SEASON'S GREETINGS

Well, another year draws to a close. Quite a few changes to the state of the world and to the laryngectomee community, not many for the better, the world becomes more dangerous and unfriendly and we just keep getting older.

Anyway, let's look on the bright side this being the season of goodwill. I hope everyone is keeping in the very best of health and your friends and relatives also. I hope your larders are full of all the things you look forward to at this time of year, but try not to overdo it too much.

It was reassuring to see that a couple of readers managed to find the time to put pen to paper and share their views with the other members. I hope this is a positive sign for the future of the newsletter into the new year.

Again I hope everyone is keeping in the best of health and you all have a memorable experience this festive season and that 2002 exceeds all your expectations.

Best wishes and good luck.

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, 111 Station Street, Petersham 2049, Phone 02-9560-2552
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 29 Baker Street, KENSINGTON 2033.
Phone 02-9663-2550
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
MINUTES


APOLOGIES - Bonny Dun, Margaret Silver, Jo Nowland, Tony Krasnodebski.

THE PRESIDENT Brian Gardner in the chair opened the meeting at 11am. The President welcomed Bruce Darlington and John and Des Nicholson back, Bruce and John both returning after illness. Russell and Faith Green were welcomed back also. Minutes of the last meeting as reported in the newsletter were taken as read.

Moved Lilah Walton, seconded Pat Halliburton.

SECRETARY/REASURER'S REPORT - November 2001

HOSPITAL TRIP

After a few weeks in Royal Prince Alfred I am minus a couple of toes but have gained an artery in my right leg so hopefully we should be right from now on.

INCOME & EXPENDITURE FOR YEAR 2001 TO DATE

Balance b/f $10922.48
Income $10273.09
Expenditure $13238.52
Balance c/t $7957.05

Owing from Cancer Council $250.00
Fixed Deposits $38350.80

CHRISTMAS PARTY

Fifty (50) people have accepted invitations for the annual Christmas Party at Kironil on the 1st December. Don’t forget the times for the luncheon at 12 noon to 3.00 pm.

SUBSCRIPTIONS FOR 2002

Very few members have paid their sub. for the coming year so it would be appreciated if those concerned could make their payment before the 1st January 2002.

HIRE OF MEETING PLACE

The Uniting Church has advised that the hire charge for the meeting room etc. will rise from $50.00 per month to $60.00 per month with effect from 1st January 2002. The increased charge seems quite reasonable when one considers that we have use of the car parking area and kitchen. The Victorian Association rents a similar area and I see from their Newsletter they pay $85.00 per meeting.

MEMBERSHIP

In the past few weeks there has only been one new member and that was Mrs J Berghamer of Bradbury and we welcome her into our Association.

CANCER COUNCIL OF NSW

I have been advised that Louise Burton has left the Cancer Council and that her replacement is Mrs Deanna Paginni.

WELFARE OFFICER'S REPORT - Have had a steady flow of new laryxy partners phoning and calling in requiring different things. Also have sent all overdue patient packs so let’s hope I can sit back with my feet up until February, and who knows, maybe I may not be nominated and I can keep my feet up permanently.

Great to see Bruce Darlington back at our meetings. Not able yet to show Michael Jackson a few new steps, but getting there.

Julia Maclean, St George Speechie, was in Melbourne on 10 - 11th November at a head and neck meeting to read a paper she has written. By all accounts it was well received. Congratulations Julia.

It only seems like yesterday I was saying our Christmas party was months away and now it’s only days. I’m looking forward to seeing everybody. To all who I won’t see before Christmas, I’d like to thank you for tolerating me for another year and to wish you all (friends and foes) a very holy, merry Christmas and a very healthy, happy new year.

To anybody who is not well, especially John Gifford, or has suffered a bereavement; you are in my prayers - Lilah

Moved Des Nicholson, seconded Pat Halliburton.

GENERAL BUSINESS - There was discussion regarding the increase on renting the Strathfield premises. The advantages of the site are the accessibility to the Station, the availability of parking, particularly in such a busy suburb, and the convenience of the facilities.

Noel Bluett reported that he had given a talk to a group of Speech Therapists at the university and they were very interested in the problems of a laryngectomee. He felt the way to get more laryngectomees into the Association rested in communication with the Speech Therapists and their ongoing dealings with their patients. Carol Gardner said that the initial visit to a new laryngectomee in the hospital was welcomed by them but their problems became too overwhelming and they lost interest. Clarissa Chaloner suggested a follow up circular be sent to them after a time. Russell Green said the hospital visit made him very keen to join the Association.

The problem of attracting members was then discussed. It was pointed out that this is a problem with almost all associations of every description and is nationwide.

Carol Gardner has had a conference with Margaret Patterson who is suggesting that the Association extend the membership to those who have had head and neck surgery. Carol also pointed out that the number of hospital visitors had been depleted. Margaret suggested that the Cancer Council be contacted and another visitors course be arranged. A request was made for a more convenient venue than Royal North Shore to be found.

The raffle was then drawn, with the lucky winners shown as follows:
MINUTES CONTINUED...

Clock - Mr J Righini
Small Clock - Mr J Lettec
Savoury Bowl - Mr J Lott
Platter - Mr L Shaw
Covered Bowl - Mr L Shaw

The next meeting will be the Annual General Meeting when nominations will be called for Office Bearers, to be held on February 20th, 2002.

The meeting closed at noon and a light lunch was enjoyed by all. Lilah spoilt us with home made sausage rolls and Brian Gardner surpassed himself with a 'rocky road' slice.

WESTERN DISTRICTS NEWS - NOVEMBER 2001

On Sunday 4th November we enjoyed our annual barbecue with the Hunter District Laryngectomees at Budgewoi. Although a good day was had by all it was felt that the effort of organising the day fell to the same few people that next year we may try a different format.

The next meeting at the Masonic Club will be the first for the new year on Tuesday 12th February. This will be our Annual General Meeting at which executive and committee members are elected. Nominations are called for all positions.

At the November meeting we welcomed Janet Berghammer of Bradbury as a new member of our Association.

A reminder that our Christmas party is on Tuesday 11th December at 'Valentines' restaurant, corner of James Ruse Drive and Hassall Street, Rosehill at 12 Noon. Everyone is asked to bring a present, valued at not more than five dollars, for a lucky-dip.

LETTERS TO THE EDITOR

SEE THE FUNNY SIDE

In response to my asking for contributions to the newsletter, Pearl Kelly of Taree writes in after watching Americans panic-buying gas masks and, not wanting to frighten anyone, wondered 'how the devil' we laryngectomees would be able to wear an ordinary gas mask?

Pearl reckons the only solution she can come up with is that we would have to don those outfits that the anthrax decontamination men wear. Looking like a bunch of spacemen, and using a servox inside them could sound like it too.

She thinks her sense of humour might have become a bit warped, but that we all need a good laugh even if it is a silent one. Pearl says that her light hearted view of this current 'war on terrorism' comes from her childhood in Europe during WWII and living through two rebellions in Africa, and at this stage of the game she should just laugh and live for today.

Thank you for that view on current affairs. On a more sombre note, Pearl advises that our member Owen James of Wingham died on September 7th from a heart attack. Our condolences go to his family and friends.

TRAVELER'S TALE

Greg Foran of Northmead would also like to pass on his recent experience, of traveling as a laryngectomee.

Greg became a laryngectomee in July this year, and before the operation he had already booked a holiday to Alaska that was due to start in early September 2001. As you can imagine he was more than a little bit hesitant to take the holiday because of the 15 hour plane journey and an eight day cruise in a completely air-conditioned environment.

He is pleased to inform us that he had no adverse effects from the plane trip, the cruise or the cold Alaskan winds and would recommend the trip to anyone.

Greg's story is a perfect example of how to enjoy life by surmounting any perceived physical and psychological barriers which often melt away when you are game enough to tackle them. I hope Greg writes in again with an account of any future trip he undertakes.

ED. My thanks to these two members for responding to my request for reader's contributions.
NORTHERN RIVERS BRANCH

Our luncheon meeting held at "Maggie Moore's" on Tuesday 23rd October, was well attended with twelve present and three apologies. We welcomed two new Speech Pathologists, Katy Gillespie who is replacing Rachel Payne at St Vincents Hospital, Rachel is doing other duties at St Vincents. Sheree Cross is replacing Melanie Hind at the Lismore Base Hospital and will be handling all laryngectomee patients at the Base.

Good news for our Branch: We received a computer from the Lismore City Council, it being 'The Year of the Volunteer' these same units being surplus to requirements, were donated to charitable organisations. Well appreciated I can assure you.

Charlie Scotcher and myself set up an information table at the 'Older People's Expo' held at Casino R.S.M. on Monday 8th October. It was very interesting to note how many people were ignorant of the problems confronting Laros. I would like to take the opportunity to thank the Association for literature supplied, this was well distributed.

See below from the 'Northern Star' of 8th November, our member John Pollard receiving an award.

Our Christmas party and raffle will be held at "Maggie Moore's" on Tuesday 11th December.

PETE ROYDOLE

A report in 'The Age' at the end of October said that Peter Doyle, who hit the heights of pop music fame in the early '70s with the 'New Seekers' with songs such as 'I'd Like to Teach the World to Sing (In Perfect Harmony)' and 'What have they Done to My Song, Ma?', died from a cancer recurrence on October 13.

His widow Jane said that he had laryngeal cancer and had his voicebox removed about two-and-a-half years ago. She thought that for someone who could sing like he could sing, he took it incredibly well. Despite surgery and radiotherapy, a tumour was discovered late last year which proved to be inoperable.

VALE

Regretfully, we have to report being advised of the passing of:

Mr O James of Wingham
Mr R Smith of Cronulla
Mrs H Storaker of Northbridge
Mr L Maguire of Kurri Kurri

We extend our sincere condolences to the relations and friends of these deceased members.
MY CHRISTMAS LIST

I have a lot of folks I know, all written in a book,
And every year when Christmas comes I go and take a look.
And that is when I realise that these names form a part
Not of the book they're written in, but of my very heart.
For each name stands for someone who has crossed my path sometime
And in that meeting they've become the rhythm in the rhyme.
And while it sounds incredible for me to make this claim
I really feel that I'm composed of each remembered name.
And while you may not be aware of any special link,
Just meeting you has shaped my life much more than you may think.
For once I've met somebody the years cannot erase
The memory of a pleasant word or of a friendly face.

So never think my Christmas cards are just a mere routine
Of names upon a Christmas list forgotten in between.
For when I send a Christmas card that is addressed to you
It's because you're on that list of folks that I'm indebted to.
For I am but the total of the many folks I've met
And you happen to be one of those I prefer not to forget.
For if I've known you many years or only just a few
In some way be it large or small I owe myself to you.
For every year when Christmas comes I realise anew
The greatest gift of life is meeting folks like you.

So have a Happy Christmas, no words can really say
How much your friendship and your love have meant along the way.
WHO'S FCTC

The World Health Organisation is calling on lawmakers to take action against advertising tobacco products in an attempt to protect the health of young and old, smokers and non-smokers alike.

Talks between 191 countries in Geneva in late November to negotiate global rules for tobacco control is a further step in the Framework Convention on Tobacco Control. Meanwhile the tobacco companies are engaged in a massive worldwide public relations campaign to sway governments from negotiating strong agreements against the promotion and advertising of tobacco.

Big Tobacco has agreed to voluntarily stop marketing activities being directed at non-smokers, particularly the young, calling on governments, UN agencies and the World Bank to have faith in their 'new initiative'. However, voluntary codes have previously been adopted and proved to be failures.

Youth smoking rates are increasing worldwide and the suggestion that advertising targeted at a 21 year old adult would not affect a 15 or 16 year old is patently ludicrous. A number of countries, including Australia, have woken up to this fact and replaced voluntary agreements with legislation.

It is estimated that over 4 million people a year are being killed by tobacco, at this rate more than a billion people will die from tobacco use this century, and Big Tobacco's attempt to reopen debate on advertising and promotion of their products is yet another smokescreen.

"We have seen no evidence that tobacco companies are capable of self-regulation," said Dr Gro Harlem Brundtland, WHO Director-General, "and we need to be alert to any new attempts to persuade us that this new effort will succeed."

He waited a while, no reply, so he called again. Still no reply, so he went to the window and yelled the same message again and the reply came back, 'I heard you the first time, I'm putting on my shoes.'

Mrs Smith-Jones was very frugal. When her husband died, she asked how much a death notice would cost.

'Two dollars for five words' she was told.

'Can I pay for just two words?' she asked, 'Smith-Jones dead.'

'No, two dollars is the minimum,' was the reply, 'You still have three words.'

Mrs Smith-Jones thought for a moment. 'Holden for Sale,' she added.

I wish I were a glow-worm,
Glow-worms can't be glum;
It's hard to be downhearted
When the sun shines out your bum.

Dear Abby:

I have a man I could never trust. He cheats me so much, I'm not even sure this baby I'm carrying is his.

humour

A man went into a pet shop and the shopkeeper talked him into buying a centipede assuring him they were lovely pets and could be taught many things, including talking.

He purchased a toy house and everything that the centipede required.

Months went by and the man and centipede became great friends. One night the man decided to go to the pub for a drink, so he went to the centipede's house and called 'Going to the pub for a drink, want to come?'

This Newsletter printed by:

BREAKOUT
Design & Print,
19 Buckland Street, Broadway
Phone (02) 9281 5100
NOMINATIONS ARE REQUIRED

At the October meeting, concern was expressed for the future of the Association. The key office holders of Treasurer, Secretary and Welfare Officer have been held by the same people for more years than anyone cares to remember.

I draw your attention to the nomination form on the back page of this newsletter. Anyone is eligible to apply for any of the positions, with the only exception being that of President who has to be a laryngectomee. Every other position is open to both laryngectomees and also to non-laryngectomees.

For anyone who wants to nominate for Newsletter Editor, once they get the newsletter going, I can show them how easy it is to update the website (www.stilltalking.org.au) on a monthly basis. Don’t hesitate to get your nominations in for any position right away.

You all have your reservations for the Christmas party in by now, I presume. Don’t forget to bring along a prize for the regular fundraising raffle. See you there.

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 AND ADVICE ON REPAIRS - John Chaloner, 111 Station Street, Petersham 2049. Phone 02-9680-2852
FOR STOMA COVERS, SHOWER SHELTERS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 25 Baker Street, KENSINGTON 2033. Phone 02-9683-2550
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
MINUTES


APOLOGIES - Bonny Dun, John & Des Nicholson, Pat Rogers, Sid Lowe, Jo Bluett, Faith & Russell Green, John Chaloner.

THE PRESIDENT - Brian Gardner in the chair opened the meeting at 11.20am. The meeting was delayed because of problems collecting the key. This was discussed in General Business. New member, Peter Newby, was welcomed to the meeting. Minutes of the last meeting as appeared in the newsletter were taken as read.

Moved Don Newby, seconded Noel Bluett.

TREASURER'S REPORT -
As of 31st Aug 01
Credit Balance $15,395.09
Income from 31/6 to 17/10 $1,457.20
$19,852.37
Expenditure from 31/8 to 17/10 $11,470.49
Credit Balance at 17th Oct 01 $8,381.88
This includes raffle and party money.

Moved Margaret Silver, seconded Don Newby.

WELFARE OFFICER'S REPORT - I'm pleased to report our treasurer is making a steady recovery, as is Bruce Darlington and Brian Gardner. If I'm missing from home you will know I've made a mistake (I know not money wise) trying to do the books which I am returning to our Sec/Treas as he is now back on his feet.

Everybody who is waiting on ‘Hospital Packs’ your waiting is now over. I'm about to get them ready and send them out. Every hospital seems to have had more larys than usual, unfortunately.

The Christmas party is approximately six weeks away so get your money into John Nicholson so I can make a booking for the number next month.

Bonny Dun our oldest member had her 90th birthday on 14/10. Gordon, Bonny's husband died approximately 20 years ago but she remained with the Association being Secretary for more years than I care to remember, of course they her still on until her health and life Brin ran and stayed on until her health made her finally resign. Trust you had a lovely birthday Bonny and left a drop to share with all of us.

To all who are unwell take care and get well soon - Lilah.

Moved Pat Halliburton, seconded Carol Gardner.

SPEECH AIDS CO-ORDINATOR'S REPORT - OCT 2001
ATTN: COOPER RAND USERS -
It's been expected for some years but Eveready have finally ceased production of the E411 battery used in the early model Cooper Rand speech aid. Our supplier has a few left so if any user needs one contact me ASAP. I first mentioned this in a newsletter a couple of days ago and suggested that members have their Cooper Rand units adapted to take a 9 volt rechargeable battery, as used in the Nu Vols & TruTone speech aids. Paxton Barrand in Sydney on 9299 - 4855 still have some of these adapter kits for about $150.00.

THE THREE WISE LARYS SPEAK UP!
As Lilah mentioned in the last “Still Talking”, in September 3 laryngectomy attended the Lidcombe campus of the Sydney University Health Sciences faculty to speak to 2nd year speech pathology students - as we did last year. There was myself, with my DSP-8, Noel Bluett with his Servox and James O'Meara with his Blom Singer prosthesis. Helen Brake (St Vincent's Hospital) and Julia McLean (St George Hospital) were the lecturers. The three of us gave brief a rundown of how we cope with the diagnosis, the operation and life as a laryngectomee with emphasis on problems encountered. We answered a number of very good questions from the students and I think all concerned had an informative & interesting time. Unfortunately Lilah couldn't come this year, as she was at a funeral, but I did my best to fill her shoes and promote the Association and the importance of the pre-op laryngectomy visit.

GENERAL BUSINESS - The President Brian Gardner, his wife Carol and Lilah Walton as well as a large group from the Western Districts Branch attended the funeral of popular member Bill Byrne. Bill will be sorely missed.

Brian Gardner spoke of the problems of filling executive positions left vacant by a combination of age and ill health. He appealed to members to seriously consider nomination for positions in the coming election of officers. He also mentioned that as numbers declined there may not be the possibility of having two metropolitan branches, but there may have to be a combination.

Carol Gardner has discussed the key problem with a representative of the owners and they suggested a member of our branch might like to nominate to be a key holder. This would entail a $100 deposit. This was agreed and Carol has volunteered to be the key holder so no further problems are envisaged.

Brian Gardner reported an increase in hospital visits and there was concern expressed that the number of laryngectomy operations are once again on the increase.

The meeting closed at 12pm and lunch was served. Carol Gardner had baked a special 90th birthday cake for Bonny Dun. In her absence we wished her well and hoped to see her at the next meeting to wish her a belated Happy Birthday. The next meeting and the last one for the year will be Wednesday 21st November.

Bonny Dun (l) with
Elsie Coleman
WESTERN DISTRICTS NEWS - OCTOBER 2001

The death of Bill Byrne this month after much illness was an occasion of great sadness for our group. Bill was a popular member of both Western Districts and State Committees and we shall all miss him, particularly at our barbecues. His funeral was attended by a large group which included State and Western Districts members. A minutes silence at the meeting commemorated Bill.

Stan Morley received a letter with a donation from George Kijurina who has not attended meetings for some time because of illness.

Peg Fazakerley is in Ryde Hospital awaiting an operation.

On the brighter side arrangements have been completed for our barbeque with the Hunter Districts Laryngectomees at Budgewoi. A bus has been organised to leave the Masonic Club at 8.30am on Sunday, November 4th at a cost of $5 per head. Some seats are still available.

A booking has been made for our Christmas party at Valentines restaurant on Tuesday, December 11th. The restaurant is on the corner of James Ruse Drive and Hassell Street.

BILL BYRNE EULOGY

William (Bill) Byrne, and his twin brother Charles, were the first born children of Mary and Foster Charles Byrne, on July 23rd, 1922 at Goulburn. Foster Byrne was a long time member of Merrylands RSL. Ironically, after returning safely from both World Wars he was killed in a motor accident outside his home in August 1961.

The twins were the first of five brothers and two sisters. After the twins were Victor (deceased), Maxwell (deceased), followed by Kathleen, Eileen and Ralph. Bill was the grandfather to eight and great-grandfather to four children. Twin brother Charles lives in Connolly, Queensland, but because of his poor health was unable to attend the service.

Bill attended school in Goulburn, then became an apprentice plumber, qualifying as a plumber in Yass. He married his first wife Nona and moved to work in Orange. They had three children, Malcolm, Ian and Dierdre.

Bill joined the army in 1941 and served his country with distinction in the 51st Australian Field Park Company, Royal Australian Engineers. His military service commenced on October 4th and after serving in New Guinea and New Britain from ‘43 to ‘44 was honorably discharged on January 30th, 1945. After he returned from the war he separated from Nona and lived and worked in the Merrylands area.

After Bill had his voice box removed in 1977, he moved to the home of his sister Eileen in Brennan St., Smithfield. He remarried, but lost his second wife, Edna, three years later to that dire scourge cancer, which he knew about and was to learn a lot more about through the rest of his life.

He fought courageously against cancer for the last twenty-four years of his life. He had his bladder removed, a kidney removed and two days later he was told that he had a cancer in his remaining kidney. He had further cancers in his stomach and bowel. How much more could any person suffer? Yet he was never known to complain during all those years of pain and adversity.

Bill’s sister, Kathleen, wanted mentioned how wonderfully Eileen has helped and cared for Bill over such a long period and described Eileen as the “Wicked Step-mother”.

Bill was a close friend of Charlie Mance, one of the last WW1 veterans, who was given a State funeral two weeks ago. Although Charlie’s hearing had deteriorated and Bill could not be heard very well, they always had a smile, a hand-shake and a pat on the back for each other.

He will be sadly missed by his large family and his numerous pals and mates at Merrylands RSL Club with whom he enjoyed a few beers.

May he rest in peace, lest we forget.

Brian Bryant, Honorary Secretary/Welfare, Merrylands RSL Sub-branch.
"THE SHAKER EXERCISE"

The October edition of Webwhispers http://webwhispers.org/news/oct2001.htm ran a piece on swallowing problems and a simple remedy called the "Shaker Exercise". The exercise is named after its inventor, Reza Shaker, MD.

Various muscles and tendons are liable to be removed during laryngectomy, causing difficulties in swallowing and leading to possible health problems like malnutrition, reflux, infection and loss of taste.

It turns out that the seemingly uncomplicated act of swallowing is actually quite complicated. It involves whole groups of muscles which open and close the sphincter muscle which is on top of the esophagus. Some laryngectomees lose part or even all of this muscle depending on the location of the cancer and the operation technique used. For others, we develop spasms in those muscles which can make it difficult for us to speak using esophageal speech, as well as swallowing problems.

The exercise involves lying on the back and raising the head until you can see your feet, but without lifting the shoulders. In a pilot study patients, including those whose swallowing problems were linked to radiation to the neck and surgery, performed the exercise three times a day for 6 weeks. The results were significant and all patients returned to eating at least soft foods.

More extensive research is being carried out, and one of the benefits is that a better understanding is being developed of the complicated processes which allow us to swallow. The "Shaker Exercise" is not going to cure the swallowing problems of all, but it is nice to have a method developed which works for some which does not involve more surgery or pills.

NEXT MEETING

The next meeting for the Laryngectomee Association of NSW will be held on Wednesday, 21st 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.

VALE

GEORGE BEGG DOOLEY

An obituary appeared in the paper for one of our members. George Dooley of Forestville had his laryngectomy 15 years ago and remained cancer free until 3 months ago when it returned. George died aged 76.

George was born in Dubbo but was raised in Sydney's eastern suburbs by his relatives. He served in 'Curtin's Cowboys' in New Guinea and Indonesia in World War Two and met his wife Esme while stationed in Charters Towers.

George was a lifelong music buff with a great love and knowledge of jazz music in particular.

VALE

It is with regret that we sadly farewell the following members:

Mr L Fisher of Lake Cargelligo
Mr W Byrne of Guildford
Mr G B Dooley of Forestville

We extend to their families and friends our deepest sympathy.
SALIVA FUNCTION

Further to the article "Saving Saliva Function" in the July issue of "Still talking" I have had some feedback from David Myssiorce in the US. David reckons this procedure would not be suitable for laryngectomees.

He says that most head and neck cancers require a radical neck dissection, not a modified one. Saving the salivary gland puts the patient at risk for recurrence within the field of surgery. It is contraindicated in mouth and tonsil cancers. For laryngeal cancers, this region is usually not operated anyway.

Finally, for patients undergoing chemoradiation, there is no surgery performed so access to this gland simply to move it forward is impractical and potentially risky to regional nerves. There clearly are patients who might do well with this operation but only as an extension of another operation.

SMOKE-FREE HOTELS

Reuters reported in September that 6 California properties of the Woodfin Suite hotel chain were to be made smoke-free.

The company said that they wanted to try this idea out first in California as the State had been very aggressive about smoking in public places and they thought it more likely to be well received there. The company doesn't want to force anything unwanted on their customers but they believe that this move will give them a competitive edge. Their spokesman, Tom Farrell, said the no-smoking program would be expanded to other Woodfin hotels if public reaction was positive.

Making hotel rooms smoke-free saves on cleaning expenses; smoking rooms require more frequent carpet shampooing, drape cleaning, and minor repairs for things like cigarette burns in fabric.

Smoke-free hotels seem to be a trend with other chains also announcing smoke-free properties. Although it is not expected that all hotels go completely smoke-free, particularly public companies.

Frankfurt ground control and a British Airways 747 (call sign 'Speedbird 206') after landing.

Speedbird 206; 'Good morning Frankfurt, Speedbird 206 clear of the active runway.'

Ground; 'Guten morgen! You vill taxi to your gate!'

The British Airways 747 pulled onto the main taxiway and stopped.

Ground; 'Speedbird, do you not know where you are going?'

Speedbird 206; 'Stand by, ground, I'm looking up the gate location now.'

Ground (with impatience); 'Speedbird 206, haff you never flown to Frankfurt before?'

Speedbird 206 (coolly); 'Yes in 1944. But I didn't stop.'

Dear Abby:

I am a twenty-three year old liberated woman who has been on the pill for two years. It's getting very expensive, and I think my boyfriend should share half the cost, but I don't know him well enough to discuss money with him.

This Newsletter printed by:

BREAKOUT

Design & Print,
19 Buckland Street, Broadway
Phone (02) 9281 5100
THE LARYNGECTOMEES ASSOCIATION OF NSW
ANNUAL GENERAL MEETING 11am, WEDNESDAY, FEBRUARY 21st 2002
ELECTION OF OFFICERS AND EXECUTIVE COMMITTEE

At the Annual General meeting of the Laryngectomee Association of NSW, to be held on Wednesday, February 21st, 2002 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 2002.

The following offices are to be filled:-

<table>
<thead>
<tr>
<th>President</th>
<th>Vice-Presidents (2)</th>
<th>Secretary</th>
<th>Treasurer</th>
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<tr>
<td>Assistant Sec/Treas.</td>
<td>Welfare Officer</td>
<td>Speech Aids Co-Ordinator</td>
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<tr>
<td>Publicity Officer</td>
<td>Newsletter Editor</td>
<td>Committee Members (2)</td>
<td></td>
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__________________________________________________________

NOMINATION FORM
LARYNGECTOMEES ASSOCIATION NSW, COMMITTEE 2002
(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 2002

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 LARYNGECTOMEES ASSOCIATION OF NSW FOR 2002

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

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

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

Do you attend Branch meetings?................. Which Branch?........................................
CONTIBUTING TO 
THIS NEWSLETTER

I've said it before, so I might as well say it again. How come the subscribers of this newsletter, with a couple of exceptions, are far too busy to write in and make a contribution towards enlightening or at least cheering up their fellow members of the Association?

As things keep happening on the laryngectomee and tobacco industry front, I'll keep reporting any news that I come across that I think could be relevant to our readership.

However, it could make the newsletter more user friendly if we had more information about who our members actually are. For example, what interesting hobbies do our members have. What reminiscences do you have, any particular event fixed in your mind, places you have visited, here or overseas, before or since your laryngectomy. I am sure that the other members would like to find out about their fellow members throughout the State.

We welcome your recipes, poems, stories, health tips, sewing tips, household hints etc. to save the newsletter from becoming stale with only my point of view being expressed each month.

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, 111 Station St, Petersham 2049. Phone 02-9630-2500

FOR STOMA COVERS, SHOWER SHEIELDS, 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, 153 Dowling Street, WOOLLOOMOO, PO Box 572. Phone 02-9334-1900. Fax: 02-9357-2678

OFFICE BEARERS 2001

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

Vice Presidents: Noel Bluett, 154 Grenville St, CHATSWOOD 2067. 02-9419 6527

John Chaloner (see below)

Secretary/Treasurer: John Nicholson, MBE, PO Box 58, RICHMOND, 2753. 02-4578 1415

Minute Secretary: Mrs Mary Halliburton 94 Carmen Drive, CARLINGFORD, 2118

Speech Aid's Co-ordinator: John Chaloner, 111 Station St, PETERSHAM 2049. 02-9650 2550

Welfare Officer: Mrs Lilah Walton O.A.M., 23 Baker St, KENSINGTON, 2033. 02-9663 2550

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H 02-9130 2560 Email: Antoni.Krasnodebski@acs.net.au

Committee: Bruce Darlington 5 Alexander St, ARNCLIFFE, 2205. 02-9859 2540

Pat Halliburton, 94 Carmen Drive CARLINGFORD, 2118 02-9871 8690
MINUTES


PRESENT - P Halliburton, B Gardner, K McDonald, M Radi, J Gifford, S Lowe, J O'Meara, P Rogers, D Newby, N Bluett, A Szanyi, M Halliburton, G Gardner, B Dun, L Walton, J Bluett, Helene, N Hannon.


THE PRESIDENT Brian Gardner in the chair opened the meeting at 11am and welcomed a new member Mark Radi and welcomed back Pat Rogers who has been in hospital. It is with great sadness we report the death of Ruby Rix.

There was no treasurer's report as John Nicholson is in hospital but Lilah is to take over for that period and is to be assisted by Noel Bluett.

WELFARE OFFICER'S REPORT - This month has not been our greatest month. Our President has been in the Wahroonga San, our Secretary/Treasurer is still in the R.P.A. Hospital, Minute Secretary Mary Halliburton also had a 'trip' to Hospital and Committee Member Bruce Darlington is having treatment at St George. Because of this I was the NSW Rep at the National Laryngeal Cancer Steering Committee Meeting. The minutes of the meeting will be sent to John Nicholson and as there wasn't anything of urgency I will leave it to him to discuss it.

As John Nicholson has been away from his home phone for two weeks anybody who has left a message on the answering machine or who has sent money for the raffle will be contacted by John on his return home which could be another two weeks, any queries contact me. Re the Treasurer's Report - We are financial.

I am completely ignorant about computers, however I understand that our editor, Toni Krasnodebski, has done a great job (even to photos of all committee members) on our website. Congrats Toni.

Des Nicholson is staying in Sydney with her daughter, Jane, to be near John and as I have used all my stoma cover material I have to wait until Des has time to send me some of her's, so anybody who requires patient packs will have to wait until I am able to make some more up. Any complaints, register them with our President and please ask for my resignation.

We have Maree and Robert from Pacific Medical, who are going to demonstrate their electro-larynx today.

Elsewhere in the minutes you will see that I attended the funeral of Ruby Rix. To anyone else who has had a bereavement or sickness we all convey our love, Lilah.

Moved Carol Gardner, seconded Pat Halliburton.

GENERAL BUSINESS - Some members, including Noel Bluett and John Chaloner, attended a meeting of Speech Pathologists at the Lidcombe Campus. They reported a very interested response to their talk on laryngectomees and felt that their attendance had helped the understanding of the Speech Pathologists on problems peculiar to this group.

Lilah brought up the problem of filling the position of Secretary/Treasurer while John is absent. Noel Bluett again volunteered and his offer was gratefully accepted. Brian Gardner is to visit John Nicholson and also asked for a volunteer to help Lilah with her workload.

Lilah also reported the continuing problem of ignorance regarding the administration of oxygen to laryngectomees. Even now, there are cases where oxygen is given through the nose instead of through the stoma.

At this stage Maree Chappell and Robert Scarsellette from Pacific Medical were welcomed to the meeting. Robert gave a detailed account of their new Artificial Larynx and answered questions from the floor. An advert for the product accompanies this newsletter.

The meeting closed at midday and all adjourned for lunch.

The next meeting is on Wednesday, October 17th.

VALE RUBY RIX

With sadness I report the sudden death of our active member, Ruby Rix.

Ruby had returned from Coffs Harbour attending the funeral of her sister, Flo, when she had a fatal stroke.

Ruby had a very hard life, being born in Woolgoolga, before attending the two class school, she and her sister delivered the milk each day. To obtain work she shifted to Newcastle and at the outbreak of W.W.II she joined the WRAAF and in 1947 married and had three children. She was a great worker for charities and in 1998 when she became a laryn we were to become another charity to benefit by her excellent handiwork and charming personality.

The attendance at her funeral verified how highly she was loved and respected by family and friends. I am thankful for the opportunity to have known Ruby - Lilah Walton.
WESTERN DISTRICTS NEWS - SEPTEMBER 2001

The barbeque at the Woronora Dam with the Illawarra laryngectomees was a great day, good weather - good food - good company, enjoyed by all.

We are now looking forward to the barbeque with the Hunter Districts Group at Budgewoi on Sunday, 4th November.

This year our Christmas party will not be held at the Masonic Club, but at Valentines restaurant at the corner of James Ruse Drive and Hassel Street, Rosehill on Tuesday, 11th December. Details will be in the October News and also in the President's Newsletter being sent out in October.

Bill Byrnes is still not well and has returned to Concord Hospital.

PETER TINNISWOOD

Peter Tinniswood is a Liverpudlian author and playwright who underwent a laryngectomy in early 1999 in the UK.

After a long bout of illnesses and operations Tinniswood is now back in business using a Cooper-Rand electrolarynx for his communication even though he says that his writing is the only way he can communicate properly. It was the main thing that kept him going when he couldn't talk at all.

Tinniswood came to prominence with a TV show entitled 'I Didn't Know You Cared' and a number of radio plays. He has recently had two short comedies performed, 'The Scan' and 'The Voice Boxer'.

'The Scan' is about a man who goes to his local hospital for a checkup and is required to undergo a body scan.

'The Voice Boxer' is about grief, loss and anger as a man wakes up after a laryngectomy and discovers that his voice has developed a life of its own.

The author claims that his work is not autobiographical but that his experiences have given him an insight that he hopes will make people think about their own condition. To alarm them, frighten them, make them laugh and entertain them.

Anyway, watch out in case either of these plays is televised or if they are performed in Australia.

The author also has a new book coming out in November this year entitled "A Touch of Daniel". As the book has not yet been released I'm unable to say what it's about.

PLAYING WITH FIRE

A report from the US in early September told of a cancer and tracheotomy patient who fell asleep while smoking through his stoma, lit his futon mattress and nearly set himself on fire one weekend before being rescued.

A neighbour, Bob Brewer, 51, smelled smoke coming from the adjoining first-floor apartment in Kansas City shortly after 10am, and was able to rescue the unconscious 49-year-old man with the help of the manager of the apartment complex.

This fellow was lucky that someone in his block of flats came to his rescue. Had he been alone in a house or caravan etc, that would have been his last cigarette.

Another salutory warning.
DUBBO SUPPORT GROUP

The Central West extraordinary meeting in Orange on 9th August was reported on in the President's report in the September issue of 'Still talking'.

Laryngectomees Murray Robbins and Frank McGee, pictured right with Melissa Curby of Lourdes Hospital Dubbo, are the driving force behind trying to make the Central West Laryngectomeee Support Group meetings more accessible to members throughout the region.

Pictured below are the Speech Pathologists who minister to the laryngectomee community of the Central West. Anyone living within the catchment area of Dubbo, Orange and Bathurst should recognise at least one of these Speechies.

Any of our readership who are interested in attending a meeting of the Central West Support Group, please contact Murray Robbins whose address and telephone number are listed on the cover of the newsletter.

VALE
Regretfully, we have to report that our following members have died.

Mr F N (Mick) Heins of Wellington
Mr David Logue of Trangie
Ms Ruby Rix of Waterloo
Mr Clint Faull of Umina
Mr Robert Cox of Wyoming

We extend our sincere condolences to their family and friends.

NEXT MEETING
The next meeting for the Laryngectomee Association of NSW will be held on Wednesday, 19th September, 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.
CIGARETTE ADVERTISING OF DECADES AGO
TRIED TO MAKE Foul SMOKE SmELL FRAGRANT

Some of my high school friends back in the 1940s used to kid me that I never tried smoking because I had another vice: stuffing myself with sweets from the Candy Kitchen my Dad operated. If there was truth to that, it was minimal. Dad and Mom were almost paranoid about their four kids getting too many sweets. We were rationed before World War II rationing put everything from sugar to meat on the restricted list.

There was another reason I avoided the weed. The smell of a live cigarette with smoke curling off the end, or of used butts on the ground, turns my stomach. Still, I wasn't up to challenging the smokers around me. Today, I kick myself for having been meekly considerate of smokers who, as they lit up, would ask: "Do you mind if I smoke?" Unwilling to hurt their feelings with honesty, I'd respond: "No problem. Go right ahead."

By choosing not to offend the real offender, I remained unhappily in the midst of a cloud of smoke. That was before it was known cigarette smoke was bad for health, especially as a carcinogen that breeds cancer. As I unwillingly sucked up the second hand smoke, I wasn't aware of health dangers. I just hated the stink, but kept quiet, as foolish folk still do today.

I wonder: when a non-smoker marries a smoker, how does the marriage survive? My partner never smoked, and she had the guts to make her distaste known. When our first son was an infant in 1963, we had a visit from our parish priest, a good and considerate man. But he had been captured by the tobacco industry's addiction strategy, and was an inveterate smoker.

As he started to light up in our 3rd floor apartment, Silvi said: "Please don't smoke. It can be bad for the baby." Now we know it's bad for everybody.

In those more naive years, many were brainwashed by tobacco propaganda. The marketing aimed at getting females to join male pollutants made it seem sophisticated and mature to clasp a smoldering"coffin nail" between one's fingers. In high school, it was assumed by teenage smokers (not by those gagging around them) that smoking signaled one had come of age.

In those pre-TV days, the subliminal pitch of movies and radio helped make a cigarette cough acceptable. Humphrey Bogart, one of my idols, always had a cigarette in hand. He died early, of throat cancer. Radio was less overt, but just as influential in leading smokers to premature deaths. One of my favorite shows was The Chesterfield Hour of Fred Waring music. It lasted only 15 minutes, but long enough to make a subtle pitch for smoking. Its theme song, repeated three times in a quarter hour, was: "Smoke rings, ohh, smoke rings; while a Chesterfield burns."

Some hit songs had lyrics that made a dirty habit sound attractive: "A cigarette, sweet music, and you; the perfect blend for dreaming for two."

Seems ironic that growers of tobacco, which kills so many, get government subsidies, while hemp plants that produce marijuana are targeted by a drug war. Are the purveyors of tobacco hurt by recent face-saving restrictions on selling to underage kids? Far from it. They just move their marketing focus overseas to infect children of other nations with cancer.

The tragedy continues as big tobacco bribes legislators with big money that poses as "free speech." We'll finally emerge from the smoky cloud of corporate propaganda when we make it illegal for anyone--smoker or nonsmoker to give money to political candidates who then are blackmailed into dictating a polluting government policy.

This article was taken from Common Dreams News Center and was written by George Beres who lives in Eugene, Oregon.

gberes@oregon.uoregon.edu
REMEMBER

CHRISTMAS PARTY 2001

To: The Treasurer, Laryngectomee Association
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 1st December 2001, 12 noon - 3.00pm.

I enclose $20.00 for each laryngectomee and/or partner and $25.00 for each non-laryngectomee.

TOTAL ENCLOSED..........................

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

SIGNATURE..................................

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

MY GUESTS WILL BE..........................

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

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

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

This form must be completed and returned to the Secretary/Treasurer by 31st October, 2001. Your receipt will be mailed to you. This receipt will be your entry card so please remember to bring it with you on December 1st.

humour

A man was passing a house with the sign ‘Beware of the canary’. He saw the home owner and asked, “Why should anyone beware of a canary?” “Because this one whistles for the dog” replied the owner.

One day, Mum was cleaning junior’s room, and in the closet she found a bondage S+M magazine. This was highly upsetting for her. She hid the magazine until his father got home and showed it to him. He looked at it and handed it back to her without a word.

She finally asked him, “Well what should we do about this?”

Dad looked at her and said, “Well, I don’t think you should spank him.”

Why did Moses wander the desert for forty years? Like all men, he was too proud to ask anyone the way.

This Newsletter printed by:

BREAKOUT

Design & Print,
19 Buckland Street, Broadway
Phone (02) 9281 5100
You Spoke, We Listened:
At Griffin Laboratories we were determined to make sure that the TruTone™ speech aid (with its patented pressure sensitive tone control) met the needs of your active lifestyle. Starting with design we went straight to the source, you, the laryngectomee.

You told us you wanted to sound more natural, less monotone. You wanted to be heard in a crowded room. Above all you wanted a speech aid utilizing modern technology.

It was clear that independence in a small, lightweight instrument is important. The TruTone™ is your ideal speech aid! It is easy to operate, runs a long time on readily available batteries, and sounds more natural!

At Griffin Laboratories we understand the importance of listening. Of the speech aids available today, we are sure you will make TruTone™ your natural solution.

Compare The Features:
- Best sound quality available.
- Single pressure sensitive button, for natural voice intonation.
- User friendly controls.
- Wide frequency range.
- Powerful volume range.
- Energy efficient design for extended battery life.
- Independence through 9 volt batteries.
- Lightweight and small size.
- Durable impact resistant materials.
- Well crafted for years of quality service.

The TruTone™ speech aid kit comes with two high capacity rechargeable batteries, a battery charger, an oral adapter, and a two year limited warranty. To hear the TruTone™ call your distributor or Griffin laboratories for a free telephone demonstration.

Call Your Distributor Today!

Complete Kit
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by Griffin Laboratories
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Discover the SolaTone™, a high quality steady tone speech aid that’s easy on your budget. This instrument, based on a proven design, provides quick results by meeting your basic speech aid needs. You will love the independence offered by its light weight, simple design and 9 volt transistor battery operation.

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- Easy Single Tone Button
- 9 Volt Battery Operation
- Quality Construction
- Good Volume Range
- Great Value Artificial Larynx

The SolaTone™ artificial larynx comes with a one-year limited warranty and operates on good quality 9 volt style alkaline batteries. The complete kit comes with two high capacity rechargeable batteries, charger and oral adapter.

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Robert Scarcellette
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Tel: (03) 8416 0333
Fax: (03) 8416 0355
Email: support@pacificmedical.com.au
Website: www.pacificmedical.com.au
CUSTOMER SERVICE FREECALL: 1800 656 059
www.stilltalking.org.au

Well, we're finally there. The Laryngectomee Association of NSW now has it's own website. The site is more or less an electronic version of the newsletter so even if you were to go overseas you would be able to keep in touch with what's happening back home on the laryngectomee front.

The Minutes of the monthly meetings will be updated on a monthly basis. Articles of relevance to laryngectomees will be retained on the Archive page for at least two years from original publication. Useful Tips for laryngectomees will be retained permanently unless superseded by a better or more accurate article. The Contacts page details all the committee members of your organisation and the Links page can help you access important information without having to go through a search engine.

I hope all of you who check out the site will get back to me with any criticisms or suggestions for improvements. Maybe in the future we could organise a chat room for certain periods where current problems could be discussed. Maybe a 'frequently asked questions' page if a Speech Pathologist or Doctor can be coerced into contributing the answers. etc.

The internet is a fluid medium and anything you see if you visit the site today is open to change and that will be determined by both new technologies and the perceptions or wishes of our members. Go take a look and get back to me with any opinions you have formed.

A.T.Krasnodebski

WHO TO CONTACT

FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl 2099. Phone 02-9939-1839
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 St, KENSINGTON 2033. Phone 02-9663-2550
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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. 02-9663 2550
Editor: A.T.Krasnodebski, PO Box 232, Bondi 2026. W 02-8256 1111 H 02-9130 2560
Email: Antoni.Krasnodebski@acs.gov.au
Committee: Bruce Darlington 5 Alexander St, ARNCLIFFE, 2205. 02-9939 2540
Pat Halliburton, 94 Carmen Drive CARLINGFORD, 2118. 02-9871 8690.
MINUTES

MINUTES OF THE AUGUST MEETING OF THE
LARYNGECTOMEE ASSOCIATION OF NSW, HELD IN
THE UNITING CHURCH HALL, STRATHFIELD ON

PRESENT - J Nicholson, S Lowe, J Perz, B Gardner,
N Bluett, B Darlington, H Stone, J Nowland, D Lamont,
A Krasnodebski, R Green, A Szanyi, D Nicholson,
M Silver, C Gardner, J Bluett, L Walton, A Stone, Helene,
F Green.

APOLOGIES - Mary & Pat Halliburton, Patricia Lamont,
John Chaloner, Bill Byrne, John Gifford.

THE PRESIDENT Brian Gardener in the chair opened the
meeting at 11am on a lovely sunny day. Minutes of the
previous meeting as published in the last newsletter were
taken as read and passed.

Moved Harry Stone, seconded Lilah Walton.

President Brian reported that he and Carol visited Orange
for the special meeting on Thursday, 9th August of the
Dubbo Laryngectomee Support Group. Present were five
Speech Pathologists from the surrounding hospitals,
including Orange, Dubbo and Bathurst, two student
Speech Pathologists and four laryngectomists and their
partners. The object being to arrange meetings in either
Dubbo or Orange so that country members could attend
meetings at venues convenient to them.

SECRETARY/ TREASURER'S REPORT - August 2001

MEMBERSHIP

No new membership in the past month so I am unable to
extend any welcome. During the month I asked the Cancer
Council to delete some 30 members names from our
mailing list as those members were unfinancial.

2001 RAFFLE

We made a couple of 'blues' in the last newsletter - we
forgot to tell members that the raffle tickets for the 2001
raffle were one dollar ($1.00) each and we did not list the
prizes that have been again made and donated to our
Association by Jack Darby of Gilgandra. The prizes are
listed at the end of the Welfare Officer's report. So far 33
members have sent in the money for the tickets they have
sold. We're sorry for our stupid mistakes - old age has
cught up with us.

NATIONAL LARYNGEAL CANCER SUPPORT C'MITTEE

The above committee will hold its annual meeting at the
Australian Cancer Society next week and all being well
one of us will represent our Association at that meeting.
The agenda for the meeting is small so I doubt if any
important decisions will be forthcoming from that
gathering.

2001 CHRISTMAS PARTY

As reported in the last newsletter, our Welfare Officer has
made a booking for a Christmas Party on Saturday 1st
December at the Kirribilli RSL Club. Final arrangements
regarding charges etc should be made at todays meeting and
we will forward the acceptance forms to members
during September or October.

CORRESPONDENCE

1. Newsletters from Victoria, Queensland and South
Australian Associations.

2. Pelican Manufacturing P/L, Western Australia.
   Literature on Patient & Care Items.


5. Mrs J Murray, Orange. $100 donation - collected at
   father's funeral at Orange. Her father, William Henry
   Wilson was 92 when he died recently.

   Ray is recovering from lower lip cancer surgery and is
   very pleased with the attention received at Sydney
   Hospital. Says the weather etc out west has been great.

7. Office of Charities. Programme of lectures coming up
   on charitable fundraising and community gaming.

8. Centrelink. Brochures on assistance available from
   Centrelink. Some copies available for members.

Moved Harry Stone, seconded Noel Bluett.

WELFARE OFFICER'S REPORT - Have been wearing a
track to the Post Office mailing decal to just about every
Lary. Some have received notices re. the decals and
because they are not members of the LANSW and are
not aware of their use, have had the phone lines running
hot, but as always (I'm so modest) have everything
running smoothly again. Received thanks from South
Australia and Tasmania for the decals I sent them.

I wish to thank all the 'girls' who tried to purchase the
'lawn' ribbing. Pat Lamont must have gone from the last
meeting to shop she was so fast off the mark and might I
add, most successful. I will be ordering more stoma
material soon, but no way will I buy anything but white. If
colours are required it's easy enough to dye them or
knit/crochet them in the colour required, but that's not my
worry from here on.

I have to go over to Kirribilli RSL in November to meet the
new catering staff and arrange the seating etc. So as
soon as our hardworking treasurer makes the
arrangements regarding the price, I would like to have the
number attending so seating arrangements can be made
while I'm there.

In this 'Still talking' I hope to have the prizes for our
current raffle. To be honest I can't remember what Jack
Darby gave us at the last Christmas party except I know I
thought they were all great. I have 10 tickets, would it be
possible for me to win them all???

Had a call from an old member, Tom King who had a
Servox given to him from Mrs Teresa Fitzgerald which
belonged to her late husband, Robert. Our efficient
Secretary shall write our thanks as neither party is a
member.

We have sickn friends in hospital, or just out. They are
Bruce Darlington, Bill Byrne & Harry Stone. To them and
anybody else I don't know about we are all thinking about
you and are in our prayers.
One of our 'new' Iary's grandson is a Socceroo, so if you are watching any of the games when David Zdrilic gets the ball, whistle, stamp your feet and blow trumpets.

Remember everybody, I'm only a phone call away if I can help.

Moved Harry Stone, seconded Carol Gardner.

PRIZES FOR THE ANNUAL RAFFLE

Wall Clock
Desk Clock of Coolabah Burl
Dip Platter of Silky Oak
Flat Platter of Coachwood
Shallow Bowl with Lid

The raffle will be drawn at the November meeting.

GENERAL BUSINESS - There was a discussion initiated by Tony Krasnodebski regarding the non-payment of a promised donation to the Association by Pacific Medical for running their advertisements for the past five months.

The date for the Christmas Party is Saturday, 1st December 2001, and the price for members is $20 and for their guests $25.

Copies of the Pensioner Concession Cards are available to anyone interested.

A reminder to return unused raffle tickets, or the butts and the money.

Meeting closed 11.45 am and we all enjoyed a delicious lunch of hot soup and sandwiches.

Next meeting is Wednesday, 19th September, same time, same venue.

WESTERN DISTRICTS NEWS - AUGUST 2001

We had a very good bus trip on July 10th. Having driven to Bundeeena we caught a ferry to Cronulla then home.

Arrangements have been made for a barbecue with Illawarra and Newcastle at Woronora on Tuesday September 4th, and Budgewoi on Sunday November 4th. At the time of writing this, there are still 6 places available on the bus to Woronora. Anyone interested can ring Stan Morey on 02 4731 1161 and the cost is $5 per person.

Bill Byrne is still unwell in Lady Davidson Hospital.

WHO GOES THERE

The Washington Post reports that the top US official working on an international treaty to reduce cigarette smoking worldwide has resigned at a time when the United States is embroiled in contentious negotiations with more than 150 countries on how to counter the rising global use of tobacco.

Thomas E Novotny, a deputy assistant secretary at the Department of Health and Human Services, led the US delegation to the World Health Organisation’s 'Framework Convention on Tobacco Control' during the Clinton and Bush administrations.

Bush administration officials said that Novotny has stepped down for personal reasons unrelated to the negotiations. However, three people who have spoken with Novotny recently said he has expressed frustration over the Bush administration’s reversal of US policy. They said that Novotny felt uncomfortable and distressed by the positions he had to defend. Judith Wilkenfeld of the Campaign for Tobacco Free Kids said she watched Novotny during the last United Nations tobacco negotiating session and could see that "he was very uncomfortable with the position he had to take".

Antismoking activist Henry A Waxman whose staff has analysed WHO and US Health and Human Services documents said in a letter to Bush "I have received evidence that the United States is seeking to undermine world efforts to negotiate an international agreement to reduce tobacco use".

A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, he said, "Now boys, if I stood on my head the blood, as you know, would run into it, and I should turn red in the face." "Yes sir," the boys said. "Then why is it that while I am standing upright in the ordinary position the blood doesn’t run into my feet?"

A little fellow shouted, "Cause yer feet ain’t empty."
ASK THE DOCTOR

"Can radiation cause dizzy or fainting spells (vasovagal syncope)?"

Let’s start by reviewing some anatomy. Then, I will address the problem some patients have when they turn their heads and get a little dizzy and light headed.

On either side of your neck is the carotid arteries which are the main suppliers of blood to the head and more specifically, the brain. This artery comes into the neck from the chest as a single large artery, the common carotid artery, then splits in the upper neck to become the external carotid artery supplying blood to the face and head outside of the skull and the internal carotid artery supplying blood to the brain. Where this artery splits is called the carotid bulb and you can usually feel it as a pulsating mass in the upper neck. The carotid artery and especially the carotid bulb are enervated by some specialized nerve fibers that are sensitive to the chemical content of the blood and also to the pressure of the blood inside of them.

Now, lets say you have had surgery on the neck or radiation to neck. Remember that either of these can cause some degree of scarring around this blood vessel resulting in some degree of "squeeze" on them. The nerves, that I mentioned above, read this as an increase in the pressure INSIDE of them and set in motion automatic measures to lower the blood pressure. These include a lowering of the heart rate and a dilatation of the blood vessels in the rest of the body. The net result of all of this is a relative lowering of the blood pressure to the brain and the sense of dizziness and being light headed. This whole thing can be made even worse if you have some degree of atherosclerosis (cholesterol plaque) or if you are taking medicines for high blood pressure. Dehydration also may be a contributing factor.

If you have this problem, unfortunately there is not much that can be done to eliminate it. The most important thing is to simply be aware that the problem exists and not change positions rapidly, i.e. lying to sitting or sitting to standing. Take your time when you get up and don't immediately start walking. You might want to make sure you are well hydrated and that your blood pressure is under good control and your anti-hypertensive medicine is right for you. If the problem is severe enough that you almost black out or if it occurs very frequently, please check with your doctor and make sure that you are not having transient ischemic attacks (mini strokes) or something wrong with the heart itself causing it to be an inefficient pump.

By;
Glenn E. Peters M.D.
Director, Division of Otolaryngology - Head and Neck Surgery
University of Alabama at Birmingham,
Birmingham, Alabama,
USA.
SWALLOWING

The July issue of Queensland's 'Laro-Link' contained a report compiled at the Royal Brisbane Hospital entitled "Swallowing outcomes after total and pharyngolaryngectomy'. This is what they found:

The study looked at 92 patients, 55 total laryngectomies and 37 pharyngolaryngectomies. Its aim was to look at the type of swallowing problems, the immediate recovery of swallowing and the long-term recovery of swallowing.

Research over the last 20 years has shown that swallowing changes occur after total laryngectomy and pharyngolaryngectomy, but not much of these studies have looked at the complications, the recovery patterns or the impact of the swallowing changes on quality of life. Complications included: Stricture, fistula formation, nasal back-flow, reduced pharyngeal motility, swelling and pseudospiglottis. Radiation therapy, which often accompanies the surgery, can also result in complications: Pain with swallowing, mucosal reactions, swelling and scarring.

We all know that the ability to eat and swallow normally by mouth is an important aspect of the patient's life. In our study, we defined a swallowing problem as the inability to tolerate a normal diet. We looked at patients when they first started oral intake post-operatively, and then long-term. Results of the study showed:

1. Higher incidence of swallowing changes in both laryngectomies and pharyngolaryngectomies than reported previously in the literature. 98% of total laryngectomies and 100% of pharyngolaryngectomies presented with swallowing problems post-operatively (ie few were on a normal diet when discharged from hospital).

2. Pharyngolaryngectomies reported a higher incidence of swallowing problems long term, especially nasal backflow.

3. Pharyngolaryngectomies take longer to progress to oral intake than total laryngectomies.

4. By 3 years post-operatively, 2% - 58.3% of total laryngectomies and 0% - 50% of pharyngolaryngectomies had returned to a normal diet. The most common long-term complication was found to be strictures.

5. Most patients reported it took longer to swallow and required liquids to wash food down.

6. Those people with persistent swallowing problems felt more 'disabled' than those who had no such problems. This interfered with self-esteem, self-confidence and led to a feeling of anger, frustration and embarrassment. For those who attended the presentation, there appeared to be general agreement with the feelings discussed.

The report in the July issue of 'Saving Saliva Function' appears more pertinent in light of these findings.

REALITY
CZECH

CNN made a bizarre report in late July about a consulting firm working for Philip Morris finding that smoking benefitted the Czech economy. The study found the cost benefits of smokers' early mortality, together with cigarette tax revenue, outweighed the economic drawbacks of health care and other smoking related costs. Understandably, outrage was the common response, particularly from anti-smoking groups who accused Philip Morris of being "wolves in sheep's clothing", particularly after recent attempts to soften their image.

Philip Morris said the report was nothing more than an economic impact study, in response to criticisms that smoking related health care costs were hurting the Czech economy, and that they didn't suggest that the social cost of smoking is of benefit to society.

LARYNGECTOMEE SUPPLIES, available from Lilah Walton:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stoma Material</td>
<td>$7 per metre.</td>
</tr>
<tr>
<td>Shower Shields</td>
<td>$30 each.</td>
</tr>
<tr>
<td>Stoma Covers</td>
<td>$4 each.</td>
</tr>
</tbody>
</table>

These are prices for members, postage is extra.
LES TANNER - CARTOONIST

Born in Glebe in 1927, Les Tanner spent his life connected to the newspaper industry with both his father and sister also working for newspapers.

After leaving school he started as a copy boy with the 'Telegraph', working nights to support studies at art school. He started doing cartoons and illustrations in the 1940's, continuing through the 1950's he traveled to England in 1960 where he worked for the 'Daily Sketch' for a short time.

On returning to Australia Les was working for the 'Observer' when it was taken over by Frank Packer's 'Bulletin'. He worked there until his depiction of Henry Bolte, as the hangman of Ronald Ryan saying 'I do not bow to mob protests - only mob support', so offended Packer that the whole issue was pulped.

In 1967, Tanner moved to Melbourne and 'The Age', where he remained as a cartoonist and sometime columnist until retirement in 1997.

Shortly after retiring he donated most of his life’s work, forty three boxes of drawings, to the State Library of Victoria where they are being accessioned and catalogued. His portrait, by June Mendoza, will hang in Victoria’s Stawell Gallery.

Les Tanner, a long time laryngectomee, died this year aged 74 and is survived by daughter Judy, sons Mark and Michael and their families.

A Sunday school teacher was discussing the Ten Commandments with her five and six year olds.

After explaining the commandment to “honour thy father and thy mother,” she asked “Is there a commandment that teaches us how to treat our brothers and sisters?”

Without missing a beat one little boy (the oldest of a family) answered, “Thou shalt not kill.”

The phrase “rule of thumb” is derived from an old English law which stated that you couldn’t beat your wife with anything wider than your thumb.

POEM

By Mark Pruss

Prince Lucifer had escaped once again
Plotting to create mischief and pain.
Just as I at that exact occasion
Entered a busy petrol station,

Because when I tendered a note and spoke
More than one thought my voice a joke
But at least the operator understood me
When I mechanically said "Number three".

As a result on a scale from one to ten
The annoyance barely rated one point seven.
"What does not destroy me makes me stronger".
Perplexed the devil did not stay a second longer.

In fact he collapsed under the strain
And the angels towed the wreck back to Hades again.
DUBBO SUPPORT GROUP INITIATIVE

The Dubbo Laryngectomee Support Group, who hold their monthly meetings on the third Thursday of each month in the Lourdes Hospital Board Room, have organised a special meeting in Orange on Thursday 9th August, 2001.

The venue for the occasion is the Conference Room at Orange Community Health Centre at 129, Sale St, Orange. The meeting is scheduled to commence at 12 noon and will be followed by lunch. The Association President Brian Gardner and his wife Carol will be attending in addition to members and friends from Orange, Bathurst and Dubbo.

If you are able and interested in attending this event an RSVP to Melissa Curby in Dubbo 02 6841 8516, Lurene Pollard in Bathurst 02 6339 5100 or Alison Helmlin in Orange 02 6393 3303 by Thursday 2nd August, if possible. Included with this issue are tickets for our annual fundraising guessing competition with lovely prizes of hand made wooden ‘objets d’art’ from the workshop of our craftsman Jack Darby. Please return your stubs and cash to the Secretary, John Nicholson or the Welfare Officer, Lilah Walton. Winners will be announced in the December issue of ‘Still talking’.

A.T.Krasnodebski

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 St, 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 02-9663-2595

FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Dowling Street, WOOLLOOMOO, PO Box 572. Phone 02-9334-1900. Fax: 02-9357-2676
MINUTES OF THE JULY MEETING OF THE
LARYNGECTOMEES ASSOCIATION OF NSW, HELD IN
THE UNITING CHURCH HALL, STRATHFIELD ON
WEDNESDAY 18th JULY 2001.

PRESENT - J Nicholson, P Halliburton, B Gardner, R Rix,
S Lowe, D Newby, D Lamont, R Green, A Szanyi, Helene,
D Nicholson, M Halliburton, C Gardner, P Lamont,
F Green, L Walton, N Hannon.

APOLOGIES - J John Chaloner, Tony Krasnodubski, Harry
Stone, Pat Rogers, Margaret Silver, Bonnie Dunn, Bruce
Darlington.

THE PRESIDENT Brian Gardner in the chair opened the
meeting at 11am. Minutes as in newsletter, taken as read.
Moved Pat Halliburton, seconded Carol Gardner.

SECRETARY/TREASURER'S REPORT - for July 2001

AIRLINE TRAVEL - LARYNGECTOMEES

Mr Roberts of Merewether, if still worried about the
attitude taken by Qantas (and possibly other airlines) in
providing oxygen masks for laryngectomee passengers.
Our President has had long discussions with the medical
authorities at Qantas and the National Laryngeal
Committee has investigated the matter in the past. There
is a meeting of the National Laryngeal Committee at the
Australian Cancer Society in August 2001 so we can ask
them for a report from them on this matter.

MEMBERSHIP

The following members were welcomed in the past month
and we hope that they will be able to use the facilities that
we can offer to them:

Mr D J Richards, Narrabri
Mr B Mateljan, Wetherill Park
Mr G Foran, Northmead
Mr W Johns, Holder, ACT

UNFINANCIAL STATUS OF MEMBERS

We reviewed the membership cards and found some 61
members were unfinancial and as was shown in the last
couple of newsletters we have deleted those unfinancial
members from the newsletter mailing list. We think this is
only fair as such members have had a free issue of the
newsletter for the past six months. We do hope they will
rejoin before the end of this year.

FINANCIAL POSITION

The Treasurer reported that the credit balance of our
current account stood at $6670.79 and the Term Deposits
remained unaltered.

CORRESPONDENCE - JULY 2001

1. Pacific Medical. Concerning visit by their rep. at
August meeting.
5. Newsletters from the UK and other States.
7. Mr V Jones of Guildford. Payment for brushes and a
donation.
   Not applicable to our Organisation.
14. Mr Dr.com.au. Info on Health Support Group Website.
15. NSW Cancer Council. Monthly grant of $250.
17. Mr G Pitsios of Kirravee. Payment of Sub.
18. Mr J Heywood. Seeking advice on his 200
   subscription as he has not received a receipt for that sub.
   Being investigated.
19. Mr H Playford of Tuggeranong. Payment of sub. and
   advising of his medical problems.
   Advice of their planned Meeting at Orange and invitation
to attend that meeting.

Moved Don Newby, seconded Lilah Walton.

WELFARE OFFICER'S REPORT - I have made the book-
ning for our Christmas Party. First Saturday in December,
which is December 1st, and at the Kirribilli RSL. So start
saving your loose change for the
competition and also start thinking of what you're going
to buy or make for the "present" table. Don't start saying "it's
too early". The way time seems to fly now it will be here
before you know it.

I have been busy sending out decal's to our members
(which once again proves they read 'Still talking' or is it
that they just read my column??? ) of course not all going
into hospital but getting them "just in case". As for the
decal's that I sent to all Australian States LA's last month,
I have not had a word from any to say if they have received
them.

I am happy to say Frank Smith is out of hospital at last
and back in the Nursing Home. The other members I
haven't heard from except Bruce Darlington is back in
hospital returning last night 16/7. To Bruce and others
"a speedy recovery".

Derrick Roper and wife are off to England via Japan ( with
a decal in his pocket ). Have a great time, hope to see you
on your return.

Don't forget those winds we are experiencing have ice on
them, so keep your stomas covered and warm. Till next
month, keep smiling at everyone you see, it keeps them
guessing where they might have met you. Lilah.

Moved by Carol Gardner, seconded Ruby Rix.
MINUTES CONTINUED...

SPEECH AIDS CO-ORDINATOR’S REPORT - JUL 2001

Things have been pretty quiet for battery sales and loan speech aids which is why there haven't been reports from me the last few months.

I do, however, have some news regarding the pneu-molar-ynx situation following my piece in the March newsletter about the cessation of Memacon DSP-8 production. (I may be talking to a small audience though as I've had contact with only 4 DSP-8 or -81 users, including myself).

A number of speech pathologists replied to my letter and some had an aid or spare parts which they donated to the Association or which they will give if members contact them direct - anyone interested should contact me, by mail please.

My search for another type of pneu-molar-ynx has brought to light only one. The ToneAire Artificial Larynx made by Communicative Medical in Spokane, Washington, USA. It's similar, though slightly larger, to the DSP-8. Instead of a rubber membrane and tone adjusting screw it has a metal reed which gives only one tone. It comes in two types - with a masculine tone or a feminine tone.

I bought one to try out - a bit expensive at $170 including a hefty freight cost.

I'll show it to some speech pathologists as I think it would be good for initial voice for new laryngectomies as it is simple and easy to use. Personally I would only use it as an emergency back-up as I find the single tone a little too high and soft for my liking.

I've contacted Communicative Medical regarding the lack of tone adjustment. They advise that in about two months they should have the ToneAire II available with more inflection and range. They have kindly offered to send me this improved model to try. They've also asked if I would supply a tape of me using my DSP-81 and their ToneAire.

I shall advise more in a few months.

Moved be accepted Des Nicholson, seconded Don Newby.

GENERAL BUSINESS - Jane Barrett, Project Co-ordinator for the Communication Training skills section of the Cancer Council was welcomed to the meeting. Jane is seeking volunteers for groups she is running to deal with sexual and body image concerns of those who have had cancer treatment. A notice to give details appears further in newsletter.

Lilah Walton reported receipt of letter from the Kirribilli R.S.L. Club confirming date of Christmas Party and enclosing menu. They also mentioned a change of venue for the party to the Bistro. Brian Gardner is to check and see if this is suitable. December 1st. is confirmed as the date. Lilah has asked anyone with special dietary needs to let her know so that she can notify the chef.

Lilah also reported raffle tickets will go out with the next newsletter (i.e. this one). Des Nicholson showed offcuts of cream material for stoma covers need matching ribbing and has asked members to check local shops for a match.

Brian and Carol Gardner are to attend the inaugural meeting of the Orange Branch of the Laryngectomies Association on August 9th. We wish their branch all the best.

The meeting closed at noon and was followed by a welcome lunch of soup and sandwiches.

The next meeting is on August 15th.

WESTERN DISTRICTS NEWS - JULY 2001

A well attended meeting was held at the Masonic Club on Tuesday 10th July.

A letter has been sent to the Hunter Valley Branch re the date of the Budgewoi barbecue. No reply has been received as yet, but our bus has been tentatively booked for Sunday 4th November.

Harry Stone brought up the question of parking for Hospital Visitors at Westmead Hospital. Ron Carlin said that Rosemary Champion had organised a pass for him. Alan Dawson commented that any expense incurred would be refunded by the Branch.

Bill Byrne is again in hospital after suffering a fall.

At the conclusion of the meeting all twenty members adjourned to Valentines' restaurant for a Christmas in July lunch which was enjoyed by all.

NORTHERN RIVERS BRANCH

A successful luncheon meeting was held at "Maggie Moores" on Tuesday, July 3rd with fourteen attending and four apologies received. We also welcomed two new members, Frank and Nora Corgoran.

It was sad news to hear the loss of one of our members, May Gould. May was a staunch supporter and foundation member of 'The Lost Chord Club', now known as the 'Northern Rivers Laryngectomies Association'. In appreciation of her services to our branch, a donation was made to "St Vincents Hospital Palliative Care".

Rachel Payne and Melanie Hind, our Speech Pathologists, are still in contact with Grafton Hospital Speech Pathologists in trying to arrange a meeting between both districts' laryngectomies. No news to date.

Our next luncheon meeting will be held at the same venue in October.

TOBACCO PAYOUT

At the end of June Associated Press reported that a Florida man, Grady Carter, collected nearly US$1.1 million from Brown and Williamson in March and that an appeal by the tobacco company was turned down by the Supreme Court.

Mr Carter is the first person to successfully collect money for winning a health claim against the tobacco industry in the US. The Supreme Court declined to entertain the appeal that the Florida courts shouldn't have allowed Carter to argue that warnings on cigarette packets were deficient.
SEX AND CANCER

Communication Skills Training for Health Professionals

Jane Barrett, who gave a talk at the July meeting on the topic of Sex and Cancer, is looking for people to attend a 'Focus Group' to help further research into this subject.

Are you interested in having an input into a discussion on whether your cancer experience affected you sexually, your relationships and how you feel about yourself?

Some of the questions to be explored include:
* Did any health professional talk about cancer, body image and sexuality to you?
* Did you feel comfortable with the conversation?
* Do you believe you were listened to?
* If you have a partner, was he/she included at any stage?
* How has cancer affected you sexually/your sexuality?
* How has the cancer experience affected the way you feel about your body?

There is a Men's Group on Tuesday 7th August, 6.30 - 8.30pm, and a Women's Group on Thursday 9th August, 10.00 - 12.00noon.

The Focus Groups will be held at the Cancer Council, 153 Dowling Street, Woolloomooloo.

There is a payment of $25 per hour to cover expenses.

Confidentiality is guaranteed. The Focus Groups will be recorded but the tapes will all be destroyed at the end of the project and participants will not be identified in any reports. Focus Group members will also be asked to sign a confidentiality agreement.

If you are interested in taking part, please contact Jane Barrett on 02 9334 1877 as soon as possible.

WHO CALLS FOR SMOKING BAN IN PUBLIC PLACES

In an effort to protect non-smokers from breathing second-hand smoke, the World Health Organisation is urging all countries to ban smoking in public places, Reuters reported May 31.

"Let us be clear about it. Second-hand smoke also kills," said Gro Harlem Brundtland, who heads the WHO.

Brundtland also called on non-smokers to be more forceful in defending their right not to have to breathe the smoke of others. "The wider the bans on smoking in public places, the greater the social unacceptability of tobacco use," said Brundtland.

This article published by Join Together Online.

NEXT MEETING
The next meeting for the Laryngectomee Association of NSW will be held on Wednesday, 15th 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
Regretfully, we have to report that Mr P.E. Gillespie of Gordon has died, and we pass on our sincere condolences to his family and friends.
Now available at Pacific Medical

NU-VOIS I™ & NU-VOIS II™

Manual volume control and tone adjustment by rotating the knob forward and back with the thumb

Digital electronic control of pitch and volume by depressing the volume or pitch button

✗ Easy to hold and operate
✗ Light weight – 150 grams including battery
✗ Great tonal quality
✗ Water resistant
✗ Loan units available free of charge while units are being repaired
✗ 5-year warranty

For more information about our laryngectomy products and price lists contact Pacific Medical toll free on 1800 656 059 or email us at support@pacificmedical.com.au
SONNY BARGER

When thinking of well known laryngectomees the mind generally turns to Jack Hawkins, Jack Klugman, Lon Chaney and our own antipodean Neville Crichton. However, the other day when I was checking something out on the internet I was surprised to discover that Sonny Barger, the founder of the Hell's Angels is a laryngectomee.

Sonny has been a laryngectomee for nearly twenty years and has been cancer free for all that time, he originally tried artificial larynxes but eventually taught himself an esophageal method of speech. He moved from Northern California to Arizona as he claims the desert climate is beneficial for his respiratory system.

Barger, who is now in his 60's, has been arrested more than 20 times in his biker career and has spent more than 13 years in jail but since his laryngectomy and his advancing years he seems to have toned down his act a little. He has even written a book, entitled "Hell's Angel: The Life and Times of Sonny Barger and the Hell's Angels Motorcycle Club".

The Oakland chapter of the Hell's Angels was formed in 1957, probably encouraged by the 1954 film "The Wild One" starring Marlon Brando and Lee Marvin, now they have up to 2,000 members in 100 chapters all over the world.

"Gonzo" journalist Hunter S Thompson has also become the stuff of legend after he spent a year on the road with them but then parted acrimoniously on publication of his book "Hell's Angels: A Strange and Terrible Saga".

I have read that Fox Studios are making a picture based on Sonny's book, that is due to be released sometime in 2002. That could prove interesting with all the laryngectomees piling into a biker movie to see if Sonny Barger gets a walk on part. Whatever next?

Sonny Barger

One event of notoriety that grabbed the attention was when the Rolling Stones concert at Altamont employed the Hell's Angels as security and a black man was stabbed to death by a Hell's Angel. Sonny Barger relates that Keith Richards threatened to stop playing unless the Angels eased off on the violence. Sonny stuck his pistol in Richards' side and offered him the option of playing or being shot, the concert went on. Sonny also claimed that the fan was killed in self-defence.

The run in between the Hell's Angels and the

LARYNGECTOMEE SUPPLIES, available from Lilah Walton:

Stoma Material; $7 per metre.

Shower Shields; $30 each.

Stoma Covers; $4 each.

These are prices for members, postage is extra.

This Newsletter printed by:

BREAKOUT

Design & Print,
19 Buckland Street, Broadway
Phone (02) 9281 5100
Here we go again!!

In early June the Cancer Council called for smokers to seek compensation from tobacco companies after a $US3 billion payout in California.

It wasn’t clear whether the Cancer Council intended organising a class action, after the failed one by Slater and Gordon, or that smokers should pursue their own causes.

I will follow this up and might write up some advice in a future edition of ‘Still talking’.

Next month your newsletter will be accompanied by tickets for the annual guessing competition with prizes of wood turned objects by our regular craftsman Jack Darby. For anyone who is averse to raffles for any reason we would be grateful if you could return the unused tickets to the Secretary or Welfare Officer. The draw will be at the November meeting.

With this issue I’m enclosing a copy of the pattern for a knitted stoma cover for when this weather eventually turns nasty, ready for the August winds anyway. So all you handicraft fanatics and knitters can get your needles out for those winter evenings in front of the fire or the TV.

Thank goodness the days have started to get longer.

A.T.Krasnodebski
MINUTES


APOLOGIES - P & D Lamont, W Byrne, P Rogers, J & D Nicholson, R Rix, J Bluett.

THE PRESIDENT Brian Gardner in the chair opened the meeting at 11.15 a.m. (delayed by the lack of a key) with the minutes of the May meeting moved to be taken as read by P Halliburton, seconded H Stone.

PRESIDENT'S REPORT

AIR TRAVEL - OXYGEN MASKS

In recent months both John Nicholson and I have received a number of inquiries regarding 'special masks' for Laryngectomizes and, in general, neck breathers, which prompted both John and I to make some investigation into the problem. The simple answer is that there is no such thing as a special oxygen mask for neck breathers.

Initially, John made contact with Dr Ion Morrison, General Manager Aviation Health Services, QANTAS Airways Limited. Dr Morrison, after a general discussion with John sent him out the oxygen mask now in use by QANTAS. John made his own examination of the mask and then forwarded it on to our Speech Aid Co-ordinator, John Chaloner, who has had an airline background, formerly employed with East-West Airlines. John Chaloner formed his own opinion and then sent the mask on to me for perusal. After my own look at the mask I sought advice from an E.N.T. specialist.

In brief terms, the current mask 'passed' inspection. After many changes and delay I finally had an interview with Dr Morrison, of QANTAS, on Tuesday, 19 June 2001. The doctor, who has been with QANTAS for 17 years, informed me that the mask in question is regarded as the 'International Mask' and that Cathay Pacific and British Airways use the same one. He informs me that the style of the mask is not designed to be tight or sealing. The mask is only used in a dire emergency during which a tight fitting mask could well cause more fear and apprehension to the passenger, giving rise to feelings of claustrophobia, adding to the state of emergency.

The mask, and general instruction in the use of it, is designed to be held firmly against the nose and mouth. In one case, against the stoma, by the person. The force of the flow of the oxygen coming from the mask is such that less than half of the oxygen would be sufficient for normal breathing. The doctor referred to the problem a nursing mother would have with a baby or small child - she would only be required to hold the mask against the baby's nose and mouth - and she would more than likely only use the one mask for both herself and the infant. His inquiries reveal only 5 occasions in his 17 years when the masks have been used. In the event of such an emergency when they are used the plane would immediately decrease altitude, stabilise the aircraft until the emergency is over, a matter of minutes. If it is any longer than that don't worry about it - breathing won't be your problem.

A consensus of all involved, including both doctors, is that the mask now in use is more than adequate for neck breathers - those who may have some apprehension about them most probably have some phobia or reservations about flying in the first place.

SECRETARY/TEASURER'S REPORT - for June 2001

For the third time in some 13 years I apologise for my absence from the June meeting. I am going into RPA on Tuesday, June 19 where they are going to try and open an artery in my leg by use of a balloon.

MEMBERSHIP

There are still many members who have not paid their subscription for 2001 and I would ask that the committee gives approval to delete these unfinancial members from our mailing list if they have not paid their subs by the middle of July 2001 - say July 19. A notice to this effect could be placed in the July newsletter. It would appear, from Newsletters from other States, that a similar position exists in Victoria and Queensland.

On behalf of our committee I have welcomed the following new members to our Association:

Mrs E E Watts, Marrickville
Mr B Everley, Cootamundra
Mr Ken Paton, Muswellbrook

AIRLINE PASSENGER OXYGEN MASKS

Mr Roberts of Merewether has sought information on the current situation on this matter. Our President has arranged to meet with Dr Morrison of QANTAS on Tuesday, June 19 to further discuss this problem so no doubt he will have a report for the June meeting. Following the meeting and subsequent report I will be able to reply to Mr Roberts' letter.

PACIFIC MEDICAL

Ms Kim Walowsky, Marketing Assistant of Pacific Medical has advised me that the company cannot provide a representative at our June meeting but they would like to send a rep. to our meeting in August 2001.

INCOME & EXPENDITURE 1/1/01 TO 17/6/01

Credit balance b/f 10922.48
Income 3961.18
14883.66

Expenditure 8420.75
Credit balance c/f 6462.91
Owing from Cancer Council 250.00
Credit balance c/f 6712.91

Term Deposits $38189.20

Moved L Walton, seconded C Gardner.

WELFARE OFFICER'S REPORT - Do you believe we are half way through 2001? I shall make our booking for the Christmas party soon.
MINUTES CONTINUED...

Speaking of June, this is the time our annual guessing competition is due. Tickets will be included in the August newsletter envelopes. If you can't afford them or if it is against your beliefs, please do not hesitate to send them back to John Nicholson. Of course it must be my turn to win one (or even 2) of Jack Darby's beautiful woodwork prizes.

Have had so many calls (proves the newsletter is read) even Qld, for the decal (tattoos), not all going into hospital but having them 'just in case' and because this lot was donated by our E.N.T. doctors they are free. Have no idea how much they will cost when we have to purchase them. I have sent a supply to WA, SA, VIC, TAS & QLD Lary Assocs. Surely to goodness with people all over Australia wearing these tattoos, more people will become aware of what laryngectomees are.

Norm Fredericks from Qld rang me enquiring what I thought of foam stoma covers. I don't purchase them now because I only know of one lary in NSW who wore them and after washing them a few times they start to crumble (is that the right word?) and this fine powder goes into the stoma causing coughing, but to each his own. Maybe they have improved as it's 20 years since I stopped buying them.

At our Feb 2001 meeting Dr Elise Baker interviewed some of us and has had our opinions printed in an article in the Speech Pathologist Magazine. Elise kindly sent me (and others) a copy. If you would like to read it I will be only too happy to post it to you but I want it returned.

We send our congratulations to Julia Maclean and Jane Nicholson. Julia had her paper accepted in Cairo and Jane had her's accepted in Singapore. Wouldn't you think some of this knowledge they have would rub off on others, particularly their parents. Congratulations again to both of you.

We have, or had, a few of our members in hospital. Bruce Darlington in St George, John Nicholson in RPA, Bill Byrne in Concord, Frank & Lola Smith in Sutherland, Jacqui Thompson in St Lukes. I know others who are going into hospital, to all of you from all of us, best wishes for a speedy recovery, and also to anybody not their happy smiling self. Remember to keep your stoma covered and warn now the winds are here. Cheers-Lilah.

Moved H Stone, seconded J Gifford.

GENERAL BUSINESS - Tony Krasnodebski reported on the setting up of the laryngectomee website which will be online very soon.

Lilah Walton said she has feedback from both laryngectomees and non-laryngectomees from country towns where members receive the newsletter and it is therefore a worthwhile source of publicity.

Brian Gardner reported on a meeting with Dr Ian Morrison of QANTAS. This is detailed further in the newsletter.

Further to the suggestion to welcome Trachi patients to the Association Lilah reported contact with Noelene Threlfo from Thirroul thanking her for her help as there is no association specially for trachi wearers.

Best wishes for a speedy recovery to Ruby Rix, Bill Byrne and John Nicholson.

There are five prizes in the next guessing competition for which tickets will be sent in August and drawn at the November meeting.

Arrangements are to be made for the Christmas party to be held either the last week in November or the first week in December. A vote was taken regarding the venue and by an overwhelming majority Kirribilli was again chosen.

A charming hand painted plate was donated by Mrs M Archibald of the Uniting Church, Arncliffe. It is to be used as a lucky door prize at the Christmas party.

Harry Stone queried arrangements regarding parking for official hospital visitors. The President said it is best for the visitors to individually arrange their passes with staff, but has volunteered to contact Westmead regarding the position.

The meeting closed at 12.15 and was followed by a pleasant lunch.

The next meeting is Wednesday July 18th.

WESTERN DISTRICTS NEWS - JUNE 2001

The June meeting was held, as in May, in the lounge bar of the Club. This venue has proved quite satisfactory and is saving the Branch's money.

Members unable to attend this month due to illness included Bill Byrne, Adrian Hall and Ron Carlson. We hope to see them next month.

The May bus tour was so enjoyable that another has been arranged for 10th August. Details are to be finalised at the July meeting. Also after the July meeting a "Christmas in July" lunch has been organised at Valentines restaurant Rose Hill.

Other social activities to come are:
The barbecue at Woronora with Illawarra on Tuesday September 4th.
The barbecue at Budgewoi with Hunter Districts on Sunday 28th October or 4th November.

DUBBO BRANCH NEWS

Murray Robbins, Secretary of Dubbo, has advised that their August meeting is going to be held at Orange, giving an opportunity for Larys from Bathurst/Orange and surrounding areas to attend the meeting.

Carol and Brian Gardner have been invited to attend and will be going. The meeting will be at midday on Thursday, 9th August 2001, at a venue to be advised but within the Orange Hospital precinct.

The meeting will be a luncheon meeting so anybody intending to attend might be thoughtful enough to give Murray (or, for that matter anybody concerned with the Dubbo branch) a ring.

"According to a recent survey, men say the first thing they notice about women are their eyes. And women say the first thing they notice about men are: they're a bunch of liars."

-Jay Leno
SAVING SALIVA FUNCTION

A research update on the Canadian Medical Association Journal website explains how two Edmonton doctors have pioneered a new surgical procedure that significantly boosts the quality of life for patients with head and neck cancer by preserving saliva functioning.

Drs. Naresh Jha and Hadi Seikaly of the University of Alberta's method involves moving 1 of the 6 main saliva glands from under the jaw to beneath the chin, where it is more easily shielded from radiation during treatment. This rerouting of blood flow, nerve supply and saliva drainage to the relocated gland, which adds 45 minutes to initial cancer surgery, is performed before radiation therapy starts.

Preliminary results of the trial indicate that the saliva produced daily by a single gland is enough to prevent dry mouth.

Cancer of the head and neck is typically managed with some combination of surgery, radiation treatment and chemotherapy. The radiation component, however, destroys all of the patients' saliva glands, leaving patients with a permanent dry mouth (xerostomia). Besides causing problems with speech, chewing, tasting and swallowing, this condition also leads to loss of appetite and body weight, and to tooth decay.

Dr Jha estimates that the new procedure could benefit up to three-quarters of all patients with head and neck cancer.

While they won't have long-term follow-up results for at least another year, the pair is continuing to do the procedure outside of the trial. "Based on the very favourable preliminary results," says Seikaly, "we feel it is unethical not to offer it to patients."

From the internet.

CANCER GROWTH BLOCKED

Associated Press has reported that a company named ImClone Systems has developed a drug, code-named IMC-C225, which shrunk tumours by at least half in nearly one-quarter of patients with end-stage colon cancer. The treatment is also being studied on lung, ovarian, pancreatic and head and neck cancers.

It represents a new way of treating cancer by attacking cancer's chemical growth signals, now that there is an understanding of what makes cancer proliferate.

If approved, the drug could be on the market by early next year.

NEXT MEETING

The next meeting for the Laryngectomee Association of NSW will be held on Wednesday, 18th 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

Regrettfully I have to report that the following members have passed away and we certainly extend our sincere condolences to their families and friends:

Mrs Lorna Andrew of Old Bar

Mr W Wilson of Orange
Now available at Pacific Medical

NU-VOIS I™ & NU-VOIS II™

Manual volume control and tone adjustment by rotating the knob forward and back with the thumb

Digital electronic control of pitch and volume by depressing the volume or pitch button

✔ Easy to hold and operate
✔ Light weight – 150 grams including battery
✔ Great tonal quality
✔ Water resistant
✔ Loan units available free of charge while units are being repaired
✔ 5-year warranty

For more information about our laryngectomee products and price lists contact Pacific Medical toll free on 1800 656 059 or email us at support@pacificmedical.com.au
A SWEET SENSATION

After my laryngectomy I underwent six weeks of radiotherapy which knocked me around even more than the surgery. An after effect of the radiotherapy is that my saliva function has been drastically reduced, making it more difficult chewing and swallowing, and maintaining my remaining teeth is a constant battle.

When collecting a prescription from Soul Pattinson in the City I asked if they had anything for 'xerostomia' or 'dry mouth' and was directed to a range of products called "Biotene" www.biotenekits.com. They had toothpaste, mouthwash, gel and gum. I bought the gum, which was quite expensive at $7.50 for 16 pieces of gum.

The gum supposedly contains salivary activating enzymes, protects teeth between brushings, reduces plaque and sugars and is sugar free. Seems to do the trick anyway, and tastes pleasant enough.

On the box is a little notice saying "Naturally sweetened with Xylitol - Does not promote caries", so I thought I would check it out in case this Xylitol caused brain tumours and heart failure at the same time as it was protecting your teeth.

I was unable to find any negative reports on Xylitol and the website www.xylitol.org gives a comprehensive coverage of the history, properties and uses of this amazing substance that looks and tastes like sugar but can prevent tooth decay.

Xylitol apparently combats the formation of dental caries and ear infections because somehow it neutralizes harmful bacteria such as 'Streptococcus Mutans' in the mouth and 'Streptococcus Pneumoniae' and 'Hemophilus Influenzae' in the ear. A good explanation can be found at - www.texasonline.net/hiplains/research/xylitol.html.

Just think, the day could be coming when we will be encouraging children to eat more lollies to protect their teeth.

“TALKING CIGARETTE PACKS”

Apparently, a company in London has developed a talking cigarette pack that warns smokers of the harmful effects of smoking.

Reuters reports that the engineering firm Molins, a supplier of cigarette making machines, developed the talking cigarette packs. "We are continuously proceeding with research and development projects," said a spokesman for the company.

The device features a plastic strip that connects the lid of the pack to a microchip and miniature speakers. The warnings are heard each time a smoker opens the cigarette pack.

It is not known whether tobacco companies would support the talking cigarette packs. "We haven't discussed it with them in detail," the Molins spokesman said.

The best way to get most husbands to do something is to suggest that perhaps they're too old to do it.

This Newsletter printed by:

BREAKOUT
Design & Print,
19 Buckland Street, Broadway
Phone (02) 9281 5100
HOSPITAL INSURANCE?

Along with this month's issue of 'Still talking' is enclosed a handout that you are encouraged to keep as a reference in case you have the misfortune to have to go into hospital for an operation. Our Welfare Officer, Lilah Walton, has a supply of transfer decals that you are recommended to ask for and apply to your chest near the stoma on being admitted to hospital.

There have been horror stories when laryngectomees have been in hospital and the nursing staff were unaware what a laryngectomee actually is. Like the time when a theatre sister put tape over the stoma, in case anything fell in there.

On May 24th it was Australia's biggest morning tea, where workplaces have cake and other munchies and make a donation to the Cancer Council. At my place of work we managed to raise $300, so if that translates across the country the Cancer Council should have collected a good many thousands of dollars.

World No Tobacco day occurs on May 31st, while this edition is at the printers. I hope it has more impact than it did last year and so on into the future.

A.T. Krasnodebski

WHO TO CONTACT

FOR BLOOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl 2099. Phone 02-9839-1539
FOR SPEECH AIDS, BATTERIES PARTS AND ADVICE ON REPAIRS - John Chaloner, 111 Station St, Petersham 2049. Phone 02-9660-2362
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St, KENSINGTON 2033. Phone 02-9663-2550
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Bowling Street, WOOLLOOMOOO, PO Box 572. Phone 02-9334-1500. Fax 02-9357-2676
MINUTES


APOLOGIES - J Knight, P Rogers, B Darlington, J Chaloner, A Krasnodebski.

THE PRESIDENT Brian Gardner in the chair opened the meeting at 11.00 a.m. with the minutes of the April meeting moved to be accepted by Harry Stone, seconded by Pat Halliburton.

SECRETARY/ TREASURER'S REPORT - for May 2001

AIRLINE OXYGEN MASK

Our Chairman has reported that due to other commitments Dr Morrison of QANTAS had been unable to meet him to discuss further the reported problems with the oxygen mask that is issued to all passengers on their aircraft. The meeting should take place in the near future.

PACIFIC MEDICAL

Pacific Medical was unable to provide a replacement speaker following the resignation of Mr Michael Jordon. They have advised that a speaker will be provided for our June meeting and that person will demonstrate the new TruTone and SolaTone Artificial Larynx at that meeting.

MEETING PLACE

Our Welfare Officer has managed to arrange for our Secretary to obtain the key to the meeting hall on the day of each monthly meeting so we can continue to meet in the Uniting Church Hall in Carrington Avenue, Strathfield. The Church has advised that they are considering an increase in the charge for hiring the hall but we do not know, yet, if such increase will apply to our Association.

MBF OF AUSTRALIA

I have no further information concerning the reported assistance that may be forthcoming from MBF in respect of Blom-Singer and Provox indwelling voice prostheses but I hope that some definite information will be available for the next newsletter.

MEMBERSHIP

On behalf of our committee I have welcomed two new members, and they are:

Mr D Bedwell, Parramatta
Mr L Maguire, Kurri Kurri

CORRESPONDENCE - MAY 2001

1. Mr V Jones of Guildford. Donation and payment for Provox items.

2. Uniting Church, Strathfield. General circular to users of their hall concerning possible increased rental and need to keep the hall clean.


5. Newsletters from Victoria, Queensland, Tasmania and South Australia. The Victorian Newsletter contains details of the problems faced by Auditory Services P/L in processing the repair of SEnvox units provided by PADP, Veterans Affairs and hospital. The report says that repairs cannot be carried out without the prior approval of the organisation that provided the SEnvox. We have no correspondence on this requirement so if any member has any problems in this regard, please let us know immediately. Report moved to be accepted Harry Stone, seconded Des Nicholson.

WELFARE OFFICER'S REPORT - (I am sorry but there is no Welfare Officer's report this month as it was lost in the mails. If it eventually turns up I will include it in the July newsletter.)

GENERAL BUSINESS - Nicole Reeves, Speech Pathologist from R.P.A. was welcomed to the meeting.

President reported that Margaret Patterson rang regarding changes in eligibility level to PADP. Details in newsletter.

Des Nicholson moved a vote of thanks to Sid for setting up the meeting room each month. All complied.

Because of a mix up with the meeting place, Dr Vivas has arranged to come to the meeting at a later date.

Rosemary Champion rang an 81 year old who has been visited by Alan Dawson. Harry Stone is to visit her and encourage her in the use of the New Voice.

Referring to Harry's enquiries, Brian Gardner told the meeting that the hospital visitors course was an eight week course run once a year by Margaret Patterson at Royal North Shore. Nicole Reeves asked for a list of hospital visitors.

Meeting closed at 11.30 and was followed by a much enjoyed light lunch.

Next meeting is on Wednesday June 16th, 2001.

WESTERN DISTRICTS NEWS - MAY 2001

The May meeting was held in the lounge of the Masonic Club, the management having agreed to its use free of charge.

At the meeting the raffle was drawn and the winners are:

1st Prize. Loris Mahood, 33 Uralla St, Revesby Hts, $100.
2nd Prize. Monica Marshall, 6/4 Beryl St, Gorokan, $50.
3rd Prize. James Knight, 27 Woodville Rd, Granville, $25.

Our thanks to all who participated in this fund raising event.

On Tuesday, 22nd May some thirteen members enjoyed a tour of the Northern areas of Sydney, courtesy of a bus generously provided by the Sydney Funeral Company. Our thanks to the company and we were very pleased to hear that they are now Australian owned, having been bought back from their American owners.
What is PADP?

by Margaret Patterson, Speech Pathologist

The Program of Appliances for Disabled People (PADP) is a NSW Government program for people with disabilities. The role of PADP is to assist eligible residents of NSW who have a permanent or long-term disability to live and participate within their community by providing appropriate equipment, aids and appliances. Adults and children are eligible to apply. PADP is administered locally from Lodgement Centres.

Am I eligible?
You are eligible if you: have a long-term or permanent disability and need equipment to live and participate in the community, live permanently in NSW, are unable to obtain equipment, aids or appliances from any other government program, have not received compensation or damages in respect of the disability, have been discharged from hospital for at least one month and are not eligible for the provision of equipment under a loan arrangement or on a permanent basis by a hospital or health service for the condition for which the equipment is required.

For more information on whether you are eligible for PADP contact your local PADP Coordinator. Contact details are available in Appendix 4 of the PADP policy which is available on the NSW HealthWeb www.health.nsw.gov.au.

What types of items are available?
PADP provides a wide range of equipment, aids and appliances. Children and young people under 16 years of age and people on low incomes are eligible for the full range of equipment provided by PADP. People on higher incomes are eligible for PADP equipment, aids and appliances which cost in excess of $800. Your prescriber or your Lodgement Centre can advise you whether the item you need is available.

How do I apply?
All applications for assistance should be made on a PADP application form available from your PADP Lodgement Centre. The application must be accompanied by a prescription from a specialist medical practitioner. Your application must also include either a copy of your latest Australian Tax Office Notice of Assessment or details of your Centrelink pension or Health Care Card. You should send your completed application form to your local PADP Lodgement Centre.

How much will it cost?
Most people who receive assistance through PADP are required to make a payment of $100 towards the cost of the items they have received. You can only be asked to make one payment of $100 in any given financial year. Some higher income earners are required to make a payment of 20% of the cost of the item. Your PADP Coordinator will be able to advise you what payment will apply given your particular circumstances. If you would like an item that is more expensive than the one prescribed, you will need to meet the additional cost.

How will my application be assessed?
Your application will be assessed by your PADP Coordinator in the first instance, and may be considered by the local PADP Advisory Committee. Equipment is available based on priority according to need and your financial situation.

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Margaret says that any of HER old patients who use devices should contact her if they wish to access this scheme. Other patients must contact their local hospital.
RESEARCH FUNDING

A n article in the CLAN Newsletter by Martin Birchall MD FRCS, of Bristol, UK, highlighted the discrepancy in funding for research into head and neck cancers as opposed to other forms of cancer. The article is specific to the UK but it raises the question whether this situation also obtains in Australia and other countries, and if so, what do we do about it?

'A survey of the main cancer research funders in the UK between 1995 and 1998 shows that the Imperial Cancer Research Fund committed none of its funds to head and neck cancer research during that time. The amounts devoted by the Cancer Research Council during this same period were dwarfed by the funds given to breast and bowel cancer for example. Now this is not to say that these cancers are not as "important" as head and neck cancer, however, when there are less than 10 times as many cases of breast cancer as there are head and neck cancer, to give 70 times as much money to research for the former seems a little ill-thought out.

Alongside (and part of) this problem is the lack of public awareness of head and neck cancer including laryngeal cancer. People in the street do not know what it is. Sadly, this lack of understanding also pervades the managerial superstructures of the NHS and of the research funding bodies in the UK with the consequent sidelining of doctors, patients and researchers alike. What is required is a campaign that will spell out clearly in terms that people understand what head and neck cancer actually is and implies, with all the potential loss of speech, swallowing and many other "humanising" characteristics that make us what we are. Then, and only then, will they understand why we are so desperate to find better treatments for this awful disease.'

So where do we go from here? Dr Birchall suggests a National Institute in the UK, maybe here in Australia the Cancer Council could prioritise their efforts on an annual basis on the various types of cancer and put all their efforts behind publicising that cancer for the year. But then that publicity would only come around every few years giving the public time to forget in the meantime. Tricky isn’t it? Any suggestions?

ULTRA VOICE

I have had a little feedback regarding the Ultra Voice gizmo that I mentioned in the April "Still talking". This confirmed that most reaction has leaned toward negative.

Apparently, the main problem has been saliva leaking into electronic parts and many users have their device being repaired more often than being used. For an expensive product this is an unsatisfactory state of affairs.

It appears to be a good idea that hasn’t as yet been perfected, however, worth keeping an eye on for intraoral artificial larynx users in case the company comes out with an improved model at some later date.

NEXT MEETING

The next meeting for the Laryngectomee Association of NSW will be held on Wednesday, 20th June, 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.
New

Pacific Medical Introduce -
TruTone™ and SolaTone™ Artificial Larynxs

TruTone™ and SolaTone™ are high quality artificial larynxs, developed by Griffin Laboratories with the help of laryngectomees, speech pathologists and distributors.

---

**TruTone™**

- Premium quality sound and loud volume range.
- Pressure sensitive tone control in single button, for a more natural vocal intonation capability.
- Only 4¼” long, 4.4 ounces.
- Independence through 9 volt batteries.
- Durable impact resistant materials.
- Comprehensive 2-year warranty.

**SolaTone™**

- Good quality sound.
- Easy single tone button.
- Lightweight and compact.
- 9 volt battery operation.
- Quality construction.
- Good volume range.
- Comprehensive 1-year warranty.
- Great value.

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For more information, contact Pacific Medical Toll Free on 1800 656 059. Alternatively, email us at support@pacificmedical.com.au or visit our website at www.pacificmedical.com.au.

Pacific Medical Pty Ltd  ABN 34 007 288 799  
Level 1/263 Mary Street, Richmond, VIC, 3121  
Customer Service: 1800 656 059  Fax: (03) 8416 0355  
Email: support@pacificmedical.com.au  Internet: www.pacificmedical.com.au
SECOND-HAND SMOKE PAYOUT

On May 2nd, 2001 Marlene Sharp, a non-smoker, was awarded over $466,000 by the Supreme Court in Sydney for sustaining throat cancer after working for twenty three years as a barmaid in NSW pubs and clubs.

The decision, similar to one in Norway last year, is the first case involving second-hand smoke settled by a court in Australia. Most second-hand or environmental smoke cases are settled out of court.

The Cancer Council has welcomed the decision and advised the Government and employers in licensed premises that they should look carefully at the implications of the judgement and take immediate action to create smoke-free and safe conditions for both employees and customers.

humour

A defence attorney was cross-examining a police officer during a felony trial - it went like this:

Q. Officer, did you see my client fleeing the scene?
A. No sir, but subsequently observed a person matching the description of the offender running several blocks away.

Q. Officer, who provided the description?
A. The officer who responded to the scene.

Q. A fellow officer provided the description of this so called offender. Do you trust your fellow officers? Do you trust your fellow officers?
A. Yes sir, with my life.

Q. With your life? Let me ask you this officer - do you have a locker room in the police station - a room where you change your clothes in preparation for your daily duties?
A. Yes sir, we do.

Q. And do you have a locker in that room?
A. Yes sir, I do.

Q. And do you have a lock on your locker?
A. Yes sir.

Q. Now why is it, officer, if you trust your fellow officers with your life, that you find it necessary to lock your locker in a room you share with those same officers?
A. You see sir, we share the building with a court complex, and sometimes lawyers have been known to walk through that room.

With that, the courtroom erupted in laughter, and a prompt recess was called. The officer on the stand has been nominated for the year's "Best come-back" line.

Apparently, 1 in 5 people in the world are Chinese. And there are 5 people in my family, so one of them must be. I know it's not me, so it's either my mum and dad. Or my older brother Colin. Or my younger brother Ho-Cha-Chu. But I think it's Colin.

So I was in my car, and I was driving along, and my boss rang up, and he said 'You've been promoted.' And I swerved. And then he rang up a second time and said 'You've been promoted again.' And I swerved again.

Then he rang up a third time and said 'You're now the managing director.' And I swerved again and crashed into a tree. And a policeman came up and said 'What happened to you?' so I said 'I careereed off the road.'

My wife dresses to kill, she cooks the same way.

This Newsletter printed by:

BREAKOUT

Design & Print,
19 Buckland Street, Broadway
Phone (02) 9281 5100
ANNOUNCING THE NECK BREATHER MEDICAL AWARENESS SKIN DECAL (TEMPORARY TATOO)

Designed and Developed by Eric D. Blom, Ph.D. & Mary Jane Renner, M.S.W.

We wish to advise that any laryngectomee who is going to hospital should obtain a decal to alert medical and nursing staff to the fact that they breathe through their neck. Two designs are available – one for laryngectomees who use a voice prosthesis and one who do not have a voice prostheses. The decals are easy to put on and remain on for some days – they are easily removed with some alcohol but will not come off with water.

The designs are as follows:

I ONLY BREATHE THROUGH THE HOLE IN MY NECK

PROTECT AND KEEP CLEAN

IF THERE IS A TINY TUBE INSERTED IN THE BACK WALL OF THE BREATHING HOLE DO NOT REMOVE IT

I ONLY BREATHE THROUGH THE HOLE IN MY NECK

PROTECT AND KEEP CLEAN

Please contact Lilah Walton 9663 2550 to obtain one
WINTER LOOMS

This issue contains a very good overview of the aims and objectives of the Laryngectomee Association of NSW, particularly in regard to our relationship to Speech Pathologists, written by our President, Brian Gardner.

It shouldn’t be too long now before I can launch our website online. The basic framework of the site is in place and I have loaded in a lot of the articles that have featured in “Still talking” over the past year or so. Once the ‘Home Page’ is tidied up and all the links rechecked it should be ready to go. I would say by July at the latest.

Time again to consider having a flu vaccination. The great weather that we’ve been having can’t last for too much longer. The vaccine is free of charge to those on a pension, although a consultation fee could still be charged. It is recommended to anyone over sixty five years of age.

Very good turn out at Anzac Day parades, which I’m sure was in part due to the fantastic weather as well as in respect for all those who fought and died on our behalf in past wars. Lest we forget.

A.T.Krasnodebski

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 02-9663-1550

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


APOLOGIES - Ruby Rix, Pat Rogers, Bonnie Dunn, Des and John Nicholson, Helene and Alex Szanyi, John Chaloner.

THE PRESIDENT Brian Gardner in the chair opened the meeting at 11am. Minutes of the March meeting accepted as read. Moved Harry Stone seconded Pat Halliburton.

SECRETARY/TREASURER’S REPORT - As I have medical appointments with a vascular surgeon at RPA this week I am unable to attend this month’s meeting. Sorry about that but I have to get my legs fixed somehow. Report read by Lilah Walton.

AIRLINE OXYGEN MASK

QANTAS has provided us with one of their oxygen masks and I have passed it on to John Chaloner and our President. I am not completely happy with this mask but as John Chaloner has pointed out it should be okay for the time it takes for the aircraft to reach a lower non-oxygen required flight level.

Our President was to discuss this matter with Dr Morrison of QANTAS and he may have a more up-to-date report on this matter.

PACIFIC MEDICAL

Michael Jordon has advised me that he has resigned from Pacific Medical. He was to be our guest speaker at the May meeting and he is trying to obtain another member of the company’s staff to take his place at that meeting. Hopefully, we should have more information on this subject ready for the next Newsletter.

MEETING PLACE

The Uniting Church advised me today (17 April) that their office will no longer be manned on Wednesdays so we will have to pick up the hall key either on the Monday or Tuesday if we want to continue using the church hall for our meetings on a Wednesday. Perhaps you may consider changing the day from a Wednesday to a Tuesday or Thursday. (Am trying to find out if the offer to use the Cancer Council rooms at Parramatta is still open and will advise Lilah of the outcome ASAP).

MBF OF AUSTRALIA

Julia Maclean, SP at St George, has forwarded me a copy of the letter she has received from MBF in response to her submission to them for funding of the Blom-Singer and Provox Indwelling Voice Prostheses and Humidification Systems. MBF has decided to fund these items and details of the actual benefits that will apply are now being determined. We should have more information soon.

MEMBERSHIP

No new members this month but I have to report that three members have died. See page 4.

CORRESPONDENCE - APRIL 2001

1. Frank Cassidy, West Mead. payment for patient supplies.

2. Miss Julia Maclean, St George Hospital. Forwarding copy of letter from MBF.

3. Newsletters from Victoria and South Australia.

4. Centrelink. Pamphlets on age pensions and disability matters. (Copies available to members if requested).


6. Mrs Ruby Rix. payment for shower shield.


WELLFARE OFFICER’S REPORT - This month has been so quiet that I’m beginning to think I’m getting the silent treatment and then the “Golden Handshake”?!

With sadness I report that Michael Jordon has left Pacific Medical. I for one will miss him because he always seemed to understand what the things were that I required when I didn’t even know myself. Success and happiness for the future Michael.

I have managed to obtain Provox cleaners (brushes) but unfortunately they are not cheap. $6.50 each.

Julia Maclean, Speechie, has given me the skin ‘awareness decals’ (tattoos). More about that another time. On behalf of the Larys, thank you Julia. Also thanks to ANZ Head & Neck Society for their donation to Head and Neck Cancer Rehabilitation Institute, USA.

Doug August is on the not too well list, also Fred Smith and Ruby Rix. To anyone else who is not feeling the greatest, our best wishes. I shall be away from April 20th for a while but John Nicholson can help you for any emergencies. Be kind to one another……Lilah. Moved Carol Gardner, seconed Sid Lowe.

GENERAL BUSINESS - A letter was received from the Victorian Eye and Ear hospital requesting information on members using the Kapitelx Larkel devices for swimming. Brian Gardner is going to contact members who use this device.

Tony Krasnodebski reported that the Internet site is well in progress and asked if members of the committee objected to having photos appear on the site. He also reported the
printing firm Breakout was increasing their fees. This account to be handed onto the Secretary.

A sample mask supplied by Dr. Morrison of Qantas was shown to members. The consensus was that the mask was adequate but not perfect. It was reported by a flight attendant spokesman that not all planes had any type of mask. Brian Gardner is to take a sample of three types of mask to discuss the issue with Dr. Morrison.

A problem has arisen about the collection of the key of the meeting venue as the church office will no longer be staffed on a Wednesday. The church is to be approached to see if a key could be held by the Laryngectomy Society. Another suggestion is that the key be collected on Tuesday by a friend of Lilah Walton's and picked up from her.

Julia Maclean sent tattoos regarded as an essential item for members requiring surgery. Lilah and Julia discussed how to contact those laryngectomees who were not members so all could have transfers. It was decided to staple info. to front of the hospital pack onto the "You can say that again" magazine. Tony said Speech Pathologists could also help to promote the tattoo.

Michael Jordan has now left Pacific Medical but will arrange for a replacement to give his talk on new types of speech aids next meeting. Harry Stone who did some testing on the new types showed a leaflet illustrating the new aids.

Brian Gardner reported four hospital visits. One quite new laryngectomy having great success with Cooper Rand. Various techniques, including the Hyperbaric Chamber are now being used for radiation treatment.

Lilah Walton queried how some people could teach themselves oesophageal speech but it was no longer taught by Speech Pathologists. Bruce Darlington pointed out that it was the most difficult and time consuming method of teaching communication and many have no success, no matter how hard they try.

The meeting closed and a light lunch was served.

Next meeting May 16th.

WESTERN DISTRICTS NEWS - APRIL 2001

We were very pleased to welcome back Ada and Harry Stone after months of ill health for both of them. Bill Byrne also returned after his recent bout of illness.

The Masonic Club has decided to charge the branch for the use of a meeting room and gave us invoices for the February and March meetings of $55 each. This is half the normal charge. It was suggested by the Club staff member that we hold meetings in the public lounge area at no charge, as we have done when no room has been available. As the cost of the private room would be at least $550 a year it was decided to use the public area for future meetings and to let the Club know accordingly.

Final details of the May 22nd bus trip will be made known at the May 8th meeting.

Unwell this month were Ron Fazakerley, Adrian Hall and Derrick Roper.

A reminder that the raffle will be drawn at the May meeting.

The branch wishes to convey our grateful thanks to Bruce Hodges in appreciation of his donation of one hundred dollars to Western Districts.

NORTHERN RIVERS BRANCH

Our luncheon meeting was held at "Maggie Moore's" on Tuesday, 20th March with ten attending and three apologies received. The main topic of discussion was that there are a number of laryngectomees in the Grafton area who don't have a branch or hold meetings.

It was decided that we would ask our two Speech Pathologists, Melanie Hind and Rachel Payne to make contact with Speech Pathologists in the Grafton Hospital area to see whether laryngectomees were interested in coming to our meetings.

It was also decided that we ask a Social Worker from the Base Hospital to be a guest speaker to address our next meeting and to answer any questions or problems that members may have. This will be held at the same venue in June.

JOKE SUBMITTED BY V MCGREGOR OF GRAFTON

Five surgeons are talking about who make the best patients to operate on.

The first says, "I like to see accountants on my operating table because when you open them up, everything inside is numbered".

The second surgeon replies "Yeah, but you should try electricians, everything inside them is colour coded".

The third surgeon chimes in, "No I really think librarians are best. Everything inside them is in alphabetical order".

The fourth surgeon says, "I like tradesmen. They always understand when you have a few parts left over at the end and when the job takes longer than you said it would".

The fifth surgeon, however, shuts them all up when he observes, "You're all wrong. Politicians are the easiest to operate on. There's no guts, no spine, and the head and the rear are interchangeable".

3
THE LARYNGECTOMEE ASSOCIATION OF NSW

President Brian Gardner

My name is Brian Gardner. I am 62 years of age. I am a retired Chief Inspector of the NSW Police. I have been a laryngectomee since 1988, and I am currently the President of the above association and have been so for the past 4 years.

In brief terms, the Association is dedicated to the welfare of laryngectomees and those afflicted with similar disorders. There are over 2,000 laryngectomees in Australia and records indicate about 500 new cases of laryngeal cancer are diagnosed each year. In NSW there are some 400 known laryngectomees.

At present we have over 400 financial members including about 150 speech pathologists and doctors, who all receive our monthly newsletter. In NSW our monthly meeting is held at Strathfield and branches of the Association are located at Parramatta, Liverpool, Dubbo, Newcastle, Canberra, Lismore, Albury and Illawarra.

In February this year at our annual general meeting our guest speaker was Elise Baker, one of the lecturers from the School of Communication Sciences and Disorders. At her request I am presenting this brief resume of our Association in an endeavour to motivate and assist all the Speechies to make contact and better communicate with their local branch because the Speech Pathologist is an integral and important part in the successful rehabilitation of any laryngectomee.

One of the important functions of the Association is the encouragement of our members and the maintenance of an exchange of ideas and methods for our members to acquire audible speech and again it is in this area we rely on our friendly Speechies.

The Association, in general terms, is a support team and the members of the team draw on the experience of fellow laryngectomees and their families before and after surgery.

This article, that appeared in the Speech Pathologist's Quarterly continues Page 6.

NEXT MEETING

The next meeting for the Laryngectomee Association of NSW will be held on Wednesday, 16th May, 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

I have to report that the following members have passed away and we do express our condolences to the families and friends of these departed members.

Mr E R Wilcox of Dubbo
Ms Gloria Gould of Orange
Mr J R Young of Yennora
Pacific Medical Introduce -
TruTone™ and SolaTone™ Artificial Larynxes

TruTone™ and SolaTone™ are high quality artificial larynxes, developed by Griffin Laboratories with the help of laryngectomees, speech pathologists and distributors.

TruTone™

- Premium quality sound and loud volume range.
- Pressure sensitive tone control in single button, for a more natural vocal intonation capability.
- Only 4.5" long, 4.4 ounces.
- Independence through 9 volt batteries.
- Durable impact resistant materials.
- Comprehensive 2-year warranty.

SolaTone™

- Good quality sound.
- Easy single tone button.
- Lightweight and compact.
- 9 volt battery operation.
- Quality construction.
- Good volume range.
- Comprehensive 1-year warranty.
- Great value.

For more information, contact Pacific Medical Toll Free on 1800 656 059. Alternatively, email us at support@pacificmedical.com.au or visit our website at www.pacificmedical.com.au.
One of the most important members of this team is the Speechie. The first objective after our operations is to get our voices back. It becomes a joint effort between the 'lary' and his Speechie to achieve effective communication - whether it is by oesophageal voice, using a voice prosthesis, or with electronic aids such as a Servox, Cooper-Rand or DSP-8. Regardless of which method is used, us 'larys' could not succeed without our Speechie. During my term as President I have traveled around and visited the Association branches and without doubt the regional branches would not exist without the active participation and support of the local Speechies and I take this opportunity to personally thank all those involved.

One of the problems the Association encounters is falling membership numbers. To some extent this is caused by an ageing membership - most laryngectomies have their operation late in life and after all - we are a dying breed; it may be the $20 membership fee; or the hesitancy of larynx to declare the disability and/or join any club or association. It is however my firm belief that the main reason behind declining membership is that the Association is not being made aware of people who are having the operation. It has been raised that it may be unethical for the surgeon to inform a representative of the Association of a pending operation - I can understand and appreciate this line of thought. So how do we find out? In almost every case the Speechie at the hospital involved makes contact with an authorised Association hospital visitor who then, at the request of the patient and family, makes a pre and post operative visit to answer queries and assist with any concerns. Hence we make personal contact with a prospective member. Sometimes this does not occur because the patient refuses to have a visitor or there may be a breakdown in communication. In this regard I would ask all Speechies concerned (and those shortly to finish their courses) to make contact with the Association and find out who their authorised hospital visitor is and their contact number and to establish that important working liaison.

My second request involves the management and distribution of the Association's Patient Packs. Briefly, the Association prepares and distributes a pack to all persons who are about to undergo a laryngectomy. The pack contains stoma covers and a selection of literature that will assist the patient. Each pack costs the Association over $14 and we distribute to over 20 hospitals throughout the State at an overall annual cost of approximately $2200. It appears that the Speechie tends to be the main avenue through which the packs are issued to patients. We would like to see better control and management of the issue of these packs.

Finally, I seize this opportunity on behalf of all laryngectomies to personally thank all Speech Pathologists for their help, counsel and guidance in the rehabilitation and recovery of our voices and communication - for without you it would not have occurred. As I stated earlier it is a team effort and your efforts have firmly established the Speech Pathologist as the Captain of the team.

Anybody who desires more information about the Laryngectomee Association of NSW can contact me by telephone (02) 9452 2858, email:Brian.Gardner@bigpond.com or the Association’s Welfare Officer, Ms Lilah Walton (02) 9663 2550.
This month we are carrying a full page advertisement for Pacific Medical products, the TruTone and SolaTone electrolarynx’s. The company is making a donation towards our postage costs in return for our running this advert for them. As this is the first advert that I have been involved in placing in ‘Still talking’, I would welcome any members’ comments regarding advertising.

At the May meeting at Strathfield we will be welcoming Michael Jordan from Pacific Medical who will be demonstrating the Griffin TruTone voice aids. Anyone with a particular interest in these electrolarynx’s would be advised to attend the May meeting to follow up any questions they might have in relation to these products.

The Victorian Laryngectomee Association newsletter last month contained an interesting article about a speaker who gave them a talk on herbs. We will have to do something similar in a future issue of ‘Still talking’.

Meanwhile, I hope everyone is keeping in the best of health and that all our readers and their families have a most enjoyable Easter.

A.T.Krasnodebski
MINUTES


APOLOGIES - Bonnie Dunn, Tony Krasnodebski, John Chaloner, Jo Bluett, Ruby Rix

THE PRESIDENT Brian Gardner in the chair opened the meeting at 11.00am and said that Minutes of the previous meeting were taken as read. Moved Pat Halliburton seconded Pat Rogers. No business arising from minutes.


TRAVEL BY CIVIL AIR

Since one of our members, Mr GC Roberts of Merewether advised us of the problems he faced with Norfolk Jet Express Airlines when he sought an oxygen mask suitable for use by 'neck breathers' we have been trying to obtain from QANTAS:

a. confirmation from them that the 'standard' oxygen mask carried in their aircraft has been tested on by laryngectomees and
b. the loan of a standard oxygen mask in order that we can confirm their suitability.

QANTAS has, so far, completely ignored our letters and Fax messages to their Aviation Health Service section. We have sent our requests to Dr Ian Morrison who, we were told, is the person in charge of their Aviation Health Services. We have advised the doctor that Mr Roberts could not be properly fitted with a standard oxygen mask - it was not possible to obtain an adequate seal.

ANSETT has advised that their airline will continue to provide laryngectomees with a stoma cover type oxygen mask if they ask for such a mask.

We will continue to try and get some reaction from QANTAS. If any laryngectomee has had any similar problem with QANTAS please let me know of that problem.

STOP PRESS........

My report on the above matter contains some criticisms of QANTAS because, when it was written a few days ago, that airline had not shown any interest in our reports to them on the safety, to laryngectomee passengers, of the standard oxygen mask.

On returning home from the monthly 'lary' meeting on Wednesday 21st Mar. I had a call from Dr Morrison of QANTAS, to explain that he, together with many other medical people, had been engaged on an examination of the widely reported Deep Vein Thrombosis problem all airlines are facing. Because of this he had not had time to examine our report. He assured me that an examination of the 'standard' oxygen mask would now be undertaken and that I would be advised of any progress.

Naturally I will report further on this matter each month.

DONATIONS

As mentioned in Correspondence the Arncliffe Uniting Church has again donated the sum of $68.00 to our Association. They have made donations to us for several years and such are sincerely appreciated by our committee and members. Mr Derrick Roper, of Bowen Mount, has also kindly donated $50.00 to our Association - thank you Derrick.

MEMBERSHIP

On behalf of our committee I welcome the following new members:

Mr G Pitsici, Kirrawee
Mrs J Roden, Carlingford
Mr Brian F Hay, Dora Creek
Mr B Hay, Kingswood Park (coincidental)
Mr David Blevins, Montgomery USA
Mr Michael Jordon, Lugarno

Our last newsletter to Mr Keo Siv of Smithfield has been returned 'Not at this address'. Does anyone know of his new address?

CORRESPONDENCE - MARCH 2001

1. Information Australia. Advertising 'Directory of Australian Associations'. Price reduced to $195.00.
5. Mrs J Roper of Carlingford. New laryngectomee seeking membership and information on stoma covers and bracelet.
6. Arncliffe Uniting Church, The Friendship Centre. Forwarding us a donation of $68.00.
8. Australian Bureau of Statistics. Advertising new publication 'Australian Social Trends'. ($42.00 per copy).

WELFARE OFFICER'S REPORT - Because I was late getting my report to our Editor I missed out on the February Newsletter. Sorry everybody, and if anybody complains - give me the sack!!!

The report was mostly about the Christmas party at Kirribilli and for the first time we had the pleasure of the company of our Sec/Treasurer and his good (?) wife and charming daughter Jane. Also, Jack Darby once again made and donated for our yearly raffle some glorious gifts. Thank you Jack and Jane, maybe this year my name may come out of the hat. Lorraine Stein and I stayed after the party and sat in the lounge, what a view, had a couple of squashes and then stayed on and had
Building Public Awareness of Tobacco Radiation

An editorial in the Toledo Blade last year proposed that the radiation content of cigarettes be listed on product packages.

The editorial noted that in the late 1960s and 1970s, Dr. Dade W. Moeller, an expert on radiation and a professor at the Harvard University School of Public Health, had urged cigarette manufacturers to develop a process that would remove radioactive material from cigarettes. In addition, Moeller and his colleagues recommended that cigarette makers add warning labels to cigarette packages.

But cigarette makers responded by saying that people did not know that cigarettes contain radioactive materials. Tobacco plants contain high concentrations of a natural radioactive material called polonium-210. This substance remains on the tobacco during the manufacture of cigarettes.

"Given the public's morbid fear of radiation, knowledge about cigarette radiation could boost the effectiveness of anti-smoking programs," said the editorial. "Smokers and non-smokers exposed to second-hand smoke should know about the radiation hazard from cigarettes. Cigarette companies should heed Dr. Moeller's advice, and develop ways of removing radioactive materials from tobacco."
**SHOULDER DYSFUNCTION**

Dr. Peters, when you perform a laryngectomy and cut the nerve that affects the trapezius, what problems can that cause for us later?

The nerve that you are talking about is the "spinal accessory" nerve and it makes the trapezius muscle work. The trapezius muscle allows you to raise your shoulder, and thus your arm, over your head. Injury (or removal) of the spinal accessory nerve results in what we call the "shoulder syndrome" and it is characterized by pain and stiffness in the shoulder and the inability to easily raise your arm above your head.

The spinal accessory nerve is not cut as a routine part of a standard laryngectomy. It is taken, however, as part of a radical neck dissection to remove lymph nodes that are involved with metastatic cancer. Most surgeons will do what is known as a modified neck dissection wherein they try to save the spinal accessory nerve to avoid the shoulder syndrome, but stretching the nerve to remove the lymph nodes around it can make it function poorly none the less. These days, more nerves are saved than sacrificed.

The best treatment for the shoulder syndrome is exercise. Without use, the shoulder will become stiff and ache. The longer you wait to begin exercising, the stiffer and more sore the shoulder will become. This starts a vicious cycle of ever increasing pain and stiffness. So exercise the shoulder and strengthen other muscles to compensate for the loss of the trapezius. A perfect example of the type of exercise would be to imagine you were using a paint roller to paint a wall. Other folks like to use a pulley or a towel thrown over a door. The goal is to get that arm up above your head. A consultation with a physical therapist may also be beneficial.

Glenn E. Peters, M.D., F.A.C.S.

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**ULTRA VOICE**

I recently came across a reference to a gadget called an Ultra Voice. This turned out to be a mouth unit mounted in an upper denture or orthodontic retainer consisting of a loudspeaker, a control circuit and a rechargeable battery.

The gadget is worked with a handheld control unit, which regulates the volume and pitch with separate controls, including an on/off switch.

You also need a battery charging unit which takes about eight hours to charge a battery, similar to those in watches or calculators, that lasts for a full day talking.

The only independent comment I came across regarding the Ultra Voice was negative. However, if you want to check it out yourself go to:


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**NEXT MEETING**

The next meeting for the Laryngectomee Association of NSW will be held on Wednesday, 18th April, 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.
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VALE

Regretfully I have to report that

Mr Harold Camroux of Rozelle

has passed away.
We do extend our condolences to his family and friends.
Pacific Medical Introduce -
TruTone™ and SolaTone™ Artificial Larynxs

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- Good quality sound.
- Easy single tone button.
- Lightweight and compact.
- 9 volt battery operation.
- Quality construction.
- Good volume range.
- Comprehensive 1-year warranty.
- Great value.

For more information, contact Pacific Medical Toll Free on 1800 656 059. Alternatively, email us at support@pacificmedical.com.au or visit our website at www.pacificmedical.com.au.
FACILITATE YOUR SENSE OF SMELL

According to a Reuters report, a simple nasal airflow maneuver that can be taught in one 30 minute physical therapy session helps nearly half of patients who undergo laryngectomy to recover their sense of smell.

Dr Frans Hilgers of Antoni van Leeuwenhoek Hospital in Amsterdam, Holland and a multicentre team did this by getting patients to yawn "politely" with closed lips. Speech therapists taught this maneuver to 44 patients. They asked the patients to yawn as often as possible and after six weeks, 46 percent of the patients recovered their sense of smell. However, many of these patients reported not automatically smelling odours in their environment. Patients may need to perform the nasal airflow maneuver whenever they enter a new room or environment to compensate for the loss of passive smelling.

any case of constipation.
When the anthropologist expressed his doubts, the brujo looked him in the eye and said, "Let me tell you, with fronds like these, who needs enemas?"

BBC Presenter (to palaeontologist): "So what would happen if you mated the woolly mammoth with, say, an elephant?"

Expert: "Well in the same way that a horse and a donkey produce a mule, we'd get a sort of half mammoth."

Presenter: "So it would be like some sort of hairy gorilla?"

Expert: "Er, well, yes, but elephant shaped and with tusks."

An honest seven-year-old admitted calmly to her parents that Billy Brown had kissed her after class.

"How did that happen?" gasped her mother.

"It wasn't easy," admitted the young lady, "but three girls helped me catch him."

Wrinkles should merely indicate where the smiles have been.

humour

A man who smelled like a distillery flopped on a barstool next to a priest, clutching a newspaper. The man's tie was stained, his face was plastered with red lipstick, and a half-empty gin bottle was sticking out of his pocket.

He opened his newspaper and began reading. After a few minutes the disheveled chap turned to the priest and asked, "Shhaya, Father, what causes arthritis?"

The priest snaps back, "Well, mister, it's caused by loose living, being with cheap, wicked women, too much alcohol, and a contempt for the Lord."

"Wow!! Well.......I'll be damned," the drunk muttered, returning to his paper.

The priest, thinking about how he had reacted and then regretting his actions as not very Christian, nudged the man and apologized. "I'm sorry, son, I didn't mean to speak to you so harshly. How long have you had arthritis?"

"Oh, I don't have it, Father. But I was just reading here that the Pope does."

A skeptical anthropologist was cataloging South American folk remedies with the assistance of a tribal brujo who indicated that the leaves of a certain fern were a sure cure for
NOTHING MUCH TO REPORT

After my alarmist editorials last year, I have to report that not a lot has changed in your Association’s structure after the Annual General Meeting. We have a new Vice President and a new Minute Secretary so many thanks are due to Bill Byrne and Margaret Silver for their many years of service to the Association and welcome on board Noel Bluett and Mary Halliburton. John Nicholson and Lilah Walton have been persuaded to continue on even though they claim to have passed their ‘use by dates’.

The Queensland newsletter ‘Laro-Link’ carried a story in their February issue about Ollie Taylor. I’m embarrassed to say I’ve never heard of him but then I didn’t arrive in Australia until 1968. The story is from the ‘Courier Mail’.

“The boxing world is mourning the death of former great Ollie Taylor, who died last Saturday after a long battle with cancer. Ollie won a bronze medal at the 1960 Rome Olympics. He was also a true Queensland hero. Ollie was also well known in Laro circles as the star of the Stoma Care video produced at the Princess Alexandra Hospital”.

It’s pleasing to know that he got to see another Olympics in Australia, in Sydney last year.

A.T.Krasnodebski

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 02-9663-2550
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St, KENSINGTON 2033. Phone 02-9663-2550
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Dowling Street, WOOLLOOMOO, PO Box 572. Phone 02-9334-1900. Fax: 02-9357-2676
MINUTES


APOLOGIES - J Chaloner, R Rix

THE PRESIDENT Brian Gardner was in the chair. He opened the meeting at 11 am.

MINUTES of the last AGM published in the March 2000 newsletter were taken as read and accepted on the motion of Pat Halliburton and seconded by John Gifford.

BUSINESS ARISING - There was no business arising out of these minutes.

ELECTION OF OFFICERS - Bill Byrne retired as Vice President. He is replaced by Noel Bluett and John Chaloner. Mary Halliburton is to replace Margaret Silver as Minute Secretary. All other positions are the same as last year. As there was only one nomination for each position there was no need for a ballot and all committee members were elected unopposed. Office bearers of the Association are to sign forms on behalf of the Association as per the Chief Secretaries Department and Department of Fair Trading. Moved by John Nicholson and seconded by Brian Gardner.

There being no further business the President closed the Annual General Meeting.


PRESENT - as for AGM

APOLOGIES - as for AGM

THE PRESIDENT Brian Gardner in the chair opened the meeting at 11.15 am. A welcome was extended to Elise Baker, Speech Pathologist from Cumberland College. Minutes of the November meeting were taken as read and accepted on the motion of John Gifford and seconded by Pat Halliburton.


MEMBERSHIP
On behalf of the committee may I welcome the following new members:
Mr A F W Hall, South Marooca
Mr P Williams, Darling Point
Mrs M Dunlop, Moruya
Mr Z Gawrilowski, Port Kembla
Mr J O'Meara, Sans Souci

SUBSCRIPTIONS
As at the end of our financial year (31 Dec 00) there were 135 unfinancial members and this was certainly reflected in our profit and loss account for that year. Since 31 Dec 2000 only 19 members have paid their subscriptions. I again ask members to please pay their subs. as soon as possible.

DONATIONS
Mrs McIntyre of Penrith has donated to our Association her deceased husband's Servox and charger. Thank you Mrs McIntyre for this most welcome donation.

VOICE AIDS
As approved by our last meeting we have purchased two new Nu Voi speech aids at a cost of $1802.00. Since our last meeting I have been advised by the agents for the DSP8 voice aid that the makers of this voice aid have stopped production. The agents have discussed this real problem with our Speech Aids Co-ordinator so no doubt he will have more to say on this subject.

SHOWER SHIELDS
We have ordered more shower shields from America but because of the terrible exchange rate between the US/AUS dollar there will have to be an increase in the cost of these items to members. We will advise you of the price in the next newsletter.

CORRESPONDENCE - FEBRUARY 2001
1. Halliday & Nicholas, Brokers. Details of our Public Liability Insurance premium for the period 28 Feb 01 to 28 Feb 02. The premium has risen to $667.57 for five million dollar cover. The cover includes all branches. As an incorporated body we must carry a public liability insurance policy.
3. Centrelink. Brochures on Disability Carers Illness or Injury.
6. Anti Discrimination Board of NSW. Circular.
9. Cancer Council. Introduction to Cancer Voices NSW.
11. Mr Brian Hay of Dora Creek. Advice on return from Qld and rejoining.
12. A. Cook, Seven Hills. Returning stoma cover material. Unable to use.
13. Mr R Keighery of Wollstonecraft. 2001 sub and $80.00 donation.
14. Mr Dick Dunn of Oakdale. Sub and thank you for the raffle prize.
17. V & H Wood. Thank you card re deceased member Barry Breakspear.
20. Australian Cancer Society. Suggesting we purchase CD Rom on speech rehabilitation as developed by Prof Allison Perry.
21. The Helwigs from USA. Donation of $63.44 for loan of Servox.
23. Margaret Patterson, RNS. Address of Nurse in Lae, PNG.
26. Newsletters from Queensland, Victoria, New Zealand, Tasmania, South Australia and Illawarra branches.
27. Many many Christmas cards and thank you notes from many members - all were sincerely appreciated.
28. Copies of accounts sent to members by John Chaloner covering batteries he has supplied. Some still unpaid.

WELFARE OFFICER'S REPORT - Lilah Walton reported that the yearly cost of hospital packs to twenty three hospitals at $14 per pack plus postage totals $2685. While the Association is rightly concerned about the new laryngectomyes there was some concern that the packs were being broken up and the stoma covers distributed without important information contained in the pack reaching the patient. Packs contain forms to join the Association but few do so, missing out on the support and company of those with similar problems. Moved Carol Gardiner, seconded Bruce Darlington.

SPEECH AIDS CO-ORDINATORS REPORT - FEB 2001
In 2000 your Association sold to members 40 Varta batteries (for the Servox speech aid) and 2 Eveready batteries (for the Cooper Rand aid).
We also lent to members the following speech aids - Servox 6 times, Nu-Vois 4 times, Cooper Rand twice and battery chargers twice.
An important message for DSP8 users and Speech Pathologists follows in this newsletter.

On a lighter note - in "Still Talking" 108 Toni, the editor, mentioned that the Sydney maxi-yacht owner/skipper Neville Crichton was a laryngectomyee (as we who saw his TV interviews know). You may also know that the actors Jack Hawkins and Jack Klugman were larys. The other week, languishing in a doctor's waiting room, I was reading a very old English "Hello" magazine (as one does) and learnt that so too was the actor Joseph Cotton. Do you know of any other "famous" laryngectomyes (apart from yourself of course)? Drop Toni a line so he can enlighten us all. Report moved Lilah Walton, seconded Margaret Silver.

GENERAL BUSINESS - A discussion took place regarding subscriptions. Seventy members were written off last year and the motion was put forward that those who have who have not paid their subs by June this year would also be deleted. This was moved by Des Nicholson and seconded by Noel Bluett.

The difficulty of educating hospital staff unaware of the special needs of laryngectomyes was also discussed. Brian Gardner suggested more communication between the Association and the Speech pathologists would help. He also announced that Dr David Veivers, Ear Nose and Throat Specialist from Royal North Shore is to be guest speaker at the April meeting.
Elise Baker then gave a short talk although her main reason for coming was to meet the members personally and discuss problems and different speech aids with them. She suggested that articles in the Speech Pathologists Association monthly and quarterly magazines would be a good way to keep the two groups in contact.
The next meeting is on Wednesday, March 21st.
The meeting was declared closed at 12.05 and a light lunch was enjoyed by all.

WESTERN DISTRICTS NEWS - FEBRUARY 2001
Our first meeting of the new year was also our AGM. The office bearers for 2001 are: President Stan Morley, Treasurer Alan Dawson, Secretary Pat Halliburton, Assistant Secretary Mary Halliburton, Minute Secretary Pat Dawson, Social Secretaries Helen Morley and Pat Dawson, Vice President Bill Byrne, Welfare Officer Eric Smith. Committee Members are: Ron Carlin, Kevin Kelly, Peg and Ron Fazackerly.

At the meeting the President called for a minute's silence in memory of Lionel ("Pat") MacIntyre who died recently. Alan Dawson welcomed new members Adrian Hall and Peter Young together with their partners Beverley Black and Anne Young. The President of the Illawarra branch, Elise Gallagher, has confirmed the date of the Woronora barbecue as Tuesday 6th March. Eighteen Western Districts members indicated they will attend. A bus outing has been organised for Tuesday 22nd May.

Your mind is a garden. Your thoughts are seeds. You can grow flowers or you can grow weeds. from Lilah Walton
IMPORTANT ALERT
FOR USERS OF THE
DSP8 SPEECH AID

The makers of the DSP8 &
DSP81 speech aids,
Memacon in The
Netherlands, have ceased
production following the
death of one of the
co-partners. The Australian
agents cannot obtain any
more aids or parts, however
they do have some DSP8
aids and some spare parts
in stock - tubes,
membranes etc.

The agents are:
Paxton Barrand in Sydney on 02 9299 4855,
at 5/283, George Street, Sydney, NSW 2000 and
Auditory Services in Melbourne on 1800 035 047 or
03 9886 3206, at 4/50 Main Street, Croydon, VIC 3136.

John Chaloner is trying to obtain information from
overseas on any similar pneumo-larynx speech aids
which might be available. Would any members who do
use the DSP8 please write to John Chaloner (address
on the front cover) as he would like to know the extent of
the potential problem.

A request to our Speech Pathologist readers.

Presumably you won't be introducing the DSP8 to any new
laryngectomyes. If you have any unused DSP8 or DSP81
speech aids and/or spare parts please consider donating
them to the Association - we would be most grateful.

NEXT MEETING

The next meeting for the Laryngectomee Association of NSW
will be held on Wednesday, 21st March, 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.

THE LION'S ROAR
By Mark Pruss

The lion's roar is not what
it used to be,
But watch out as his bite is
still rather nasty.

When we sleep, in our
dreams we catch a glimpse
of the world-to-be,
And when we pass on that
will be our Destiny.

In Heaven the lame can
walk and the blind can see,
We all have something to
look forward to because as
spirits we all live for all
Eternity.

The lion's roar is not what
it used to be,
But in the next world all the
lions will be faster and
fiercer than they used to
be.

VALE

We extend our sincere
condolences to the
family and friends of the
deceased and hope the
good friends of the

Mr John Che
Mr A. Clunies
Mr N. Culkin
Mr J. E. Eason
Mr A. Ferguson
Mr A. M. Hall
Mr F. H. Harper
Mr W. A. Johnson
Mr T. K. L. Trower
Mr J. A. Wight
Mr R. J. W. Young
Mr T. W. Campbell

4
An article by L. Freedberg in the San Francisco Chronicle mid-January that started "It's not every governor that goes scuba diving in Australia with lobbyists for Philip Morris, the tobacco industry giant." caught my eye. The story concentrated on the then, President-elect, George Bush's nominee for the Department of Health and Human Services Gov. Tommy Thompson of Wisconsin.

Professors Glantz and Monardi of the Cardiovascular Research Institute at the University of California did a study linking governors of various states with the tobacco industry and their campaign contributions, lobbying and litigation.

Between 1993 and 2000, Thompson received $72,000 in campaign contributions either directly from Philip Morris, or from its subsidiaries and their employees. In the 1990s, Thompson also went on three trips, valued at $16,000, sponsored by the National Governor's Association and organised by nonprofit organisations substantially funded by Philip Morris, including the one to Australia.

George Bush seems to be developing a tendency to put foxes in charge of the hen houses.

SMOKING ON AEROPLANES

Reuters reported in February that Aeroflot, the Russian carrier, has overturned a U.S. ban on smoking aboard flights to U.S. destinations as it claimed it infringed upon national sovereignty.

An agreement has been reached with U.S. transportation officials that up to 16% of economy-class and 40% of business-class seats on Aeroflot flights can be reserved for smokers, plus unlimited smoking in first-class and the pilot's cabin. As part of the deal, Aeroflot must notify passengers when buying their tickets that smoking is allowed on the plane.

Apparently Russia has the highest rate of tobacco use in the world. However, it is worth bearing in mind if you are flying overseas that you ensure any change of carrier doesn't result in your being subjected to secondhand smoke.

This seems to be a step backwards.

TEEN SMOKING CHALLENGE

The Florida Fort Myers News-Press carried a story in February about seven teenagers attending an 'I Can Quit, No Problem' smoking cessation program.

The students, all from Fort Myers High School, were challenged to remain nicotine-free for one month. If successful, they each receive $100.

'I Can Quit' is based on similar programs which follow a 'scared straight' approach, said Lisa Munizza, program consultant for the area American Lung Association, which co-sponsored the program.

Students observed operations on two smokers diagnosed with cancer and met with people who lost their voice boxes because of smoking. There also was an educational component that taught students about smoking-related diseases and coping skills.
LILAH WILL BE THERE

(To the tune of Onward Christian Soldiers) by Mary Halliburton

For many years there's been someone
Synonymous with care
Whenever 'Larys' need her help
Lilah will be there.

An Amazon in battle bold
Their burdens she does bear
At any time through thick and thin
Lilah's always there.

An operation's trauma times
Are easier to bear
A friendly voice to families help
Lilah's ready there.

Stoma covers, hospital packs
With Des, a busy pair
Machines at ready, expertise
Lilah will be there.

And when the final judgement comes
And God invokes the prayer
Come to me all ye righteous
Lilah will be there.

CERAMIC ARTIFICIAL LARYNX

There could be a breakthrough in voice production for laryngectomees coming out of Nagoya University in Japan. They have developed an artificial larynx using a vibrating PZT ceramic as the sound source, whatever PZT means.

Apparently they have achieved a fairly natural voice with good clarity and vowel discrimination. The artificial larynx is comprised of two parts, an implanted cannula and the PZT ceramic sounder.

It sounds an interesting concept. There is probably a category of patient who it would be ideal for, such as someone who has to keep a cannula in place. Candida ought not to be a problem with a ceramic device. Then what would be the cost, how long will they last and how do you clean and maintain them?

humour

A Swiss guy, looking for directions, pulls up at a bus stop where two Australians are waiting.

"Entschuldigung, koennen Sie Deutsch sprechen?" he asks. The two Australians just stare at him.

"Excusez-moi, parlez vous Francais?" he tries. The two continue to stare.

"Parlare Italiano?" No response. "Hablan ustedes Espanol?" Still nothing.

The Swiss guy drives off, extremely disgusted. The first Australian turns to the second and says, "You know, maybe we should learn a foreign language."

"Why?" says the other. "That guy knew four languages, and it didn't do him any good."

The accused had just been sentenced and was asked if he had anything to say.

"Bugger all!" came the reply. The judge, who had not caught the remark, leaned forward and asked the clerk what the man had said.

"Bugger all," he was told.

"No, no" insisted the judge. "He must have said something, I saw his lips move."

This Newsletter printed by:

BREAKOUT
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19 Buckland Street, Broadway
Phone (02) 9281 5100
MONTHLY MEETINGS:

#SYDNEY: 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 Waves Medical Centre, Belfast St, Wollongong.

#NORTHERN RIVERS: 4 times per year, rotating venue, Contact J Basso, 184, Ballina Rd, Goonellabah, 2480, Ph. 02-6624 5192.

#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.

2001 - A SPEECH ODYSSEY

I’ve become aware from a number of sources that the California Association of Laryngectomees is trying to organise a laryngectomee conference and Voice Institute in conjunction with the Hawaii Association in Honolulu in October this year.

It is an attempt to draw together laryngectomees from countries as diverse as USA, Russia, Vietnam, Australia and Peru with all the countries in between, not forgetting all the Pacific islands as well. A chance to exchange ideas and experiences with people from different countries and cultures, there would be something wrong if a person didn't learn something new.

There will probably be some kind of notice in 'Still talking' over the following couple of months advising details of this meeting. So, anyone who has had it in mind to visit Hawaii could kill two birds with one stone and possibly save a few dollars on fares and accommodation into the bargain. I hope to present more information in a future issue.

I hope that anyone who was interested in standing for a position in the Association has lodged their application and will attend the Annual General Meeting on February 21st to pursue their nomination.

Good luck and good health to everyone in 2001.

A.T. Krasnodebski

WHO TO CONTACT

FOR BLOOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curr Curr 2069. Phone 02-9939-1539

FOR SPEECH AIDS, BATTERIES PARTS AND ADVICE ON REPAIRS - John Chaloner, 111 Station St, Petersham 2049. Phone 02-9560-2852

FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St, KENSINGTON 2033. Phone 02-9683-2550

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
CHRISTMAS PARTY

The Christmas party on November 25th proved to be the most successful yet, in terms of numbers particularly, with over sixty in attendance. A big vote of thanks must go to Lilah Walton for organising the function for us all. There were a mind boggling number of prizes in the raffle and many people won a number of times.

Someone mentioned to me that as a social occasion the Christmas party leaves something to be desired as everyone is seated at long tables shortly after arrival and remain there for the duration. You only have the opportunity to chat with half a dozen people around you. Does anyone else have an opinion or solution to this perceived problem?

Maybe we could have a buffet situation or trays of snacks coming round all the time with, say, a dozen round five seater tables where you could sit in an empty chair at any time. Then how would the raffle work? What about people with restricted mobility? Does anyone have any suggestions?

Bill Byrne & Eileen checking tickets.

The INTERNET

I seem to be forever mentioning the Internet in 'Still talking', quoting website addresses that are worth looking at for information and links to other worthwhile sites. However, that wouldn't be a lot of good to someone who has no idea of how to access the Internet in the first place. The day is coming when you will be able to connect to the Internet through your TV via the remote control.

For anyone living in, or visiting, Sydney, I would be happy to show you how to use the Internet. How to use a search engine to find a subject or topic that you are interested in. How to set up an email account with Hotmail, the only condition with a Hotmail account is that you use it again within ten days of opening the account and then at least once every two months from then on. How to surf, i.e. follow links that catch your interest without a specific goal in sight.

This can be done at an Internet café where the charges are generally under $5.00 per hour or at a library. My local library is Waverley Library at Bondi Junction where it is free to surf the Internet but they charge for email use and for prints.

The Internet is not going to go away. It is becoming more and more a part of our way of life and it is surprisingly easy to learn how to use it for your own benefit.

BRANCH NEWS

NORTHERN RIVERS BRANCH

A successful Christmas Party was held at 'Maggie Moors' on Tuesday, 5th December with sixteen people attending. We welcomed a new member Roy Ramage and his wife from Ballina. An apology was received from Dr Lipsett our local E.N.T. who was going to be our guest speaker.

Our Christmas raffle was drawn:
1st Prize Christmas Hamper was won by P Pascutto.
2nd Prize Cake and Wine was won by B M Ambrose.

A good time was had by all. Our next luncheon meeting will be held in February at the same venue.
I came across the following poem in a load of stuff given to me by Des Nicholson when she gave up editing this newsletter. It struck me as quite lighthearted and it's the sort of thing that you're sure that you've seen it before somewhere but can't remember when or where.................

THE HORSE AND MULE LIVE THIRTY YEARS AND NOTHING KNOW OF WINE OR BEERS; THE GOAT AND SHEEP, THEY ALSO DIE AND NEVER DRINK OF SCOTCH OR RYE; THE COW DRINKS WATER BY THE TON AND AT EIGHTEEN YEARS IS MOSTLY DONE.

WITHOUT THE AID OF RUM OR GIN THE DOG AT FIFTEEN CASHES IN; THE CAT IN MILK AND WATER SOAKS THEN IN TWELVE SHORT YEARS IT CROAKS; THE MODEST, SOBER, BONE DRY HEN LAYS EGGS FOR NOGS, THEN DIES AT TEN.

ALL ANIMALS ARE STRICTLY DRY THEY SINLESS LIVE AND SWIFTLY DIE; BUT SINFUL, GIN FULL, RUM SOAKED MEN SURVIVE THREE SCORE YEARS AND TEN; AND SOME OF THEM - A MIGHTY FEW KEEP DRINKING 'TIL THEY'RE NINETY TWO!
Humour

A man was walking along a California beach and was in deep prayer to the Lord. He said, "Lord, you have promised to give me the desires of my heart. Please give a confirmation that you will grant my wish."

Suddenly the sky darkened and the Lord, in a booming voice said, "I have searched your heart and determined it to be pure. I think that I can trust that you will not disappoint me. Because you have been faithful to me, I will grant you one wish." The man said, "I've always wanted to go to Hawaii, but I'm deathly afraid of flying and I get very sea sick in boats. Could you build a bridge to Hawaii, so I can drive there whenever I want?"

The Lord laughed and said, "That's impossible! Think of the logistics! How would the supports ever reach the bottom of the Pacific? Think of the concrete and steel! Your request is very materialistic and disappointing. I could do it but it's hard for me to justify. Take a little more time and make another wish, one you think would honor and glorify Me."

After much thought, the man said, "I've been married 4 times. My wives always said that I was insensitive to their needs. So I wish that I could understand women. I want to know how they feel and what they're thinking. I want to know why they cry and how to make them truly happy. That's my wish, Lord."

Then, after a few minutes, God said, "You want two lanes or four on that bridge?"

The one thing that unites all human beings, regardless of age, gender, religion, economic status or ethnic background, is that, deep down inside, we ALL believe that we are above average drivers.

A three-year old put his shoes on by himself. His mother noticed the left was on the right foot "Son, your shoes are on the wrong feet."

He looked up at her with a raised brow and said, "Don't kid me, Mum. I KNOW they're my feet."

Tower: "Eastern 702, cleared for takeoff, contact Departure on 124.7."

Eastern 702: "Tower, Eastern 702 switching to Departure... by the way, as we lifted off, we saw some kind of dead animal on the far end of the runway."

Tower: "Continental 635, cleared for takeoff, contact Departure on 124.7; did you copy the report from Eastern?"

Continental 635: "Continental 635, cleared for takeoff and yes, we copied Eastern and we've already notified our caterers."

A husband, proving to his wife that women talk more than men, showed her a study which indicated that men use on the average only 15,000 words a day, whereas women use 30,000 words a day.

She thought about this for a while and then told her husband that women use twice as many words as men because they have to repeat everything they say.

Looking stunned, He said, "What?"

Have fun in 2001.

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.
BURNOUT OF CANCER CARE WORKERS

An article in Canada's 'National Post' last year by a Brad Evenson detailed the results of a survey of 1,106 cancer care workers in Ontario and gives rise for concern if the findings might apply across the industry worldwide.

The survey found that roughly 50% of doctors suffered high levels of emotional exhaustion and low levels of personal accomplishment, while about 25% showed potential signs of mental illness. The study says these numbers are worse than in prior studies of Canadian emergency room doctors and British medical oncologists.

In the survey, 39% of cancer physicians said they would leave for a job outside the cancer care system, as did 37% of allied professionals (including nurses, dieticians, and pharmacists) and 30% of support staff. Also, 48% of cancer doctors said they have considered reducing their working hours.

The key problem cited in focus groups is the steadily increasing patient load. At the same time as a large portion of Canada's population is entering middle age, when cancer becomes more prevalent, provinces have cut or frozen funds to hire hospital staff.

For example, a provincial task force suggested medical oncologists should see a maximum of 175 new patients a year. Dr Evans, a co-author of the study, said the average in Ontario was 260, and in some cases 400, which was okay when a person had just finished medical school and was young and robust.....but they couldn't do that indefinitely.

While the incidence of cancer is rising in Canada at 2% to 3% a year, many effective new treatments have been developed and screening has become more widespread, particularly in the past five years. As a result, the number of people entering the cancer care system is increasing at about 7% a year.

Dr Grunfeld, the other co-author, said that a major source of stress in cancer care workers was being too busy to take time with their patients and that they didn't feel they were able to give the high quality of care that they want to give.

Research shows this kind of burnout can lead to mental and physical health problems, absenteeism, high staff turnover rates and diminished productivity.

Dr Evans, who chaired the provincial task force on systemic cancer care, said in the short term, new medical staff will need to be imported from outside the province.

BIG TOBACCO LAWSUIT SAGA

Before Christmas, Reuters reported that a US federal judge had set a trial date of July 15, 2003 to try the government's racketeering claims against the tobacco industry.

Judge Gladys Kessler had dismissed two counts of the US Justice Department's lawsuit seeking recovery of billions of dollars spent on smoking-related illnesses. However, she ruled that they could proceed with two counts of racketeering through fraud and deceit since the 1950's.


A list of fact witnesses will be exchanged on July 1, 2001, and expert witnesses on August 1, 2001. The list will be made final by August 1, 2002. Kessler said she expects pre-trail hearings to begin in March 2003.
SHOCKWAVE

There's one laryngectomee who is not afraid to go back on the water, and that is New Zealand-born Neville Crichton. He used to race cars, maybe because his business is in car dealerships, but since his laryngectomy he had to give up his motor-racing and has subsequently taken up racing yachts instead.

His current McConaghy built boat is the maxi "Shockwave" which was highly fancied for line honours in the Sydney to Hobart on Boxing Day. "Shockwave" got off to a good start and led "Wild Thing" out of the Heads on a perfect day. There wasn't a cloud in the sky, the wind had picked up shortly before the start and there was a massive crowd lining the foreshores to watch the spectacle.

Unfortunately, bad weather in Bass Strait meant that discretion was the better part of valour after the tragedy in an earlier Sydney to Hobart, and "Shockwave" gave up its lead and turned for home.

INDWELLING VOICE PROSTHESSES

I am not sure of the source of this information that originated in Holland but it is the result of a ten years study of patients using an indwelling prosthesis.

A team of physicians at the Netherlands Cancer Institute, where the Provox and Provox 2 indwelling voice prostheses were developed, found that 88% of 318 patients who were followed for an average of 67 months achieved fair to excellent voice quality with the device. Atos Medical, which makes the device, says it's second in popularity in the U.S. only to the pioneering Blom-Singer prosthesis.

At the end of the study, 95% of 183 patients still alive were using a prosthesis, Dr Frans J. M. Hilgers and colleagues here reported in the November 'Archives of Otalaryngology-Head and Neck Surgery'. Devices lasted an average of 163 days, and over ten years patients went through an average of 8.5 units (range 1-55).

The prosthesis lasted longest in patients who did not have radiotherapy and in patients older than 70. In 30% of the patients, the device was replaced every three months or less, three to six months in 40%, and after more than six months in the remaining 30%.

The main reasons for replacement were leakage around the prosthesis (73%), obstruction (4%), leakage around the prosthesis (13%), and hypertrophy or infection of the fistula (7%).

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