tom King from Greenacre in Sydney has discovered a 4.8cm Non-allergenic d/s tape which has the most amazing “GRAB”. Called “TESSA” it is by BEIERSDORF AUSTRALIA 4 Khartoum Rd, Nth Ryde. NSW 2113 PH 1800 269 933.

In turn, Tom is currently seeking 1mm thick circles, 4cm diam, and with a central hole of 10mm. If pliable they can be of rubber or plastic and need not be adhesive. (previously used “Colorplast” now discontinued). If anyone can help please write direct to Tom at 9 Chiswick Green, 8A Chiswick Road GREENACRE NSW 2190.

A very big THANKYOU to Gary Trotman from Pacific Medical who came back from the World ENT Conference with new items unveiled at the event - the front-loading Provoc, the new electrolarynx which claims to be louder than its competitors and comes in a range of decorator colours as well! and an incredible tale of filters suddenly becoming a “HOT” item- with research already completed showing the benefits of these “new noses” weren’t restricted to the airway- they dramatically affected recovery rates as well as being an extremely positive force in general quality of life afterwards. Since we’ve known this for many years how come we didn’t do something and become millionaires ourselves instead of having to pay for them???

LARYNGECTOMIE ASSOCIATION OF QLD MEMBERS SUBSCRIPTION 1997

ANNUAL SUBSCRIPTIONS ARE NOW DUE. PLEASE FILL OUT THE DETAILS BELOW AND FORWARD WITH YOUR CHEQUE OR MONEY ORDER TO:

LAA
PO Box 576
LUTWYCHE QLD 4030

Please find enclosed cheque/ money order for $10.00 for my 1997 Membership Dues

1997 Dues $10.00

Donation

Total amount $____

Name: ____________________________________________

Address: __________________________________________

____________________________________ Postcode
Dear Friends,

As host club for the 46th Annual Meeting / 37th Voice Institute of the International Association of Laryngologists, the Lost Chord Club of Greater Toronto invites you to Toronto, Canada, July 29 through August 3, 1997, to participate in our truly international conference.

The theme of this year's conference, "Beyond Borders, Beyond Barriers, Beyond Beneath!" reflects the international flavour of both the program and venue in the context of learning, sharing and having fun! The host clinical site for the Voice Institute will be the Toronto-Sunnybrook Regional Cancer Centre, a state-of-the-art facility dedicated to providing a multidisciplinary approach to the treatment of head and neck cancer.

The enclosed brochure outlines the program for the Annual Meeting and Voice Institute, as well as General Sessions open to all participants. We encourage as many members of your club to take advantage of this event and register for either the Annual Meeting or Voice Institute. The brochure and registration form may be duplicated for distribution to club members. Registration inquiries should be directed to Ms. Goldia Temes of the Canadian Cancer Society by phone (416) 488-5400 or fax (416) 488-6136.

The Delta Chelsea Inn, located in the heart of downtown Toronto, will serve as host hotel for the conference, and has extended conference room rates to IAL guests for seven (7) days before and after the conference. July and August are prime vacation times in Toronto, and the Delta Chelsea Inn is ideally located close to world-class dining, shopping, theatre and other great attractions. For additional information on facilities and events in and around Toronto, contact Tourism Toronto by phone 1-800-363-1980 or (416) 203-2500, fax (416) 203-6756 or e-mail info@tourismtoronto.com.

We look forward to seeing you in Toronto this summer for a great conference, and hope your participation will help make this a terrific time for all.

Regards,

Ed Madsen,
President
The Lost Chord Club of Greater Toronto

IAL Toronto 1997, c/o Canadian Cancer Society, Ontario Division,
1649 Yonge St., Toronto, Ontario Canada

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BEREAVEMENTS: Our sympathy to the family & friends of Edward Watts, Harry Mitchell, Don Miller, Joyce Bond, Innes Duff, Peter Miordan, Ron Madden.

Peter Miordan will be very much missed by the P.A.H. Support Group where he was always a very active participant.

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BEETTER HEALTH SOON for Daisy Barnes who fell and chipped a bone, and Brian Church and Dudley Briggs: anyone else we don't know about.

NEW MEMBERS! Don't forget to protect the stoma on windy days.

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INTERNATIONAL ASSOCIATION OF LARYNGECTOGEES

46th Annual Meeting
37th Voice Institute
July 29 - August 3, 1997

Toronto, Canada

George Drum has invited us to a conference in India. Contact Secretary for details.

Mayo Clinic
Alaryngeal Speech Rehabilitation Seminar

Directors: Robert L. Keith and Jack E. Thomas
May 15-18, 1997

Section of Speech Pathology
Mayo Clinic
200 First Street, SW
Rochester, MN 55905
(507) 284-3446
fax: (507) 284-4757
e-mail: BKDivers@sol.com
c-mail: thomas,jack@mayo.edu

This comprehensive seminar is designed to instruct speech/language pathologists and other health care professionals in methods of alaryngeal speech rehabilitation. Participants will be given hands-on experience in all aspects of alaryngeal speech including artificial larynges, esophageal speech production, and tracheoesophageal puncture with voice prostheses.

This seminar will be an intensive, well-rounded program and there will be information for all individuals working with laryngectomees. The viewpoints of surgeons, social workers, speech pathologists, nurses, laryngectomees and their spouses will be presented, and there will be a special program for laryngectomees and their families.

Mayo Clinic has a long history of presenting outstanding educational programs on speech rehabilitation after laryngectomy.

Staff: Jan Lewis, Ph.D.; Philip Doyle, Ph.D.; Robert Keith, MS; Jack Thomas, MS; Mary Jane Renzetti, MS; Frances Stack, MA; Evelyn Hodnett, Laryngectomee; Kerry Olsen, MD; Ann Schulte, MD, and others.

Enrollment will be limited to 50 professionals.

ASHA CEUs will be offered. Registration fee: $295.00
NECK BREATHER GUIDELINES
FOR MEDICAL PERSONNEL

1. Keep neck opening clear, clean—wipe away any discharge.

2. Do not plug up neck opening.

3. Do not allow any liquids to enter neck opening.

4. Patient may not be able to speak face-to-face or on intercom, but may be able to indicate yes or no by head shake, eye blink, or hand squeeze.

5. Watch facial expression for evidence of discomfort.

6. Pulmonary resuscitation must be administered through neck opening (not mouth).

AMERICAN CANCER SOCIETY

(Permission is granted to reproduce as needed)
LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomees and those with similar vocal disorders

No 66

APRIL 1997

ALL CORRESPONDENCE TO: The Secretary, The Laryngectomee Association of NSW, PO Box 58, Richmond NSW 2753 or Fax 045 784412.

MONTHLY MEETINGS:
#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Currington Ave, STRATFORD.
#NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, BCHAN Rd, Broadmeadow.
#PARRAMATTA: Second Tuesday, 12:30pm at Masonic Club, 163 George St, Parramatta.
#KULLARWA: Third Wednesday, 2:30pm at Warrilla Medical Centre, Belfield St, Warrilla.
#RICHMOND VALLEY: First Wednesday of EVEN NUMBERED MONTHS, 2pm at St. Vincent's Hospital, Avondale, Artarmon.
#SOUTH COAST: Third Tuesday, 1:30pm at Staff Centre, Manning Base Hospital, Taree.
#DUBBO: Loundes Hospital. Last Thursday of month, 10:30am Conference room.
#ALBURY: Ph. 0453-23-2011 ext 323 #CABERRA: Ph. 062484832

EDITORIAL
And already it is summer - what a wonderful time of the year to be alive - and yes I suppose we do need more rain but if the weather was perfect all the time about what would we be able to complain? Anyway when we get too much rain the lawns grow too fast and the weeds shoot up and we need to spend far too much time keeping them - not really the way nature intended - but then we like to think we are in control. But enough of my ramblings. I'm going to start with a contribution from a member; this arrived last week and I think describes the experiences of many of our members.

A MEMBER'S THOUGHTS.
Fellow members I'm only a "baby" as regards some others, having had my operation three years ago.

I'm writing this in appreciation of the good fortune of joining the Association where I met so many people in similar situations; but in delving into their personal history are far worse off than I have ever been, but the common factor binding them is they have all retained their sense of humour, their self respect and their dignity.

Of course we were all cranky 'Rs' to start with, but that's only a passing period soon bypassed, mainly with the help of family, learning, understanding, and patience.

During the time I have been a member I have noted that the Association asks for articles to publish in the Newsletter, also each Branch crisis on for feedback on ways in which to help members. I confess to being one of the guilty ones who has been too lazy to devote a few minutes to put pen to paper so I thought "Why not now?"

A question to all who read this "Did your operation stop you from thinking positively, or wanting to help others in similar situations or less fortunate?"

Then what about dropping a few lines, think - if we don't let our Association know what we want, how can we expect them to act on our problems? Those who don't attend meetings can't expect others to be mind readers. There is a great feeling of comradeship at meetings because we are all on an equal level.

H Stone.

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 9560-2352
FOR STOMA COVERS, SHOWER SHEIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker Street, Kensington. 2033. Ph 02-9663-2550
TREASURERS REPORT showing an excess of income over expenditure for the past month of $5.78 was read.

CORRESPONDENCE since the newsletter was printed:
1. Speech Pathologist, St Vincent's Hospital, Lismore advising change of appointment.
2. Public Trustee, Sydney - two letters concerning the estate of the late James Henry Jones of Hannamburgh.
3. International Association of Laryngectomees, USA - information concerning the proposed JAL/American Cancer Society merger. More information will be coming shortly.
5. Letters re changes in membership etc
6. Donation from R Keighery.
7. Subscriptions.
8. Newsletters from overseas and Australian clubs and associations.

SECRETARY/TREASURERS REPORT accepted on the motion of L Walton, seconded P Halliburton.

WELFARE OFFICERS REPORT: Bruce Darlington and I gave a talk to Southern Districts Hospitals nurses. Janine Botke, Surgical Nurse Educator seemed happy with us. Have sent hospital packs to John Hunter Hospital, Gosford Hospital and one to Jacqueline Seabrook also at John Hunter. Had the pleasure of meeting and chatting to Guy son of a new member Ken Ford. Also have had lots of phone calls from country folk - I do enjoy chatting to members. I haven’t heard of any body on the sick list but to those who are not charging on all cylinders our best wishes to you. Accepted on the motion of M Lyons, seconded B Darlington.
I attended, at Red Cross House in the city, as an observer, the inaugural gathering of interested groups and associations representing chronic illnesses. The aim was to sound out the possibility of forming a Chronic Illness Alliance. The general consensus was to do so. A steering committee was formed to formulate a constitution with aims as discussed at the meeting to be “fleshed out”. Victoria and South Australia have such alliances which combine the various organizations into lobby groups, non-party political, to pursue a more advantageous allocation of resources from health authorities. The steering committee asked for 3-4 months to organize. Suggested membership fees ranged from $20/annum for small groups to $500/annum for larger organizations.

I feel the move has merit. However, our committee would like time to discuss the idea and then present a report to all members via the Newsletter. Input from members would be welcome. As the main possibility for improvement for many members would be to get assistance for special aids or the cost thereof, and many of our members have these costs paid by Veterans Affairs, gains for us may be limited. At the same time there are many chronic illness sufferers and spouses who could gain much from such an alliance. Much discussion is needed before any commitment is made.

The aims of the alliance in general are:
1. Better use of resources for the chronically ill.
2. Better communication with health authorities, State and Federal Governments.
3. A united lobby group to further the case for better financial help for disadvantaged chronic pain and illness sufferers.

Thankyou fellow members for your continued support and confidence in your committee and welcome Harry, Marion and Pat to the committee.

Presidents report accepted on the motion of B. Darlington, seconded V Garisync.

GENERAL BUSINESS:
1. L Walton suggested that we have printed envelopes on which would be our logo, name and address, which could be handed out to friends of deceased members who may wish to contribute to our cause. After discussion the meeting ruled against the idea.

2. Bill Byrne raised again the matter of availability of patient packs to prospective or new laryngectomyes. Lilah reported that all major Sydney hospitals now have a supply in the Speech Pathology departments, our hospital visitors have some and country hospitals speech pathologists should know from whom to obtain them. Each patient should therefore receive one on admission. This is the most we are able to do.

3. John Nicholson reported that Margaret Patterson is willing to answer in the Newsletter questions from members relating to laryngectomy operations etc. (see later in newsletter).

There being no further business the president closed the meeting at 11.46am after which a light lunch and fellowship were enjoyed by those present.

President

CORRECTION

In our last Newsletter I quoted, incorrectly, the toll free telephone number for a supplier of voice restoration products.

The toll free number 1800-656-659 is for PACIFIC MEDICAL SUPPLIES not Monarch Medical supplies as reported.
PACIFIC MEDICAL is the Australian distributor of Bivona voice aid products and now the distributor of the new voice aid OPTIVOX.
Pacific Medical representatives will be demonstrating the OPTIVOX at our meeting on the 16th April, and will answer questions on this and other products.

MONACH MEDICAL
Sydney Office
7/35 Old Northern Road, BAULKHAM HILLS.

TELEPHONE 02-9886-3452

Monarch Medical is the supplier of Blom-Singer Voice Restoration products.
I apologise to both companies and all members.
**NEXT MEETING**

**WEDNESDAY 16TH APRIL**

UNITING CHURCH HALL
CARRINGTON AVENUE
STRATHFIELD
11.00am

**GUEST SPEAKER**

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**PARKING ON SITE**

***

**SHORT DISTANCE TO RAILWAY**

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**LIGHT LUNCH SERVED AFTER MEETING**

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**ALBERT SILVER TROPHY**

Our late member Albert Silver was an avid golfer and played whenever he could right up to the week of his untimely death. But he was not only a keen golfer but an active member of his club, Monash Country Club at Narre Warren where he took special interest in the younger members making sure they were well acquainted with the protocol of the game he loved so much.

On February 23rd his wife Margaret presented a trophy in Albert's name as an encouragement award to an 'up and coming' young golfer. Margaret, reporting that she made on that night her first public speech, said she was somewhat nervous but very very proud.

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**MOVE OVER JOHN LAWS**

(OR 'GETTING ON WITH LIFE')

Three years ago Ron Wilkie became a laryngectomee. I watched him cope, go crock, curse and get on with his life. He's always had an interest in, no, a passion for jazz.

Recently at the "Jazz in the Vines" in the Hunter Valley he met a young trumpeter called Pete and they talked all day about jazz. Pete asked Ron to come and present a programme with him on his FM radio station. For an hour and a half they chatted on air and played Ron's records. I don't think Pete ever noticed Ron's husky voice and when we asked him if it would be OK, he said "Why not, he sounds like Miles Davis or Louis Armstrong".

That day was such a thrill for Ron and would have been without any other problems. At the end of the programme he met Julian Lee, a celebrated jazz pianist who is blind...

Life is about coping and he is doing great!!

Colleen Wilkie

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**HELPFUL HINTS**

Pacific Medical supplied the following hints to the Victorian New Voice Newsletter.

**Problem:** Fistula exerts pressure on the barrel of the valve and distorts the barrel causing air/liquid leakage and poor function.

**Comment:** This problem has been recognized by Atns Medical AB, Sweden; and they introduced a stronger barrel for their voice prostheses. This barrel is re-inforced with Teflon which prevents barrel distortion. Teflon is resistant to candida growth and is easily cleaned in situ unlike silicone which is permeable. All these features promote lower air resistance to air flow, longer life of the voice prosthesis and easier production of speech.

**Problem:** How can I make my voice prosthesis last longer or function better?

**Comment:** Clean it more regularly, at least daily and be aware that products with sugar and yeast (eg beer) will assist candida growth. After eating such products a rinse through with an anti-yeast product (eg vinegar) would be beneficial.

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**GOLF**

As the golfer trudged towards the 19th hole he was heard in exasperation "That was the worst game I have ever played." said his caddy, "You mean you have played before?"

**********************
Some recommended cleaning techniques are:

1. Saline solution 1.2% in saline: 3-4 times daily brush or other small brush the inside of the prosthesis with the Provlox brush dipped in this solution OR

2. Nystatin oral solution: 2-3 times daily 5-10ml orally with simultaneous brushing of the voice prosthesis with the Provlox brush dipped in the Nystatin oral solution to coat the inside of the prosthesis as well.

OR

3. Difucan suspension: once daily 5(30mg) orally with simultaneous brushing of the voice prosthesis with the Provlox brush dipped in the difucan suspension, to coat the inside of the prosthesis as well.

Remember no two people are the same, some are more susceptible than others. These comments are based on our experience.

NEWS FROM THE PROSTHETIC SERVICE

SPEECHIES

Margaret Patterson, speech pathologist, offered to answer any questions about the use of your new prosthesis. She is available to answer your questions. So if you have a problem and need some information about something or finding it difficult to understand please send your questions to us and we will ensure an answer and I can guarantee that we will all find both questions and answers interesting.

Keep those questions coming - no question is trivial if it helps solve a problem or increase our understanding.

TASMANIA

The Tasmanian Lost Chord Club March Newsletter reports that the club is changing its name to the LARYNGECTOMEE ASSOCIATION OF TASMANIA. We assure them that this will greatly assist those who are needing information or assistance and go to the phone book for an address or member.

COMMITTEE PROFILE - NO 8

HARRY STONE DipS.M., A.S.M.F. Level 1

HARRY is a 75 year old bundle of fitness and energy whose laryngectomy in 1994 has slowed him down but not one whit.

Widowed two years ago he lives alone but keeps close touch with his two sons and two daughters and his ten grandchildren.

He is a practising masseur and in his spare time is:

1. A qualified laryngectomy visitor
2. Vice-president of LANSW
3. Welfare officer of Western districts branch of LANSW
4. Strapper with Merrylands 1st grade Rugby league team
5. President of Bankstown Trotting Club

As you might gather Harry is a dab hand at speaking for which he uses a Servox.

WHISTLING
LARYNGECTOMEEES

How do you whistle and shout and control your voice when you've had a laryngectomy?

The challenge that faced Don Cousins in the Southern in the South Island of New Zealand. Don, who is a Laryngectomy, describes how he was inspired to overcome the difficulties of Laryngectomy and to whistle again without the aid of a larynx.

Clear and simple graphics illustrate the whistling techniques and reveal the remarkable perseverance necessary to maintain their use.

Available for $40.00 (includes GST)

Tasmanian Patient Information Trust
PO Box 6438,
DUNEDIN
NEW ZEALAND

Telephone 03-481 7947
Fax 03 479 9401.
MONTHLY MEETINGS:

*NSWYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.  
*NEWCASTLE: Third Tuesday, 6pm at Hamilton North Bowling Club, Boreeis Rd, Broadmeadow.  
PARRAMATTA: Second Tuesday, 1.30pm at Macquarie Club, 165 George St, Parramatta.  
*WILLAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Bedford St, Warilla.  
*RICHMOND VALLEY: First Wednesday of EVEN NUMBERED MONTHS, 2pm at St Vincent's Hospital, Avondale Ave, Lismore.  
*MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.  
#HB: Lourdes Hospital, Last Thursday of month, 10.30am at Conference room.  
#ALBURY: Ph 063-23-2011, ext 323.  
#CANBERRA: ph 02 62848482.

EDITORIAL

We have had our Annual General Meeting and the new committee has been installed with just a few changes. John Stein is still enthusiastically at the helm and John Nicholson, John Chaloner and Lilah Walton carry on in the positions they know so well. We have one new Vice-President Harry Stone (Pat Rogers did not stand) and two new committee members Marion Lyons and Pat Halliburtion. All should be great assets. Marion has served on the committee before and Pat comes to us from Western Districts Branch, good to see the branches represented on the Central Committee.

Since nobody else put his/her hand up for the editors job 1 (Des Nicholson) have taken it on to try to help John out.

But without input from members it could be a very boring Newsletter indeed - newsletters are supposed to contain news and that doesn't only mean news of new developments or meetings etc. We need news from you THE MEMBERS. So please let us all get to know each other.

Tell us of your achievements, even your failures, the hurdles you have successfully cleared, the people who have helped you, the tricks you have learned. So next time you make a speech in public, or win a golf tournament or a bowls trophy let us all know. What are your hobbies?

Do you have any new ones since your laryngectomy? Your fellow members want to know all about YOU. Maybe you are an artist or a poet - let us have some of your work.

PLEASE HELP ME.

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HOSPITAL VISITORS

Last month we congratulated those members who successfully completed the Hospital Visitors Course conducted at RNS Hospital by Margaret Patterson and her fellow speech pathologists. The new approved visitors are: Richard Patman, Harry Stone, Kevin McDonald, Barry Mason, Ron Wilkie, Hilda Storger, John Stein and Brian Gardiner. The past visitors who also completed the course were Sue Mason, Mavis McDonald, Colleen Wilkie, Lorraine Stein, Carol Gardiner and Clarissa Chaloner.

WHO TO CONTACT

FOR BIVONA AND BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curly Cnr. 2099  
Ph. 9939-1539

FOR SPEECH AID BATTERIES, PARTS & REPAIRS - John Chaloner, 111 Station St, Petersham. 02 9560-2852

FOR STOMA COVERS, SHOWER SHIELDS & STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker Street, Kensington. 02 9560-2852

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TREASURERS REPORT as audited was read and accepted on the motion of O Harvey, seconded P Halliburton.

ELECTION OF OFFICE BEARERS
The following office bearers were elected unopposed:
- President - John Stein
- Vice-Presidents - B Byrne, H Stone
- Secretary - J Nicholson
- Treasurer - J Nicholson
- Assistant Sec/Treas - M Silver
- Publicity Officer - J Nicholson
- Newsletter Editor - D Nicholson
- Speech Aids Co-ordinator - J Chaloner
- Welfare Officer - L Walton
- Committee - B Darlington, P Halliburton, M Lyons

GENERAL BUSINESS
DEPARTMENT OF FAIR TRADING in the terms of the requirements of our annual return to the Department of Fair Trading it was moved B Darlington, seconded J 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 Fair Trading and Chief Secretary's Department – Carried.

There being no further business the Annual General Meeting was closed and the February General Meeting opened.

MINUTES OF THE GENERAL MEETING

PRESENT as per AGM
APOLOGY as per AGM
MINUTES of the November meeting as distributed were accepted on the motion of D Nicholson, seconded L Walton.

SECRETARIES REPORT
Membership - Overall our membership remains the same as it was at the beginning of 1996 - ie we have about 300 members. Since we issued the December 1996 Newsletter the following have become members and we welcome them to our Association:
- Mr Laurie Greentree of Carwoolada
- Mr A J Wilson of Coolamon
- Mr R J Greensmith of Cudinaba
- Mr J Witzkeff of Goulburn
- Mr R Mansell of Evans Head
- Mr Noel Graham of Graftah
- Mr Geoff Oehn of Wagga Wagga
- Mr G Lawrence of Camperdown
- Mrs K Critchard of Hillstowe
Unfortunately it is with sincere regret that I have to report that five good members have recently died and we extend our condolences to their families and friends. When you let us know of the death of a member please also include a small paragraph for our VALE column.

The response to our call for membership subscriptions for 1997 has been excellent and at this stage few members remain unfinancial. Your early payment was appreciated.

IAL VIDEO - CHECK THE NECK
The Australian Cancer Society has arranged to have the International Association of Laryngologists video 'Check The Neck' converted for use on Australian machines and we have received a copy of that video. We will arrange for this video to be shown to all those organizations who have a need to know what to do in an emergency.

REPRINT 'YOU CAN SAY THAT AGAIN'
The Australian Cancer Society has advised that the reprint of Alan Dear's book "YOU CAN SAY THAT AGAIN" has not yet been done but the it is in hand and will be done as soon as possible.

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

CORRESPONDENCE
1. Mrs Judy Mansell, Evans head. Membership for her husband Bob and seeking help in obtaining a Lightwriter for her husband.
2. Public Trustee concerning the estate of the late Henry Jones.
3. Mr Ray Johnson of Gilgandra re his visit to see "Dolores" of the P.A. TV program.
4. Mr P Giraud of Hooabook - change of address.
5. Disability News.
6. L Walton reporting on her efforts to obtain an aid for Bob Mansell.
9. International Association of Laryngologists USA. Concerning merger with American Cancer Society.
12. Mayo Clinic USA Meeting Notice.
15. International Association of Laryngologists, USA. Copy of IAL Tobacco Control Program.
17. Australian Cancer Society Concerning possible merger of American Cancer Society and IAL.
18. Mr D Butler - donation.
19. Australian Cancer Society. Copy of letter to TruTone voice aid makers and purchase of the one issued to us for evaluation.
20. Margaret Patterson, Speech Pathologist at RNS Hospital. Fax copies of various certificates for those that successfully complete visitors course.
21. Mid North Coast Health Service - asking for change of name and meeting time on front page of Newsletter.
22. Mr J R Young of Fairfield. Advising that our report of his death in the Nov Newsletter was not true. He has merely changed his address and the PO made an error in the endorsement on a letter returned to us.
25. Numerous renewals of membership and new members.

Correspondence accepted on the motion of L Walton, seconded B Darlington.

SPEECH AID CO-ORDINATORS REPORT
1. Thank you to the family of our late member Jim McRory for the donation of various speech aids and equipment. Jim was only 38 when he had his operation many years ago. He had been an active sportsman and was and continued to be well known in the Crows Nest/North Sydney area.
2. Servox repairs - The Australian agent for Servox Germany is Auditory Services Pty Ltd in Melbourne. The address to which you have been writing for them (Burwood East) is still relevant but I have corresponded with them and can advise:
   a) the best address to get them is Shop 4, Main Street, CROYDON 3136 Phone 1800-935-047 for the cost of a local call, or 03-9723-3666 std. Fax 03-9723-3666.
   b) If you enclose a contact number they will ring back with a quote for the repair.
   c) They accept credit card payments, by mail or over the phone, on Bankcard, Mastercard, and Visa.
   d) They are still the only place to get the white coated, German Servox brand batteries.
3. Members are reminded that it is their responsibility to arrange repair of their speech aids. The Association can assist with addresses of repair agents, and can send a machine on loan for use while the members unit is being repaired.

Accepted on the motion of L Walton, seconded H Stone.

WELFARE OFFICERS REPORT

Happy and Healthy 1997 to everyone!
R Bailey rang from Coffs Harbour enquiring about a 'Dal' trachea tube holder and John Kelly also from Coffs wanting a "Passe Mura" and much as I hate to admit I had no idea for what I was looking. But after numerous phone calls now have information about supplies for all those with tracheal tubes. As the manual is too large to print in our Newsletter please contact me for information.

Tom King (past president) rang wanting double sided tape. I haven't had calls for it for years so no longer purchase it - it can be obtained by shopping around -try the stationer.

Canowindra Community Health Service rang about a new laryngectomy case. I have been kept extra busy sending supplies to various people.

Our Christmas Party 1996 was a great success. Kinnihill Ex-Servicemen Club excelled themselves food and service wise.

Thanks to Monarch Medical for their donation of a great basket of 'goodies', Don Newby for his great basket, Jack Darby for his generous donation and Maralyn, Claire, Kerry and Elizabeth for selling raffle tickets.

Jack Darby's donation of a clock, tea pot stand and salt and pepper shakers are all made of Australian wood. These superb gifts will be three prizes in a raffle to be conducted later in the year. We plan to send ten one dollar tickets to each member to buy or sell as they wish. We only ask you to return the butts, any unsold tickets and any money raised. If any member has any reason for not wanting tickets please let us know.

My good wishes to anybody on the 'not so well' list-they will not be long before you are well again.

GENERAL BUSINESS

1. John Stein reported on a visit he and his wife had made to a patient in Penrith. This patient was not a member of the Association which led John to point out to the meeting the advantages of membership. A funeral which he attended made him realise that apart from hearing laryngectomies we know little about each other. M Lyons suggested that there may be some who attend meetings who would be willing to tell a little about themselves.

2. Bill Byrne asked Lilah to read a letter he had received from his former speech pathologist she had noticed his name in the Newsletter and was renewing acquaintances. Bill also raised the age old problem of new laryngectomies not receiving visits from members - it was pointed out that we can only visit those who request such a visit.

3. Marion Lyons donated a nice pair of bath towels to be raffled at the meeting. The raffle raised $59 and was won by Bruce Darlington.

4. Christmas Party. Before the luncheon Lilah Walton read the following prayer written by Jo Nowland; 'We thank you dear Heavenly Father for this day of fellowship and happiness to share with each other, and thank you for the past year. Bless all our sick members and help them in their need. Bless this meal you have provided for us.'

The basket from Monarch Medical was won by K Antonsen, and that from D Newby by E Watson.

There being no further business the president closed the meeting at 12 noon, after which we enjoyed our light luncheon and fellowship.

PRACTICE MAKES PERFECT

Have you done your voice exercises today? Why?
Remember alaryngeal speech does not come easily - the more you talk the better you will talk, especially if you spend some time alone talking very carefully to yourself.

MONARCH MEDICAL
BLOM-SINGER VOICE RESTORATION PRODUCTS

Monarch Medical has installed for your convenience a toll free customer service number. This line is available from 8am to 6pm.

1800 - 656- 059

**********************************
DONATIONS
The Association wishes to thank the following members for their generous donations:

Mrs Joyce Lockyer of Gwyn
Mrs Jo Nowland of Padstow Heights
Mr V Garisey of Empire Bay
Mr H Simmons of Schofields
Mrs G Giraud of Terranora
Mr Paul Martin of Norah
Mr D Butler of Lekemba
Monarch Medical
Mr Don Newby of Five Dock
Mr D Tawo of Maroubra
Mr J Darby of Glenden

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NEXT MEETING

Wednesday 19th March
11.00 am
Uniting Church Hall
Carrington Ave.
STRATHFIELD
Parking on site
Close to Strathfield Railway
Light luncheon and lots of chat after the meeting.
Please attend.

COMMITTEE PROFILE No 7
Margaret Silver
Margaret was born in Broken Hill, daughter of a mining engineer. She grew up there and at High School met Albert Silver the son of Lithuanian migrants who settled in Broken Hill during the Depression. Albert became a mining engineer too and the childhood sweethearts married in Sydney after WW2. They returned to Broken Hill where they had three children. The young family returned to Sydney in 1960.
Margaret played bowls and tennis in Sydney and joined the Asthma Foundation as a volunteer. She is a strong swimmer and still teaches swimming for the Foundation.
Albert had a laryngectomy in 1987 and became a very active member of our Association. He was Assistant Secretary for many years. Albert was a "mad golfer" (Margaret's words) and played right up to his death in June 1995. After Albert's death Margaret took on his role on the Committee. This with her swimming, her three grandchildren, and one great-grandchild keeps her very busy.

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NEWS FROM THE BRANCHES

I would like to be able to include such a column in all future Newsletters. If secretaries or publicity officers of the branches would send me contributions telling us of the branch doings I'm sure it would be of interest to members from other areas.

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HOW THINGS HAVE CHANGED!!

1. In Italy in 1859 Jean Henri Dunant watched a battle in which about 30,000 lost their lives. That battle, the blood, the mud and the suffering and his resolution led to the saving of thousands of lives in the years since.
For it was Jean Henri Dunant who founded the "RED CROSS" to succour the wounded and dying in wars, to ease the pain and suffering of those that served their countries.
His first act was to use all the money he had to buy medical supplies and all the tobacco available in the town to give to the wounded.

HOW THINGS HAVE CHANGED!!

2. "Do you smoke?"
If you do, there will be no need to plead the cause of our soldiers and sailors fighting at the front.............
.............We have been asked to open our columns for a Tobacco Fund, in affiliation with the Overseas Club Fund, and accede to this request must readily, because we are assured that the members of the Australian Branches of The British Medical Association will be glad of the opportunity of contributing to the happiness of the brave men serving with the colours.........Do not render it necessary for us to appeal again for "smokers" for our 'Australian boys'."
Yes that actually appeared in the MEDICAL JOURNAL OF AUSTRALIA, June 12th 1915.

HOW THINGS HAVE CHANGED!!

3. 1950-55 BRITISH COMMONWEALTH OCCUPATION FORCES in Japan were issued with 50 free cigarettes weekly by the Nuffield Foundation

HOW THINGS HAVE CHANGED!!

4. Many services messes in Australia are now "Smoke Free Zones?"

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My Dear Tom,  

I beg forgiveness for not writing for a while as well setting up "My Office" at the Cancer Fund trying to get everything together. I have been flat out.

Jane has had more work done on her heart. It was like an angiogram the fluid going in the vein following the vein into the heart. By what a big improvement on the old girl. Though it was 40 years younger as Jane could only walk 50 yds the most last night it was fine puffing and panting after 50 yds.

I have not seen the cheese as Dave looking so well in 40 years. Her heart rate was 90 the normal rate being 80-90. So they had to deaden part of the heart to slow it down.

All I need now is something to "UNDEAD" the old fellow and all will be well.

Thank you for keeping faith with me in the last year. I really appreciate it and thank you for the newsletter. I will be writing a similar letter to Dave Smith as I have not written for quite a while so he is in...
for a shock too.

This job as office boy keeps me busy three
days a week Mon, Wed, Fri. I cannot
understand for the life of me why no one seems
to want to help in the office. You may as
well say Heather’s (wife) Aide (NEWSLETTER)
Old Bill Robbie & myself are the ones.

I really enjoy the office, it helps me to keep


(You know who would win), but as I tell
her it keeps my mind active and I have no time
for self pity.

Better close as I may be boring you.

Best Wishes,

God Bless

Norm

Titles

"Sir" Norman

"Sir" Norman’s Desk.

"Sir" Bloody Griper

"Sir" Rain Man.

HONORABLE "SIR" Bloody Winger

Rattle Bones

Please God do not let me lose my

sense of humour.

&
We thank everyone who gave time and thought to the naming of our newsletter - what variety - some serious, some funny, some very clever and some too way out to mention! We appreciated every one. It's been difficult to get the finalists but if anyone objects violently to any of the above could they please let us know. Support groups might like to send us votes on the above to give us an idea of people's choice.

Thanks everyone and a happy healthy New Year to all our readers, from Heather and Sue.

STALL IN THE QUEEN ST MALL
WEDNESDAY 19 FEBRUARY 1997

For the first time we will be participating in the Annual Charities Week to be held in the Queen Street Mall Monday 17th to Saturday 22nd February.
Although we may make a little money the major reason we are participating is the opportunity to increase public awareness. So anyone prepared to chat with the passing public is invited to participate.
Any items of a salable nature are very welcome - plants, cakes, wooden toys etc. BUT ALL ITEMS MUST BE HOME MADE OR GROWN. The stall gets under way at 9.30 am. We are stall number 7. Unloading from vehicle can take place only before 8am.
For people who find it difficult to travel to the city loaded with goods items can be left prior to the day at our office at the Queensland Cancer Fund and Heather will collect anything left there on Tuesday 18th February.

PLEASE NOTE THE ANNUAL GENERAL MEETING IS THE FOURTH WEDNESDAY DUE TO THE STALL

If you want any further information about the stall, or would like to let us know whether you are able to come along for a couple of hours, please ring Gloria 3857 5646 or the Office 3258 2259.
Congratulations! - To Bill and Marion Robertson who celebrated their 60th Wedding Anniversary on the 4th January 1997.

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PRICE LIST OF CURRENT SUPPLIES.
(Office open Wednesdays)
Phone: (07) 3258 2259 at other times
answering machine will take messages.

Foam Sheets (Pink, Black) $2.50
Please state thickness required
2.8, 3.5, 4 or 4.5
(If you are unsure of thickness
please ring or write requesting samples)

Individual Prepacked filters $0.70 ea.
(White or Tan)

Double Sided Tape $2.50

Stoma covers - Single side
(Front only) $4.00
Double Side
(Front and Back) $6.00

Personal Alarms $6.00

Shower Shields $23.00

Leather Belt Pouches $12.50

Squishan Filters $8.50
(Large and small) $7.50

Self Help for Laryngectomee $15.00

Please add postage - **also outstanding
private accounts - Norm is out of pocket!!

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XMAS RAFFLE
The wonderful running duck donated
by Neil Todkill managed to raise
$40.00 at our Christmas Party!
Daisy Barnes was the lucky winner
and second prize went to Graham Due
who enjoyed the unique sweets donated
by Murray.

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CARER SUPPORT - Practical Information on Caring at Home

This kit has been produced by the Commonwealth Government with help from Carer Associations and Community organisations. It is available in English, Arabic, Chinese, Filipino, Greek, Italian, Polish, Spanish, Turkish and Vietnamese. To obtain a free Carer Support Kit Ph: 1800 017 323

USEFUL CONTACT NUMBERS
The Health Rights Commission 07 3221 4204
Older Persons Advocacy Service 07 3260 0755

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BOWLS CARNIVAL
This year will be held 1st or 2nd week in August.
How about starting to organise your teams for this great fundraising day? Exact date next issue - but wouldn't it be a great tribute to Ken Crockatt and his tireless band of workers on the Peninsula if it became a state-wide fundraising event??? If you are a bowler, how about approaching your Club to see if they could consider designating a day for the association?

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Bereavements - Our sympathy is extended to the families and friends of Margaret Reid of Geebung, Des Dunlop of Durack, Tom West of Cleveland, Fred Clark of Albion and Ned Watts of Marsden.

Ray Scott resident cellist with the Queensland Symphony Orchestra finds if he needs to clear his stoma during a performance he just turns his head away from the audience and waits for a big note from the trombone! He also comments - “During the holidays a friend of mine at the pub said that I should be “seen and not heard!” This seemed funny to me, so when I returned to work I repeated it to colleagues of mine and one very quickly came back with the rejoinder - “they got it all wrong Ray you’re obscene and heard!!” Happy New Year and regards to all. Ray.

THIS NEWSLETTER IS PRODUCED WITH ASSISTANCE FROM THE QLD CANCER FUND
ANNUAL GENERAL MEETING
LARYNGECTOMEES ASSOCIATION OF QLD. INC.

NOTICE OF MEETING

Please be advised that the Annual General Meeting of the Laryngectomee Association of Qld Inc. will be held as follows:

DATE: Wednesday 26 February 1997
TIME: 10.30 am
VENUE: Qld Cancer Fund - William Rudder House 553 Gregory Tce Fortitude Valley.

NOMINATIONS FOR ELECTIONS TO THE EXECUTIVE COMMITTEE

Closing Date for nominations : 5pm Friday 21 February 1997

Nominations are called for all positions on the Executive Committee PRESIDENT, VICE PRESIDENT, TREASURER, SECRETARY, ASSISTANT SECRETARY, SOCIAL SECRETARY, PROPERTY OFFICER, NEWSLETTER EDITOR. Nominations should be in writing, dated, proposed and seconded by a member and signed by the nominee consenting to such nomination. (Use form below)

Completed nominations should be forwarded to:
PO BOX 576 LUTWYCHE QLD 4030
or faxed to : 3891 6024

Closing date for nominations: 5.00pm on 21 February 1997.

LARYNGECTOMEES ASSOCIATION OF QLD INC.
NOMINATION FORM 1997

EXECUTIVE COMMITTEE

NOMINEE: ____________________________________________
Signature__________________________ (accepting nomination)

POSITION: ____________________________________________

NOMINATED BY: ________________________________________
Signature__________________________________________

SECONDED BY: ________________________________________
Signature__________________________________________

Date: / /1997
Queensland Support Groups:

(Have only heard from Gold Coast Support group so far in 1997; the other support groups information was true as at 1996.)

L.A.Q. (Brisbane) Third Wed every 2nd Month except for February 1997 when it is the 4th Wed.
Qld Cancer Fund 553 Gregory Tce 10.30am Parking Underneath
Partner support: Gloria O’Hanlon 3857 5646

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

P.A.H. Laryngect. Support Group
First Monday every month 10.30 to 12
Rehabilitation Unit P.A. Hospital
Contact: Jenny Boxall Ph 3240 5006

SUNSHINE COAST SUPPORT GROUP
First Thurs every 2nd month 10.30
Nambour RSL
Contact: Robyn Vincent 074 706747

TOO**: OOMBA Laryngect. Support Group 1st Fri every second month 12.30
Speech Dept, Cossart House Tweed Hospital
Contact: Danielle Hornsby 076 316345

GOLD COAST Laryngect Support Group
Next meeting Thursday 13 Feb 1997
10.00 am Southport Hospital
Contact: Michelle Brown 075 571 8211

REDCLIFFE (& BAYSIDE) Support Group
Third Friday of every month 10.30 am
Redcliffe RSL
Contact: Speech Dept Meghan Ph 3883 0883
Info/Support: Anne Miller 3205 3273

Townsville Groups
Laryngect. Group Last Friday every month
Level 6 Oncology Bldg TGH 10.00 am
Contact Georgina Tutt 077 819454

Laryngect. Support Group
Townsville RSL 5 pm Last Friday each month.

CAIRNS Support Group.
Contact: Rebecca in Speech Pathology Cairns Base Hospital
PH: 070 506 382

Annual Seminar

This important event will be held in May and as soon as the date is finalised all support groups will be notified, to ensure plenty of time to organise transport to this fun and educational day. The Roy Coulter Lecture, Trade Displays of new products and the official opening of our office as an Information and Resource Centre are just 3 features of the day.

We hope members and their families will participate in the programme as we know you have a lot to say, and this is your opportunity. If you would like to speak (10 minutes) please write direct to Heather Winstone 20 Primrose Terrace, Red Hill 4059.

Also if anyone is a keen sewer and makes great neck coverings - please bring samples along for display.

If anyone makes beaded necklaces or has found any good stoma covers for men or women please let us know where and when you got them, how much they cost etc this is a once a year chance to share ideas and information with a lot of other people.

Remember there is always a market for innovative neckwear within our community so talented people could have a profitable sideline. The seminar is the ideal opportunity to showcase your products.

Two proud "New" Australians

Anne and Ron just prior to their departure overseas. Would you believe this complicated matters so much they almost couldn't get back in!
As you know we had an excellent “Christmas Gathering” on Dec 13 at the house of Ken & Eileen Crockatt who were once again our hosts for the day. Thank you both for your hospitality. Thank you also to Heather, Bill and Norm for supporting us with their presence and Bill for his expertise on the BBQ - Sausages, Prawns, Salad Beer etc plus Christmas cake and various sweets were all very well received. It was great to see so many of our friends who managed to attend especially as they have been sick during the year. Thankyou so much for making the effort and do try to keep well in 1997!

We presented a small bouquet to Megan our speech Pathologist who gives us so much help and support all the year and also to Eileen our hostess and wish them every blessing and good health for 1997 and on.

Now to our little “Social Outing” - to UK and Europe.

Ron and I had a wonderful ten weeks away visiting friends and relatives which was great but very sad to leave them all. We hired a car and covered 3800 miles altogether in UK visiting the midlands, Solihull, Leek, Staffordshire, Wales and Yorkshire north plus south, Winchester Stonehenge, London etc.

We then travelled from London to Paris by Train - which was fantastic, at one time we reached speeds of 300 miles per hour but it really didn't seem as though we were going fast at all! In Paris we visited Notre Dame Cathedral, a trip on the R Seine to see the Eiffel Tower, then on to Lucerne in Switzerland and from there to Florence in Italy where Ron's daughter lives. The scenery on the journey down was unbelievably beautiful. We stayed three weeks in Florence and visited the art galleries, museum, cathedrals, palaces, we looked at so many painted ceilings and frescoes we now have a permanent crick in our necks!!

We also climbed thousands of steps to get to very short supply over there. Joanna's apartment was on the third floor so every time we went up there we were seventy six steps to climb to our area!! Phew! - not good for the breathing. Joanna's father-in-law lives a house just outside Florence, up in the mountains of Tuscany so we spent quite a lot of time up there - that really was magnificent - we had a tour of the Vineyard's graves, a wine tasting evening and dinner. We definitely went to bed very happy that night!! We also visited Venice and Rome but we found all the European Cities very polluted - noisy too - and breathing very difficult. Ron said he could be more romantic in the back of a Volkswagen than in Venice!!

We then flew to Adelaide, Lamper for two days and back to Brisbane to a welcome from our families who seemed to have missed us as we were told next time please organise a replacement baby sitter!!

We really had a marvellous holiday very buoyant and tiring but most enjoyable, plus one or two hair-raising adventures like the time I lost my balance going up on the escalator at Euston and fell back onto Ron, if it hadn’t been for a rather distinguished gentleman in front of me who realised what had happened, we would all have gone down like dominoes!! He made a grab for my hand but couldn't reach me so he held on to the man in front and they both leaned down and managed to pull us all up. We have laughed about it since but it could have been very serious. Another time I jumped on a train to see if I could find anyone who spoke English to ask if it was going to Milan, before anyone understood me and someone kindly said “No” the doors started to close - Ron said he had never seen anyone leap off a train so quickly - he was on the platform with the luggage and the passports - never found out where it was going to, but certainly wasn't Milan!!

Well folks, I hope this little episode has made you smile a while, take care, see you soon.

With every good wish from Anne and Ron - God bless
This photo shows Princess Diana visiting the Hong Kong Laryngectomee Club recently and officers of the club. The Hong Kong Laryngectomee Club also visited new laryngectomy patients in Beijing, China as well as laryngectomees at the ENT hospital in Shanghai, China.

Beijing, China

Shanghai, China

ANOTHER "INCREDIBLE SCOOP FROM GEARGE DRUM"S CHATTANOOGA CHOO CHOO NEWSLETTER

Unfortunately it appears to be for professionals only so we can only hope to prevail on some local professionals who are attending to pass on some of the invaluable information gained there, to us all here, at our Seminar in May.

(it is hoped they will be availing themselves of the opportunity to have input from the Voice of Experience of some who actually have experienced the restoration of voice themselves. Perhaps this will be in the “live” patient demonstration segment!)

Surgical Voice Restoration Conference

Friday, 28 February 1997, Melbourne, Australia

This Conference course - one day only - offers an unique opportunity for Australian clinicians to hear/see/interact with three international experts in the field of Surgical Voice Restoration after total laryngectomy who are visiting Australia in 1997.

The Workshop to be presented in the Council Chamber, John Scott Meeting House, La Trobe University, Melbourne, is a mix of videotape demonstration, discussion and ‘live’ patient demonstration as well as offering an opportunity for discussion of common problems and resolutions. The morning will be in lecture format with the afternoon offering a ‘master class’ involving Dr. Eric Blom PhD demonstrating and problem-solving with live patients in Melbourne.

The Blom-Singer Procedure is a surgical/prosthetic form of speech restoration after total laryngectomy surgery and this course offers teaching on all aspects of the surgery and prosthetic management, whether undertaken as primary (i.e., at the time of initial larynx removal) or as secondary (delayed until after laryngectomy) voice restoration.

Specifically, we will teach:
- selection criteria;
- assessment methods;
- surgical technique(s);
- pros thesis fitting and patient management; and
- problem-solving and ‘trouble shooting’

Conference Content, please contact:
Professor Alison Perry
Chair, Clinical Communication Sciences
School of Human Communication Sciences
Tel.: (03) 9479-1940, Fax.: (03) 9479-1874
Email: A.Perry@latrobe.edu.au

Dr. Eric Blom PhD is a USA Speech Pathologist and inventor of the ‘Blom-Singer procedure.’ His centre in Indianapolis, USA is world-renowned for speech rehabilitation and he has over 20 years’ experience in the field of laryngectomy and speech rehabilitation.

Dr. Blom has published widely and taught world-wide, sharing his experience and wide knowledge base with clinicians in Europe, North America and Japan. This is his first visit to Australia and the only workshop he will be undertaking.

Dr. Ron Hamaker MD is a widely known USA Head & Neck surgeon who has extensive experience of laryngectomy surgery as well as more major surgery in the area of Head & Neck cancer treatment(s). His contribution to developing surgical principles and aspects of laryngectomy has been profound.

He has established, with Dr. Blom in Indianapolis, the International Centre for Surgical Voice Restoration and has published and taught extensively in this field.

Mr. Tony Cheesman FRCS is Consultant Head & Neck Surgeon at Royal National Throat, Nose and Ear Hospital and at Charing Cross Hospital, London, UK, which has one of the largest Head & Neck Oncology practices in the UK.

As well as being widely known for skull-base surgery, Mr. Cheesman has been significant in developing surgical aspects of the Blom-Singer Procedure and has taught extensively across Europe, Australia and UK.

Registration and Venues, please contact:
Mrs Denise Atkinson
Secretary to Head
School of Human Communication Sciences
Tel.: (03) 9479-1959, Fax.: (03) 9479-1874
Email: D.Atkinson@latrobe.edu.au

APOLOGIES FOR THE POOR QUALITY OF THIS PAGE BUT THE BROCHURE DIDN’T PHOTOCOPY
HELP WANTED - Several Members have asked for information on glues to successfully attach the speaking valve for hands free speech. The foam double sided discs can work/not work depending on the person's neck shape and skin qualities. We would like to accumulate some information on glues, adhesives and problems they have created or overcome. Thank you in anticipation of your help in collecting this information.

From "Sir" Norman's Desk

Happy New Year to everyone!! And now to the tough stuff! As demand for loan instruments grows, we will be becoming very strict on the time period allowed for a loan instrument. It is hard to imagine why someone would need a loan for more than six weeks and if they did, investigation would need to be made on why that was so. We will be investigating the delays in repairs very closely this year. Although we are here for all laryngectomees, in times of shortage priority will have to be given to financial members.

This year all orders for goods etc need to be accompanied by a money order or cheque and minimum $2.00 postage. Unfortunately I am waiting for over $300.00 still coming for goods I sent out in good faith. Some of this I paid out of my own pocket.

As you can imagine the postage costs are enormous and any contribution is appreciated. If you change your address please let us know so we don't waste money sending out newsletters or goods which are then returned to us. Remember we are not a profit making organisation but we need to cover costs.

Membership dues, although small for each individual, add up to critical dollars for the association. We need your dues and any donations you can spare to allow us to continue our services throughout the state in 1997.

LARYNGECTOMEE ASSOCIATION OF QLD MEMBERS SUBSCRIPTION 1997

ANNUAL SUBSCRIPTIONS ARE NOW DUE. PLEASE FILL OUT THE DETAILS BELOW AND FORWARD WITH YOUR CHEQUE OR MONEY ORDER TO:

LAQ
PO Box 576
LUTWYCHE QLD 4030

Please find enclosed cheque/ money order for $10.00 for my 1997 Membership Dues

1997 Dues $10.00

Donation

Total amount $____

Name:

Address:

Postcode

What issue would you like to see the association concentrate on in 1997?
FORMIDABLE TASKS

The year begins on January 1st, but these boxes
of new members and inquiries January 1st don't
make any sense. The only time to begin
January 1st and in this great country who can
think of not being for a month! Well, you
probably know where I'm coming from.

To those who have had
some form of surgery and
have had a few months
since then, we have been
pleased to hear from you.
We have been pleased
with the new patients that
we have heard from.

However, we have not had a
meeting (except for the Council)
in December to discuss
more issues. The next
meeting will be held on
April 15th. This is a good
time to ask questions.

For all of you who have not
been able to attend or want
to attend, or for those who
are not attending, we have
an easy access to the
library in the City, and if you
prefer to travel there it
is also possible.

We would like to hear
from you. Please let us
know what you think
about the newsletter.

Perhaps you have some
ideas that you would like
to share with us.

The newsletter could be
improved.

Also, remember that
there are still positions on the committee for
which we have not yet received nominations.

There is still time for you to nominate if you feel
that you have something to contribute.

All positions are currently available.

WANTED CONTACT

FOR BIVONA AND BEOHM SINGERS' SUPPLIES - David
Smith, 27 Berkeley Street, North Curr St, 2009
Ph 9369 1589

FOR SPEECH AND HEARING DEVICES - Tony
Peters, 15a Katoomba Street, Rosebery 2011
Ph 9569 2052

FOR STOMA COVERS, SHOWER SHIELDS, STOMA
COVER MATERIAL AND WELFARE MATTERS
Lib Walton, 23 Baker Street, Kensington, 2023, Ph 02
5065 2859
Page 2
The meeting was very grateful to the members who have so generously paid their 1997 subscriptions, making 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 give soon to the canteen members' privileges for 1997.

The membership fee is $20 and the discount form is included in the Report. It is a good example of the membership form with your name and address.

Please remember that your fees go towards the cost of meals and the accommodation provided for the members and guests. The canteen provides good food and drinks at a very reasonable cost. All new members are welcome to attend and meet other members who share the same interest. We regret that we cannot provide all these services for free to members who do not pay their membership fees.

We wanted you to learn something new.

Fees are requested by the Department of Health to compensate the cost of books, postage, and other materials. If you do not pay your fees, we cannot provide these services.

Please use the information provided by the Association to improve your knowledge, and to improve your knowledge, and to improve your knowledge. If you find a price of our books, please make use of them. For free members, we need to do our share. Please use your annual subscription to improve your knowledge and to improve your knowledge.

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

DUBBO MEETING

All those present at the meeting on 17th September have been thanked for their attendance. The meeting was held at the Kingaroy Country Club on 17th September at 10:30 am.

This committee is looking at the fact that this time was in better shape for those people living out.

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

CANBERRA MEETING

A meeting was held on 16th September. It was attended by a group of five members and friends, including three who were not able to attend due to prior commitments. The meeting was well attended and enjoyed by all.

Two members attended on 16th September. They were thanked.

If the meeting is included in the Canberra Meetings, it is noted that the members were grateful and that the meeting was a great success.

Two members didn't attend. They are noted as present.

Thomas Szczesny
SICKLIST

We have only had one report of anyone on the sick list since the last letter. We are sorry to hear that John Williamson has been ill for a while now. Our thoughts and prayers are with your.

---

INDIA

Since the last Newsletter we have received the Newsletter of the Karolinska Club of India and as always this makes very interesting reading - in fact some of the stories included in this letter are from it.

We continued some of the planning of the annual conference to be held in November. During the conference there will be a voice training course and a free medical check-up of all gang members and the event will also contain the Karolinska Club of India's 40th anniversary celebration.

In former years, the annual conference has been in the past a great event and the membership has grown, which is why we are very excited about this year's event. We are looking forward to seeing many of our former friends and former members.

As usual, we would love to meet you at the conference, or if you would like to know more about the conference, you can contact us.

Talk to you soon.

Altogether a great read.

One person with a belief is equal to a whole force with a will.

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YOUNG AIDS

We have included a section on the Young AIDS Program in this Newsletter. You can call 0399-8451 or 0399-8455 to get more information about the program. This program is for young people who are interested in learning more about AIDS and how to prevent it.

At the conference, we will also be holding a workshop on how to effectively communicate with someone who has AIDS.

If you have any questions or concerns, please do not hesitate to contact us.

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This Newsletter is brought to you by the Karolinska Club of India.
As you can see, I received your letter today. It contained Peter's request that we contact the Vice President and she said we knew about the seminar. He requested that the slides be sent to him every year for the seminar demonstrations at this time. Peter said they usually are requested when they need them. He will use them as a reference to try and obtain a ticket to the seminar for us. I will write back to him to see if NCC is interested. Please keep you up to date as info comes to me and all will be included in the next letter when completed. Seminars that involve registration fees usually are not considered in that non-medical, non-engineering or wildlife groups are usually invited as a rule. (may be why that outsiders would know more than them!) Any way, thank you for your letter and I look to see you in the coming years.

[Signature]
John Smith
A.T. Krasnodebski,
P.O. Box 232,
Bondi, N.S.W. 2026

24th January 1997.

Dear,

I am writing to let you know that Eric Blom of Blom-Singer fame will be in Australia at the end of February at the school of human communication sciences of Latrobe University.

I got in contact with a Professor Alison Perry with a view to attending the conference to see what Dr. Blom and his crew had to say for themselves in the way of any possible improvements in the lives of users of voice prostheses, especially of course, Blom-Singer users like me. However, Professor Perry said that the conference was for workers in the industry and that I wasn’t welcome to attend.

I would like you to get in touch with our Victorian affiliated association and ask them a couple of things for me. Firstly I’d like a report of what transpires at the conference, I know I can find out for myself but I think a report in our newsletter would be useful for all of us. Secondly you could ask them where the organisers of the conference are going to get their laryngeommees that are supposed to appear as examples in the patient demonstrations, would it be through the association?

Anyway, I enclose a copy of the blurb on the conference for your information and I hope to see something in the newsletter about it in March or April.

Yours sincerely,

A.T. Krasnodebski
Program — Friday 28 February 1997

9.00 - 9.30am  Registration Tea/Coffee

9.30 - 10.00am  Historical Perspective/Developments  Eric Blom

10.00 - 10.30am  Patient Selection Criteria  Alison Perry

10.30 - 10.45am  Morning Tea

10.45 - 11.30am  Tracheo-Oesophageal Puncture: Constrictor Surgery  Tony Cheesman

11.30 - 12.15pm  Laryngectomy and Primary TEP  Ron Hamaker

12.15 - 12.45pm  Questions  Eric Blom, Tony Cheesman, Ron Hamaker & Alison Perry

12.45 - 1.30pm  Lunch

1.30 - 2.30pm  Voice Prosthesis; Tracheostoma Valves: Fitting and Management  Eric Blom

2.30 - 3.00pm  ‘Master Class’

2.30 - 3.00pm  Patient demonstration: Voice Prostheses  Eric Blom

3.00 - 3.15pm  Afternoon Tea  Eric Blom

3.15 - 4.00pm  ‘Masterclass’

3.15 - 4.00pm  Patient Demonstration: Tracheostoma Valves  Eric Blom

4.00 - 4.30pm  Problems and Resolutions  Eric Blom

4.30 - 5.15pm  Questions/Discussion  Eric Blom, Tony Cheesman, Ron Hamaker & Alison Perry

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