Still talking
Dedicated to the welfare of Laryngectomees and those with similar vocal disorders

A MERRY CHRISTMAS AND A HAPPY NEW YEAR

ALL CORRESPONDENCE: The Secretary, The Laryngectomee Association of NSW, PO Box 58, Richmond, NSW 2753 Fax 02 4578 4412. Phone 02 4578 1415

No 107 The Laryngectomee Association of NSW© DECEMBER 2000

MONTHLY MEETINGS:
#SYDNEY: Third Wednesday 11am at Uniting Church Hall, Carrington Ave, STRATFIELD.
#HUNTER VALLEY: Third Tuesday, at Mayfield Bowling Club, Ingal St, Mayfield.
#PARRAMATTA: Second Tuesday, 11.00am at Masonic Club, 163 George St, Parramatta.
#ILLAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Belfast St, Warilla.
#NORTHERN RIVERS: 4 times per year, rotating venue, Contact: J Basso, 164, Ballina Rd, Goonellabah, 2480. Ph: 02-6624 5192.
#DUBBO: Lourdes Hospital, Third Thursday 10.30am, Board Room.
#ALBURY: Ph: 02-6323 2011, ext. 323.
#CANBERRA: First Thursday, 11am, Level 1, Bldg 3, Canberra Hosp.
#SOUTHERN DISTRICTS: 4th Wed. 10.00am, Thomas Rachel Moore Education Cire, Liverpool Hosp. Ph: 02-9607 6708.

OFFICE BEARERS 2000
President: Brian Gardner, 4 Merelyn Rd, BELORESE, 2085, 02-9452 2558
Vice Presidents: Bill Byrne, 422 Guildford Rd, GUILDFORD, John Chaloner (see below)
Secretary/Treasurer: John Nicholson, MBE, 52 Box 58, RICHMOND, 2753, 02-4578 1415
Minute Secretary: Mrs Margaret Silver, 99 Spencer Rd, KILLARA, 2071, 02-9498 4330
Speech Aids Co-ordinator: John Chaloner, 111 Station St, PETERSHAM 2049, 02-9560 2852
Welfare Officer: Mrs Lilah Walton O.A.M., 23 Baker St, KENSINGTON, 2033, 02-9363 2850
Editor: AKrasnodebski, PO Box 232 Bondi 2026 W 02-2225 1111
Ph: 02-2225 2560 Email: Antoni.Krasnodebski@acs.gov.au
Committee: Bruce Darlingston 5 Alexander St, ARNCLIFFE, 2205, 02-9599 2540.
Pat Halliburton, 94 Carmen Drive CARLINGFORD, 2118, 02-9871 6890, Maralyn Plesenga, 7 Tyran Cl, BLUFF POINT, 2262.

Season's Greetings

Wishing everyone a safe, healthy and happy Christmas. This is the last newsletter until February, which is the month of our Annual General Meeting.

I hope there are people who have taken it upon themselves to fill in the nomination form on the back of the November “Still Talking” and apply for a position in the Association. Particularly those of Secretary, Treasurer and Welfare Officer.

Congratulations go to John Chaloner on winning his award from ASHOG. Thanks are due to all of you who sent in the voting form from the October issue of “Still Talking”.

Congratulations also to the winners of our annual raffle, the names of the winners are detailed in the minutes. I hope they enjoy their prizes.

On a more sober note, you might have seen that the meeting contact notice for Mid North Coast is no longer listed on this page. That is owing to the untimely death of Terry Shapter from Hallidays Point who was the mainstay and organiser for the small branch. Too often small organisations are held together by the efforts of one person and when that person goes, everything collapses. Our sympathies go to Terry’s family and friends.

A.T.Krasnodebski

WHO TO CONTACT
FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl 2099, Phone 02-9939-1639
FOR SPEECH AIDS, BATTERIES PARTS AND ADVICE ON 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 Baker Steet, KENSINGTON 2033.
Phone 02-9363-2550
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 135 Dowling Street, WOOLLOOMOO, PO Box 572. Phone 02-9334-1900. Fax: 02-9357-2676
MINUTES


APOLOGIES - B Dun.

THE PRESIDENT Brian Gardner in the chair opened the meeting at 11.10 am on a very wet and chilly day, and welcomed back John Chaloner and Pat Rodgers, a new member Jim O'Meara and our guest speaker Julia Maclean, Speech Pathologist from St George Hospital. Minutes from the previous meeting as distributed in the newsletter were accepted on the motion of Pat Halliburton and seconded Noel Bluett. There was no business arising from these minutes.


MEMBERSHIP

Membership subscriptions for 2001 are coming in fairly well but there are still about 200 subscriptions yet to come and we would appreciate receipt of those subs. by the end of December please.

Only one new member this month and I have extended a welcome to Mr Tom Kelly of Port Macquarie on behalf of our committee.

AIR TRAVEL BY LARYNGECTOMEEES

No other member has reported any trouble with airlines concerning the provision of special oxygen masks but Qantas has sent me a Fax from their Aviation Health Services Dept. which contains the following paragraph: "In the event of aircraft decompression - customers with a permanent tracheostomy / laryngectomy can use a standard oxygen mask".

I am waiting for additional information on this subject but it appears that the oxygen masks now used are so flexible that they can be used, with safety, by laryngectomees. However, it is recommended that those planning air travel should inform the booking centre that they are laryngectomees. The company can then provide any assistance that the 'lary' may seek.

We will print further information in the next newsletter.

EMBOSSED PENS

Because of the popularity of the pens which are embossed 'Laryngectomsee Association of NSW' and the fact that all of the original order have been sold we have ordered another 50 pens. These could be a fine Christmas present.

CORRESPONDENCE

Among the letters and newsletters from various Laryngectomsee Associations. The Queensland 'Laro Link' contains advice of their 30th Anniversary Party being held on 25th November 2000. We certainly hope that this party was a most successful one and that all who attended had a most enjoyable time.

WELFARE OFFICER'S REPORT - Lilah writes: Is somebody out there trying to give me a message?!? Another quiet month. Des can't say that they are ringing her because John and Des have been away. Let's hope the rush doesn't come at Christmas.

Visited a new lary gentleman in hospital recently and because he couldn't remember if he had a visitor (and I can understand this because of the large team for this op) so I am going to suggest that all visitors have cards printed with their name and telephone number and Laryngectomsee Association. Much easier to keep a card than keep a name in your memory. My memory is so bad I can't remember my own name sometimes.

To all who are not feeling able to run the mile in under four minutes I hope it won't be long before you are feeling better. Remember, I'm still there if you can help. Regards......Lilah.

SPEECH AIDS CO-ORDINATORS REPORT - NOV 2000

Pretty much business as usual lately. In late October I lent a Servox battery charger and plug to an American laryngectomsee who was, with his wife, in a tour group visiting Australia & New Zealand. He'd "burnt out" his charger by not having an adaptor for the different Australian voltage.

A WARNING for users of hand-held speech aids and hand-operated prostheses. Don't always use the same hand, in the same way. After 10 years of holding my DSP-8 in my left hand (with my elbow bent at quite an angle) I've developed RSI in my left elbow! It's not so much the holding of the aid to my neck - it's the repetitive muscle usage pressing the aid to the stoma to prevent air loss during speech. Think about what you do to talk and vary your actions occasionally.

Nu-Vois speech aid - due to the state of the Australian dollar the price of the Nu-Vois speech aid, which is made in the USA, has increased from $995 to $1159.

Pacific Medical Supplies

Based in Victoria they are the Australian agents for the Nu-Vois speech aid made by Mountain Precision Manufacturing in the USA and a few changes have taken place recently. They have moved premises but are still in Richmond. Their postal address remains as PO Box 5088, Burnley, Vic 3121 but their telephone number is now (03) 8416-0333. The toll free number is still (1800) 655-059 but, due to local exchange problems, may be hard to get on to for a couple of weeks. Prior to and during the move a number of unsatisfactory things occurred. Some staff have left and some speech aids sent for repair were either misplaced or not sent to the US expeditiously. Pacific Medical assure me new procedures are being put in place to ensure these problems aren't repeated.

Minor repairs were previously done in Australia however now all machines are sent for repair to the US (Pacific Medical still send one of their loan speech aids whilst
yours is away - and they have increased their stock of loan aids). Mountain Precision have guaranteed a maximum 14 day turn-round on repairs. They have also developed a new chipboard and switch which they fit, at no extra cost, to all Nu-Voic® sent for repair - both Series 1 aids (with the manual volume control wheel) and Series 2 (with the automatic stage volume control button). This improves the sound quality. There is a 2 year warranty on new aids and no freight is charged for repairs.

Pacific Medical Supplies, as their name suggests, also deal in a wide range of medical equipment & supplies. If you have any problems with Pacific Medical their Sydney representative is Michael Jordan on 9584-3455. He is most willing to assist.

By the time you read this I'll have had a hernia operation which might slow me down a bit but won't effect the sending of batteries or speech aids. Bruce Darlington, another committee member & hospital visitor, recently had a hernia op. too - it's just one of those male things I guess!!

Moved Carol Gardner.

GENERAL BUSINESS - As the price of Nu-Voic speech aids is to increase, it was passed at the meeting that John Chaloner purchase two Nu-Voic aids at the cost of $995.00, all enquires to John.

Can you see the decal on Julia's chest?

Supplies will eventually be available from the Association. Julia then went to Pune in India. Pune is India's 7th largest city of 5 million people and is 180 km South East of Bombay. Conditions there are somewhat primitive compared to our hospitals, but people survive operations under those conditions, they must have a better immune system. Laryngectomy operations only took about two and a half hours.

Lilah Walton, on our behalf, thanked Julia for her most informative talk saying it was good to have such feedback, and presented Julia with a small gift from the Association.

Julia was asked to draw the raffle and the winners are:

1st Prize - Coolahab Burl Clock, won by R. Dunn
2nd Prize - Wooden Clock, won by V. Bellutti
3rd Prize - Electric Razor, won by D. Lang
4th Prize - Wooden Savoury Plate, won by M. Herbert
5th Prize - Circular Wooden Box, won by S. Morten
6th Prize - Wooden Hot Dish Stand, won by P.G. Griffiths
7th Prize - Salt & Pepper Mill, won by V Storer

Meeting closed at 12.30pm. Next meeting will be the A.G.M. on Wednesday 21st February 2001.

WESTERN DISTRICTS NEWS - NOVEMBER 2000

Hunter and Western Districts members enjoyed the barbecue at Budgewoi on Sunday, November 5th. A card of appreciation is to be sent to Dawn Lovett for organising the function.

This year's Christmas party will be held at the Masonic Club, Parramatta on Monday, December 11th starting at 12 Noon. The cost is $15.00 per person. Please advise Helen Morley on 02 4731 1161 of your intention to come.

The first meeting for 2001 will be the Annual General Meeting to be held on Tuesday, February 13th at 11.00am At this meeting election for all office bearers and committee members will be held. Nomination forms will be available at the Christmas party.

John Chaloner with his award

We are a member of the Association of Self Help Organisations and Groups. Lilah is our delegate to this group and a member of the committee - John Chaloner was successful in being named “Self Help Worker 2000”. This was organised by ASHOG and Lilah presented John with a certificate from ASHOG and a small token of appreciation from us.

Bill Byrrie will not be standing again as Vice President but will definitely attend the meetings. Bill has given many years to the Association and we thank him warmly.

President Brian then introduced Julia Maclean who gave us a most interesting talk on her experiences in setting up a Voice Prosthesis Clinic in Pune, (the old Poona), India. She went first to America where she met Dr Blom, who has patented his latest invention, a small oval patch with a temporary tattoo, which withstands showers and other normal wear and tear, indicating the patient is a laryngectomy and alerting doctors, nurses etc. where to administer oxygen, and that a Blom-Singer is in place.
What On Earth Happened To My Thyroid Gland?

First, the thyroid gland is shaped like a butterfly and lies in a position adjacent to the larynx and trachea. There are two lobes, one on each side of the larynx and trachea. These lateral lobes are connected by a narrow isthmus, which crosses the trachea just below the larynx.

In doing a laryngectomy, we try to save as much of the gland as possible. Usually, we can save both of the lateral lobes, which means you are left with essentially all of your thyroid tissue. However, sometimes it is necessary to resect half, or even all, of the thyroid in order to adequately remove the cancer. When we remove the larynx, we dissect the portion of the thyroid that we are going to save off of the larynx and trachea and leave it lying in the neck on either side of the esophagus. This means that your thyroid gland is actually in two halves, one on each side of the esophagus and slightly above your stoma.

The problem with thyroid function can come in several scenarios. The first one is obvious with the need to remove all of the thyroid tissue. You will be on thyroid replacement medication before you leave the hospital. (By the way, you will also be on calcium and vitamin D replacement before your discharge as well.) The other two scenarios are more subtle. The first involves leaving some thyroid tissue but compromising the blood supply in doing the laryngectomy. What happens is the thyroid slowly gives up the ship and dies.

The last and probably the most common thing to happen is radiation therapy. The radiation causes the small blood vessels in the gland to slowly stop up so you end up with a small scarred gland with poor blood supply and inadequate function.

Does everyone who has radiation to the neck need to be on thyroid replacement medicine? The answer is ?no?. If you are having the symptoms of becoming fatigued easily, low energy level, weight gain, etc., and if you have had radiation, then you should have your thyroid hormone levels checked with a simple blood test. Replacement medicine can then be given on the basis of those results.

Glenn E. Peters, M.D. , F.A.C.S.
Director, Division of Otolaryngology - Head and Neck Surgery
University of Alabama at Birmingham, USA

CLASS ACTION

I am still getting the odd person asking about the outcome of the Class Action that was being run by Slater and Gordon. It's all over. The High Court has refused to entertain an appeal against the judgement of the Full Court of the Federal Court of Australia.

Slater and Gordon are not in a position to pursue individual claims on behalf of all the people who registered an interest in a Class Action. Anyone who wishes to take action off their own bat should approach a solicitor themselves, bearing in mind that there are various time constraints in the different States.

VALE

Unfortunately, I have to report that the following members have passed away. Please extend your sympathy and best wishes to the families and friends of these members:

Mr William Patison of Hornsby
Ms Betty Montgomery of Bulli
Mr Alan Spencer of the Reeks
Mr Keith Holstein of Gloucester
Ms Lorna Andrew of Old Bar
Mr Terry Shapero of Halldays Point

NEXT MEETING

The next meeting for the Laryngectomee Association of NSW will be held on Wednesday, 21st February, at the Uniting Church Hall, Carrington Avenue, Strathfield, at 11 am.

There is parking on site and it is also a short walk from the Railway Station.

The meeting will be followed by a light luncheon.
Laryngectomees, Friends, Families, Professionals all WELCOME.
AN INDIAN ADVENTURE

Julia Maclean, Speech Therapist from St George Hospital, managed to fit a lot in during her trip overseas recently. Her first stop was in America where she visited the Inhealth Laboratories, the family owned company that manufactures the Blom-Singer voice prostheses.

She then met Eric Blom in Indianapolis who told her about his latest invention, a temporary transfer tattoo giving information that the wearer is a neck breather / laryngectomy and that the voice prosthesis should not be removed. The tattoo is long wearing but is easily removed with alcohol. They will be available in Australia in the near future and any laryngectomy who is going into hospital for an operation would be advised to wear one of these tattoos when admitted to hospital. Dr Blom is also in the race to come up with a candida resistant material for voice prosthesis construction. Julia also mentioned that Dr Blom gave her a few tips on how to modify a Blom-Singer prosthesis when various problems arise.

With a supply of voice prostheses Julia made her way to Bombay and then on to Pune, 180 km to the south east of Bombay. There she met up with Belinda Hamilton from Concord Hospital. Their main base of operations was a fairly new hospital donated by a philanthropist in the early 1990's.

Compared to Australia the Indian hospitals seemed chaotic in the extreme. There were no appointments, patients just turned up and kept coming in until there was no more room. Rapidly, performing a laryngectomy in about two and a half hours and Julia was roped into the theatre to make the fistula for the speech prosthesis, about 9 in the three weeks she was there. Luckily she had a step by step manual written by Eric Blom to refer to.

It was a very rewarding if hectic trip, they visited other hospitals in the area such as King Edward and a military hospital explaining that speech was possible after laryngectomy. As a result of their visit a dealership has been set up to supply Inhealth products in Maharashtra State with local speech therapists to monitor and regulate their supply and fitting. Now that the link has been made, an exchange of medical personnel between Sydney and Pune should occur on a more frequent basis.
CHRISTMAS GIFT IDEAS FOR THE LARYNGECTOMEEE

1. A cookbook with plenty of soft food recipes such as soups, stews, soft desserts etc.

2. A food processor or blender, omelette maker, milkshake maker, juice extractor or bread maker, to help prepare "easy to eat" recipes.

3. A travel pillow, neckrest or "reading" pillow for more comfortable travel or watching TV or for use in the car.

4. A bath brush with a long handle is useful for anyone with limited arm or shoulder mobility.

5. A good bathroom, shaving or magnifying mirror.

6. Knit or crochet a stoma cover or buy a nice scarf or skivvy.

7. A vaporiser for stoma care during winter.

8. A shower shield, available through our Welfare Officer.

9. Support the Cancer Council by buying a present from one of their stores. They have a range of products including sun hats, sunglasses and sunscreens etc. The Cancer Council has stores in the City, Chatswood, Miranda, Parramatta and Brookvale. The City shop is located at 135 King Street in the Glasshouse Shopping Centre. For merchandise information and catalogues ring 9334 1930.

humour

A woman rushed into a hardware store.

"A mousetrap please, and hurry because I've got a bus to catch".

"Sorry madam," said the shopkeeper, "none that we've got are big enough".

There was a terrible accident at the upholstery factory where Fred fell into an upholstery machine.

He is now fully recovered.

In what state were you born? - In the nude.

Above jokes by Bill Byfield

On the first day of school, the Kindergarten teacher said, "If anyone has to go to the bathroom, hold up two fingers".

A little voice from the back of the room asked, "How will that help?"

A father was reading Bible stories to his young son. He read, "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned into a pillar of salt".

His son asked, "What happened to the flea?"

The Clock of Life

The clock of life is wound but once,
And no man has the power
To say just when the clock will stop,
On late, or early hour.

Now is the only time we own,
Love, live, work at will,
Place no faith in tomorrow,
For the clock may then be still.

This poem was submitted by Bill Byfield
Hearing Carry Over

Many people who have a speech impairment may have difficulty making themselves understood on the telephone. This can cause feelings of frustration and isolation. Hearing Carry Over may be a suitable option.

What is Hearing Carry Over?

- Hearing Carry Over (HCO) calls are made through the National Relay Service (NRS).
- It uses a Relay Officer and works like a conference call.
- The person with the speech impairment can hear their caller speaking to them directly.
- The person with the speech impairment types their part of the conversation on a device called a TTY rather than using their own voice.

To use HCO simply call and follow the prompts:

- 133 677 for local and time charged calls
- 1800 555 677 for toll free calls (within Australia)
- 61 7 3815 7799 from overseas calling into Australia.

The National Relay Service operates nationally 24 hours a day, 7 days a week.
What equipment is required?

- Telephone and TTY.
- Anything else you personally require (phone arm, handsfree telephone or telephone double adaptor)
- People who wish to call HCO users via the National Relay Service only require a standard telephone.
- Due to technical incompatibilities, HCO will not work with a computer and a modem.

Further enquiries?

ACE provides training, information and support services. Contact us to make an appointment or to find out when a Community Consultant will be coming to your area. Training sheets are available which show you how to make and receive HCO calls.

Customer Service Hotlines are attended 8am – 7pm (Eastern Standard Time, Monday to Friday) if you wish to find out more about the National Relay Service or any other service offered by ACE.

For more information, contact us on 1800 555 660 (voice), 1800 555 630 (TTY), 1800 555 690 (fax). Write to us at PO Box 473 Stones Corner Qld 4120 or e-mail feedback@aceinfo.net.au. Browse our website at www.aceinfo.net.au
HELLO AGAIN

It's good to be back in Australia again. Many thanks are due to Des Nicholson for keeping the continuity of our newsletter going while I was off gallivanting. Even though I certainly enjoyed seeing all my relatives and friends after so long, by the time it was nearing my return I was really looking forward to getting home. After dealing with the outrageous cost of living in Britain, I think it will be a while before I start complaining about the prices of goods and services that we have to pay here in Australia.

While I was in the U.K. I managed to meet up with the editor of the "Clan" newsletter, the nationwide organ of British laryngectomees, and on page 5 is a short summary of my afternoon with Ian Honeydees.

My trip back to Australia was broken by a week in Sri Lanka, mainly because my return flight was with Air Lanka. There weren't a great many tourists in the country as they were probably deterred by the tensions between the government and the Tamil Tigers and also the imminent elections. You may recall mention of this a couple of weeks ago when the World's first woman prime minister, Mrs Bandaranaike, died after casting her vote. Anyway, it is a lovely country, in particular the hill country around Kandy and Nuwara Eliya up in the tea growing area. I would like to spend another couple of weeks there one day, to explore the ancient cities to the north of Kandy.

A.T.Krasnodebski

WHO TO CONTACT

FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl 2099. Phone 9939-1539
FOR SPEECH AIDS, BATTERIES PARTS AND ADVICE ON REPAIRS - John Chaloner, 111 Station Street, Petersham 2049. Phone 29560-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker Street, KENSINGTON 2033. Phone 9965-2550
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Dowling Street, WOOLLOOMOO, PO Box 572. Phone 9933-1900. Fax: 9937-2676
MINUTES


APOLOGIES - J Challoner, P Rodgers.

THE PRESIDENT Brian Gardner in the chair opened the meeting at 11 am and welcomed Kath Young, Community Consultant (Speech Impairment) of the Australian Communication Exchange, who is our guest speaker. The minutes of the last meeting as distributed in the Newsletter were accepted on the motion of Pat Halliburton and seconded Lilah Walton. There was no business arising from these minutes.


MEMBERSHIP

For the first time in many years I am unable to welcome any new members - no one has joined us in the past month and we do hope that the trend in that regard continues.

SUBSCRIPTIONS 2001

In the Newsletter for November there will be a renewal notice for membership subscriptions for 2001. The subscription remains at $20.00 and your early payment of that amount would be appreciated.

COMMITTEE NOMINATIONS

The Newsletter will also include nomination forms for the 2001 committee. Please nominate those members who you consider will steer the ship competently next year.

GOVERNMENT ASSISTANCE

The Australian Cancer Society wrote to Senator Bishop, Minister for Aged Care, seeking her assistance in gaining Federal Government assistance with the costs of laryngectomee aids and appliances. In their letter to all Laryngectomee Associations in Australia the Australian Cancer Council said “Once again we are told that the legislation does not provide for it but gives no encouragement that the law could or should be changed. We either now try to mount a ‘grass roots’ push for new legislation (very difficult given our numbers) or forget it. The advice about private health cover I regard as either ignorant or insulting as it ignores the age and financial status of most laryngectomees and in any case assistance is usually only available under ‘bells and whistles’ top cover.”

GST STATUS OF AIDS AND APPLIANCES

The Cancer Society also advised that “Clarification was sought from the Australian Tax Office on GST exemption for laryngectomy aids as gazetted regulations only refer to ‘laryngotomies’ aids.

In a reply that George Orwell would enjoy we were told:

* They (ATO) agreed that there was no such word as laryngotomy and the framers of the regulation agreed also.

* They (ATO) could not change the legislation.

* Aids and appliances associated with ‘laryngectomies’ would be treated as if they were ‘laryngotomies’!!

Comment: The GST exemption does apply but there be some initial problem over the mistake made with ‘laryngotomy’ instead of ‘laryngectomee’.

I shall keep you informed on other matters as they develop.

Lawrie Wright
Executive Officer

AIR TRAVEL BY LARYNGECTOMEEES

One of our members, Mr G.C. Roberts of Merewether has advised me of the problems he faced in his flight to and from Norfolk Island with Norfolk Jet Express. Although he advised the company that he was a laryngectomee and sought seating with an emergency oxygen system suitable for a laryngectomee he was not provided with such a service. The reply he received to his written complaint to the airline failed to provide him with an assurance that adequate oxygen facilities would be provided in any Australian airline. We have written to Qantas and CASA on this matter and we will publish their replies in a future Newsletter. However, if any member has had a similar problem please let me know of that incident.

DONATIONS

I would like to thank the following members for their generous donations received in the last few weeks:

Mrs Jo Nowland of Padstow Heights
Mrs B. Cullen of Castle Hill
Blackett City Council Library Service
Mr V. Garisyme of Empire Bay
Mrs L. Krishnas of High Fields

CHRISTMAS PARTY

So far thirty (30) members have paid up for the Christmas Party which indicates we should have a record gathering this year. Please let me know as soon as possible if you intend to attend.

RAFFLE

So far the 2000 raffle has brought in some $1150.00 but there are still a lot of tickets that have not been returned. Your assistance in returning the stubs would be of great help.

Moved Lilah Walton, seconded Pat Halliburton.

WELFARE OFFICER'S REPORT - Because the lady who issues orders, (and if not carried out, the cat-of-nine-tails can be used), has asked for my report. I obey.
MINUTES CONTINUED...

Don't know if everybody has become square eyed from watching the Olympic Games on T.V. and are now catching up on their sleep to do a repeat performance for the Paralympic Games, but I haven't had anybody wanting my assistance, which is great. While we are talking about the Games - Congratulations to Eric Smith (one of our Larys), he was a volunteer at the games.

With sadness I report the death of one of our active members but who mostly attended Parramatta meetings. "Jock" Felton. Jock will be missed, not only by his family, but by his many Lary friends and partners.

Hope you have all decided to come to the Christmas party at Kirribilli R.S.L. on November 26th and don't forget your present for the raffle table. See you there - Lilah.

Moved Mary Halliburton, seconded Carol Gardner.

GENERAL BUSINESS - Donna Hall from South Maroota, whose father, aged 60, is to undergo the laryngectomy operation, attended the meeting.

Re. stoma vents when traveling by air, Lilah reported Qantas has a 2 on international flights, and there are some on some domestic flights. Should everything fail Lilah has some in her stocks which are suitable.

We were then given a talk by Kath Young and a report follows in the body of this newsletter. Members showed a keen interest in the talk, which was most informative. A free customer hot line is available on 1800 555 660.

We are still looking for a replacement for the Welfare Officer, as well as Secretary/Treasurer. Please think seriously about these two positions, the A.G.M. is in February 2001, not very far away.

Don't forget the Xmas Party on 25th November.

Meeting closed 12.15 pm.

WESTERN DISTRICTS NEWS - OCTOBER 2000

At our October meeting we were pleased to welcome Dot and Derrick Roper from Bowen Mountain. We hope to see them as often as possible at our meetings and outings.

The Hunter District branch has advised that they cannot attend the proposed barbecue at Budgewoi on Sunday 29th October. The barbecue is therefore to be held on Sunday 5th November. Unfortunately our bus is unavailable on this day, so a car pool has been organised to take people to Budgewoi.

This year's Christmas party has been booked at the Masonic Club for Monday 11th December (not Tuesday as in past years). Further details will be available at the November meeting.

We were saddened to note the death that has occurred recently of Jock Felton. Jock was secretary of the branch until ill health led to his resignation. He was a very active secretary and, through his Council contacts, organised venues for street stalls and printing for the branch. A minute's silence was held in remembrance of him.

CENTRAL WEST LARYNGECTOME SUPPORT GRP

Its October 2000, the Games are over and time to remind you that our next meeting is due to be held on Thursday 19th October, 10.30 Lourdes Hospital Board Room.

It is getting towards the end of the year so come along and see if we can arrange an Xmas Lunch somewhere in November for our last get together this year.

Louise has arranged for Nurse Barbara Leroy to speak at our coming meeting on the 19th to speak on Oral Care and Hygiene following Radiotherapy. Please join and make Nurse Leroy welcome.

(This item arrived too late to make the October issue, but Murray Robbins hopes to organise a Christmas Lunch at the RSL club sometime in November)

LETTERS TO THE EDITOR

Dear Sir,

I would like to bring to your attention my experience in obtaining insurance on the Servox on permanent loan to me by "John Hunter Hospital". The item I am referring to appeared in the September issue of 'Still Talking'.

My insurance company is "Aust Alliance Ins Co, Pensioners Division", When I contacted them on the matter they required a letter from the Hospital, plus a price on the Servox, all of which took some time to gather especially the Hospital. It took almost a month for them to oblige, however the letter was supplied and forwarded to the Insurance Company.

It would appear that they were reluctant to insure the Servox largely because they have had no previous guideline. Now that the ground has been broken, any of our members that may require insurance on their Servox could possibly do business with the company I have quoted.

Yours sincerely

Eric Martin

Belmont North
Smoking and teeth

At the end of August the Daily Telegraph ran a piece from the British Dental Journal claiming that a smoker was five times more likely than a non-smoker to lose his teeth after developing gum disease. Dental implants used to repair the damage can also fail through tobacco use.

Dentist Dr Anthony Kravitz said, "Whenever I get a patient with serious gum problems, I will ask them if they smoke. But frankly, I don’t need to hear the answer most times - it is that obvious.

People have got to understand that if they smoke, then it will damage their gums and their teeth will come progressively more loose."

Dr Kravitz, who is based in Manchester, added that smokers risk the failure of dental implants which can cost up to $20,000.

The operation involves drilling into the jawbone and inserting sockets in which to fit dentures or single teeth.

A few months ago R.J. Reynolds launched a new cigarette called "Eclipse" claiming that it could reduce the risk of smoking associated cancers. This new cigarette supposedly heats the tobacco rather than burn it, giving off less secondhand smoke, plus containing fewer carcinogenic chemicals.

The US Health Service and the Cancer Society are unimpressed saying that there is no scientific evidence to support the claim that the cigarette might reduce the risk of cancer. However, they do know that tobacco products in any form are unsafe, dangerous, and cause great pain, suffering and death. They can claim whatever they like, makes fresher breath or whiter teeth, but without an independent oversight authority, how can we really know.

On August 1st twenty-two groups, including the American Cancer Society and American Medical Association sent a petition to the Food and Drug Administration stating that "Eclipse" is a nicotine delivery system, not a cigarette, making it eligible for government regulation. The FDA should oversee its sale, marketing and distribution, especially since R.J. Reynolds began saying in April that "Eclipse" is less hazardous to smokers' health, the petition says.

It's hard to understand the mind of Big Tobacco. They are having to pay hundreds of billions of dollars in penalties for past actions and at the same time are attempting to foist another deadly product onto an unsuspecting public under the guise of being safer.

NEXT MEETING

The next meeting for the Laryngectomy Association of NSW will be held on Wednesday, 15th November, at the Uniting Church Hall, Carrington Avenue, Strathfield, at 11 am.

There is parking on site and it is also a short walk from the Railway Station.

The meeting will be followed by a light luncheon.

Laryngectomees, Friends, Families, Professionals all WELCOME.
MEETING THE CLAN EDITOR

Before going to the UK I had discovered that the editor of the British National Association of Laryngectomee Clubs' quarterly newsletter "Clan" lived in the same suburb of Godalming, Surrey as one of my sisters. I got in touch with Ian Honeysett and he invited me around for lunch with his wife, himself and their three children.

I was surprised to discover that Ian is not a laryngectomee yet has been editing "Clan" for seventeen years or so, remarkable dedication for someone not personally affected by cancer. You can view most "Clan" articles on the website: http://member.aol.com/nalcuk/index.htm.

Just to demonstrate what a small world it is, when I was eating lunch with the Honeysettts, Ian asked whether my sister with the surname Aparick was related to an Alan Aparick. I told him that was her husband. Turns out that Ian works for British Telecom as does my brother-in-law, so after a pleasant afternoon Ian walked back to my sister's place with me and gave my brother-in-law a bit of a start when he walked through their gate.

TELEPHONE ASSISTANCE

At the October monthly meeting we were pleased to welcome Kathy Young as a guest speaker from the Australian Communication Exchange (ACE). Mention had been made in the May newsletter of the services provided by ACE, such as Voice Carry Over and Hearing Carry Over where the client has a hearing or speech impairment and is able to communicate with a stranger or a business via a tele-typewriter and relay officer. Particularly useful if you wanted to establish an initial contact with someone and didn't want any misunderstandings.

Speech to Speech relay, where the client uses their own voice to make a telephone call through a relay officer, is also useful in avoiding misunderstandings. The relay officer has your personal details to hand and is also available to discuss the direction you want your phone call to take.

Enclosed with this newsletter is a handout for the Speech to Speech relay. The handout for the Hearing Carry Over will be included with the December newsletter. Feel free to contact ACE to see if they are able to assist you with any communication difficulties that you may be experiencing.

Free call 1800 555 660

This Newsletter printed by:

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19 Buckland Street, Broadway
Phone (02) 9281 5100
THE LARYNGECTOMEE ASSOCIATION OF NSW

ANNUAL GENERAL MEETING 11am, WEDNESDAY, FEBRUARY 15th 2001

ELECTION OF OFFICERS AND EXECUTIVE COMMITTEE

At the Annual General meeting of the Laryngectomee Association of NSW, to be held on Wednesday, February 15th, 2001 all offices and committee positions will be declared vacant. Under the constitution of the Association nominations for these positions must be made IN WRITING, prior to the meeting, BY FINANCIAL MEMBERS of the Association.

The nomination must carry the signatures of the nominee, the nominator and seconder, and be lodged with the Secretary of the Laryngectomee Association of NSW, PO Box 58, RICHMOND, NSW 2753, by 31st January 2001.

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)

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

NOMINATION FORM

LARYNGECTOMEE ASSOCIATION NSW, COMMITTEE 2000

(PLEASE USE BLOCK LETTERS)

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

(Note:- You may nominate yourself for any position)

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

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

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

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

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

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

ALL SUBSCRIPTIONS DUE 1st JANUARY 2001

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 2001

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

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

.................................................................................POSTCODE.............

Do you attend Branch meetings?..................... Which Branch?.................................
Speech to Speech Relay

Do people have difficulty understanding what you say on the phone?

Speech to Speech Relay (SSR) is a service assisting people with speech and communication difficulties to be understood on the telephone.

What is Speech to Speech Relay?

- SSR is like a conference call.
- Callers speak directly to the person they have called.
- A Speech to Speech Relay Officer (SSR-RO) sits in the background of the conversation and "re-speaks" any part that hasn't been understood.
- The SSR-RO will spend time at the beginning of a call getting to know the caller's speech style and what the call is about if that is required.
- Callers can register details about how they like to make calls on a database. This helps SSR calls go more smoothly.

Benefits of Speech to Speech Relay

Stop people hanging up

- At the beginning of an SSR call the SSR-RO introduces the call. This means that the person you're calling knows the call is real (not a hoax). It ensures that they will be patient and will not hang up.

"It's nice not to worry about people mistaking me for a drunk or crank call and hanging up on me!"

Be understood

- You can discuss the call with the SSR-RO before you are connected to the person you wish to speak with. This gives you the opportunity to clarify any important dates, times or key words with the Relay Officer.

"...without SSR, I would have made a trip to the hospital rather than using the phone"

Make it easy

- You can use your own voice, your AAC device, your Servox, your computer software with electronic voice or any other voice device.
- You can make telephone calls independently whereas before, you may have asked a friend to make the call on your behalf.
- If it is difficult for you to access the phone, you can use a handsfree or a switch phone.
- You can store the SSR number into your phone so that you can talk to anyone by hitting only one button.
- You can store the names and phone numbers of people you call regularly on a database for the SSR-RO. This means you don't need to access your address book.
- You can make follow on calls without hanging up, that is you could make 4 local calls for the price of one!
We want to assist you with your calls

- You can let the Relay Officer know who you are calling so that if the wrong person answers, the Relay Officer can get the correct person on the phone before you need to become involved.
- When you call a Taxi or Directory Assistance, the Relay Officer can directly pass on some information, for example the destination you wish to go to.
- It is a free service – the only charges are the usual telephone costs.
- All training and support for SSR is free.

"Since using the Speech to Speech Relay Service I have taken full control of my affairs. I no longer have to rely on other people to make inquiries for me... I can now make important calls for myself."

Speech to Speech Relay (SSR)

To use SSR simply call:

1300 555 727 for local and time charged calls
1800 555 727 for toll free calls (within Australia)

SSR is open nationally 15 hours a day, 7 days a week. By March 2001, it is anticipated SSR will be available 18 hours per day, and by 2002, it will be available on a 24 hour basis.

Further enquiries?

ACE has Community Consultants in Brisbane, Sydney and Melbourne who are available to work with people who have speech impairment. They are available for training and information sessions.

Customer Service Hotlines are attended 8am – 7pm (Eastern Standard Time, Monday to Friday) if you wish to find out more information about SSR or about any other service offered by ACE.

For more information, contact us on 1800 555 660 (voice), 1800 555 630 (TTY), 1800 555 690 (fax). Write to us at PO Box 473 Stones Corner Qld 4120 or e-mail feedback@aceinfo.net.au. Browse our website at www.aceinfo.net.au
MONTHLY MEETINGS:
# N.S.W.: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
# HUNTER VALLEY: Third Tuesday, at Mayfield Bowling Club, Ingall St, Mayfield.
# PARRAMATTA: Second Tuesday, 11.00am at Masonic Club, 163 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 Basson, 184 Ballina Road, Goonellabah, 2480. Ph: 02-66241592.
# MID NORTH COAST: Three monthly. Contact T Shapter, Hallidays Point, ph: 02-65592777.
# DUBBO: Lourdes Hospital. Third Thursday, 10.30am Boardroom.
# ALBURY: Ph: 02-6323-2011, ext 323
# CANBERRA: First Thurs, 11am, Level 1, Building 3, Canberra Hosp
# SOUTHERN DISTRICTS: 4th Wed. 10.00am, Thomas Rachel Moore Education Centre Liverpool Hosp. - phone 02-9607-6708.

OFFICE BEARERS 1999
President: Brian Gardner, 4 Merelyn Rd, BELROSE 2085. 02-9452-2858
Vice Presidents: Bill Dyne, 422 Guildford Rd, GUILDFORD, John T, Chaloner (see below)
Secretary/Treasurer: John Nicholson, MBE, PO Box 58, RICHMOND, 2753
(02) 4578 1415.
Minute Secretary: Mrs Margaret Silver, 89 Spencer Rd, KILLARA 2071
(02) 9498 4390
Speech Aids Co-ordinator: John Chaloner, 111 Station St, PETERSHAM, 2049 (02) 9560 2852. Welfare Officer: Mrs Lilah Walton G.A.M., 23 Baker St, KENSINGTON, 2033; (02) 9663-2550.
Editor: A Kranododski, PO Box 232 Bondi 2026 Ph 92 9130 2560
Committee: Bruce Darlington, 5 Alexandra St, ARNCLIFFE, 2205, (02) 9599 2540. Pat Halliburton, 94 Carmen Drive, CARLINGFORD, 2118, O2-9871 8690.

SPORT IS KING
AND AUSTRALIA HIS CASTLE

Are you all exhausted? I feel like I have been competing in everything - but hasn't it been exciting and engrossing? We have been able to attend any sessions but our children and grandchildren have given us reports and all report wonderful venues, amazing organisation of every thing from transport arrangements to ease of finding seating and an exciting atmosphere and camaraderie.

It makes you proud to be an Australian doesn't it? Even the weather has been co-operating though as I write this there is a little rain making it a bit uncomfortable for the tennis and the bike riders. But it is spring and we need a little to keep this wonderful city of ours looking at its best - I just hope you country people that need it are getting some too. Ray from Gilgandra tells us the country out his way is looking good and we have recently been to Parkes where things are really a picture and Wagga Wagga which is very, very wet, but I believe you people further North are having a dry time. Please let us know - all laryngectomies are interested in the welfare of their fellow members. After all this is a Newsletter and news of members should be an important part of it.

Which reminds me - if you are visiting Sydney, how about coming to a meeting?

WHO TO CONTACT
FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl. 2099 Phone 02-9939-1539
FOR SPEECH AIDS, BATTERIES PARTS AND ADVICE ON 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 Baker Street, KENSINGTON 2033, Phone 02-9663-2550
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW phone 02-9344-1900. PO Box 572, KINGS CROSS.
LILAH APOLOGIZES
For years Lilah has been telling me (us?) that she is perfect but this month we have caught her out - Lilah has made a mistake!! Julia McLean from St George Hospital will not return to Australia in time for our October meeting and so will not be able to address us - for this mistake in information Lilah apologizes! Julia will however be available for the November meeting when she will address us on the situation re laryngectomees in INDIA.
We look forward to your contribution Julia. However we will still have a guest speaker; your secretary has been able to arrange for Kathy Young, Community Consultant (Speech Impairment) of the Australian Communication Exchange to speak to us at the October meeting.

LARYNGECTOMEES HELP TRAIN SPEECH PATHOLOGISTS
Three laryngectomees recently gave trainee speech pathologists a taste of the 'real' world they'll encounter.
Head speech pathologists Julia McLean of St George Hospital and Helen Brake of St.Vincent's Hospital were giving lectures to 2nd year speech therapy students (part of their 4 year course) in the School of Health Sciences at the Cumberland Campus of the University of Sydney at Lidcombe.
They asked for assistance from Lilah Walton, our Welfare Officer and well known (& unstoppable) speaker, plus laryngectomees James O'Meara (who uses a Blom-Singer), Bruce Darlington (Servox) and myself John Chaloner (DSP 8). It was James' one year anniversary of his operation whereas Bruce and I are old hands. WE laryngectomees gave a brief rundown on how we realized there was a problem with our throat, what medical trail we followed, our physical and mental feelings before and after the operation, our life since and, of course, our experiences in learning to talk again. Lilah told them of the Association's work and why it is so important for patients to have a visit before the operation.
We all put in our ten cents worth on topics raised by Julia & Helen and answered varied questions raised by the students.
There were about 80 students (mostly female, only 2-3 males I think) and we had a chance to chat with them during the break and afterwards. They were an interested and enthusiastic bunch and sent us a lovely 'Thank you' card designed by themselves. Julia and Helen were most appreciative of our help.
Through activities such as this your Association 'spreads the word' and hopefully improves the treatment of, and makes life easier for future laryngectomees.

John Chaloner

SPRING
Yes it's that time of the year again and the air is full of pollen so keep your stoma securely covered at all times and enjoy the season.

NEXT MEETING
WEDNESDAY 18TH OCTOBER
11.00am
UNITING CHURCH HALL
CARRINGTON AVENUE,
STRATFIELD.
GUEST SPEAKER

KATHY YOUNG
AUSTRALIAN COMMUNICATION EXCHANGE.
Parking on Site or short walk to Strathfield Railway Station.
Light luncheon served after meeting.
Laryngectomees, friends, families and professionals all welcome.

A.S.H.O.G.
The Laryngectomee Association NSW is a member of the Association of Self Help Organizations and Groups which brings together many groups of people with problems, all dedicated to helping each other through their difficulties. Lilah is our delegate to this group and is a member of the committee.
ASSOCIATION OF SELF HELP ORGANISATIONS
AND GROUPS
The Coalition of the Self Help Movement in NSW
FOUNDED 1975
OFFICE: P O BOX 130 MORTDALE NSW 2223
PHONE: (02) 9588 - 3256
FAX: (02) 9588 - 9651
MOBILE: 0408 290 564

ASHOG HAVE BEEN LOOKING FOR
• THE BEST SELF HELPER TO GIVE THEM AN AWARD

Due to circumstances beyond our control we were not able to publish the entries in our journal INDEPENDENCE as it is has been temporally out of print.

• We thank you all for your great patience and understanding and we now after long deliberation are presenting to you
• The two most outstanding entries received see next few pages.
• This is now your chance to vote on who you feel is the winner.

Attached is a voting form for you to fill in and return to our office ASAP

Voting can also be done during our Arts and Crafts Display at Bexley RSL Club right up till Sunday 8th October 1pm:
Awards Ceremony will be held during the Presentation of Awards for the Display.
YOUR SPECIAL VOTING FORM FOR THE AWARD 2000.

It is my opinion that .................................................................

JOHN CHALONER

LARYNGECTOMEE ASSOCIATION OF NEW SOUTH WALES
from.................................................................

should be the winner of the Award 2000.

My reason/s are:.................................................................

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

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

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..........................My Signature..........................Date..................
The motto of ASHOG is “CO-OPERATION IS STRENGTH” - a motto which could just as easily be that of the Laryngectomy Association.

Early last year (1999) each member organization was asked to nominate a member as “Self Help Worker 2000” and we nominated John Chaloner. Due to printing problems and other hold-ups the finalists have only just been finalized. Two finalists have been decided upon and our John Chaloner is one of them and we are asking our members to record their votes for him. We include the voting form with this newsletter which if you fill in and post immediately will reach ASHOG in time.

John had his laryngectomy in 1990 and since that time - despite health set backs and a full time job - has been a tireless worker for the Association.

* he has been a hospital visitor and is never too anything (sick, tired, busy etc) to come when he is called and is thus called by many metropolitan and some country hospitals.

* he served two years as Vice-president but gave it up due to pressure of work,

* he has been for eight years Speech Aids Officer of the Association - a duty he carries out assiduously. Those of you who have had occasion to use him will know how helpful he is. He researches any new equipment that comes on the market so he can make recommendations to members.

* he has made himself available to lecture schools, to participate in research programs, to help with the education of trainee speech pathologists and visit and address country support groups.

In fact if anybody needs John he always seems to be available.

You must agree a member well worthy of your vote.

To describe John Chaloner in brief
He looks like young Omar Sharif,
With kind gentle smile
He travels many a mile
To console laryngectomees’ grief.

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post it now!

WELFARE OFFICERS REPORT
October 2000

Not much to report but the ‘acting voluntary and bossy newsletter editor’ said, “Send in a report, or else!” and as I always do as I am told here it is.

It is great to see that John Chaloner has made the finals of the “Self Help Worker 2000” I know just how much willing work John has put into the Association so please lets all get behind him to give him some reward. It will help increase the awareness of laryngectomees which can do nothing but good for all of us.

Usual round of activities for me - have made quite a few stoma covers both with the ribbing and also for the Patient Packs. Went to the Central Coast to try to get some ribbing for the light fawn?, flesh coloured?, pale apricot?, or deep cream?, material and was not able to get an exact match but we still have people trying to get an exact match. Will bring a few to the next meeting for members to see. Have also included this colour in some Patient Packs. Have sent out about 2 dozen of these since my last report.

Hope the better weather is helping those of you who have not been well - if you are poorly my thoughts and good wishes are with you.

Lilah Walton.

SOUTH AUSTRALIA'S 25TH ANNIVERSARY.

I left home early in the morning for the airport and was met in Adelaide by Lorna Belcher (see of SA) who drove me to the luncheon reception room. There were 25 in attendance including five laryngectomees and Dr Krishnan's (patron) three children. After a delicious three course meal I was invited to cut the cake after two lady laryngectomees lit and then fanned out the candles. The cake was made by Lorna and decorated by Olive Goddard. Dr Krishnan's two boys entertained us with violin and clarinet recital which was enjoyed by all. Their daughter only plays the piano and as it was a bit difficult to fit in the boot she was unable to display her talents. Dr Dibben (patron), a radiation oncologist, spoke of new developments of radiation. After delivering his report he proceeded to tell jokes some of which may be included in future newsletters.

As this was S.A. AGM after Lorna had read her report the election of officers started but as I had
to catch the 4.55pm plane back I had to leave.
Dr Krishnan drove me to the airport.
I thoroughly enjoyed the day and S.A. are such
friendly people.

Lilah Walton.

😊😊😊😊😊😊😊😊😊

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SECRETARY'S REPORT
October 2000

MEMBERSHIP: On behalf of your Committee I
would like to welcome the following new
members and we do hope that these new
members will be able to join us at a NSW or
branch meetings in the future:
Mr Derrick Roper of Bowen Mountain
Mrs Yvonne Reeder of Londonderry
Dr Michael Veneso of Westmead Hosp.
Mr G Woodcock of Waikato Hosp.
Derrick is an ex Royal Navy submariner who
with his wife will be joining us at our Christmas
Party. Yvonne is an international dog judge who
has been invited to judge in Russia next year.
Naturally she is flat out with her speech lessons
and we wish her every success in that task.
Unfortunately I have to report that six members
deaths have been reported to me in the last
month.

ANNUAL SUBSCRIPTIONS: We will include
an annual subscription form in next months
newsletter together with a nomination form for
committee members for the 2001 committee. All
positions become vacant at that meeting. I will
be pleased to receive subscriptions at any time.
The subscription remains at $20.00/annum.

RAFFLE TICKETS: many members have sold
their raffle tickets and returned their stubs and
money to me. So far the response has been very
pleasing. We will be drawing the prize winners
at the November meeting so please have your
stubs, unsold tickets and money to me by
November 3rd.

CHRISTMAS PARTY: Don't forget to return
your forms and money for the Christmas Party
as soon as possible so that we can advise the
club of numbers.

DONATIONS: I would like to extend our
sincere thanks to the following members for their
generous donations:
Mr David Vowles of Ermington
Mrs J Thompson of Bourke

Mrs J Nowland of Padstow
Mr K Isherwood of Cremorne
Mr R F Ewings of Harrington
Ms J Heidke of O'Connor ACT
Mr R Keighery of Wollstonecraft
Mr V McGregor of Grafton
Mrs L Krivans of Highfields
Mr V Garisynne of Empire Bay.

ENGRAVED PENS: We still have a few pens
engraved "Laryngectomee Association of NSW"
for sale so if anybody would like such for
Christmas presents etc they can be obtained
from the secretary for $4.50 plus postage ($1)

VALE

It is with regret we sadly farewell the
following members
Mr David Vowles of Ermington
Mr Noel Graham of Griffith
Mr Raymond Ewer of Kelso
Mr R A Sheard of Gerringong
Mr A S Shepherd of Waterloo
Mr S Siniuta of Emu Plains
We extend to their families and friends our
deepest sympathy.

JUST FOR FUN

RULE TO LIVE BY
Exchange a smile with a stranger every
day. You will both feel better.
😊😊😊😊😊😊😊

TEN AGAIN

"What would you like for your birthday
darling?"
"To be ten again"
So on the birthday it was off to the theme
park to go on every ride and between rides
there were icecreams and lollies and donuts.
For lunch it was McDonalds with Coke and
Big Macs and extra fries. Then off to see
re-run of Bambi with more burghers, pop
corn and chips all washed down with more
Coke.
Finally they staggered home and collapsed on
the bed.
"Well dear did you enjoy your birthday?"
One eye opens and she groans, "Actually I
meant size ten!!"
OF SERENDIPITY AND INSURANCE

As you will see in the minutes the matter of insuring voice aids was raised by a member who wished to insure his Servox. As he had been told such a device could not be insured. Brian Gardiner offered to write to the Insurance Association and find out was there a general policy on this and if the devices could not be insured why this is so.

After the meeting John made a hospital visit to a gentleman who was waiting for his laryngectomy. During the course of conversation the patient mentioned that he was a retired insurance consultant - so of course Brian took the opportunity to mention the problem we had discussed. The reply was, "Of course they can be insured and any reputable company will do so!"

To do this you will need to obtain a valuation on your device and take this to your broker or insurance representative who will arrange for this insurance to be an annexeure on your household policy and this policy will thus be endorsed. Your device will then be covered by insurance whether you are at home or out. If you intend travelling over seas you will need to notify your broker or representative before so doing. Our consultant’s advice, "If your company refuses to insure your voice aid - CHANGE YOUR COMPANY"

CONGRATULATIONS

We have a member called Ruby

Who was always a bit of a 'do bee’

She tried bowls for size

And won the first prize

And says there are lots more to be.

WHO TO CONTACT

FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl. 2099 Phone 02-9939-1539

FOR SPEECH AIDS, BATTERIES PARTS AND ADVICE ON REPAIRS - John Chaloner, 11 Station Street, Petersham 2049 Phone 02-9650-2852

FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker Street, Kensington 2033, Phone 02-9663-2550

FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW phone 02-9334-1900. PO Box 572, KINGS CROSS.
MINUTES OF THE AUGUST MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NEW SOUTH WALES, HELD ON THE 16TH AUGUST 2000 IN THE UNITING CHURCH HALL, CARRINGTON AVENUE, STRATHFIELD.


THE PRESIDENT OPENED the meeting at 11am on a cold winters day and welcomed new members Joe and Val Perz. Joe had is laryngectomy only 5 weeks ago and is coping extremely well.

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

BUSINESS ARISING from those minutes-nil.

SECRETARY'S REPORT

MEMBERSHIP: On behalf of our committee may I welcome the following new members:
Mr Robert Cox of Wyoming.
Mr Jack Fletcher of Tweed Heads
Mr Joseph Perz of Greenacre
Mr A Williamson of Brownsville
Mr L E Jenkins of Woolgoolga
Ms Gloria Gould of Orange

Most of these new members live in the country so we hope they will contact us if they need assistance in the future. We also hope they will avail themselves of branch meetings nearest their homes.

Unfortunately I have to report the death of four of our members. The President of Southern Districts Branch advised us of the passing of Don Martin and Dennis Hudson but that advice was a bit late for our last Newsletter. Dennis’ family asked that donations, in lieu of floral tributes, go to Southern Districts Branch and the President and members of that branch are most grateful for this gesture.

SUBSCRIPTIONS: We have begun deleting the names of unfinancial members from the newsletter mailing list so those members will not receive a newsletter this month. The intention to carry out this action was forecast in previous newsletters and in particular the August 2000 edition.

HOSPITAL VISITS: Des and I visited Mrs Yvonne Reeder at The Hills Private Hospital on Sunday. Yvonne was operated on last week and is progressing very well. We understand this was the first laryngectomy carried out at The Hills for eight years. We found the staff anxious to find out all they could about laryngectomies, most having had no experience of nursing such patients. We have since sent the ICU a copy of YOU CAN SAY THAT AGAIN. (I have recently sent copies on request to Darwin Hospital and Waikato(NZ) Hospital and Eden Glassie Nursing Home as well). These places with little experience of laryngectomees find this book a great reference.

STOMA COVER MATERIAL: After several months of waiting we have taken delivery of 25 kilos of white and flesh(deep cream?) coloured stoma cover material from Holeproof. Because of the increased charges we will have to charge members $7 per metre (non-members $9) and orders can be placed with either our Welfare officer, Lilah Walton, or with the Secretary.

TREASURERS REPORT showing a credit balance of $3497.50 in the working account was read.

CORRESPONDENCE:
1. Australian Taxation Office. Notification for endorsement as a deductible gift recipient.
3. Newsletters from Interstate Laryngectomee Associations.
4. Medmart, USA. Price list for shower shields etc.
5. Margaret Patterson, Speech Pathologist, RNS Hospital. Concerning lack of equipment required for nursing laryngectomees in PNG. (This letter was published in Last “Still Talking”.)
6. Mrs Jo Nowland - donation.
8. Mr J Perz - Payment for shower shield &
stoma covers.
10. Mr R Carlson - payment for stoma covers.
11. Cancer Council - seeking update on our
Association.
12. Information Australia - information on
'Who's Who' books.
14. Radisson Resort, Gold Coast - advertising.
15. Anti-Discrimination Board - Newsletter
16 Media Wire - advertising
17 New members forms.
18 Notifications of deaths.

These reports accepted on the motion of L
Walton, seconded M Halliburton.

WELFARE OFFICERS REPORT:
The stoma cover material has been delivered to
Des Nicholson and myself. As well as the white
I was able to purchase a roll of creamy fawn.
Of course our treasurer is still recovering from
the amount he had to pay but as I think you all
know we charge $4 per cover to members and $6
each to non members and this covers cost and
brings in a small income to help pay for the cost
of Patient Packs we make up for all new
laryngectomies. As more and more hospitals
are doing these operations these packs are
becoming an expensive item. $84 per half dozen
plus postage almost $6 to each hospital. Where
the new laryngectomee requests a laryngectomee
visitor the pack is supplied by the visitor. (These
costs give John Nicholson heart flutters!!)
Julia McLean, Speech Pathologist from St
George Hospital has been asked to visit Indian
Hospitals and shall be returning in September.
She will be our guest speaker for our October
meeting telling of her experiences with Indian
laryngectomies - maybe we won't complain as
much after she speaks to us.

Sid Lowe, one of our active members, has had
another trip to hospital and Jane Nicholson was
kind enough to visit him and pass on to us the
report that he was doing very well (she also
reported that the staff said he was a 'lovely
man') thanks Jane. I visited him later and he
looked very well but was still unable to speak, I
haven't been able to contact him on the phone
yet but will keep trying. (Sid attended the
meeting - looking and speaking well)

In one of Illawarra's newsletters I read that they
wished some politician could take up the call and
have assistance given to laryngectomies. From
day one this has been one of our aims (I even
sat in the Minister for Health's office for one
whole day until he finally condescended to see
me) and the politicians always say, "I'll look
into it" All I can say is they must be slow
lookers because this is over a period of 40 years.
(See last month's newsletter)

Had the daughter of a laryngectomee phone me
as her father had had no information given to
him while in hospital. He lives in Tasmania so I
have given him the Tasmanian LA address as I
know they will look after him.

South Australian LA are having their 25th
Anniversary Dinner on 27/8/2000 and I am
going to represent NSW.

Had a call from a country hospital re a
laryngectomee who was coming to Sydney for
treatment. I phoned Alan Dawson who was
kind enough to visit him - thank you Alan.
Have just re-read May 2000 newsletter re
Veteran Affairs and the purchasing of
medication. I did ask to be informed how
anybody got on but to date not a soul has
contacted me - I wonder why I bother trying.

Darwin Hospital re information on an aboriginal
laryngectomee. I rang Aboriginal Association
and they were to contact her. Also sent Patient
Pack.

Trust you have all managed to get through
winter without any colds but if you are not
feeling on top of the world trust it won't be long
before you are feeling young and sprightly again.

LILAH

Report accepted on the motion of J Gifford,
seconded B Darlington.

SPEECH AIDS CO-ORDINATORS
REPORT: business as usual.

GENERAL BUSINESS:
1. The president has received a letter from
Monarch Medical advising that the price of
Blom-Singer valves purchased by members
from them would now be $87.00, i.e a discount
of $5.00 per each for members only.
2. A book of tickets for the year 2000 raffle will
be included in this newsletter. Please return
butts, money for any tickets sold, and unsold
tickets by first week of November. (I know
there are some who have requested they not
receive tickets, but as I am just filling in as editor I do not have this list - sorry
This being the last year of the millennium and because of the generosity of our members we have been able to make this a super raffle with 7 prizes and details will be printed later in this letter. The raffle will be drawn at the November meeting.
3. Lilah Walton will be representing NSW at the 25th Anniversary luncheon of the New Voice Association of South Australia. She carries the good wishes and congratulations of the NSW Association with her.
4. Mary Halliburton following up on her suggestion that we get members to go into the schools to talk about the dangers of smoking reports that she has had no luck. All the schools she approached expressed interest but there has been no follow up despite promises to get back to her.
5. A member asked about insuring his voice aid as he had been refused by his company. The President said he would follow up this matter.
6. Lilah Walton and Bruce Darlington have been invited to address final year Speech Pathology students at the University of Sydney.
7. Lilah Walton has made a booking for our Christmas Party Luncheon at the Kirribilli Ex-Serviceman’s Club on Saturday 25th November. Costs have risen since last year so it was moved D Nicholson, seconded B Byrne that the price be $20.00 each for members and partners and $25.00 for any guests that members care to invite. (Forms for booking for this party are on page 6 of this newsletter)
8. Due to pressure of traffic during the Olympics there will be no September meeting.

There being no further business the president closed the meeting at 12.10pm and those present enjoyed a tasty lunch and joyful fellowship.

President ____________________

NEXT MEETING
WEDNESDAY 18th OCTOBER
11.00AM
UNITING CHURCH HALL,
CARRINGTON AVENUE,
STRATHFIELD.
GUEST SPEAKER - JULIE MCLEAN,
‘LARYNGECTOMES IN INDIA’
Parking on site, short walk from rail station.
Laryngectomees, friends, families and professionals all welcome.

NEWS FROM THE BRANCHES.
NORTHERN RIVERS:
The Northern Rivers Branch held their luncheon meeting at ‘Mulberries’ Restaurant on Wednesday 9th August. Eight people attended and six apologies were received. We welcomed our new speech pathologist Melanie Hind who is taking her new position at Lismore Base Hospital. Melanie will be looking after all our laryngectomee patients at the Base.
The main topic discussed at the meeting seems to be the same problem you are having: how to get more members to attend? All angles were discussed but no solution reached. We just hope our next meeting will bring more members.
It was with sad regret we noted the loss of one of our members, Fred Coleman of Fernleigh.
John Basso.

WESTERN DISTRICTS:
The absence of Stan Morley, Alan Dawson and Bill Byrnes, Junior Vice-president Brian Ward chaired the August meeting.
The main discussion centred on the September barbecue with the Illawarra Group at Woronora Dam. As the bus will not be available cars were organized to take the twelve embes who are attended on Tuesday September 5th.
A card was received from our wandering president and wife Helen saying they are enjoying the sunshine at Mission Bay and are not looking forward to coming home later this month.

Having operations this month are Pat Dawson and Ada Barnett-Stone. We wish them speedy recoveries.

Pat Halliburton.
RAFFLE 2000

Our raffle is running a bit later this year but it is a big one as I'm sure you will agree.
With this letter you will find 10 tickets each worth $1.00 which we would like you to buy or sell and return money for those sold and stubs to the treasurer by the first week in November. Now if for any reason you do not wish to buy or sell any or all of these tickets please also return the unsold ones to help with the accounting.
And now for the prizes - all donated by members or friends:

- Coolabah Burl Clock
- Wooden Clock
- Electric Shaver - twin head
- Wooden Savoury Plate with dip bowl
- Circular Wooden Box with Lid
- Wooden Hot Dish stand with tile insert.
- Salt and Pepper Mill.

JUST FOR FUN

RULE TO LIVE BY
You may not be able to sing but you can still 'make a joyful noise unto the Lord' - go to it.

TRAVELLERS BEWARE!
Humorous English Signs from Around the World:

TOKYO HOTEL: It is forbidden to steal towels please. If you are not a person to do such a thing is please not to read this.

BUCHAREST HOTEL: The list is being fixed for the next day. During that time we regret that you will be unbearable.

LEIPZIG ELEVATOR: Do not enter the lift backwards, and only when lit up.

BELGRADE ELEVATOR: To move the cabin, push button for wishing floor. If the cabin should enter more persons, each one should press a button of wishing floor. Driving then going alphabetically by national order.

PARIS HOTEL ELEVATOR: Please leave your values at the front desk

ATHENS HOTEL: Visitors are expected to complain at the office between the hours of 9 and 11am daily.

YUGOSLAVIAN HOTEL: The flattening of underwear with pleasure is the job of the chambermaid.

JAPANESE HOTEL: You are invited to take advantage of the chambermaid.

Until next time - Good-bye, Good Health, Good Luck and TAKE CARE.

CHRISTMAS PARTY

Just a few notes about our Christmas Party especially for our new members.
We hold the party on a Saturday Lunchtime at the Kirribilli Ex-Serviceman's Club. There is parking there on two levels and our members have never had any trouble with that. However if you want to travel by public transport the Millsos Point Station is nearby.
The area allocated to us is very pleasant with a superb view. You will be served three courses (a choice of two dishes for each course) and some drinks will be provided and there is a good bar service.
We ask members to provide gifts for the raffle table - small or large, funny or serious, they are all welcome and provide fun for all as well as helping to defray expenses. These can be brought to the November meeting or to the party.

SEE YOU THERE.
CHRISTMAS PARTY 2000

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

Please reserve me ....... tickets for our Annual Christmas Party,
at Kirribilli Ex-Services Club,
11-23 Harbour View Crescent, LAVENDER BAY,
Saturday 25th November 2000, 12.00 noon -- 3.00pm.

I enclose $20.00 for each laryngectomee and/or partner and
$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 .................................................................

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

This form must be completed and returned to the Secretary/Treasurer by 30th
October 2000. Your receipt will be mailed to you. This receipt will be your
entree card so please remember to bring it with you on November 25th 2000.
MONTHLY MEETINGS:

#SYDNEY: Third Wednesday 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.

#HUNTER VALLEY: Third Tuesday, at Mayfield Bowling Club, Inglis St, Mayfield.

#PARRAMATTA: Second Tuesday, 11.00am at Masonic Club, 184 Balmain Rd, Wentworthville.

#ILLAWARRA: Third Wednesday, 2.30pm at Warrilla Medical Centre, Bussel St, Warrilla.

#NORTHERN RIVERS: 4 times per year, rotating venue, Contact J Basso, 114 Balmain Rd, Girilambah, 2480. Ph. 02-6624 5102.

#MID NORTH COAST: Three monthly, Contact T Shapton, Mallidays Point, Ph. 02-6559 2777.

#DUBBO: Lourdes Hospital, Third Thursday, 10.30am, Board Room.

#ALBURY: Ph. 02-6323 2011, extn. 323.

#CANBERRA: First Thursday, 11am, Level 1, Bldg 3, Canberra Hosp.

#SOUTHERN DISTRICTS: 4th Wed. 10.00am, Thomas Rachel Moore Education Ctr, Liverpool Hosp. Ph. 02-9607 6708.

OFFICE BEARERS 2000

President: Brian Gardner, 4 Merelyn Rd, BELROSE, 2085. 02-9452 2858

Vice President: Bill Byrne, 422 Guildford Rd, GUILDFORD, John Chaloner (see below)

Secretary/Treasurer: John Nicholson, MBE, PO Box 58, RICHMOND, 2753. 02-4578 1475

Minute Secretary: Mrs Margaret Silver, 8B Spencer Rd, KILLARA, 2071 02-4948 4380

Speech Aids Co-ordinator: John Chaloner, 111 Station St, PETERSHAM 2049.

Welfare Officer: Mrs Lilah Walton, O.A.M., 23 Baker St, KENSINGTON, 2033.

02-9963 2350

Editor: A.Krasnodebski, PO Box 232, Randwick 2031

02-9255 1111 H 02-9130 2560

Email: Antoni.Krasnodebski@tasn.gov.au

Committee: Bruce Darlington, S Alexander St, ARNGLiffe, 2295. 02-9509 2140.

Pat Hamburton, 94 Carmen Drive, CARLINGFORD, 2118. 02-9871 8590.

Marilyn Pleasants, 7 Tyron Ct, BLUFF POINT, 2252.

WELCOME TO CONTACT

FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl 2099. Phone 02-9939 1539

FOR SPEECH AIDS, BATTERIES PARTS AND ADVICE ON REPAIRS - John Chaloner, 111 Station Street, Petersham 2049. Phone 02-9750-2572

FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St, KENSINGTON 2033.

Phone 02-9963-2570

FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Dowling Street, WOOLLOOMOOO, PO Box 572. Phone 02-9334-1900. Fax: 02-9357-2676

A.T. Krasnodebski


APOLOGIES - J Chaloner, W Byrne, R & F Green, P Rodgers, L Walton.

THE PRESIDENT Brian Gardner in the chair opened the meeting at 11 am on a very cold and overcast day and welcomed Patricia and David Lamont, attending their first meeting. Minutes from the June meeting as distributed in the Newsletter were accepted on the motion of Mary Halliburton, seconded Bruce Darlington. There was no business arising out of these minutes.


MEMBERSHIP

During the past month the following became members of our Association and we extend to them a cordial invitation to join us at our meetings:

Ms Melanie Hind, Speech Pathologist at Lismore Base Hospital, replacing Karen Wylie

Mr K Maher, Cabramatta

Mr N Haggar, Guildford

Mr P Wright, Moruya

Our Newsletter to Mr David Logue of Trangie has been returned marked ‘Left Address’. Several members have advised me of their changes in their address and I have informed the Cancer Council so that the changes can be made to our Newsletter address labels.

ANNUAL SUBSCRIPTIONS

Despite reminders about outstanding membership fees, several members are still unfinancial for the year 2000 and I would like the committee to decide, whether or not, we should stop sending the Newsletter if their subscription is not paid by the 25th August 2000.

MEETING PLACE LOCATION

Ms Louise Burton, Manager Patient & Family Support at NSW Cancer Council has suggested we may care to make use of their Parramatta Office for our meetings. I have not visited this office but it is located not far from Westfield where parking is available for 3 hours and it is a couple of blocks from the railway station. I will pay a visit to the site before the August meeting.

NATIONAL LARYNGEAL CANCER SUPPORT CTEE

This meeting, held at the Australian Cancer Society on July 6 was attended by state secretaries from S.A., Vic, Qld. and NSW. This year it was our turn to chair the meeting and my report follows.

1. The Australian Institute of Health and Welfare had answered enquiries on numbers of laryngectomies performed in Australia. The most recent figures show 276 were performed in the year 1997-98. The Cancer Society will ask for a state by state breakdown of these figures. The average age for laryngectomées is now 72-75 compared with 62 a few years ago. Earlier diagnosis and improvements in other treatments are reasons for this change. It is obvious that the Associations are not reaching all these new cases and this led to discussion on how the Associations can reach these people. Much of this breakdown is due to the numbers of operations now carried out in country and private hospitals. It was suggested that more use be made of state Cancer Support Services making sure they are kept up to date with services available, phone and fax numbers and where applicable, internet addresses.

2. Once again the subject of government support for laryngectomées was raised. The Australian Cancer Society had approached Bronwyn Bishop hopeful of getting her support but to date there has been no reply. There are just not enough laryngectomées in Australia to make any impression on voting patterns and votes seem to be all that count. The ACS will again make approaches using the argument that laryngectomées should get at least as much support with voice aids as the deaf do with hearing aids as laryngectomées and the deaf have similar communication problems. Laurie Wright pointed out that as support services policies vary from state to state, area by area, district by district and hospital by hospital it is difficult to get a complete picture of what is available. What is the answer? The ACS will approach a new Australian committee “Parliamentary Cancer Information Network” and will draft a letter to supply all Associations so that this Network can be bombarded with enquiries and information. ACS will also attempt to ascertain which medical benefits funds help with laryngectomée requirements and to what extent.

3. Margaret Patterson produced a list of products which are GST exempt. This requires some clarification which she is looking into with regard to laryngectomée products.

4. ‘You Can Say That Again’. State Cancer councils had agreed to pay for these, however L.A.s have been getting bills. ACS will look into this matter.

5. Papua New Guinea. Margaret Patterson reported that a number of laryngectomées are now being performed in PNG but there is no post operative support and this includes speech therapy. She floated the idea that maybe some state L.A.s may be able to sponsor a PNG laryngectomée to come to Australia and learn oesophageal speech and go back to PNG as a tutor. There is no budget in PNG for speech aids.

6. Visitors - there are laryngectomées keen to help their fellows but who are unsuitable as hospital visitors. Can these be used in other welfare work - eg transport for others etc.

7. Patients in private hospitals. More and more laryngectomées are being carried out in private hospitals and many of these patients have NO contact with speech pathology or support services. How can L.A.s liaise with private hospitals and let them know of services provided? Suggestion made that we get onto ACS website and
provide contact numbers etc. A ‘Care Pathways for Laryngectomees’ workshop is to be formed under the auspices of the ACS. This will be made up of surgeons, hospital nurses, district nurses, speech pathologists etc who will formulate a ‘model pathway’ for care of laryngectomees from initial diagnosis to external rehabilitation. This information will be available to all those who have responsibility for these patients.

8. All state L.A.s reported difficulties in getting office bearers and people willing to attend meetings. Are we getting too insular? The age of laryngectomees is probably something to do with it. Is the age of the support group for laryngectomees coming to an end with improved rehabilitation training making such groups unnecessary.

A suggestion was made that all new laryngectomees receive, say, two or three newsletters whether members or not - could this encourage them to join? This would require co-operation of speech pathologists, nursing staff and hospital visitors to convince patients to allow us access to their addresses.

9. A list of videos available to laryngectomees was given to delegates. Some need updating.

As you can see the meeting raised probably more questions than answers. Are these amongst you who can suggest answers to some of these?

The meeting closed at 12.45 pm and a light lunch was enjoyed by all.

Moved Pat Halliburton, seconded John Gifford.

**SPEECH AIDS CO-ORDINATORS REPORT** - July 2000

BATTERIES and the GST

There is GST on both the batteries we buy and the postage when we send them to members. However on the batteries the 10% GST replaces the 22% Sales Tax so they actually cost less. Your Association has decided not to pass on to our members the GST we pay so the new prices (including postage) for batteries are:

- Varta battery for Servox speech aid - one $20.60, two $38.10
- Eveready battery for Cooper Rand speech aid - one $20.00, two $36.90

In the past, whilst we have absorbed the sales tax on batteries sold to members, we have also sold batteries to non-members at a price being the full cost to us of the battery & postage. If we were to continue this practice and pass on the GST cost to non-members our Treasurer would be required to complete reams of paper doing quarterly returns to the Taxation people. Therefore it has been decided that we will supply batteries and other items to members of the LANSW only.

REPAIRS

Servox - There is now a second seller and repairer of the Servox speech aid in Australia. Their prices for new Servox equipment seem a bit higher than the existing agent and I don’t know what they charge for repairs however for repairs they will send you a loan unit whilst yours is being fixed.

They are:

Monarch Medical
PO Box 1545
Stafford City QLD 4053
Tel: (07) 3352-6100

The existing agent is:

Auditory Services
Croydon Hearing Centre
Shop 4, 50 Main St
Croydon VIC 3136
Tel: (03) 9886-3206
Toll Free: (1800) 095-047

Nu-Voix - The Australian agent for sales & repairs of the Nu-Voix is:

Pacific Medical
PO Box 5088
Burnley VIC 3121
Tel: (03) 9428-8118
Toll Free: (1800) 656-059

I understand they will send you a loan unit whilst yours is being fixed.

Cooper Rand & Memacon DSP-8 - The NSW agent for the sale & repairs of the Cooper Rand speech aid and for the sale & spare parts of the Memacon DSP-8 speech aid is:

Paxton-Barrand Electromedics
5/283 George St
Sydney NSW 2000
Tel: (02) 9299-4855

They are right near the exit from Wynyard train station if you are visiting Sydney.

**WELFARE OFFICER’S REPORT** - No report as Lilah Walton unable to attend.

**GENERAL BUSINESS** - Margaret Patterson of RNSH has given a list of items, as used by laryngectomees, which are GST free.

Michael Shaffer from Monarch Medical expressed amazement at the number of Blom-Singer valves we handle and will endeavour to reduce the price of $83. Dave Smith has indicated he will continue as our supplier for the valves.

David Lamont was asked why he has taken so long to join the Association, being 10 years since his operation. He was unable to remember if he had been given any information whilst in hospital, or receiving any visits from a hospital visitor, and was only made aware of the Assoc. some three years ago. It raises the old problem of how successful we are in our attempts to track down new laryngectomees.

Meeting closed 11.50 am.

**CENTRAL WEST LARYNGECTOMEES SUPPORT GRP** - Murray Robbins the Hon/Sec has written to advise that their monthly meetings have changed from first Fridays to third Thursdays at 10.30 am. He reports that things have been quiet lately although their last meeting was the best they had had for ages. The inconsistency in attendance is due to the fact that the members are so widely scattered.
NORTHERN RIVERS BRANCH -
The Northern Rivers Branch held a special farewell lunch and presentation at "Mulberries" restaurant for one of our speech pathologists, Karen Wylie of Lismore Base Hospital who is leaving us to pursue her career at Westmead Hospital in Sydney. 'City gain, country loss' We wish her all the best in her new venture. Meanwhile, while waiting for her replacement, Rachel Payne from St Vincent Hospital is holding the fort. Good luck Rachel. Our next luncheon meeting will be held in early August.

John presenting a gift to Karen


CANDIDA

This subject has been covered before and there is nothing new to add at this time, however, new laryngectomees using a voice prosthesis could find the information useful.

Candida is the yeast infection which colonises the voice prosthesis and eventually causes leakage of liquid into the windpipe and/or makes voice production difficult.

There are a number of strategies you can adopt to eliminate or at least control candida. Take Nilstat "Nystatin" oral drops; an eyedropper comes with the bottle, swirl an eyedropper full around your mouth, and gargle, for at least four minutes before swallowing. Use as often as you consider necessary, personally I use it once a day before going to bed. Apparently there are also Nilistat lozenges but I don’t know anything about them.

When changing your prosthesis, coat the inside of the internal flange of the fresh prosthesis with Daktarin Oral Gel before insertion.

The removed prosthesis should be thoroughly cleaned and then soaked in Hydrogen Peroxide solution or Milton for at least 24 hours. Always rinse thoroughly after soaking.

Reduce your consumption of alcohol, especially beer. Cut down on lollies, cakes and sugary foods. After drinking beer or eating cakes drink water or lemon juice to rinse your mouth. A good idea is to keep a jug of water containing slices of lemon in your fridge.

Reflux can also encourage candida growth, slippery elm powder mixed into a little milk or a number of proprietary remedies can be used to combat this.

Acidophilus yoghurt is a good way to finish a meal with a view to attacking candida, Jain and Attiki have a good range at the supermarket.

NEXT MEETING

The next meeting for the Laryngectomee Association of NSW will be held on Wednesday, 16th August, at the Uniting Church Hall, Carrington Avenue, Strathfield, at 11 am.

There is parking on site and it is also a short walk from the Railway Station.

The meeting will be followed by a light luncheon.

Laryngectomees, Friends, Families, Professionals all WELCOME.

VALE

Unfortunately, I have to report that Ms S. Hearse of Holga has died and we extend our sincere sympathy to her relatives and friends.
COUNTING OUR BLESSINGS

The following was written by Margaret Patterson, Speech Pathologist, further to discussing the plight of laryngectomees and their post operative care in New Guinea with nurses from the area:

One nurse, Clare Faupugu, was from Port Moresby and worked in the ENT ward. We spoke casually on the ward and she expressed amazement at the amount of waste and number of staff on the wards. Evidently there, they have one trained nurse to about 20 patients and they wash and reuse instruments and dressings that are disposable here. This is because of cost.

The other nurse Yanam Ngadub came from Lae and specifically worked with many laryngectomees who came from all over PNG for radiotherapy. She had asked to meet me because she had come across a Laryngectomee using a Servox (very badly) at Blue Gum Lodge.

She told me that there was no speech rehabilitation for the laryngectomees and that there was no money for aids or voice prostheses. In fact she said that the cost for most of the people would mean that they would discontinue using the devices because they could not get replacement parts. There is no government help for people in PNG who must pay for any equipment themselves. From her report they have great difficulty just keeping the radiotherapy machine going. Many people are illiterate or speak pidgin only.

We discussed how people could learn to speak after a laryngectomy. She was very interested in oesophageal speech, which she had never seen (I showed her the video). It seems that oesophageal speech might be the best or perhaps DSP8 or Tokyo. I suggested that if they had a relatively young enthusiastic Laryngectomee living in Lae perhaps that person could be trained to be an oesophageal speech trainer as there are no Speech Pathologists.

Perhaps, also, if anyone has a Tokyo or DSP8 in the back of a cupboard we could send a few up for the people to try.

I felt quite sad for her, as she had to reject so many options for her patients as being impractical and too costly. I know everyone in Australia probably feels the government could do more, but imagine what happens where there is nothing besides an operation and perhaps radiotherapy.

POEM

Children and lovers heard
And wondered what it meant
But some wiser bird
Assured them it was innocent

Because although not by choice
He now spoke with a mechanical voice,
That may seem a great disadvantage
But now he may enjoy a ripe old age.
It is true he does not say much now
Except at the most important pow-wow
But he finds it easy to be tacful
Where before he uttered silly words by the sackful.

Although he believes in Providence
He would rather stay this side of Eternity's fence.
He can breathe and sleep and eat
And would rather delay tasting Heaven's meat.
He loves to feed currawongs and magpies
So at this stage Heaven's spies
Will have to be patient and wait
Until later to take him through the Pearly Gate.

He would like to thank all who helped him survive
Because it is just good to be alive.

This poem was written by
Mark Pruss
of Revesby.
VACCINES

Two items related to vaccines appeared recently. The first was in America where a lab named Nabi is going to run human clinical studies on a vaccine named NicVAX. This isn't a nicotine replacement therapy but designed to stop the urge to smoke. Inoculated teenagers could live lives free of nicotine addiction and all the subsequent health risks.

However, an anti-smoking group (GASP) said it was better to educate kids not to start smoking rather than rely on a vaccine.

The second vaccine is even more interesting as it relates to a cancer patient who was successfully treated with a vaccine from her own tumour that boosted her immune system.

The Sunday Telegraph in the UK reported that the vaccine was developed over the past 10 years using DNA of lymphoma cells and the first person to be treated was a woman in the south of England after previously having had chemotherapy. The trick, it seems, is that DNA from tetanus toxin is put alongside the DNA from the tumour cells and when injected back into the patient every two weeks for twelve weeks the immune system recognises the tetanus and destroys the cancer cells.

It appears that this patient is clear of cancer and will be retested in 18 months. There are 30 other patients in the trial; the doctors don't want to raise false hopes but the results are very encouraging.

Combination Approach to Beating Nicotine Addiction

Doctors are helping smokers beat nicotine addiction by treating smoking as a chronic disorder, U.S. News & World Report reported May 29.

By addressing smoking not as a bad habit, but rather as a disorder that requires serious medical treatment, smokers who once found it hard to quit are finding success. "This is a significant, chronic condition not unlike high blood pressure or diabetes," said Michael Fiore, director of the Center for Tobacco Research and Intervention at the University of Wisconsin Medical School. "And, as with high blood pressure, if doctors and patients stick with it, effective treatments can be found."

Part of the success can be attributed to new weapons to fight cigarette addiction. For instance, nicotine patches help ease the transition to abstinence. Zyban, a prescription antidepressant approved three years ago for smoking cessation, helps smokers deal with withdrawal effects and cravings. And counseling sessions help motivate smokers to stay clean.

Studies have shown that combining all three of these approaches increased success rates by 5 percent to 30 percent, compared to those who quit cold turkey. A U.S. Surgeon General's report due out this summer will advise doctors to use all three methods to help patients quit smoking.

This article is published by Join Together.............
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A judge was discussing a case with a colleague of his and finished by saying, "Well, I really can't understand it. All those people sleeping together before they were married! I certainly never slept with my wife before we were married. Did you?"

The other judge shrugged. "Don't know. What was her maiden name?"

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NEW MASTHEAD

You should have noticed by now that we have a new title for this Newsletter. There were four letters sent in on the topic and each one giving “Still Talking” as their preferred choice. At the monthly meeting there was one camp for “Still Talking” and another for “The Lost Chord” with a couple of people giving belated nominations for alternative titles. Many thanks to those who wrote in with their suggestion, it goes to show that at least a few people are interested in what is happening in their Association.

In August I hope to be going off on holiday for a couple of months, not to the IAL Conference unfortunately, but to the U.K. to visit friends and relatives. So Newsletter continuity could be disrupted a little after August. I hope a brief Newsletter will be mailed in September detailing the August monthly meeting. In September there will not be a monthly meeting due to the Gosper Olympics; it was voted at the February annual general meeting that the September meeting be cancelled. Therefore, I don’t anticipate there being an October issue at all.

I’m not sure when I will be returning to Australia but I trust that either myself or someone else will be mailing out a Newsletter for November. Good grief, June hasn’t ended as I write this and I’ve already talked us up to December and I’ve yet to start learning about web page creation.

A. T. Krasnodebski

WHO TO CONTACT

FOR BLOOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl 2099. Phone 02-9939-1539
FOR SPEECH AIDS, BATTERIES PARTS AND ADVICE ON REPAIRS - John Chaloner, 1 Station Street, Petersham 2049. Phone 02-9560-2652
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker Street, KENSINGTON 2033. Phone 02-2663-2500
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW 153 Dowling Street, WOOLLOOMOO, PO Box 572, Phone 02-9934-1900. Fax 02-9257-2676

OFFICE BEARERS 2000

President: Brian Gardner, 4 Merelyn Rd, BELROSE, 2085. 02-9452-2866
Vice Presidents: Bill Byrne, 429 Guildford Rd, GUILDFORD. John Chaloner (see below)
Secretary/Treasurer: John Nicholson, MBE, PO Box 58, RICHMOND, 2753. 02-6578-1415
Minuter Secretary: Mrs Margaret Silver, 39 Spencer Rd, KILLARA, 2071 02-9455-4290
Spanish Aids Co-ordinator: John Chaloner, 111 Station St, PETERSHAM 2049. 02-9560-2652
Welfare Officer: Mrs Lilah Walton, 0 A.M., 23 Baker St, KENSINGTON, 2033. 02-9663-2500
Editor: ATRKrasnodebski, PO Box 232, Bondi. 2026 W 02-2655-1111 H 02-9130-2500
Email: Antoni.Krasnodebski@facs.gov.au
Committee: Bruce Darling, 5 Alexander St, ARMIDALE. 2055. 02-9559-2540
Pat Halliburton, 94 Carmen Drive CARLINGFORD, 2118. 02-9871-8650.
Maryla Pincegues, 7 Tyaen Cl.
BLUFF POINT, 2292
MINUTES


APOLOGIES - Lilah Walton, Jo Nowland, John Chaloner, Sid Lowe.

THE PRESIDENT Brian Gardner in the chair opened the meeting at 11 a.m. on a lovely winter's day, and welcomed Bill Byrne, recovering from a nasty fall, and Doug August from a long spell in hospital, due to surgery.

Minutes from the June meeting as distributed in the Newsletter were accepted on the motion of Bruce Darlington, and seconded by John Gifford. There was no business arising out of these minutes.

We were all saddened to learn that Lilah’s husband, Norm, passed away early in June. Lilah was not present at the meeting, owing to urgent renovations to her home, and I’m sure we all send our sincere condolences to her and her family.


MEMBERSHIP

On behalf of the Committee may I extend a welcome to the following new members and extend to them an invitation to attend one of our meetings when they can:

Ms Rachel Payne, Speech Pathologist at St Vincents Hospital, Lismore
Mr D Lamont, Lane Cove
Mr B C Hodges, Villawood
Mr G Peterson, Merewether
Mr R McNeilly, Minto
Mr R Kissick, Emu Plains

Newsletters sent to the following members have been returned marked ‘Left Address’ so if anyone knows their new locations please let me know:

Mr Don Martin of Frank Whiddon Homes, Glenfield
Mr R J Adair of Bathurst

AUSTRALIAN BUSINESS NUMBER (ABN)

We have now been issued with an ABN and we now have to submit an Application for Endorsement as an Income Tax Exempt Charity. This will be done in the next few days.

DONATIONS

During the past few weeks we have received generous donations from:

Mr James Smith, Engadine
Mr Don Grinham, Wollongong
Ms Jo Nowland, Padstow Heights
Mr B C Hodges, Villawood
Mr L McIntyre, Penrith

We are very grateful for the assistance these kind people have given.

CORRESPONDENCE

Twenty six items of mail were received during the past month including the donations listed above, advertising material, payment for stoma covers and batteries, two members voting for ‘Still Talking’ as the newsletter name, Newsletters from other States and magazines from other organisations.

Moved Pat Halliburton, seconded Mary Halliburton.

WELFARE OFFICER’S REPORT - Read by Des Nicholson due to Lilah’s absence.

I’m beginning to believe the hard work that goes into producing the Newsletter is a waste of time!! Questions are asked (and all, might I say, for the benefit of Larys) and there is never a reply. Do you all read your Newsletter? What is it and why don’t you reply?

From The Newsletter: I would like to vote that ‘The Lost Chord’ be the name for our Newsletter. This was our original name.

Nothing re. visiting children smoking and worried parents asking for assistance. Do we do it or pass it on to the professionals? The idea about skinvies is super except if you have to cough and need to cover the stoma with a tissue you have to just about undress to get to the stoma. I would suggest an incision in the skinvy near the stoma with a buttonhole and button.

Taree Hosp. Telephoned me re. a Lary who through RPA Hosp. received stoma covers made by L.A. and he couldn’t breathe through them, he obtained 6 covers through a medical firm at $22, these were unsuccessful. Then a lady in Wingham made him some but was still unable to breathe through them. I suggested he return to his Specchi he/she would be able to help him. Was told she had retired and I then suggested he go to his nearest Hosp. and any Specchi would be able to help. As I have been making stoma covers for 20 odd years, when I retire in Feb 2001 I will not be making stoma covers and as they are $22 from medical supply companies I suggest you buy material from the L.A. and have a dressmaker make them. The only regret I have about this of course is that over the years the money for stoma covers has been an income for the Laryngectomee Association.

A lady from Tasmania who was advised to come to Sydney for her operation is now home and Alison Marshall from Tasmania L.A., whom I contacted, has been in touch with her. Thank you Alison.

Julia Maclean S/P from St George who held an education day 5/6/00 to educate nursing and para-medical staff (the lary guest speakers will give more details) is to hold another education day for 2nd year S/Ps with Helen Brake S/P St Vincents. Julia tells me the feedback from the 5/6/00 was super. Thank you John, Bruce and Ruby.
MINUTES CONTINUED...

Sid Lowe is not 100% and is to attend RPA for an op. Shall go and see him and keep you informed. Everybody else take care, cold weather is here so keep your stoma covered. Lilah Walton.

Moved Tony Krasnodebski, seconded Carol Gardner.

Des Nicholson recommended that, as Lilah is bogged down with renovations, orders for stoma covers be directed to her.

GENERAL BUSINESS - A letter was received from Julia Maclean, Senior Speech Pathologist at St George Hospital. She has been invited to conduct a seminar in India on various aspects of Speech Therapy after Head and Neck Surgery and also establish an Out-patient Clinic for patients seeking advice after surgery. We hope she will be able to give us a report on her return.

Bruce Darlington reported that he, Ruby Rix and John Chaloner had addressed Nursing Staff at St George Hospital re. problems Larynx face after their operation. Many thanks Ruby, Bruce and John.

Dave Smith, who handles the supplying of voice prostheses, has notified us of another increase in the price of new Blom-Singer valves from $83 to $91 and with further increases expected. Dave is looking for someone to take over from him. It was suggested we import them ourselves from America and President Brian will check that one out. However, it would seem that Monarch Medical have the sole Australian rights to Blom-Singer products. At a later date we will survey the Newsletter readership to determine prosthesis buying habits.

Mary Halliburton spoke about the report that many young girls are taking up smoking and suggested that perhaps some schools would be interested in having someone from the Association address the pupils on the dangers of smoking. We all agreed it was a good idea, but Lilah has lost count of the number of times she has tried to do this, however Mary will follow up on her suggestion and report if any of the schools are interested.

"Still Talking" seems to be the most popular new name for our Newsletter, with "The Lost Chord" also favoured.

Meeting closed 12 noon. Next meeting 19th July 2000.

WESTERN DISTRICTS NEWS - June 2000. Because our usual venue at Parramatta Masonic Club was not available, a bus tour was arranged for the second Tuesday of June. Fifteen members enjoyed a very pleasant day touring the Hawkesbury District, stopping at Windsor, Ebenezer and Wisemans Ferry. The weather was good for most of the trip and a very enjoyable day was had by all.

President Stan and Helen are off for a caravan holiday in North Queensland during the next two months. We wish them a happy holiday in the sunshine away from Sydney's winter.

The Illawarra group have notified us that the first Tuesday in September is okay for the Woronora barbeque. There are presently no problems at their end due to the Olympic Games.

ST GEORGE HOSP. EDUCATION SESSION 5TH JUNE

In response to an invitation from Speech Pathologist Julia Maclean and Janine Bothe to participate in a Nursing Education Session. Attending were:

Ruby Rix (Blom Singer)
John Chaloner (DSP 8)
Bruce Darlington (Servox)

Ruby and Bruce

About 40 nurses attended from St George and nearby Hospitals, also some people from Home Care. There was much discussion and many interesting questions were asked and answered about laryngectomys during a very worthwhile afternoon.

Vale Norman Walton

It is with sadness we report the recent death of Norman Walton, husband of our much loved Welfare Officer, Lilah. Norman supported Lilah in all that she did, especially as the friend, helper and support of the laryngectomees of NSW.

When Lilah needed a bit of extra money for one of her projects Norm was the first to put his hand in his pocket.

For the last few years Lilah has been unable to drive her car, but Norm was always ready to drive her where ever she needed to go. The LA owes him a great debt.

The President and Members of this Association extend to Lilah and her family our deepest sympathy.
IAL CONFERENCE

The International Association of Laryngectomees annual conference is going to be held this year in Nashville, Tennessee from August 15th to August 19th. The Sheraton Music City Hotel is the venue for the conference and I guess there will be the most laryngectomees ever assembled in the one spot. So anyone with a bit of time to kill and some money in their pocket could do a lot worse than escape a bit of our winter and head over to Music City.

The Grand Ole Opry, the Country Music Hall of Fame, Jack Daniels Distillery, lots of civil war sites close at hand, the home of Andrew Jackson along with the honky tonks and bars would keep anyone fully occupied. Take a trip for a couple of hundred kilometres down Route 40 to Memphis and Graceland, check out the Cumberland Gap, I wish I was going myself.

Then of course there is the object of the exercise, the convention itself. The first two days are mainly for speech therapists and laryngectomees being trained as speech instructors. Laryngectomees there to improve their speech are welcome to attend the first two days but the main action commences on day three. The Annual Meeting, workshops, get togethers, banquets, maybe practise sessions for the laryngectomee choir, it wears me out thinking about it. Anyhow, should anyone be game enough to attend, please write up your experiences so we can publish it for our Newsletter readers.

WORLD NO-TOBACCO DAY

The World No-Tobacco Day on May 31st seems to have passed very quietly. There didn't appear to be much talk about the place regarding smoking, the same knots of smokers outside office blocks, not much mention in the media. I was in the chemist shop and asked whether there had been any increase in the purchase of patches and other aids to quit smoking, the young girl said that there had been no noticeable increase in sales of those products. By the same token she wasn't aware that it was World No-Tobacco Day either.

Mr Brundtland, the boss of WHO, said that over 3 million people a year die from smoking and if serious action isn't taken immediately that number could be up to 10 million a year by 2030. Preventing youth smoking is the top priority especially as Big Tobacco is targeting the youngsters of Asia as their new market. Meanwhile WHO is still pussy-footing around with the tobacco industry in formulating its Framework Convention on Tobacco Control that has been mentioned in previous Newsletters. October is when that particular show should be back on the road.

NEXT MEETING

The next meeting for the Laryngectomee Association of NSW will be held on Wednesday, 19th July, at the Uniting Church Hall, Carrington Avenue, Strathfield. at 11 am.

There is parking on site and it is also a short walk from the Railway Station.

The meeting will be followed by a light luncheon.

Laryngectomees, Friends, Families, Professionals all WELCOME.

VALE

Regretfully, I have to advise that the following members have passed away:

M. C. Agnew, Altrincham.
Mr Frank Bell, Horseshoe.
Mr Kevin Chappell.
Mr Raymond Everatt, Kenso.

We extend our sincere condolences to their families and friends.
This advice was posted on the internet by Paul Galloni in the US. Even now I remember what a distressing time it was suffering radiation treatment and would have liked to have tried this if it proved helpful. Should anyone try this remedy please give me feedback with any good, bad or indifferent reports:

I am a firm believer in Aloe Vera Gel for use during all phases of XRT (radiation treatment). While it may seem very hippy-dippy there is firm medical evidence that it helps prevent scarring and helps reduce the swelling that goes along with all kinds of burns.

When I was undergoing XRT I was using aloe vera a couple to a few times a day (morning-noon-evening) and when I would run out, I found that my voice which had remained very near 'normal' was suddenly 'raspy'.

When I would resume the aloe vera (about 2 ounces three times a day -- ALWAYS AFTER RADIA-TION) I found that within a few days my voice returned to near normal again.

This is PURE aloe vera gel -- or gel mixed with something like Spanish moss as a thickener. Don't drink aloe vera suncream or aloe vera shampoo etc -- just plain aloe vera.

You should buy it at a health food store, and it should come in a dark glass bottle. This keeps the air and the sunlight from changing the chemical structures of the substances which help you. It also keeps it from going rancid on you.

The texture is sometimes a turn off, and often people find the taste not to their liking. I found, however, over time, that I came to enjoy both. Like my mother said about Scotch: it is an acquired taste which drives men mad" -- and I found the same is true of aloe vera, much as with pasta or rice -- a day without aloe vera is a day without the sun.

It will not work magic overnight -- but it will reduce a lot of the swelling and you should notice that the voice has become noticeably less raspy over the course of several days to a week.

Sometimes people may experience loose bowels after using aloe vera in elevated amounts. This is because the layer right under the skin is a substance which was the main ingredient in laxatives until well into this century and many laxatives still use it as one of the active ingredients. But some companies use more of it than others -- either the cutting and slicing is done by machine, or they are trying to exploit as much of the product as they can. It will not give you loose bowel movements if just used as a topical (on the skin) lotion, but if you drink it, the aloe vera that has the layer right under the skin may give you loose bowels. Just use less.

It can be mixed with other juices if you find that sipping it cold and straight from a shot glass isn't pleasant.

I liked mine very cool, and would let it just dribble down my throat -- it helped cool the burn and I imagined that it was sticking there and doing more good than if I had just slammed back a couple of ounces.

Radiation burns make tissue swell up, and that includes the tissue that makes up your vocal chords.

Continued page 6....
Continued from page 5...

Aloe vera not only helps take away this swelling, it also prevents scarring of the area -- which might lead to a very radically hoarse voice post XRT. Aloe Vera is not a wonder drug -- it just happens to be one of the many botanicals which has a good history of helping and a past history of actual scientific trials which support the two abilities I mentioned above: anti-inflammatory and anti-scarring.

So, no wild claims here -- just that aloe vera will probably help more than it would hurt -- and of course the proviso: tell your doc. Most likely aloe vera will be viewed as a very benign thing and the doc will say: well if you want to waste your money go ahead. Some might recognize it's potential and say: well It won't hurt the process. I would be surprised to see any doc say NO! WHAT A STUPID IDEA. But it is only courteous to ask your doctor.

Good luck. Don't worry, it is common to swell and scar a little during XRT. (Paul Galioni)

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HUMOUR

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast on her brunette head. She looks at her mother and inquisitively asks, "Why are some of your hairs white, Mum?"

Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white."

The little girl thought about this revelation for a while, and then said, "So, Mummy, how come ALL of grandma's hairs are white?"

A new priest is nervous about hearing confessions, so he asks the older priest to sit in on his sessions. The new priest hears a couple of confessions, then the old priest asks him to step out of the confessional for a few suggestions.

The old priest suggests, "Cross your arms over your chest, rub your chin with one hand." The new priest tries this. The old priest suggests, "Try saying things like, 'I see, yes, go on, and I understand, how did you feel about that?' " The new priest says those things. The old priest says, "Now, don't you think that's a little better than slapping your knee and saying 'No kidding?!, What happened next?"

An Indian chief was feeling very sick, so he summoned the medicine man. After a brief examination, the medicine man took out a long, thin strip of elk hide and gave it to the chief, instructing him to bite off, chew and swallow one inch of the leather every day. After a month, the medicine man returned to see how the chief was feeling. The chief shrugged and said, "The thong has ended, but the malady lingers on."

The jury had listened carefully while the rules of insanity were explained to them. Their verdict on the case was unanimous or, as the foreman put it, "We are all of one mind - insane."

A casual acquaintance is a person we know well enough to borrow from - but not well enough to lend to.

The characters in these books, plays and so on, and in real life, I might add, spend hours bemoaning the fact that they can't communicate. I feel that if a person can't communicate, the very least he can do is to shut up. (Tom Lehrer)