LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomees and those with similar vocal disorders

DECEMBER 1999

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

MONTHLY MEETINGS:
# N.S.W.: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
# HUNTER VALLEY: Third Tuesday, at Mayfield Bowling Club, Ingall St, Mayfield.
# PARRAMATTA: Second Tuesday, 11.00am at Masonic Club, 163 George St, Parramatta.
# ILLAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Belfast St, Warilla.
# NORTHERN RIVERS: 4 times per year, rotating venues, Contact J Kidd, PO box 572, Lismore. Phone 02-66233232.
# MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
# DUBBO: Lourdes Hospital. First Friday, 10.30am Conference room.
# ALBURY: Ph:02-6323-2011, ext 323
# CANBERRA: First Thurs, 11am, Level 1, Building 3, Canberra Hosp.
# SOUTHERN DISTRICTS: 4th Wed. 10.00am, Thomas Rachel Moore Education Centre Liverpool Hosp. - phone 02-9607-6708.

EDITORIAL -

YEAR 2000

I said to the Man who stood at the Gate of the Year

'Give me a Light, that I may travel safely into the Unknown'.

And he replied,

'Go out into the Darkness alone, and put your Hand into the Hand of GOD.

That shall be, to You, better than Light and safer than a Known Way.'

Your committee wishes all members a happy and holy Festive Season, followed by a contented, healthy and fulfilling Year 2000.

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 - John Nicholson, PO Box 58, Richmond 2753 02-45781415
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW phone 02-9334-1900. PO Box 572, KINGS CROSS.
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE
ASSOCIATION OF NSW, HELD IN THE
UNITING CHURCH HALL,
STRATHFIELD ON WEDNESDAY 17th
NOVEMBER 1999


APOLOGIES were accepted from J Chaloner, J & M Gleave, B Dunn.

MINUTES OF THE OCTOBER MEETING
as distributed were accepted on the motion of P Halliburton, seconded L Walton.

BUSINESS ARISING nil

SECRETARY’S REPORT:
MEMBERSHIP So far 40 members have paid their subscriptions for the year 2000. Of that 40 many are country members and the returns show that there were three that attended meetings at the Mid-North Coast branch, 2 attended Western Districts and one attended Hunter Valley (there were too some who attended NSW meetings). We seek that detail to ascertain how much we would repay to these branches if it is agreed at the AGM to reimburse the branches $5.00 for each financial member.

2 Would members please note that their subscriptions for 2000 should be paid by 1st January 2000 and their payment by that date would be appreciated.

3 On behalf of the committee I would like to welcome the following new member:
Mr P D Evans of Newtown.
We hope he will be able to join us at future meetings.

Unfortunately I have to report that we have been notified of the deaths of four of our members.

4 Donations:
In the past few weeks donations have been received from the following members and we thank them, most sincerely, for their generosity.
Mr V Garisine of Empire Bay
Mr R Keighery of Wollstonecraft
Mr V McGregor of Grafton
Ms J Heidke of O’Connor ACT
Mr J Righini of Isaacs ACT
Mrs B Cullen of Castle Hill
Mr D Tauro of Maroubra
Mrs D Nicholson of Richmond
Mrs J Nowland of Padstow Heights.

5 Members are reminded that nominations for the 2000 committee must be to the secretary by the end of January 2000. All positions will be declared vacant at the AGM in February so nominations for ALL positions are required. Nomination forms are in the last Newsletter.

6 On behalf of the members of our Association may I extend sincere thanks to the NSW Cancer Council for their assistance during 1999, in paying in part for the printing and postage of our monthly Newsletter.

CORRESPONDENCE
1 Department of Gaming and Racing, renewal of Authority to Fundraise.
2 Dowletter - newsletter from our Accountants
3 Centrelink, brochures on disability matters.
4 Children’s Promise. Information on the ‘give an hour’ of one’s salary for charity purposes.
5 Madisons Central Hotels. Offering room accommodation at Madisons, Elizabeth Bay, for $85 per night.
6 Australian Society of Otolaryngology, Head and Neck Surgery seeking details of our Association and our Branches.
7 Mr Stefan Pisani of Malta, seeking information on the management of laryngectomees for his thesis.
8 Newsletters from branches and interstate.
9 Numerous letters with subscriptions, donations and payment for goods supplied.
Page 3.
TREASURERS REPORT showing a credit balance of $6578.17 in the working account was read.

THESE REPORTS were accepted on the motion of J. Nowland, seconded M. Silver.

WELFARE OFFICERS REPORT
Posted Patient Packs to John Hunter hospital, also information on tracheostomy patients to John McLaren, ambulance officer of Taree.
Once again Jack Darby has made the prizes for next years guessing competition and once again the craftsmanship is superb and the prizes beautiful. They are:

  Coolahbah Burl-Clock
  Salt and Pepper Mills
  Pot Pouri Bowl
  Biscuit and Dip Platter
  Tile Hot Plate.

Jack also made me a wooden sewing needle holder. I hope to be able to obtain from Jack a price list of the goods he makes so if anyone is interested in purchasing any of his work I may be able to help.
Jack has had pneumonia so it must have been an effort to get them ready for us. Thankyou once again Jack - we do appreciate your gifts. Hope you get well soon - we will miss you at the Christmas Party.
The Clynes have both had illnesses causing them to have stays in hospital. They send their regards to all and are both now on the road to recovery.
Yesterday it was summer, today as I write this it is winter so for goodness sake keep your stoma covered, we don’t want you to be sick for Christmas. To all a very happy Christmas and a very healthy New Year.

LILAH.
Accepted on the motion of W. Byfield, seconded B. Gardner.

SPEECH AID OFFICERS REPORT:
Business as usual, batteries keep running out, aids wear out, but so far have been able to keep up. I therefore am prepared to stand again for the position for the year 2000.

GENERAL BUSINESS
1 Margaret Patterson, speech pathologist from RNSH, approached our President Brian Gardner with the view that Head and Neck surgery patients could join the Association. We have had such members before and all agreed that any such patients who felt that we may be able to help are very welcome to come. We are having more and more contacts with tracheostomy patients who are not laryngectomies and seem to have been able to be of assistance.

2 There was some discussion about a TV programme highlighting non surgical treatment of laryngeal cancer. Decided this is the province of the professionals not the patients.

3 The president welcomed Nicole Belcastro and Gillian Giles, speech pathologists from Liverpool Hospital. The girls spoke about their success in conducting sessions to educate Ambulance Officers on the best methods of treating patients with tracheostomies and/or laryngectomies. This is something we all feel is long overdue. At the moment only officers of the Southern and Western Districts have availed themselves of this worthwhile education. (More of this, and how you may be able to help, later in the Newsletter)

4 Lilah suggested that we might, as members, like to make a small personal donation towards Action on Smoking and Health class action and a quick ‘whip around’ produced $20 which will be dispatched by your secretary.

There being no further business the President closed the meeting at 12.20pm, after which a light lunch and a most enjoyable time of fellowship and gossip was enjoyed by all.

President

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VALE

It is with regret that we sadly farewell the following members:
Mr Donald Saunders of Blacktown
Mr B. Dowling of Lidcombe
Mr L. Greentree of Canowindra
Mr Ray Harper of Raby.
We extend to their families and friends our deepest sympathy.
NEXT MEETING
ANNUAL GENERAL MEETING
WEDNESDAY 16TH FEBRUARY 2000
11.00 am
UNITING CHURCH HALL,
CARRINGTON AVENUE,
STRATHFIELD.
Parking on site, short walk to railway station.
Meeting followed by light luncheon.
LARYNGECTOMEES, FRIENDS,
FAMILIES AND PROFESSIONALS
WELCOME

BRANCH NEWS
WESTERN DISTRICTS
On Sunday 31st October we held a barbecue at Budgewoi in conjunction with the Hunter Valley Branch. All who attended (about 50) enjoyed the day.
Harry Stone is still on the sick list - we wish him a speedy recovery that he may enjoy the festive season.
Unfortunately I have to report that Ray Harper died 13/11/99 - our condolences to family and friends - we will miss him.
This years Christmas party is to be held in the Masonic Club, Parramatta on Tuesday 14th December commencing at 12 noon. Charge for the function is $10.00 per head which covers food only - buy your own drinks. All Association members are invited and are asked to let Helen Morley (4731-1161) or Edna Ward (9624-5816) know by 1st December.
There will be no meeting in January.
The Annual General Meeting will be held on Tuesday 8th February 2000 commencing at 11.00 am. At this meeting all committee positions become vacant and elections will be held for President, Vice-President, Secretary, Assistant Secretary, Minute Secretary, Social Secretary, Treasurer, Welfare Officer and Committee members. The secretary will have nomination forms for these elections available at the Christmas Party.
Our president Stan Morley has corresponded with the Department of Fair Trading re the branch’s need for insurance. It appears that this branch will be covered by the NSWLA policy if this policy names the branch specifically. This matter is now in hand with NSWLA secretary.
Pat Halliburton

LIVERPOOL INITIATIVE.
When it was brought to the notice of speech pathologists Gillian Giles and Nicola Belcastro of Liverpool Hospital that Ambulance Officers in the area had not had instruction on the management of tracheostomy and laryngectomy patients the girls did something about it. They prepared an illustrated presentation which they have since delivered to all ambulance officers in the Southern and Western Districts. Thus the officers in this area are now much more knowledgeable, comfortable and confident with such customers.
The girls are constantly refining this presentation and hope that it will soon be made available to all ambulance officers in NSW (and I am sure we are all hoping this too)
If you have had any nasty (or amusing) experiences with medical professionals who have not had experience with laryngectomees, or have any ideas which you feel could be passed on to ambulance officers the girls would like to hear from you on 02-9828-4703, or c/o Speech Pathology Department, Liverpool Hospital, 2170

MOBILE TELEPHONES
Recently one of our members sought advice on the best type of mobile telephone as she had heard that the CMDA unit suppressed background noises. As I (J Nicholson) could not provide advice on this subject I contacted the Consumer Business Aged and Disability section of Telecom Australia. That section as usual proved to be very helpful and they advised the member concerned what she wanted to know.
If any other member wants advice on this matter, or indeed any other matter, about telephones for the disabled we suggest they call the Disability Section of Telecom on 02-9310-2022 or the Telecom office in your town or district.
You could be amazed at the amount of help (most of it free) available.
Overcast skies and a cool breeze did not deter our members who as usual were out to enjoy themselves. The ladies all looked as though they were about to mount the catwalk for a fashion parade and the men did justice to their partners. Lilah as mistress of ceremonies was dressed in green and proudly wore the miniature of her Order of Australia Medal for the first time in public (she wears it around the house all the time).

The dining room looked very festive with white table cloths and brightly coloured serviettes set off by bowls of Christmas hush and Christmas bells. The raffle table was groaning with goodies (all in Christmas wrapping) donated by members and these gifts all found good homes before the day was finished.

Members were greeted by Vice-presidents Bill Byrne and John Chaloner, with Lilah buzzing about.

When all were seated Bill formally welcomed those attending and his remarks were warmly supported by John. Lilah said grace and the feasting began.

For each course there was a choice of two dishes: Entree- Stuffed garlic mushrooms or Avocado and smoked salmon; Main - Roast Turkey with Cranberry stuffing or Seafood Wellington; Sweets - Apple Strudel or Plum pudding with brandy sauce. YUM!! Followed of course by coffee. Nobody went thirsty either as the bar was handy and the waiter attentive for those who wanted other than the wine and orange juice already on the tables.

Lilah tells me that this year most of the noise came from four well known ladies, Margaret, Lorraine, Lesley and Clarissa who even outdid the Western Suburbs Branch table in jollity.

Then came time to draw the raffle - the ticket sellers had been busy and the guests generous, tempted by the pile of gifts. All seemed to do pretty well - they tell me Jean Case (who incidentally was celebrating her 80th year on this earth) and family, and Jim Smith and family both had to hire pantechnicons to get home. (Jim tells us he had the last rites a few weeks ago but certainly looked very alive at the party).

Western Districts members acted in collusion - if a member won a prize he/she managed to pick out a fellow members ticket for the next prize, but they were outdone by Margaret Silver who managed to draw another of her own tickets!!! Even Lilah didn’t complain this year as she managed to go to the prize table twice.

As the party ended and Christmas and New Year wishes were exchanged by departing members and guests, all expressed themselves well satisfied with the atmosphere, the food and the company; and many times the words “See you again next year”, were heard.

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STOP PRESS

1 SERVOX USERS John Chaloner sends word that ‘Auditory Services, Melbourne’ who are the sole agents for Servox in Australia, now have a web site. Though many of you may not be on the Internet you probably have kids or grandkids who know all about it and would be able to find the information. The site contains up to date information on spares, repairs, batteries, maintenance, ordering etc and could be worth consulting from time to time. The address is: www.servox.com.au.

2 ELECTIONS Members are reminded that the nominations for the year 2000 committee should be with the secretary by the end of January. All positions are declared vacant at the AGM and as yet the secretary has only one nomination for the 2000 committee.

3 MEMBERSHIP Members are reminded that annual subscriptions for the year 2000 are due and should be paid to the treasurer before the end of 1999. Membership entitles you to 11 Newsletters a year and reduced prices on goods supplied by the NSWLA ie voice aid supplies, stoma covers and material for same, shower shields etc.

4 HOLIDAYS Some committee members will be away over the next couple of months - if the one you want is not available try another and he/she should be able to help. If you need supplies PLEASE order early!!
DON'T QUIT
When things go wrong as they sometimes will,
When the road you are traveling is all uphill,
When the funds are low, and the debts are high,
And you want to smile and you have to sigh,
When care is pressing you down a bit-
Rest if you must, but don't you quit.
Success is failure turned inside out,
And silver tints the clouds of doubt,
And you never can tell how close you are,
A win may be near when it seems afar.
So, stick to the fight when you are hardest hit-
It's when things go wrong that you must not quit.

WHAT'S AN OLD LADY WORTH?
Remember old girls are worth a fortune-
with silver in their hair, gold in their teeth,
stones in their kidneys, lead in their feet
and gas in their stomachs.
I have become a little older and a few
changes have occurred. I have become a
frivolous old girl and a few gentlemen have
come into my life. Will Power helps me out
of bed each morning, and I go and see John.
Then it's time for Uncle Toby and Billy T.
They leave and Arthur Ritis settles in for
the rest of the day. He doesn't like to stay
in one place for long and travels from joint
to joint. After such a busy day I'm glad to
go to bed with Johnny Walker. By the way
I'm also flirting with Al Zymers.

Mary Halliburton

NOW LET'S BE SERIOUS FOR A MOMENT
We want to see you all next year
(Some tips from the RTA for Road Safety)
1. Too many accidents happen close to home.
Don't relax because you know the road
2. Avoid the hustle and bustle - and avoid the
heavy traffic. Plan your outing for quieter periods.
3. Never assume that others are alert and are
good drivers
4. A pedestrian crossing is no guarantee of
safety - make sure the driver has stopped for you.
5. If you need them wear your hearing aid and
spectacles when out walking.
6. Being in the right doesn't help if you are
injured or, worse still, dead.

There will not be a Newsletter in January!
EDITORIAL -

Did you order tickets to the Olympics? Did you get what you wanted? Were they too expensive? Or didn’t you intend going anyway? Let me suggest you think very strongly about going to the Paralympics. As laryngectomees, friends and family we know the effort needed to overcome, in fact defeat the hand that has been dealt us; and, as one who has officiated at national disabled swimming events, I can assure you you will never see more dedicated athletes than those competing at the Paralympic games. The dedication and skill is there, the will to win is there, and they enjoy every moment.

Sports represented are:

1. Athletics, track and field.
2. Basketball, wheelchair and intellectually disabled.
3. Archery.
5. Fencing.
6. Football.
7. Goalball.
10. Table Tennis.
11. Wheelchair Tennis.
12. Wheelchair Rugby.
15. Marathon.

Prices:
- Opening Ceremony (October 18th) $60.00 -- $170.00
- Closing Ceremony $30.00 -- $70.00
- All day passes which allow the holder to go to any or all events on any one day $15.00 for adults or $8.00 for children or concession. When you buy these tickets you do not have to nominate the day you want to use them.
- For some finals it is possible to buy reserved seats for $25.00.

These tickets also include an all day pass so before and after the final you are able to watch another sport of your choice for the rest of the day. Most of these sports are accommodated at Homebush, and all tickets include public transport both ways. Now what better bargain could you get than this? To watch highly skilled and dedicated athletes for one day at such prices.

For further information, and brochures ring 136363 at any time.

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 02-9560-2852

FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - John Nicholson, PO Box 58, Richmond 2753 Phone 02-45781415

FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW phone 02-9334-1900. PO Box 572, KINGS CROSS.
CORRESPONDENCE.
1. Mr S P Goel, Laryngectomie Club of India. Concerning their voice aids.
2. GST Start-up Office. Literature.
6. Anne Hood, Denistone. Thankyou letter and payment for items supplied to her father.
7. A number of letters requesting copies of cookbook.
8. Sheraton on the Park Hotel - advertising.
10. Baldock, Stacey and Niven, solicitors of Orange. Advising that they are acting for affairs of deceased member L R Adams.
11. Mr A Dawson of Eastwood. Asking that Mr Bill Gallagher of Illawarra Association be given information re our Christmas Party and asking that Mrs J Coutts continue to receive Newsletter (this has been done).
12. Hunter Valley Branch - seeking information re the class action against tobacco companies. (Handled by L Walton)
15. Newsletters from other state’s associations and Branches.
16. Mrs Gloria Dodd of Lismore thanking us for Prize won in raffle.
17. Central West Support Group enclosing photos.

TREASURERS REPORT showed a credit balance of $6125.27 in working account.

Reports accepted on the motion of N Bluett, seconded J Knight.

VOICE AIDS REPORT: business as usual.

WELFARE OFFICERS REPORT:
A wife of a laryngectomee rang John Chaloner wanting to borrow a Servox for her husband as his is beyond repair. John referred her to me as the husband is in a nursing home where the staff say he is not able to use a Servox. I rang Mari
Morris from POW who has kindly offered to visit the gentleman and let me know what she thinks; thank you Mari.

Also a nursing home range re stoma covers for a tracheostomy patient. I am pleased these patients are learning about the Laryngectomee Association and asking for assistance. An ambulance officer from Taree phoned me for printed matter on tracheostomy patients. This will be sent as soon as I receive it from suppliers.

John Lovett, secretary of Hunter Valley Branch phoned me for forms for laryngectomees to fill in re an action to be brought against tobacco companies by those that have smoking related illnesses. Because our own forms had been sent in approximately three months ago I had to obtain more and had them sent to me express delivery. As all this happened a couple of weeks ago I presume Newcastle doesn’t want them now as I haven’t received the promised follow up call.

Des Nicholson hasn’t been very well but despite this managed to produce a Newsletter - thanks Des - trust you are feeling better and welcome to the common complaint - advancing age. *(Yes I am better - don’t have enough time to stay poorly for long)*

Because the Waltons are still walking on bare boards expecting the ceiling to fall on us any day and living with very limited electricity *(and Lilah’s gout is really playing up)* I am not getting around to ringing many of you now to see how you are but I trust everything is OK. To those not well we send our kindest regards and hope we will see you soon.

ASHOG (Association of Self Help Organizations and Groups) held their arts and crafts exhibition recently and the LA had 4 members who entered crafts: Ruby Rix, Beryl Darlington, Des Nicholson and Lilah Walton. All won more than one award. Congratulations ladies. ASHOG appreciated your efforts and it is a way of making people aware of the Laryngectomee Association. Next year I hope we will be able to let more people know about it in time and so get more entries (some from our gentlemen too).

Report accepted on the motion of B Byrne, seconded J Knight.

**GENERAL BUSINESS:**

1. ASH (Action on Smoking and Health) an organization which is mounting a class action against tobacco companies for those affected by smoking related diseases (including cancer of mouth, larynx, lung etc; emphysema, chronic bronchitis, asthma, heart disease, artery disease etc etc.) Some of our members have filled in forms which have been submitted. ASH has sent us a number of forms containing information and also requesting donations. You will receive one of these forms with your Newsletter. If you are interested in donating small amounts from 50 cents are welcome.

2. N Bluet questioned what we do with our money much of which is in fixed deposit. The president pointed out that each year we seem to be able to break even but this is with the aid of these deposits. We have a number of expenses coming up (eg purchase of shower shields which are becoming more expensive as exchange rates with USA change) Lilah explained that much of this money had been bequeathed to us by members - before these bequests members had to work very hard to raise money. This money is also called upon when "Laryngectomee Conferences" are organized in Sydney.

3. D Nicholson moved that Branches of the Laryngectomee Association of NSW should receive 25% of the membership fees of their attendees who are members of the NSWLA. Seconded P Rogers. Speaking in favour of the motion the President suggested that as this was the second last meeting of the year that the motion should be held over until the Annual General Meeting. The proposers of the motion amended it to read that the motion be presented to the AGM and that preliminary numbers be ascertained before then. The motion was put and carried. (To this end membership renewal forms ask those who attend Branch meetings to indicate the Branch they attend)

4. The President brought up the matter of those who wish to remain active in the Association after the death of their partners. He suggested that they be entitled to become ‘Associate Members’ at a reduced subscription. It was pointed out that those who so desire still receive Newsletters each month. There is provision in our constitution for these people who wish it to be made ‘Honorary Members’
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The President will prepare a motion on this matter for presentation to the Annual General Meeting.

There being no further business the President declared the meeting closed at 12 noon and those present enjoyed a sumptuous lunch and lots of social chit-chat.

President

NEXT MEETING
Wed. 17th November
11.00 am
UNITING CHURCH HALL,
CARRINGTON AVENUE
STRATHFIELD
Parking on Site, Short walk to Railway.

Light luncheon served after the meeting.

LARYNGECTOMEEES, FRIENDS,
FAMILIES AND PROFESSIONALS
ALL WELCOME

BRANCH NEWS
CENTRAL WEST SUPPORT GROUP
Murray Robbins reports that the ‘barbecue meeting’ held at the Dubbo Macquarie Club” was a great success. After the meeting members enjoyed a barbecue lunch ‘organized to perfection’ by speech therapist Louise Williams who enjoyed her time with the members who attended the relaxing and enjoyable time at the picturesque venue. This turned out to be a very well attended meeting with seven staying after the meeting for a game of lawn bowls. After the meeting President Frank McGee presented a book “The Source for Laryngectomy” on behalf of the Lions Club of Dubbo to Louise to be used at Lourdes Hospital to benefit laryngectomees.

Also present at the meeting was a representative of the local press who wrote an article for the paper which also published some photos of those present. Some of these photos will be published in this Newsletter.

The next meeting will be the November meeting and being the last of the year will be held in the Dubbo RSL Bistro and will take the form of a Christmas Lunch. This Branch reports they have started a History Book of the Branch, starting with the minutes of the first meeting – an excellent idea which it would be good for other branches to follow.

NORTHERN RIVERS BRANCH
The Northern Rivers Branch held their quarterly luncheon meeting at Ho’Ho’s Restaurant on the 29th September. Ten people attended including Joclyn Kidd, speech pathologist at St. Vincent’s Hospital and Karen Wylie of Lismore Base Hospital. Five apologies were received. It wasn’t the biggest meeting we have had but it shows that we are still going strong. A Christmas Party and raffle were organized for 27th November at the same venue. It is with sadness that we noted that four of our members have passed away since our last meeting. The NSWLA extend to their families and friends our sincere condolences. They were Jack Lyons of Casino, Edward King of Lennox Head, Pat Tierney of Brunswick Heads and Gordon McPherson of Goonellabah. I have been elected President and Treasurer of our group so any enquiries can come to me at 184 Ballina Road, Goonellabah.

Regards and Happy Christmas to all,

John Basso.

VALE
It is with regret we sadly farewell the following members:
Mr Ken Hickey of Gorokan
Mr Derek McDonald of Edgeworth
Mr H J Davies of Wagga Wagga
Mr Frank Adams of Orange
We extend to their families and friends our deepest sympathy.
FACES FROM DUBBO
From the top: Louise Williams and Frank McGee; Mick Heins, Jill McGee and Mary Heins; Tow Moait, Frank McGee, Betty Baker, Jan Robbins, Murray Robbins and Ernie Wilcox.
FACES FROM DUBBO
From the top: Louise Williams and Frank McGee; Mick Heins, Jill McGee and Mary Heins; Tow Moait, Frank McGee, Betty Baker, Jan Robbins, Murray Robbins and Ernie Wilcox.
JUST FOR FUN

CHANGING CHRISTMAS

Christmas is coming and the geese are getting fat
But the old man now needs ten dollars in his hat,
No longer does Mother make rag dolls for her girls,
They must be Barbies now with long and shining curls;
Father no longer makes a billy cart of wood,
Boys need a mountain bike with twelve gears to make it good;
Clothes made of remnants no longer are enough
For kids need designer clothes with labels and stuff;
No longer time for board games, balls and kites
They only want computers with lots of mega bytes;
Grandma gives them money for software for the thing,
But then she takes them all to church and makes them stand and sing.
The dinner must be healthy, seafood is the go,
With fish and prawns and oysters and some sturgeon’s roe,
And salads and crusty bread and lots and lots of fruit,
All washed down with mineral water and plenty of champagne ‘Brut’.
Grandma gets some slippers, not really what her wish is,
She just wants someone to say, “Sit there, we’ll wash the dishes”

RULE TO LIVE BY

The secret of life is not to do what you like but to like what you do.

Talking after the meeting last week one member remarked that he would like to die quietly and peacefully in his sleep as his grandfather did, and added “Not screaming and yelling as did the passengers in the bus he was driving at the time”.

JOKE FOR THIS MONTH

In a tourist resort recently three couples sat down for afternoon tea. Being together they introduced themselves and found that one couple came from England, one from the USA and the third from Australia. When the tea arrived the Englishman said, “Please pass the sugar, Sugar” The American said, “Please pass the honey, Honey”. And the Australian said, “Please pass the tea, Bag”

DID YOU HEAR:

About the computer, developed by the Russians, which was so brilliant it defected to the West?

About the company that makes blank bumper stickers for people who don’t want to get involved?

Lilah

I would like you all to send in, as soon as possible, your favourite Christmas or New Year poems or sayings for the next Newsletter.

Until next time, Good luck, Good Health and take care!

Talking of Christmas don’t forget we still have a stock of attractive “Laryngectomy Association” pens for sale. $5.00 each posted.
JUST FOR FUN

CHANGING CHRISTMAS

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But the old man now needs ten dollars in his hat,
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Grandma gets some slippers, not really what her wish is,
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Talking of Christmas don’t forget we still have a stock of attractive
“Laryngectomee Association” pens for sale. $5.00 each posted.

RULE TO LIVE BY

The secret of life is not to do what you like but to like what you do.

Talking after the meeting last week one member remarked that he would like to die quietly and peacefully in his sleep as his grandfather did, and added “Not screaming and yelling as did the passengers in the bus he was driving at the time”.

JOKE FOR THIS MONTH

In a tourist resort recently three couples sat down for afternoon tea.
Being together they introduced themselves and found that one couple came from England, one from the USA and the third from Australia.
When the tea arrived the Englishman said, “Please pass the sugar, Sugar”
The American said, “Please pass the honey, Honey”.
And the Australian said, “Please pass the tea, Bag”

DID YOU HEAR:

About the computer, developed by the Russians, which was so brilliant it defected to the West?

About the company that makes blank bumper stickers for people who don’t want to get involved? Lilah

I would like you all to send in, as soon as possible, your favourite Christmas or New Year poems or sayings for the next Newsletter.

Until next time, Good luck, Good Health and take care!
LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomées and those with similar vocal disorders

NO. 94

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

MONTHLY MEETINGS:
# N.S.W.: Third Wednesday, 11 am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
# HUNTER VALLEY: Third Tuesday, at Mayfield Bowling Club, Ingall St, Mayfield.
# PARRAMATTA: Second Tuesday, 11.00 am at Masonic Club, 163 George St, Parramatta.
# ILLAWARRA: Third Wednesday, 2.30 pm at Warilla Medical Centre, Belfast St, Warilla.
# NORTHERN RIVERS: 4 times per year, rotating venues, Contact J Kidd, PO Box 572, Lismore. Phone 02-66233320.
# MID NORTH COAST: First Tuesday, 1.30 pm at Sturt Centre, Manning Base Hospital, Taree.
# DUBBO: Lourdes Hospital. First Friday, 10.30 am Conference room.
# ALBURY: Ph 02-6323-2011, ext 323
# CANBERRA: First Thurs, 11 am, Level 1, Building 3, Canberra Hosp
# SOUTHERN DISTRICTS: 4th Wed. 10.00 am, Thomas Rachel Moore Education Centre Liverpool Hosp - phone 02-9607-6708.

EDITORIAL - 15/9/99 - Clockwise from left: Noel, Alex, Ruby, Syd, Pat and Bruce.

OFFICE BEARERS 1999
President: Brian Gardinor, 4 Morelyn Rd, BELROSE 2085. 02-9452-2858
Vice Presidents: Bill Byrne, 422 Guildford Rd, GUILDFORD, John Chaloner (see below).
Secretary/Treasurer: John Nicholson, MBE, PO Box 58, RICHMOND, 2753. (02) 4578 1413.
Minute Secretary: Mrs Margaret Silver, 89 Spencer Rd, KILLARA, 2071. (02) 9498 4390.
Speech Aids Co-ordinator: John Chaloner, 111 Station St, PETERSHAM, 2049. (02) 9550 2352.
Welfare Officer: Mrs Lilah Walton O.A.M., 23 Baker St, Kensington, 2033, (02) 9663-2550.
Editor: Des Nicholson (as for John)
Committee: Bruce Darlingon, 5 Alexandra St, ARNCLIFFE, 2205. (02) 9599 2340. Pat Halliburton, 94 Carmen Drive, CARLINGTON, 2118. 02-9871-8690, Marilyn Poyner, 7 Tyaran CLBUF POINT 2262.

WHO TO CONTACT
FOR BLOOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl. 2099 Phone 02-9339-1539
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 - John Nicholson, PO Box 58, Richmond 2753. 02-45781415
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW phone 02-9334-1900. PO Box 572, KINGS CROSS.
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE
ASSOCIATION OF NSW, HELD IN THE
UNITING CHURCH HALL,
STRATHFIELD ON WEDNESDAY 15th
SEPTEMBER 1999

PRESENT - J Nicholson, S Lowe, R Rix, B
Darlington, N Bluett, A Szanyi, L Davis, P
Halliburton, L Walton, D Nicholson, B Dun, J
Bluett, Helene, C Gardner and M Halliburton.

APOLOGIES - were accepted from J Chaloner,
B Gardner, B Byrnes, M Silver, J Knight, H
Stone, P Rogers.

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

SECRETARY'S REPORT:
MEMBERSHIP -
1. On behalf of committee members I
would like to cordially welcome the following
new members. We hope that they will be able to
attend one of the NSW or Branch meetings in
the near future.

   Mr. L G McIntosh of Leeton
   Mr. R J Fazakerley of Dundas
   Mrs. Lorna Andrew of Old Bar
   Mr. Colin Wass of Bondi Junction
   Ms E Bartholomew of Bondi Junction.

2. Unfortunately I have to report that two
of our members have died this month.

3. Two of our Newsletters for September
have been returned endorsed 'left address' so if
anyone knows the new addresses of Mr. Doug
August of Rose Bay or Dr A Poole of
Chatswood please let me know.

CHRISTMAS PARTY:
So far 12 (more since the meeting) have advised
me that they will be attending the Christmas
Party. Please do not forget that the deadline for
acceptance is 19th October 1999. I presume
you would like me to extend invitations to those
ENT surgeons and Speech Pathologists etc. who
have been of assistance to the Association.

BUSINESS ARISING FROM THIS
REPORT:
Moved L Walton, seconded P Halliburton that
these invitations be extended as in past years.
Carried.

CORRESPONDENCE:
1. Mr. G French, Harris Park - payment
   for battery
2. Pacific Medical - Literature on Provox
   stoma vents etc.
3. Mr. Bill McColl of Emu Plains.
   Donation of $30.00 towards Christmas Party.
4. Mr. D Tauro of Maroubra, payment for
   shower shields.
5. GST Start Up Assistance Office - GST
   information.
6. Mr. C R Meyn - Payment for stoma
   covers.
7. Mr. L McIntosh of Leeton, payment for
   stoma covers and shower shield.
8. Mr. S P Goel of Laryngectomee Club
   of India, seeking return of voice aids.
9. Pacific Access, Parramatta, advice on
   telephone entry in yellow pages at no cost to us.
10. Spastic Centre - seeking update for
directory.
11. NICAN - seeking update for their
directory.
13. Dockside function centre - advertising.
14. Mrs. Barbara Graham - thank you card.
15. Australian Cancer Society - copy of
    third edition of 'YOU CAN SAY THAT
AGAIN'
18. Mrs. M Morgan of Beralta - Thank you
    letter.
19. Anti Discrimination Board - literature.
20. National Public Health - Newsletter
22. AIME re Asis Pacific Expo in
    Melbourne
23. Newsletters from other states, overseas
    and NSW branches.
24. Letter from Bronwyn Bishop re
    representation she had made on behalf to Dr
    Wooldridge, Commonwealth Minister for
    Health re acceptance of speech prostheses by all
    health funds. Enclosed was her reply from the
    minister which proved distinctly unhelpful.
TREASURERS REPORT
showing an excess of income over expenditure for 1999 of $7.32, and a balance in the working account of $5024.97, was read.

These reports all accepted on the motion of M Halliburton, seconded B Darlington.

BUSINESS ARISING FROM THESE REPORTS:
Carol Gardner reported that Bryan has again written to MBF giving prices, usage etc. etc. Correspondence between him and MBF is still going back and forth and he is ever hopeful John Nicholson reported that the National Laryngeal Committee is also still lobbying ministers etc. and also getting the same unhelpful results.

SPEECH AID REPORT In the absence of the Speech Aid Coordinator there was no report presented though John had reported to the secretary by phone that nothing unusual had happened and he had no changes to report.

WELFARE OFFICERS REPORT:
Mrs. Smith of Peakhurst sent me a wonderful box of goods from her later husband - thank you Mrs. Smith - all these things are much appreciated.
Rang Pacific Medical in Melbourne re cost of repairs to Nu-Vois. Was informed that Nu-Vois are now being repaired for free - the cost of the machine includes repair costs. Therese Booker from Pacific Medical will be attending our next meeting to meet the members. Bill Byrnes sister Eileen rang to say Bill is not very well - don’t be greedy Bill, you’ve had your share of illness and we miss you at the meeting. Des is still doing a mighty job fulfilling orders, keep her busy, it keeps her out of mischief. Thanks Des I do appreciate all your help.
Winter is over so all coughs and colds should be over and with the warmer weather you all should have happy smiling faces again. Keep well everybody, we don’t like to hear of anyone being unwell.
Ruby Rix crocheted a lovely woolen rug which she gave to me for the Sacred Heart Hospice - they raffled it and raised $1200.00, congratulations Ruby.

Also had a phone call from a speech pathologist who attended a speech pathologists meeting at Concord Hospital, which was attended by speech pathologists from all over NSW. John Chaloner spoke at that meeting on the Laryngectomee Association. He gave a detailed address which was much appreciated by the professionals that attended.

Lilah Walton
Report accepted on the motion of R Rix, seconded N Bluett.

GENERAL BUSINESS
1 Lance Davis expressed his gratitude for the help he had received from John Chaloner
2 Moved L Walton seconded N Bluett that D Nicholson be allowed to keep the computer for a small fee and a new one be purchased for the new editor. Carried.
3 P Rogers and H Stone are not well - we wish them all the best.
4 Halliburtons asked for leave of absence at the October meeting - granted.
5 Donations have been received from:
   Mrs. J Nowland of Padstow Heights
   Mr. L Davis of Surry Hills
   Mr. W McColl of Emu Plains
   Mr. V James of Guildford.
   Mr. J Pollard of Mallanganes
   Mr. L McIntyre of Penrith.
Our sincere thanks for their generosity.

There being no further business John Nicholson (in chair) closed the meeting at 11.40am and a delicious lunch was enjoyed by all.
President

NEXT MEETING
Wednesday 20th October, 11.00 am
Uniting Church Hall, Carrington Ave STRATHFIELD.
**********
Short walk to Railway, Parking available on site.
Laryngectomees, families, friends, professionals all invited.
MEETING FOLLOWED BY LIGHT LUNCH.
Your Association needs some major changes in the office bearers who manage the
Association. Due to personal and other commitments there will be major changes in the Office
Bearers who manage the Association: Myself: I am now permanently employed and, as such, haven’t been able to attend
meetings lately. It is unlikely that I will be able to attend for some time so I am resigning my position as one of the two
Vice-Presidents. I shall remain the Speech Aids Coordinator and, at this stage intend to
nominate for that position for next year.

Brian Gardner, our President, has many
other commitments which take up his time.
We have been fortunate that he was able to help us out this year by continuing to be
President when there were no other candidates.

John Nicholson, our Secretary and
Treasurer, who has given sterling service to the
Association for many years, announced his retirement in the last Newsletter but
would have been unable to stand anyway in 2001 anyway as he reaches the mandatory
age for executives of 72.

Des Nicholson our ever thinking
Newsletter Editor, announced her retirement in the last Newsletter.

Lilah Walton, our Welfare Officer, who
gives one third of her life to the cause of helping laryngectomees has been advised to
cut down on her activities. She announced in the last Newsletter that she would not be
re-nominating in 2001, and we hope her health allows her to continue for 2000.

SO what we need in 2000 are the following office bearers:-

President - someone who can attend the
Strathfield meetings regularly and spend the
equivalent of one day per week on
Association business, furthering our aims
and serving as a reference point for other office bearers and our members.

Vice President - someone who, with the other vice-president, can take the chair at the Strathfield meetings in the Presidents absence and assist the President with his/her duties.

Secretary - possibly the most important office in the Association, handling our correspondence and statutory responsibilities, directing our enquiries to the relevant office bearers etc. Someone who can devote the equivalent of one day per week to Association matters.

Treasurer - not a particularly onerous duty. Receive and bank monies sent to the Association, send out receipts for same and send cheques out in payment. Keep the books up to date and balanced and provide timely reports to members.

Newsletter Editor - someone with a literary bent (I take issue with this as I had extreme difficulty even passing English at school - Ed) who can spend 3-5 days in the fourth week of the month, 11 times per year, to get the new issue out. If necessary a new computer goes with this position. If you use a typewriter for your correspondence then that is OK too. (Go for the computer - I didn’t have a clue either when this was delivered after the death of Alan Dear - Ed)

Assistant Welfare Officer - to give Lilah a hand in 2000 with a view to becoming Welfare Officer in 2001, when we could possibly retain the Welfare Officers position.

If you want any more information about them talk to the present incumbents who I’m sure will also make themselves available next year to provide advice, if needed, during the settling in period. Let us know as soon as you can - the more enquiries and potential candidates the better.

(I think perhaps now is the time to inset a wee verse contributed by Lilah - Ed)

So let us give ourselves away
Not just today but everyday
And remember a kind and thoughtful deed
Or a hand outstretched in time of need
Is the rarest of gifts, for it is a part
Not of the purse but a loving heart,
And he who gives himself will find
True joy of heart and peace of mind.

REMINDEERS

1. Christmas Party bookings must be with Treasurer by October 19th.

2. Nominations for year 2000 committee should be made before January 30th 2000. You may nominate yourself for any position and if necessary the committee will find a seconder. Nomination forms will be in November-December Newsletters.

3. ‘SMOOTH AS SILK’ Cookbooks for those with chewing or swallowing difficulties is available to any members or hospital staff who send a 110mm x 220mm stamped, self addressed envelope. The book contains 34 recipes as well as a number of helpful hints.
JUST FOR FUN
😊😊😊

TIBBLES
The Fitzgibbons were all crying - all five
were dressed in black,
They had just said a last farewell to
Tibbles their cat.
Tibbles first came to them on a wet,
cold wintry night
Came to their house for a warm, warm
mat and a fire burning bright
He lived with them there for a full
thirteen years,
He shared in their joys, their triumphs,
their tears.
Twelve years ago a child was born, a son
they called him Earl,
Followed two years later by James and
then a cute and cuddly girl.
The girl they called Jemima, mostly
known as Jem;
There was not a happier family in all the
world than them.
Jemima and Tibbles were great mates, a
really close knit pair,
Wherever Jem was then Tibbles would
be there.
Then one day Tibbles became very sick
and died,
Jem was inconsolable, she cried and
cried and cried.
Mother said "Dear Jemima don’t
continue to sob;
Just think of dear Tibbles up in heaven
with God.
Jemima dried her tears and looked sadly
at her Mum,
How could a grown woman be so
incredibly dumb?
"Mother dear" she said "I really can’t
believe that,
What on earth would God want with our
old dead cat?"

RULE TO LIVE BY
Don’t spend so much time
on the weeds that you have
none left to enjoy the
flowers.

HOUSEWIFES LAMENT
“What are you doing? Why is it so?”
Like the learned professor, he just has to know.
“Come sit in the sun and look at a book”
My answer is always, “There are meals I must
cook”

My shopping is becoming a hassle these days.
“I’ll push the trolley” - his eyes starting to glaze.
Hands flying out and grabbing with glee
All sorts of goodies that I never see.

The telephone rings, he pulls up a chair,
Immediately hisses, “Tell me who’s there”
I’m under surveillance from morning to night,
Feeling quite desperate and look such a fright.

“Come watch the telly, you’ve got to see this.”
A few hours of silence would be perfect bliss!
My routine has gone, I’m constantly tired.
No, I don’t have a toddler - my husband’s
retired!

EF, StMarys, SA.

MORE UPDATES FOR YOUR
MEDICAL DICTIONARY
Terminal illness - Getting sick at the airport
Secretion - Hiding something
Tablet - a small table
Labour pain - getting hurt at work
Recovery room - Place to do upholstery

UNTIL NEXT TIME, GOOD LUCK, GOOD
HEALTH AND TAKE CARE!
And please keep the contributions
coming!
EDITIORIAL

1999 RAFFLE

Thanks to the efforts of so many members the income from this
years raffle amounted to $1619.00. This was a great result -
about half of the tickets were sold by our country members and the
other half by city members. The country members however almost
scooped the pool when it came to prizes. The raffle was drawn at
our last meeting ie August 18th.

The winners are:
1st - Ticket number 19F - Mr John Lettice of Narrabri
2nd - Ticket number 56F - Mr V Cashman of Tamworth
3rd - Ticket number 51F - Mr B Appleby of South Windsor
4th - Ticket number 25C - Mr F Dodd of Lismore
5th - Ticket number 65C - Mr R Sullivan of Belmont.

The prizes have been posted to the winners and we are sure they
will be pleased with the magnificent craft work by Jack Darby of
Glendon. On behalf of us all “Thanks again Jack”.

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

Year 2000

For a number of reasons I have decided not to stand for the
position of Newsletter Editor at the next Annual General meeting
ie in February 2000. I am telling you now so that there is plenty
of time to find a new one.

I have enjoyed the challenge but feel it is time for a new editor with a
new outlook to take over. I am, I think, giving fair warning so that
someone out there can volunteer for the job.

The computer I am using is (or will be in 2000) some 6 years old and I
have suggested that I would like to buy it at valuation and a new one be
bought for the new editor.

I will continue with other work for the Association - helping Lilah with
the sewing etc.

My husband John Nicholson is also retiring in February so the
Association will also be requiring a new Secretary and a new
Treasurer, maybe those jobs are more to your liking. Think about it!

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

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 REPAIRS- John
Chaloner, 111 Station Street, Petersham.2049 Phone 02-9560-
2852

FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER
MATERIAL AND WELFARE MATTERS- John Nicholson, PO Box 58,
Richmond 2753. 02-45781415

FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-
PATIENT TREATMENT AWAY FROM HOME - Cancer Council of
NSW phone 02-9334-1900. PO Box 572, KINGS CROSS.
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEES ASSOCIATION OF NSW, HELD IN THE UNITING CHURCH HALL, STRATHFIELD ON WEDNESDAY 18th AUGUST 1999


APOLOGIES were accepted from : J Chaloner, H Ploenges, P Ploenges, B Gardner, C Gardner.

IN THE ABSENCE OF THE PRESIDENT, Vice-President BILL BYRNES opened the meeting at 11.10am, welcoming Lilah Walton back.

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

SECRETARY'S REPORT:
1 MEMBERSHIP
On behalf of the committee I have sent welcome letters to the following new members:
   Mr Russell Purcell of Belmont
   Mr L Weldon of Nyngan
   Mr V Bellotti of Woy Woy
   Mr Ronald Fuller of Caringbah
   Mr A McLellan of Bradbury
We hope that these new members will be able to attend one of our meetings or one of our branch meetings soon.

The last Newsletter sent to Mr Raymond McCarthy of Leichhardt was returned with a ‘left address’ marking. If anyone knows Mr McCarthy’s new address please let me know.

2 STOM-VENTS
Mrs Mavis Morgan of Beralta advised me that her chemist is unable to obtain stocks of ‘Stom-Vent 2’ as they are no longer imported from Sweden. I contacted Michael Jordon of Pacific Medical and he assured me that their company has stocks and he will get in touch with Mrs Morgan. If other members are having problems in this regard then contact Michael on his freecall number - 1800 656 059.

3 PROGRAMS
Alan Dawson introduced the programs for the first year for new members. They have missed the previous one. The one for 1997 which contained information and forms for new members for the first year was for those who join between January - $20.00, join April - June pay $15.00, July - Sept $10.00; join October - December $5.00. For all subsequent years the subscription is $20.00.
This change was approved at the meeting held in October 1997.

4 CHRISTMAS PARTY
The newsletter for September will contain a form to be completed by those who wish to attend the 1997 Christmas party which is held at Kirribilli on Saturday 5th December. These forms must be returned by 20th November shown on the form.

5 PENS
We still have some of the pens available for sale and ask you to purchase them when doing your Christmas shopping. They are attractive, being gloss black with red and gold trim and engraved with ‘Laryngectomy Association of NSW’ in gold. These are available from me at the meetings for $4.50 each or posted at $5.50 each (postage less for large orders).

CORRESPONDENCE:
1 Cancer Council - Cancer Services Directory
2 Mrs M Morgan, Beralta re Stom-Vents
3 Mr D Vowles seeking Cookbook
4 Mr V Cashman seeking Cookbook
5 Mr G Dodd seeking Cookbook
6 Mr V Jones seeking Cookbook
7 Mrs J Nowland - donation
8 Mrs N Logue - payment for stoma covers
9 Central Coast Area Health Service - seeking copy of booklet
10 Mrs M Pollard - donation and order for stoma covers
11 Dr Chao - payment for stoma covers
12 Mr A Dawson seeking membership form for new members and suggestions for fees.
13 Mrs J Fisher - advising of the death of her father.
4  The raffle was drawn (by Lilah) and the winners are shown on Page 1. The winners are congratulated and John Nicholson will post the prizes next week. L Walton moved a vote of thanks to Jack Darby.

There being no further business the Chairman closed the meeting at 11.35am and the members retired to the big hall for lunch, happy chat and a good gossip!!

President _______________

**BRANCH NEWS**

**CENTRAL WEST SUPPORT GROUP**
Our July meeting was not well attended though we had a number of apologies indicating that people are still very interested. We had two visitors, Melanie Bennett who is a speech pathology student from Sydney University and Tanya Hundy from Mudgee.

With each of our last meeting notices we sent out a questionnaire asking members what they would like to see happening at our meetings and what form they should take. However we only received 8 replies which was disappointing - without input from members it is hard to know what people want.

Our speech pathologist Louise Williams has been contacted by our local Newspaper saying they would like to attend a meeting and do an article on our group - being such a good looking bunch and needing all the publicity we can get we were quite willing to accept the offer and will let you know the results.

Louise has also suggested that we purchase a book for reference called ‘Source for the Laryngectomy’ - this costs about $100.00 and one of our local service clubs (Macquarie Lions) have indicated that they will buy this book for us and a letter has been sent to them in anticipation.

Our September meeting will be at the Macquarie Club and will be followed by a barbecue.

   Murray Robbins (Hon. Sec)

**WESTERN DISTRICT NEWS**
After tributes to Ron Coutts were made by Alan Dawson, Stan Morley, Brian Ward and Ron Carlson, a minutes silence was observed at the August meeting.

The resignation of June Coutts as Social Secretary was regretfully received at the meeting. Members were pleased when Edna Ward accepted the position vacated by June.

New members Ron and Peggy Fazakerley were welcomed.

Harry Stone reported that Ray Harper is not well and, on a happier note, that Jack Costigan is home again after knee surgery.
Members are reminded that the barbecue with Illawarra at Woronora is on Tuesday 7th September. The bus will leave the Parramatta Masonic Club at 8.30am. Western District members are to provide morning tea and Illawarra will provide lunch. The barbecue is BYOQG and people are also asked to bring their own cutlery and drinking ware.

Pat Halliburton (Hon Sec)

HUNTER VALLEY BRANCH

The issue of day or night meetings was resolved at our July meeting. We had held daytime meetings in June and July to test the water with the intention of making a final decision at the July meeting. At that meeting it was passed by a majority vote that we have night meetings during daylight saving months and day time meetings during the winter months.

Thus for the remainder of this year September and October meetings will commence at 12.30pm, and November and December meetings at 6.00pm. The December meeting will take the form of a Christmas Party.

In the year 2000 there will be no meeting in January; night meetings will be held in February, March, September, October, November and December (Christmas). Day meetings will be held in April, May, July and August.

All meetings will be held at the Mayfield Bowling Club, Ingall Street, Mayfield. At the day meetings a light lunch will be served at 1.00pm at the night meetings dinner will commence at 6.30pm.

We hope this information will allow as many members as possible to attend at least some of our meetings in future.

John Lovett (Hon Sec)

ILLAWARRA L.A.

Illawarra has again been able to obtain some publicity for Laryngectomees and the evils of smoking in the ‘Illawarra Mercury’. Cuttings were sent to us by the LA and also by Elaine and Dennis Findlay of Shell Harbour.

Four handsome gentlemen were photographed and interviewed making for an eyecatching article which as they say should raise the awareness of readers ‘from the Southern suburbs of Sydney to the Victorian border’. Ellie Annerson, speech pathologist of Wollongong Hospital continues to organize her informal ‘Laryngectomee Morning Teas’. The last one was at Port Kembla Hospital and was co-ordinated by Carole Carter (psychologist), the topic being ‘Your Attitudes Matter’ (Please let us know a little earlier about the next one so that we may advertise it)

Illawarra members are also looking forward to the barbecue at Woronora Dam. Their bus will depart from Warilla Community Centre at 9.00am.

Illawarra will be manning a stall at Dapto on Sunday 5th September, at the Dapto Street Fair.

I would like to remind branches to have news items for inclusion in the Newsletter, to me by the Friday after the third Wednesday of the month. Ed.

PRACTICE

In my reading last week I came across the following:

- the Great Australian Drawl, most noticeable in our stretched vowels, and discarded consonants -

Alan Marshall

The primary concern for a speaker is enunciation. This is the process by which you pronounce each syllable. And this will bring us to the second concern - speak slowly

Howard Tilley

Alan Marshall was of course an Australian author and Howard Tilley an American laryngectomee. Both gentlemen are now no longer with us.

Having been the wife of a laryngectomee for almost 20 years I have listened to a number of laryngectomees speak, using all methods, voice aids of all types and esophageal speech with and without a tracheo esophageal shunt.

I know from my husbands experiences and from my listening that the biggest problem Australian laryngectomees face is the Great Australian Drawls discarded consonants. We are not used to pronouncing our consonants well but tend to rely on inflexion to get the message across. Now as most laryngectomees find it more difficult than the rest of us to change the tone of the voice we use, they must rely on good enunciation and for Australians it means learning to use again the ‘discarded consonants’. This can only be done with lots of practice - it is very difficult to change the habits of a lifetime. So sit in front of a mirror and get those lips and tongue working on your bs and ds etc etc. Remember the more you talk the better you talk!!!
MINUTES OF THE GENERAL MEETING
OF THE LARYNGECTOMEE
ASSOCIATION OF NSW, HELD IN THE
UNITING CHURCH HALL,
STRATHFIELD ON WEDNESDAY 18th
AUGUST 1999

PRESENT - J Nicholson, W Byrne, J Knight, B
Darlington, D Newby, N Bluett, P Halliburton,
A Szanji, J Nowland, J Gifford, P Rogers, D
Nicholson, M Silver, L Walton, M Halliburton,
M Ploenges, Helene, J Bluett.

APOLOGIES were accepted from: J Chaloner,
H Ploenges, P Ploenges, B Gardner, C Gardner.

IN THE ABSENCE OF THE PRESIDENT,
Vice-President BILL BYRNE opened the
meeting at 11.10am, welcoming Lilah Walton
back.

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distributed were accepted on the motion of B
Darlington, seconded N Bluett.

SECRETARY’S REPORT:
1 MEMBERSHIP
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Mr L Weldon of Nyngan
Mr V Bellotti of WoyWoy
Mr Ronald Fuller of Caringbah
Mr A McLellan of Bradbury

We hope that these new members will be able to
attend one of our meetings or one of our branch
meetings soon.
The last Newsletter sent to Mr Raymond
McCarthy of Leichhardt was returned with a
‘left address’ marking. If anyone knows Mr
McCarthy’s new address please let me know.

2 STOM-VENTS
Mrs Mavis Morgan of Beralta advised me that
her chemist is unable to obtain stocks of ‘Stom-
Vent 2’ as they are no longer imported from
Sweden. I contacted Michael Jordon of Pacific
Medical and he assured me that their company
has stocks and he will get in touch with Mrs
Morgan. If other members are having problems
in this regard then contact Michael on his
freecall number - 1800 656 059.

3 PRO-RATA SUBSCRIPTIONS
Alan Dawson wrote asking me about
introducing pro-rata subscriptions for the first
year for new members. It seems Alan may
have missed the Newsletter for November 1997
which contained details of the subscriptions for
new members for their first year. Members
who join between January and March pay
$20.00; join April - June
pay $15.00; join July - September pay
$10.00; join October - December pay $5.00.
For all subsequent years the subscription is
$20.00.

This change was approved at the meeting held in
October 1997.

4 CHRISTMAS PARTY
The newsletter for September will contain a
form to be completed by those who wish to
attend the 1999 Christmas Party being held at
Kirribilli on Saturday 27th November. These
forms must be returned to me by the date shown
on the form.

5 PENS
We still have some stocks of pens available for
sale and ask you to remember them when doing
your Christmas shopping. They are attractive,
being glossy black with red and gold trim and
engraved with ‘Laryngectomee Association
of NSW’ in gold. They are available from me at
the meetings for $4.50 each or posted at $5.50
each (postage less for larger orders).

CORRESPONDENCE:
1 Cancer council - Cancer Services
Directory
2 Mrs M Morgan, Beralta re Stom-Vents
3 Mr D Vowles seeking Cookbook
4 Mr V Cashman seeking Cookbook
5 Mr G Dodd seeking Cookbook
6 Mr V Jones seeking Cookbook
7 Mrs J Nowland - donation
8 Mrs N Logue - payment for stoma
covers
9 Central Coast Area Health Service -
seeking copy of booklet
10 Mrs M Pollard - donation and order for
stoma covers
11 Dr Chao - payment for stoma covers
12 Mr A Dawson seeking membership
form for new members and suggestions re fees.
13 Mrs J Fisher - advising of the death of
her father.
RULE TO LIVE BY
Never complain about getting old unless you are prepared to accept the alternative.

HEAVEN FORBID
How good it is that God above has never gone on strike
Because he wasn’t treated fair, or made do things he didn’t like
If only once he’d given up and said “That’s it, I’m through
I’ve had enough of those on earth, so this is what I’ll do.
I’ll give my orders to the sun “Cut off the heat supply”
And to the moon “Give no more light and run the ocean dry”
Then to make things even tougher and put the pressure on
Turn off the oxygen supply till every breath has gone
You know he would be justified if fairness was the game.
For no-one has been more abused or met with more distain
Than God, and yet he carries on, supplying you and me
With all the favours of His grace and everything is free.
Men say they want a better deal and so on strike they go,
But what a deal we’ve given God, to whom all things we owe.
We don’t care who we hurt to gain the things that we would like
But what a mess we’d all be in if God, too, went on strike.
Concontributed by L Walton

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

UPDATE YOUR MEDICAL DICTIONARY
Medical staff Doctor’s cane
Cat Scan Searching for kitty
Tablet A small table
Out patient One who has fainted
Dilate Live longer

Contributed by E & A Robertson

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UNTIL NEXT TIME, GOOD LUCK. GOOD HEALTH & TAKE CARE.
Bath Club News letter

BACK TO LARYNGECTOMEE CLUBS

Newsletter No 2

December 1997

We have a name! Bath Whisperers seems to have won the approval of those members present at the last meeting. The Whisperers now joins that illustrious list of clubs with appropriate names such as 'Chatterbox', 'Lost Cord', 'New Voice', etc. We also feature in NALCs website on the Internet which lists all affiliated clubs. This newsletter is also on the NALC website for all to read. Let's have some contributions PLEASE! This club is yours!

Les Wood (editor)

01985 219767 - or write to me at: 4 Elm Hill, Warminster, BA12 0AU

BACK TO LARYNGECTOMEE CLUBS

BT Phone demo

Maria Bullimore of British Telecom, gave us an interesting demonstration of equipment which might be of use to people with problems using the telephone. Many of us can make ourselves understood quite well on the phone whereas others have some difficulty. My own main problem is that I haven't enough hands if I have to write something down.

One particular telephone was interesting in that it seemed to cover many of our difficulties. The Converse 300 instrument can be used 'hands-free' and can also amplify either outgoing or incoming signals. Another gadget demonstrated was the Claudius II, a device able to 'speak' a number of pre-recorded phrases and which could be connected to any phone or used in face-to-face conversation. The latter device is, I think, a bit too big for carrying around but could be useful if further miniaturised.

The cost of buying the Converse 300 is £74.99, or it may be hired for £7.99 a quarter from BT.

Fiona has the leaflets on these products and further information may be obtained from BT on 0800 800 150 (voice) or 0800 243 123 (textphone).

Club Accounts

I was looking through some accounts bits and pieces the other day and I noticed that the interest on our account is paid 'net of income tax'. Not being an expert in these matters, I asked my own branch manager at Nationwide if, as an affiliate of a registered charity, we should be paying income tax. She thought that we should be excluded and as a result, I am asking Katie to send in a form to claim interest paid gross. The local office of the Inland Revenue were unable to advise on the matter so we'll have to wait and see. As they say - watch this space.

BACK TO LARYNGECTOMEE CLUBS

Nasal Funtion Restoration

There are many types and suppliers of stoma cover. All of them claim to give some degree of humidification and warming of the air as we breathe it in through our stomas. I am not here writing about bibs or foam squares, but of the glue-on covers with plug-in filters which are

http://members.aol.com/nalcuk/Bathnews.htm

04/08/1999
available. Just recently, I have been able to try out three different makes of these gadgets:

InHealth/Blom-Singer 'Hands-free' Humidifilter (USA)

Kapitex 'NeoNaze' (UK)

ATOS Provox ‘Stomafilter’ (Sweden)

All of these claim to 'restore nasal function' to some degree. I quickly found that in order for the bases to last more than one day, and to prevent skin soreness, it was necessary to supplement the glue base with Mentor Shield Skin Wipes (available on prescription). I used these with all three types.

I had so much been looking forward to trying the Blom-Singer hands-free device but sadly, I could not make it work properly as I could not create the necessary back pressure to make the valve work. Furthermore, my breathing sounded a bit like Darth Vader and was a bit distressing to anyone having to listen to it. The filter cassette is fiddly to use and obtrusive. No doubt one would get used to operating it but the other disadvantages counted against it and I reluctantly had to discard it. On the positive side, the soft clear plastic base was comfortable to wear and seemed to stick very well to the skin for several days.

The Kapitex device was well presented in the accompanying literature with some impressive graphs and figures. The company has obviously put a great deal of effort into the design of the filter and I have to say that the comfort of breathing improved tremendously especially on cold days. Because of this, I persevered with the various types of base supplied (designed to cope with various skin types and stoma configurations). On the negative side, the method of attaching the filter (a sort of bayonet fitting like an SLR camera lens) is insecure so that it frequently fell out after talking and regularly was found in the bed on awakening. It was also uncomfortable due to the hard plastic used for the base flange, creating friction sores when doing too much talking. Another problem is that the small hole for occluding the stoma is so neat and flat that any cover at all, even a sheet or a thin shirt makes one unable to breathe.

The final type _ and my own preferred choice _ is the ATOS Provox Stomafilter. As with the Neonaze and for similar reasons, variable types of base adhesive are supplied. One particular base, the 'flexiderm' oval suited both my skin and stoma perfectly. I was able to keep one base in place for several days at a time. The filter cassette is a push fit and is easy to apply and remove. (Incidentally, it also fits well into the Blom-Singer base.) It does not blow out even during involuntary sneezing. Aesthetically, it is a very good design as stoma occlusion is achieved by means of pressing on a central spring button _ very clean and pleasant to use. One may wear even a shirt and tie over the device as the air is drawn in from the sides of the cassette. Quite an ingenious design I think. Whilst the filter itself may not be as efficient as the Neonaze design, it is quite good enough to give a real improvement in breathing comfort. Until recently, the Provox filter was only supplied as a complete unit of filter and adhesive base, so it was not very cost effective as one should not use a filter for more than 24 hours. However, it is now possible to buy them separately making it much more cost effective.

This has been a very instructive and interesting trial and I am now able to purchase one particular type with the confidence that it is going to improve my quality of life considerably.

BACK TO LARYNGECTOMEE CLUBS

Europe

The following is a report I received about the Congress of Laryngectomees of Europe. It was sent by a fellow laryngectomee in Slovenia. His English is far better than my Serbo-Croat! I have edited it as little as possible only to make it more understandable in parts!

http://members.aol.com/nalcuk/Bathnews.htm 04/08/1999
Members are reminded that the barbecue with Illawarra at Woronora is on Tuesday 7th September. The bus will leave the Parramatta Masonic Club at 8.30am. Western District members are to provide morning tea and Illawarra will provide lunch. The barbecue is BYOG and people are also asked to bring their own cutlery and drinking ware.

Pat Halliburton (Hon Sec)

HUDDER VALLEY BRANCH
The issue of day or night meetings was resolved at our July meeting. We had held daytime meetings in June and July to test the water with the intention of making a final decision at the July meeting. At that meeting it was passed by a majority vote that we have night time meetings during daylight saving months and day time meetings during the winter months.

Thus for the remainder of this year September and October meetings will commence at 12.30pm, and November and December meetings at 6.00pm. The December meeting will take the form of a Christmas Party.

In the year 2000 there will be no meeting in January; night meetings will be held in February, March, September, October, November and December (Christmas Party); Day meetings will be held in April, May, June, July and August.
All meetings will be held at The Mayfield Bowling Club, Ingall Street, Mayfield.
At the day meetings a light lunch will be served at 1.00pm
At the night meetings dinner will commence at 6.30pm.

We hope this information will allow as many members as possible to attend at least some of our meetings in future.

John Lovett (Hon Sec)

ILLAWARRA L.A.
Illawarra has again been able to obtain some publicity for Laryngectomees and the evils of smoking in the ‘Illawarra Mercury’. Cuttings were sent to us by the L.A. and also by Elaine and Dennis Findlay of Shell Harbour.

Four handsome gentlemen were photographed and interviewed making for an eye catching article which as they say should raise the awareness of readers ‘from the Southern suburbs of Sydney to the Victorian border’.

Ellie Annersley, speech pathologist of Wollongong Hospital continues to organize her informal ‘Laryngectomee Morning Teas’. The last one was at Port Kembla Hospital and was co-ordinated by Carole Carter (psychologist), the topic being ‘Your Attitudes Matter’ (Please let us know a little earlier about the next one so that we may advertise it)

Illawarra members are also looking forward to the barbecue at Woronora Dam. Their bus will depart from Warilla Community Centre at 9.00am.

Illawarra will be manning a stall at Dapto on Sunday 5th September, at the Dapto Street Fair.

I would like to remind branches to have news items, for inclusion in the Newsletter, to me by the Friday after the third Wednesday of the month. Ed.

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

PRACTICE
In my reading last week I came across the following:

* ‘the Great Australian Drawl, most noticeable in our stretched vowels, and discarded consonants’

Alan Marshall

and:

* The primary concern for a speaker is enunciation. This is the process by which you pronounce each syllable. And this will bring us to the second concern - speak slowly*

Howard Tilley

Alan Marshall was of course an Australian author and Howard Tilley an American laryngectomee. Both gentlemen are now no longer with us.

Having been the wife of a laryngectomee for almost 20 years I have listened to a number of laryngectomees speak, using all methods, voice aids of all types and oesophageal speech with and without a tracheo oesophageal shunt.

I know from my husbands experiences and from my listening that the biggest problem Australian laryngectomees face is the Great Australian Drawl’s discarded consonants. We are not used to pronouncing our consonants well but tend to rely on inflexion to get the message across. Now as most laryngectomees find it more difficult than the rest of us to change the tone of the voice we use, they must rely on good enunciation and for Australians it means learning to use again the ‘discarded consonants’. This can only be done with lots of practice - it is very difficult to change the habits of a lifetime. So sit in front of a mirror and get those lips and tongue working on your bs and ds etc etc. Remember the more you talk the better you talk!!!
Dear Les

As I promised you, I'm sending you now a short report about 9th Congress of Laryngctomees of Europe (CEL). The Congress was held in Vingstedcentret, Denmark (near Legoland) from 8. - 12. September. Danish and Norwegian Union of Laryngctomees jointly and excellently organised this event. About 370 participants came to the Congress. Delegates represented national unions of all European countries. There was also a strong delegation from Japan, which counted 43 people. From USA came Mr. William Dunn (Educational Motivational Speaker, Pennsylvania). There was also a delegate from Nepal. The congress was opened by her majesty, princess Alexandra.

After this official opening, experts from different countries held their speeches. Some good speeches were about: Reflex oesophagit with laryngctomees (Dr. Helen Iversen from the Netherlands); Artificial Larynx - Eureka project EU 723 (Prof. Dr. Ingo F. Herman from Germany); Medical care after total laryngectomy (Prof. R. Kuylenstiera from Sweden); New perspectives or a b etter and faster communication (Speech pathologist Monique Colin, Belgium); Laryngctomee speech in noise (Dr. Britta Hammarberg, Sweden); The importance of diet in the prevention of cancer (Danish Cancer Society). Each member country has through its delegate spoke of the socio-political status of laryngctomees in their own country.

As part of the Congress some companies had demonstrated usage of different resources for care and protection of laryngctomees. These companies were for example: Inhealth (USA), Atos with Provox 2 Voice Prosthesis (Sweden), Andreas Fahl - Medizintechnik-Vertrieb GmbH (Germany), Ceredas S.A. with Cyranose - Artificial nose (France), LaryCare with Stom-Vent - heat and moisture exchanger (Sweden), Kapitex Healthcare Ltd. with Clothing and protection for neckbreathers (England).

On Thursday, 11. September we had organised trip to Bilund, where they have famous amusement park Legoland with its Legoland factory. After that we went also to the safari park. There they drove you with the bus through the park and you feel as you are in real safari somewhere in Africa. In Congress centre there was party with dance each evening. The purpose of this was to make contacts with the laryngctomees from all over Europe. The parties lasted until early morning hours.

Between the Congress there was also general assembly of CEL. New managing board was elected. Newly elected president of CEL became Mrs. Marianne Peerboom, 35-years old laryngctomee from Holland. The managing board consists also from 4 other members, vice-presidents. These are now: a delegate from Switzerland, one from Austria, one from Italy and one from Slovenia (it is I). The General assembly made also these guidelines for he new presidency: The presidency must have its first meeting as soon as possible. At this meeting the presidency must make a detailed program of work of CEL for next few years. Some of the aspects of the program must be:

Promotion of cooperation between CEL members

Extension to the former eastland countries

To clarify and solve problems in Germany

To bring the UK into CEL

To have good connections with: IAL (USA), AFLA (Asia), Ginre Kai (Japan)

To have an UNO approval as NGO Category II

To my opinion the Congress was due to good organisation very successfully and it will stay unforgivable (unfor getable?) among all the participants. Our delegation from Slovenia counted 5
people. With me also my wife Erika had been. After the end of the Congress our group has stayed for two additional days in Copenhagen to visit this beautiful city. It was really worthy. So many ZNAMENISTOSTi (amenities?) and beauties you can find very hardly somewhere else in the world.

Good bye to all

Slavko Ribas

BACK TO LARYNGECTOMEE CLUBS

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04/08/1999
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This has been a very instructive and interesting trial and I am now able to purchase one particular type with the confidence that it is going to improve my quality of life considerably.
NEONAZE

Kapitex have introduced a new system - the following abbreviated details have been extracted from their brochure. For further details contact your speech therapist or Kapitex

Before NeoNaze. The Nose

and its functions before Laryngectomy.

For the majority of people the nose warms, humidifies and filters the incoming air. These functions help to keep the nasal and tracheal airway passages in good condition.

The nasal airway provides an airway resistance, which is important in the normal functioning of the respiratory system. This airway resistance contributes to good lung function and efficient gas exchange (oxygen entering the blood)

The nose and upper airway play a vital role in respiration. It is important that this function should be replaced in neckbreathers (laryngectomy and tracheostomy patients).

These details are focused on laryngectomy patients' use.

The Missing function....

The laryngectomee has no airway resistance which will diminish the respiratory function.

No air is being warmed, humidified and filtered -
Cold dry and unfiltered air will enter the stoma.

There is no protection from the environment -
dust, smoke, bacteria will enter the trachea.

No protection means complications

Patients will suffer from crusting round the stoma, or on a tracheostomy tube, tracheal mucosa drying out, excessive mucus production, chest infections, and poor gas exchange which contributes to fatigue.

There are many stoma covers and protectors available, however nearly all are loose fitting over the stoma and these provide basic protection.

A Before Laryngectomy
B After Laryngectomy
C No Protection=Complications

NeoNaze is a system which is sealed onto the neck and around the stoma.

The NeoNaze system consists of components and materials specially chosen

http://members.aol.com/nalcuk/neonaze.html

04/08/1999
and designed to mimic the function of the nasal airway.

**NeoNaze features**

- A base plate and collar which fit/adhere to the neck sealing around the stoma.
- A multi layered filter disc which fits loosely on to the collar, which directs the air into the trachea.
- An occlusion cap which keeps the filter disc in place on the collar and allows finger occlusion when speaking with voice prosthesis.

Unlike many protectors the NeoNaze is a "closed" system, due to the base plate adhering to the skin. Air is directed into the trachea via the filter. All incoming air is warmed, humidified and filtered and airway resistance is restored.

**NeoNaze and Airway Resistance**

The NeoNaze System has been designed to provide different levels of airway resistance, depending on the needs of the patient. In the normal physiology, the nose and upper airway can change levels of resistance depending on activity.

NeoNaze has levels of resistance

- A High Resistance Filter Disc - normally for Night Use.
- A Low Resistance Filter Disc - normally for Day Use.
- Ultra Low Resistance Filter Disk - for sports/heavy activity use.

KAPITEX HEALTHCARE LTD, KAPITEX HOUSE,
1 SANDBECK WAY, WETHERBY,
WEST YORKSHIRE LS22 7GH ENGLAND

TEL: 01937 580211  FAX: 01937 580796

OUTSIDE UK TEL: +44 1937 580211  FAX: +44 1937 580796

Back to top of page
Introducing

The New Blom-Singer® Self Adhesive Tracheostoma Baseplate

The New Self Adhesive Tracheostoma Baseplate adheres directly to the skin and can support all types of tracheostoma components. This new, all-in-one design eliminates the need for a Valve Housing, Foam or Tape Disc and glue.

Consider the benefits:

Simple to use:
Fewer components to buy and assemble. Easy one step application.

Comfortable:
New flexible Baseplate is thin and light weight. One piece design allows for more comfort.

Convenient:
No special glue required. Easy to adhere and remove.

Affordable:
Low cost of daily use.

Compatible with:
Tracheostoma Valves, HME Holders, Shower Guard.

If you would like more information about the New Tracheostoma Baseplate and their considerable benefits, contact InHealth Customer Service.

A service representative can answer any questions you may have about the product, pricing and ordering details (1-800-477-5969). See below for UK.

New Blom-Singer Tracheostoma Baseplates:
Includes 5 Baseplates and samples of Shield Skin® and Skin Prep® (protective skin barriers).
Catalog Number BE6053 (5 pack)

New Blom-Singer Tracheostoma Baseplates:
Includes 20 Baseplates and samples of Shield Skin® and Skin

http://members.aol.com/nalcuk/Blom1.html

03/02/2000
IN UK CONTACT

FORTH MEDICAL LIMITED
FORTH HOUSE, 42 KINGFISHER COURT, HAMBRIDGE ROAD,
NEWBURY, BERKSHIRE. RG14 SSJ
TEL: 01635 550100  FAX: 01635  550050
Email: Service@ForthMedical.ltd.uk
Introducing

The New Blom-Singer® HumidiFilter System

The New HumidiFilter System works just like the original HumidiFilter, by allowing the laryngectomee to recover advantages previously provided by breathing through the nose. The moisture in each breath, along with its retained heat, is conserved and returned to the bronchi and lungs, helping to reduct coughing, dryness, and mucous secretions.

The features and benefits of the New HumidiFilter are:

For all laryngectomees:

Simple to use:
- Few components to buy and assemble.
- Easy to apply Self adhesive Baseplate.
- Easily replaced Foam Filters.

Comfortable:
- Low profile Holder.
- New flexible Baseplate is thin and light weight.
- Compact design for easy finger occlusion.

Convenient:
- No glue required.
- Easy to assemble and remove.

Affordable:
- Low cost of daily use
- Reusable Holder.

Electrolarynx users.
Esophageal Speakers.
Tracheosophageal Voice Prosthesis occlusion

Speakers (with finger occlusion)
If you would like more information about the New Tracheostoma Baseplate and their considerable benefits, contact InHealth Customer Service. A servicerepresentative can answer any questions you may have about the product, pricing and ordering details (1-800-477-5969). See below for UK.

New Blom-Singer HumidiFilter Starter Kit:
Each Kit contains: one HumidiFilter Holder, specially treated replacement Foam Filters (7 pack), the New SelfAdhesive Tracheostoma Baseplates (7 pack), and samples of Shield Skin® and Skin Prep® (protective skin barriers). Catalog Number Be1050.

New Blom-Singer HumidiFilter Holder:
Catalog number Be1060.

New Blom-Singer Replacement Foam Filters for Non-ATSV Users:
Catalog Number BE1070 (7 pack).

New Blom-Singer Replacement Foam Filters for Non-ATSV Users:
Catalog Number BE1080 (30 pack).

IN UK CONTACT
FORTH MEDICAL LIMITED
FORTH HOUSE ,42 KINGFISHER COURT, HAMBRIDGE ROAD,
NEWBURY, BERKSHIRE. RG14 SSJ
TEL: 01635 550100  FAX: 01635 550050
Email: Service@ForthMedical.ltd.uk
The Swedish ENT company ATOS (The maker of the Provox 1 "back loader" and Pro vox 2 the "front loader" voice prosthesis) has through the British daughter Platon Medical Ltd introduced a product in the UK called the Provox HME (heat and moisture exchanger) Stoma filter.

Outline details are given below, but for more information please contact

Platon Medical Limited
Dyke House, PO BOX 2568
Eastbourne, East Sussex BN21 4LY
Tel: 01323 431930  Fax: 01323 732606

E-mail: info@platonmedical.com

The PROVOX Stoma filter Heat and Moisture Exchanger (HME) is intended to facilitate quality of breathing and speech with easy application by persons who have undergone a total laryngectomy (Fig 1). The PROVOX Stoma filter is suitable for those with or without a voice prosthesis.

HEAT & MOISTURE EXCHANGER

Persons who have undergone a total laryngectomy lose nasal function. Therefore, compensation must be made for the normal nasal functions of the filtration, warming and humidification of air.

Such persons also suffer symptoms and complaints after surgery involving mucus production and coughing. These symptoms can affect voice rehabilitation and respiratory function, and they can significantly be reduced with the regular use of HME. A regular use of the HME enhances the quality of life.

EASY STOMA CLOSURE

The PROVOX Stoma filter has a unique valve function, which facilitates speech. It can easily be closed even through clothing with a finger while speaking (Fig 2). After the finger is released from the valve, the valve will open automatically.

EASY PERFORMANCE

The PROVOX Stoma filter is discreet due to its low profile and ability of closure even through clothing. The removable filter cassette facilitates positioning over the stoma, along with coughing and cleaning of the stoma (Fig 3).

The filter cassette also reduces uncomfortable secretions on a patient’s clothing or fingers.

THE FILTER

http://members.aol.com/nalcruk/provox.html

04/08/1999
A filter is needed to reduce the possibility of irritation to the airways due to dust or airborne contaminants. The PROVOX Stomafilter has been treated with both an antibacterial agent and heat and moisture absorbent. The device's unique side openings promote heat and moisture retention under the clothing.

CUSTOMIZED ADHESIVES

The PROVOX Stomafilter is designed for maximum comfort and is available with three different quality adhesives and in two different shapes, round and oval. The choice of adhesives and shapes facilitates easy attachment to the majority of stoma types.

OptiDerm™ is a skin colored adhesive made of a hydrocolloid base, which is optimal for patients with sensitive skin. OptiDerm can often be used by a patient for more than one day.

FlexiDerm™ is flexible, transparent and has the strongest adhesive proper ties. It is suitable for deep and/or irregular stomas or when a soft and flexible adhesive is preferred, e.g. during physical activities. FlexiDerm can often be used by a patient for more than one day.

Regular is a transparent standard adhesive which is less flexible and sticky than FlexiDerm, but leaves less residual glue and is therefore easy and comfortable to use. It is mainly intended for people with regular skin and stoma.

The PROVOX Stomafilter System

The PROVOX Stomafilter is available with three different quality adhesives and two different shapes: (1) OptiDerm, Round and (2) OptiDerm, Oval, which are optimal for sensitive skin,
(3) FlexiDerm, Round and (4) FlexiDerm, Oval with flexible and strong adhesives properties,

(5) Regular, Round and (6) Regular Oval for regular skin and stoma. (7) Separate Filter Cassettes are available. The PROVOX Stomafilter StarterKit contains all items above and Skin Cleanser Wipes for removal of residual glue from the adhesive.
THE PROBLEM WITH VOICE VALVES

Why does a voice valve not last a lifetime? Why do some valve wearers have to change their valves after a few weeks when others can use them for many months? The answer on the first question is that the valves are destroyed by a fungus called Candida that lives in the mouth and gullets of everyone. The Candida has a nasty habit of eating the valves, breeding on them and then, eventually, destroying them.

The answer to the second question is more difficult. It seems that some people just harbour more candida in their gullets than others. Why that is remains a mystery. If we knew why we would be able to do something about it. We presently deal with the problem of Candida by prescribing medicines that destroy fungi such as nyastatin amphotericin which usually comes in the form of lozenges or solutions. However not everybody likes the taste of these medicines and it is often difficult to keep remembering to take them. They are also not effective in everyone.

We are currently investigating these problems at the the Royal Marsden and Charing Cross Hospitals in London. So far about 50 volunteers who are users of the Blom-Singer prosthesis, have taken part in a trial which has been kindly financed by Janssen-Research Foudation (Janssen-Cilag Limited). The study is designed to investigate why some people harbour more Candida than others and to assess a new medicine, powerfully active against fungi, which has only just become available in liquid form.

The study is already showing very interesting findings, but we need more volunteers in order to complete the research. If you are interested in taking part in the study and you use the low pressure or duck-bill Blom-Singer voice prosthesis, please contact me on: 0171 808 2731 or, alternatively, write to me at:

The Department of Head and Neck Surgery,
Royal Marsden Hospital,
Fulham Road,
London, SW3 6JJ

And include your own address and telephone number. Please note that all expenses that arise from the study (travel, new valves, drugs etc.) will be fully refunded.

Adam Frosh
Head and Neck Surgical Research

Sent letter "Research" 8/8/99
June Meeting

Laryngectomees and their spouses, relatives and friends are all welcome at our next regular meeting of our New Voice Club of Pioneer Valley on Sunday, June 20th.

This will be our last meeting before the summer vacation. These regular monthly meetings are an excellent way for old and new laryngectomees to share experiences and knowledge and to provide support for each other.

As usual, we will meet in the Auditorium of Mercy Hospital's Weldon Center, 233 Carew Street, Springfield, starting at 2:00 PM. Refreshments will be served. We will adjourn no later than 4:00 PM.

We look forward to seeing old and new members on the 20th of June.

For additional information or for directions to Mercy Hospital, call or write:

Bob Cloutier
Club President
131 Pease Avenue
W. Springfield, MA
Tel: (413) 733-0113

Standard Prosthesis Rotation and Cleaning

By Carla DeLassus Gress, Sc. D., CCC-SLP

If a laryngectomee is wearing a standard prosthesis and is capable of self-insertion, how often should the device be changed?

My own opinion is that a weekly rotation system combined with the use of hydrogen peroxide as the cleaning medium remains an inexpensive, easy way for controlling the yeast overgrowth which destroys the valve mechanism of the prosthesis.

When the voice prosthesis was originally developed, the standard recommendation was that it be removed once a day for cleaning and rotated with a spare device. This has worked for many individuals for many years. If your health professional is still telling you to change a standard prosthesis daily, it is not necessarily the wrong advice.

In the last eight years or so, there has been a strong effort here and in Europe to develop a prosthesis that did not have to be changed by the laryngectomee. Some individuals have poor dexterity and/or poor vision. Others just don’t want to bother with daily changing.

This research resulted in extended-wear devices such as the InHealth Indwelling, the Provox and the Groningen, all of which are only removed when they are completely non-functioning and ready to be discarded.

The same research also revealed that many laryngectomees were not following the original guideline of daily changing of the standard device. A substantial number were “pushing the envelope” by not changing it for several weeks at a time — without serious consequences. The conclusion was that many people could wear the standard device as though it was a form of extended-wear device.

• The standard device has two advantages. It can be self-inserted by the wearer rather than requiring insertion by a health professional. It is less expensive than an extended-wear device.

• The major disadvantage is that a standard device has a thinner, smaller diameter retention collar. As a result, it is more prone to being accidentally dislodged than the a true extended-wear device.

Some health professionals believe that too frequent changing of a standard device can cause trauma to the tissue and promote the development of granulation tissue. However, health professionals also see granulation tissue in laryngectomees who use extended-wear devices. There appears to be more to granulation tissue than frequent changing alone.

A number of us recommend changing a standard device weekly and using hydrogen peroxide as the cleaning medium. When this approach is used, we do not see the growth of candida (yeast) on the prosthesis which has become a real problem with a prosthesis which is left in place for many weeks or for months at a time.

Carla DeLassus Gress, Sc. D., CCC-SLP is Associate Clinical Professor at the Mt. Zion Medical Center of the University of California at San Francisco and can be reached at carlag@email.his.uscf.edu.
May Meeting

Our May Meeting was very well attended and we helped Bob Maynard to celebrate his 57th birthday with an outstanding cake...

Regular members present were:

Joe and Kay Casey
Clarence Cormier
Yvette Crogan
Bob and Bev Cloutier
Cal Denson and Lena Royland
Penny Desautels and Her Family
Myron and Betty Eisner
Nancy O'Brien Hunt
Joe Mazzi
Bob Maynard and Yvonne
Harry Pearlman
Leo Stefanik and His Daughter, Linda
Paul Vadnais

President Bob Cloutier opened a discussion of the forthcoming IAL Annual Meeting and Voice Institute in Reno, NV in July. Bob mentioned that many of the laryngectomees who attended the 1997 event in Toronto used the TEP method which requires a prosthesis. This comment opened up a lengthy discussion of esophageal speech versus the tracheoesophageal puncture (TEP) approach.

Bob Maynard reported that his Worcester ENT had performed a TEP in conjunction with his laryngectomy. Bob had good voice quality for a time. However, his prosthesis came out and the puncture closed up very quickly. Betty Eisner reported that Myron's ENT had advised against a TEP on the grounds that his esophageal speech was already quite good. Several members commented on the requirements for removing and cleaning the prosthesis on a regular basis. The lead article in this month's Let's Talk addresses some of these issues.

Harry Pearlman will give a demonstration of his new UltraVoice at next month's meeting. Nancy O'Brien Hunt reported that she is planning to get an UltraVoice in the very near future. Nancy also reported that her daughter had been married on April 11th. The wedding reception was held on board a cruise ship in Boston Harbor with transportation to and from the reception by chartered bus. A wonderful time was had by all.

Paul Vadnais showed a magnetic necklace that he has been wearing to reduce muscle tension in his neck. Paul was very enthusiastic about this device.

Clarence Cormier stated that similar magnetic belts were available at Walmart. They are also shown in the latest catalogue from Bruce Medical Supply in Waltham, MA.

Joe Casey has been nominated for a one year term as a Director of the International Association of Laryngectomees (IAL). Joe was laryngectomized in October, 1997 and has been a member of New Voice Club of Pioneer Valley since May, 1998. Health permitting, he and Kay are planning to attend the IAL’s Annual Meeting in Reno, NV in July.

Footprints

One night I dreamed a dream. I was walking along the beach with my Lord. Across the dark sky flashed scenes from my life. For each scene I noticed two sets of footprints in the sand, One belonged to me, and one to my Lord. When the last scene of my life shot before me I looked back at the footprints in the sand. Sometimes, there was only one set of footprints.

I realized that this was at the lowest and saddest times of my life. This bothered me and I questioned the Lord about my dilemma.

"Lord you told me when I decided to follow You, You would walk and talk to me all the way. But I'm aware that during the most troublesome times of my life, there is only one set of footprints. I just don't understand why, when I need You the most, You leave me."

He whispered, "My precious child, I love you and I will never leave you never, ever, during your trials and testings. When you saw only one set of footprints it was then that I carried you."

By Margaret Fishback

New Voice Club of Pioneer Valley

The Club’s officers for the 1998/1999 year are:

Bob Cloutier President
Joe Mazzi Vice President
Harry Pearlman Treasurer

This Newsletter is distributed through the generous support of

The American Cancer Society Western MA Region
53 Capital Drive
Springfield, MA 01089
Tel: (413) 734-6000
Vacation

Well it's that time of the year again. Summer is upon us, or at least it will be if the wind ever stops blowing, and LWT's frequent travelers start picking up the pace and heading for their favorite vacation places.

As is our custom this month's meeting will be our last meeting until the 3rd Wed. of September. This is also the last newsletter you will receive until September because I also go on vacation for the summer. At least I get a break from the newsletter as do the guys that faithfully print, fold, address and mail it out to you. Those being mainly Kurt and the other heroes pictured to the right. It's a group effort (Clyde Perry's not in the picture) that we all hope serves the purpose it's intended to. "Provide you with the information you need to help live a quality life."

There will of course be our famous picnic at a time to be determined at the next meeting. Flyers will be sent out out as a reminder a couple of weeks in advance.

Be safe, be happy and be well.

Our Heroes

On May 17, Kurt Storm, Don Six, Clyde Perry, Bob Gary, Jim Dougherty and L.D. (Al) Rott were officially declared heroes. At a luncheon held at St. Joseph's Hospital they were presented with the "Tobacco-Free Heroes" award from the San Joaquin County's Smoking & Tobacco Outreach/Prevention Project.

Donna Olivas, from the Community Medical Center & Stockton Unified School District, nominated the Look Who's Talking club members, "Because they are volunteer speakers who made 107 presentations at Edison and Franklin High School. They reached a total of 3,404 students." Donna is a member of the "Smoking & Tobacco Outreach Prevention Project (STOPP) Advisory Council and she arranges school visits for the Stockton Unified School District.

While the award is impressive and well deserved, it only tells a fraction of our "heroes" story. This award only recognized the presentations at two local high schools. But our heroes do a lot more than that. In addition to the high schools they also speak at the middle schools and the elementary schools in Stockton Unified District. It doesn't stop there though, they also speak at the

(Continued on page 2)
Kathy's Notes

- We had 18 people in attendance. It was a good meeting and everyone was in good spirits.
- We have some congratulations in order: Jack Henslee for surviving 20 years with cancer; Mitch Wyman for surviving 6 years; Don Six for a birthday (he was cruising so we couldn't sing for him).
- Tobacco-Free Heroes Awards: Kurt Storm, Don Six, Clyde Perry, Bob Gary, Jim Dougherty, and LD Rott were awarded a beautiful plaque for their work in going to schools and spreading the word about smoking...good job. Keep up the good work.
- Boat cruise down the Delta on June 11. If you want to go call Captain Jack at 477-6480 before June 5th.
- Jack Henslee reported on the convention in July in Reno. He says it's filling up fast and is very optimistic that it's going to be a real success. We still need raffle prizes. If you can help out call Don Six. Sale items are also welcomed such as books in good condition and craft items.
- Jack Henslee also announced that he has been nominated for Vice President of the IAL. The elections will take place in Reno.
- Gayle Henslee announced that a scholarship in the amount of $450 was awarded to UOP speech student Christine Flowers by the ABWA.
- Bert and Beverly Kay had a nice vacation in Los Angeles (Van Gogh exhibit) and came back home up highway one by way of Hearst Castle. They really enjoyed themselves.
- Clyde and Ann Perry went on two camping trips. It snowed on one of them and wind blew all the time on the other one. No fish either...
- Bob and Lee Gary still doing grandkids things and enjoying every minute of it.
- Nick and Judy still working but they are going

(Continued from page 1)

schools in the Lincoln, Lodi, and Manteca districts. In fact they cover a 40 plus mile stretch that runs from Tracy to Lodi. These guys spend their time, their gas, and their money to buy lunch when they are out on the road all day delivering their life saving message. At least this time their lunch was paid for and they received a beautiful plaque that they presented to club President Jack Fuller to display on his houseboat so we would all see it at least twice a year, or in his store so the public could also see it. Once again, great job guys.

Communication with the dead is only slightly more difficult than with some of the living. If you don’t believe it, think back when you were a new laryngectomyee. It is well to remember that others may need our help just as we were given so much by other laryngectomyees.

Evelyn Hodnett

Rita Rott
Realtor

All Valley Realty
1420 W. Kettlemann Lane, Suite K-1
Lodi, California 95242
Business (209) 333-6082
Home (209) 334-1347
Pager/Voice Mail (209) 990-1772
Fax (209) 333-1864
The real art of conversation is not only to say the right thing in the right place, but also to leave unsaid the wrong thing at the tempting moment.

(Continued from page 2)

to the Reno meeting and plan on winning lots of money.

- Al and Rita Rott are still car shopping. Can't decide between a Cadillac or something that looks like a Ford. Rita says the real estate business is booming but if you need to buy or sell a house she can work you in.

- Jim and Norma Dougherty are painting the rentals and golfing. Took a little trip to Morro Bay.

- Mitch Wyman doing grandkids things, painting and gardening. He's also trying some acupuncture for mucus problems. It will be interesting to see how that goes.

- Gregg Orr reported that his last checkup was OK and he's doing gardening. Mary told him to get the roses trimmed (30 plus bushes).

- Our next meeting will be June 16th then we're off until September. The picnic date will be decided then and flyers will be mailed out because this is also the last newsletter until September. Have a nice safe and healthy summer.

What We Learn Through the Ages...

I've learned that I like my teacher because she cries when we sing "Silent Night"... Age 6

I've learned that you can't hide a piece of broccoli in a glass of milk.....Age 7

I've learned that when I wave to people in the country, they stop what they are doing and wave back......Age 9

I've learned that just when I get my room the way I like it, Mom makes me clean it up.....Age 13

I've learned that if you want to cheer yourself up, you should try cheering someone else up.....Age 14

I've learned that although it's hard to admit it, I'm secretly glad my parents are strict with me....Age 15

I've learned that silent company is often more healing than words of advice....Age 24

I've learned that brushing my child's hair is one of life's great pleasures.....Age 26

I've learned that wherever I go, the world's worst drivers have followed me there.... Age 29

I've learned that if someone says something unkind about me, I must live so that no one will believe it... Age 39

I've learned that there are people who love you dearly but just don't know how to show it..... Age 41

I've learned that you can make someone's day by simply sending them a little card.... Age 44

I've learned that the greater a person's sense of guilt, the greater his need to cast blame on others...... Age 46

I've learned that children and grandparents are natural allies......Age 47

I've learned that singing "Amazing Grace" can lift my (Continued on page 4)
Look Who’s Talking

(Continued from page 3)

spirits for hours........ Age 49

I’ve learned that you can tell a lot about a man by the way he handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights........ Age 51

I’ve learned that keeping a vegetable garden is worth a medicine cabinet full of pills...... Age 52

I’ve learned that regardless of your relationship with your parents, you miss them terribly after they die........ Age 53

I’ve learned that making a living is not the same thing as making a life......... Age 58

I’ve learned that if you want to do something positive for your children, try to improve your marriage........ Age 61

I’ve learned that life sometimes gives you a second chance. ..... Age 62

I’ve learned that you shouldn’t go through life with a catcher’s mitt on both hands. You need to be able to throw something back..... Age 64

I’ve learned that if you pursue happiness, it will elude you. But if you focus on the needs of others, your work, meeting new people, and doing the very best you can, happiness will find you. ...Age 65

I’ve learned that whenever I decide something with kindness, I usually make the right decision....... Age 66

I’ve learned that everyone can use a prayer.....Age 72

I’ve learned that it pays to believe in miracles. And to tell the truth, I’ve seen several...... Age 73

I’ve learned that even when I have pains, I don’t have to be one.....Age 82

I’ve learned that every day you should reach out and touch someone. People love that human touch - holding hands, a warm hug, or just a friendly pat on the back.... Age 85

I’ve learned that I still have a lot to learn....Age 92

"THE LAW OF LIFE"
Submitted by Jim Lauder

Whatever you give away today or think or say or do will multiply about tenfold and then return to you.

It may not come immediately nor from the obvious source, but the LAW applies unfailingly through some invisible force.

Whatever you feel about another, be it love or hate or passion, will surely bounce right back to you in some clear or secret fashion.

If you speak about some person, a word of praise of two, soon tons of other people will speak kind words to you.

Our thoughts are broadcasts of the soul, not secrets of the brain. Kind ones bring us happiness, petty ones, untold pain.

Giving works as surely as reflections in a mirror. If hate you send, hate you’ll get back, but loving brings love nearer.

Remember, as you start this day, and duty crowds your mind, that kindness comes so quickly back, to those who first are kind!

Let that thought and this one Direct you through each day.... The only things we ever keep are the things we give away!

"The miracle is not to walk on water. The miracle is to walk on the green earth in the present moment, to appreciate the peace and beauty that are available now....

It is not a matter of faith; it is a matter of practice."
The manner in which it is given is worth more than the gift.
Swallowing Difficulty
~ William Carroll, M.D.

Some degree of difficulty swallowing (dysphagia) is common after most types of laryngectomy, whether total or partial. In most cases, the swallowing problems are not severe and tend to improve over time. The causes of swallowing difficulty differ depending on whether the laryngectomy has been partial (hemi-laryngectomy, or supraglottic laryngectomy) or total.

Let’s discuss the partial laryngectomy situation first. As you know, the production of sound or voice is not the most basic function of the larynx. The most basic function is to separate the food and the air which are both taken in through the mouth. The larynx acts as a gate or door. It closes by reflex action when a swallow occurs. It opens when air is inhaled, closes when food or liquid is swallowed. It keeps air moving toward the lungs and food moving toward the esophagus. Part of the larynx is removed during surgery and part of the normal nerve supply is interrupted. The reflexes that direct the larynx to open and close are often disrupted. The main problem that develops is aspiration, or food going into the breathing passage (trachea) instead of the swallowing passage (esophagus). Aspiration may be minor and cause nothing more than a little cough with swallowing or may be severe and cause pneumonia. Early after surgery, almost every patient has some degree of aspiration. Typically this situation improves with swallowing therapy and oral intake can be resumed. Unfortunately, there are occasions when the protective reflexes can never be fully regained and oral intake remains unsafe due to the risk of aspiration. This is rare but can require long-term feeding tube dependence.

In contrast, aspiration almost never occurs after a total laryngectomy because the breathing and swallowing passages are surgically separated. To understand the swallowing changes that occur after total laryngectomy, a little anatomy review would be helpful. The back wall of the larynx actually makes up the front wall of the pharynx or upper esophagus. When the larynx is removed, part of the front wall of the pharynx / esophagus is removed also. When the remaining portion of the pharynx is closed with sutures, the circular opening becomes smaller. Imagine a string tied in a circle. Cut out a piece of the string and toss it out. Now tie the remaining two ends back together. The new circle will always be smaller than the original circle. Just how much smaller depends on how much string was removed. Those patients who start with tumors confined to the inside of the larynx usually have plenty of pharynx left to make a very adequate swallowing passage. Some, however, not only have their larynx removed, but also have part of their esophagus or pharynx removed as well. For these patients, the new “circle of string” can be quite tight. The extreme situation occurs when not only the larynx but also the entire pharynx or upper esophagus has to be removed. This is called a laryngopharyngectomy. In these cases, the swallowing passage has to be completely reconstructed using small intestine, stomach or a ‘tubed’ skin flap.

Total laryngectomy also disrupts the nerve and muscle fibers that normally contract to help move food down the esophagus. Occasionally patients will have spasm of the remaining muscle, which makes the opening into the esophagus very tight. Plenty of tissue is present to allow easy swallowing, but the muscles are in spasm (hyper-contracted) and won’t allow food to pass. This situation can necessitate a surgical procedure called a myotomy (myo = muscle, tome = to cut) which divides the spastic muscle.

The other factors that can lead to difficult swallowing are radiation before or after surgery, or a wound infection or fistula occurring after surgery. Both make the tissues of the pharynx and esophagus more stiff and less stretchy when food is trying to pass. Both processes can actually narrow the caliber of the opening into the esophagus as well.

Many of the same factors that effect swallowing so dramatically after laryngectomy can also effect the ability to use a voice prosthesis (Blom-Singer valve) or esophageal speech. We’ll save that topic for next time...
GOLD CONTRIBUTORS

Jack & Kathy Fuller
7-11 Stores
Elks Lodge BPOE 218
Wilma & Leo Schulenberg
Clyde & Ann Perry
Ken and Martha McFarland
7-11 Stores
Don & Marilyn Six
Al & Rita Rott

Walter & Anna West
Jack & Gayle Henslee
Bill & Diane Orlowitz
Nick Arata
The Shadows
Dealer's Choice, Reno
Lauder Enterprises

Kurt & Ursula Storm
Phil & Mary Torres
Jim & Norma Dougherty
Mitchell & Betty Wyman
Jean & Edward Van Sant
Clyde Pearson
Viola LaCroix
Dr. Marcelo Espiritu
Greg Orr

Stockton Travel
Robert & Lee Garry
Ben & Phyllis Meyers
Bud & Nancy Lee
Treva & Francisco Banda
Dennis & Leslie Trotter
Joyce Boland
Dr. Charles S. Johnson, Jr.
Dr. R.C Edwards

SILVER CONTRIBUTORS

Look Who's Talking

2137 Hacienda Drive
Stockton, CA 95209

AMERICAN CANCER SOCIETY
CALIFORNIA
EDITORIAL

IMPORTANT NOTICE

Our Welfare Officer has been under an amount of strain lately and is under doctors’ and husband’s orders to slow down for a while. Now I spoke to her today and she tells me she is appreciating and enjoying her enforced rest and is really feeling well at the moment, but we all want to keep her that way. So until further notice please route all requests for stoma covers, materials, patient packs etc through the secretary who will redirect them as necessary. He has promised Lilah that he will work to her instructions on all welfare matters.

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

LISTENING

A couple of weeks ago I was reading an article in one of the “Weekend” magazines about two men who had become friends when they cooperated to write a book. This friendship has endured for many years. One had been badly injured around the face in a chemical accident some years before. He was interviewed on radio about the book and it was then, some years into the friendship, that the other realized that the accident had also affected his voice!! As he put it, “I was so busy listening to what he said I did not notice his voice”

Oh, that we could have such friends!!! Nobody can pretend that a larynectomy’s voice sounds completely normal, though some are more normal than others, but how often we find people who are so busy trying to work out why our voices sound as they do they forget to listen to what we are saying. I remember when my husband was a new larynectomy he spoke to a young person who just stood and stared. I suggested to her that she not listen to his voice but listen to what he was saying. He and this girl then carried on a long conversation about the matter in hand. Now I don’t suggest that all laryngectomyes wear badges saying “LISTEN NOT TO HOW I SOUND, LISTEN TO WHAT I SAY” but perhaps it behoves us spouces to sometimes say it. Sometimes it is obvious that the person who is being spoken to is wondering about the voice, perhaps a few words of explanation are necessary. A simple “I have a bit of a throat problem, so I sound a bit raspy” is often enough. Others might ask for more detail, but as it is you who has brought up the subject they won’t mind asking, and you should not mind telling. After all you have overcome an enormous problem -- be proud of it -- brag a bit!!!

WHO TO CONTACT

FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl. 2099 Phone: 02-9939-1539
FOR SPEECH AID BATTERIES, PARTS & REPAIRS - John Chaloner, 111 Station Street, Petersham. 2049 Phone 02-9580-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - John Nicholson, PO Box 58, Richmond 2753. 02-45781415
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW phone 02-9334-1900. PO Box 572, KINGS CROSS.
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEES ASSOCIATION OF NSW, HELD IN THE UNITING CHURCH HALL, STRATHFIELD ON WEDNESDAY 21ST JULY 1999

PRESENT: J Nicholson, S Lowe, B Darlington, D Newby, W Byrne, J Knight, P Halliburton, R Rix, P Rogers, A Szanji, N Bluet, K McDonald, B Gardner, D August, J Nowland, H Stone, N Hammon, Helene, M Halliburton, C Gardner, A Stone, B Davey, B Darlington

A WELCOME was extended to Laura Doran who has not attended before.

MINUTES OF THE JUNE MEETING as distributed were accepted on the motion of P Halliburton, seconded B Darlington. Business Arising from these minutes was deferred to General Business.

SECRETARY/TREASURERS REPORT:
Admission Procedures - St Vincent’s Hospital.
John Chaloner has provided us with details concerning the admission of those to receive a laryngectomy at that hospital (see Presidents Report July Newsletter)
Membership: On behalf of the Committee I wish to welcome the following new members who we hope will make use of the help and assistance offered by the Association.
Ms J Dunn of Appin
Mr E E Martin of Belmont North.
Regrettfully I have to report that we have received word of the death of three of our members.
National Laryngeal Support Committee
The Annual Meeting of the National Laryngeal Support Committee was held last Friday at the ‘Cancer We Care’ conference site. This meeting was attended by representatives from Western Australia, Victoria, Queensland and NSW Laryngectomee Associations. Dr A Clifford (ENT surgeon), Miss Margaret Patterson (speech pathologist) and Mr Laurie Wright, Executive Officer of the Australian Cancer Society in the chair.
Dr Clifford tabled his submission on Australian Resuscitation Council Guide Lines for Rescue Breathing and a draft letter on Drying Out under General Anaesthetic.

The Chairman tabled the draft of an edition of "YOU CAN SAY THE " which it was decided to go ahead with the next edition immediately.
The Western Australian delegate mentioned of their latest publication "FOR PART LARYNGECTOMEES" and copies of some of items available for sale to Western Australia LA members.
In response to a question about the lack of laryngectomees attending the ‘Cancer - We Care’ conference I replied that I thought most laryngectomees found the cost of attending too high for what was offered.

Cook Book: The first edition of our ‘Smooth as Silk book’ for those with swallowing and/or mouth movements is now available. It contains a selection of 34 recipes for starters (suitable also for light lunches), main courses and sweets. If you would like a copy of this booklet just send a stamped addressed envelope and it will be sent. (Envelope should measure 110mm x 220mm or 115mm x 162mm. A smaller one is not suitable)

Welfare Officer: Lilah has been ordered to rest for a while so for the time being would you please direct all welfare requests to me.
Christmas Party: Few members contacted me concerning the 1999 Christmas Party and of those that did seven preferred the Kirribilli site and one the Sydney site. No-one indicated they intended attending the 1999 party if one is held.

NSW Cancer Council: Every month I mean to say thank you to the NSW Cancer Council for their continued financial support of our Association. The Council re-imburse us, in part, for the printing and postage of our monthly Newsletter. Their annual allocation to our Association is $2500.00. We are truly grateful for this assistance.

CORRESPONDENCE:
1 Newsletters from other Australian states, USA and Southern District Branch.
2 Stan Morley, Penrith. Account for luncheon items at the Masonic club on the occasion of the inter-branch meeting.
3 Mr Dick Dunn of Oakdale. Payment for stoma covers and congratulations to Lilah.
4 Mrs C Bellward seeking stoma covers
5 Mr F Cassidy of Westmead - payment for batteries.
6 Mrs E Marshall of St Marys - payment for batteries.
7 Mr J Plunkett of Mt Druitt. Seeking advice re his Servox and loan of aid while his is being fixed.
8 Mrs June Coutts - thank you card.
Page 3

9 Mahlab Pro Bono Publications - seeking advertisement for their new publication.
10 Mrs Shirley Chorley of Berkley Vale.  Congratulations to Lilah.
11 Mrs J Nowland - donation.
12 Mr L McIntyre of Penrith - donation.
13 Mrs Dawn Dyer of Budgewoi - contribution to the Newsletter (please keep them coming Dawn)
14 Central West Laryngectomy Support Group, Dubbo. Detailing names and addresses of their members. Seeking hand-outs for their members and spouses - this will be gathered as soon as possible. Their members come from: Wellington, Bourke, Tottenham, Coonabarabran, Wollar, Gilgandra, Trangie, Trundle, Narromine, Forbes, Dunedoo, Nyngan, Quambone and of course Dubbo.
15 Numerous letters with raffle books and/or butts

TREASURERS REPORT: showing a credit balance of $5156.85 in Working account and Term deposits of $42932.63 was read. (Excess of income over expenditure since 1/1/99 of $139)

Reports accepted on the motion of N Bluett, seconded C Gardner.

WELFARE OFFICERS REPORT:
As Lilah was not able to attend she had given a few points to D Nicholson to report:
"My apologies for non-attendance, I am under orders to cut down on my activities and rest which I am doing and I do hope to be able to attend a meeting soon. However for the time being please direct all requests through Des and John, my husband will send them what I have to distribute. I have been fairly busy this month posting out patient packs, stoma covers, shower shields, cards etc etc.

I was saddened to hear of the death of a good friend of the Association - Dr. Trevor Willianzm. Dr Williamz was a surgeon who operated on many laryngectomees and throughout that time supported the Association in all its activities. John and Marjery Kline are both in hospital, Marjery had a fall and ended up with fractured bones, and John had further surgery to repair a stoma problem. To them and all others who are not sparkling on all six my very best wishes for a speedy return to health.

Report accepted on the motion of B Byrnes, seconded D Darlington.

LARYNX OFFICERS REPORT:
My apologies for non-attendance, but I am working almost full time so am unable to attend all meetings. Please note change in battery prices as published in the July Newsletter.

GENERAL BUSINESS:
1 The secretary tabled brochures from Centrelink re HealthCare cards and Pensioner Benefits cards. (More about these later in Newsletter)
2 The president reported that at last after 10+ phone calls and at least 8 letters he has had a positive reply from 'Medical Benefits Fund'. They are now willing to contribute to the cost of items required for the maintenance of tracheo-oesophageal shunts and the prostheses there-in. He will continue to liaise with the Fund until details have been worked out. Meanwhile he would like to hear from members who have had any difficulties receiving re-inbursements from other funds so that he may continue lobbying.
3 Secretary tabled Partners Booklet from WA for members to peruse.
4 Australian Cancer Society is still lobbying for reimbursement from Medicare for the cost of voice aids.
5 Christmas Party. Western District submitted the signatures of 8 people who wish the Christmas Party to continue at Kirribilli. Because of the overwhelming support for Kirribilli the meeting decided that it wished to hold a Christmas Party and that this year it again be held at Kirribilli RSL Club. However as Lilah is not available to organize it this year volunteers were called for, for an organizing committee. B Gardner will liaise with the club. C Gardner with the help of M Halliburton and L Doran will be responsible for organizing the raffle. Please let Carol know if you intend donating towards the raffle. Donations can be brought to the meetings (not August) or to the party or to Carol's home. Enrollment forms for the Christmas Party will be in the September Newsletter and must be returned to the Secretary with payment by the end of October. Prices will be as for 1998, ie $15.00 per person for laryngectomees and partners and $25.00 for other non-laryngectomees.
6 Bill Byrne reminded the meeting of the Western districts - Illawarra barbecue picnic at Woronora dam on 7/9/99. Bus leaves Masonic Club, Parramatta at 8.30am. Details are in the Western Districts Report.
7 President Brian Gardner represented the Association at the funeral of long time member and worker for the Association Ron Coulls.
Harry Stone reported that Jack Costigan is in St Vincent’s Hospital having knee surgery and that Ray Harper is not in the best of health but is resting quietly at home. Good wishes to both these members.

President reported that Speech Pathologists would contact those who had volunteered to act as models for Speech Pathology students to work on at Cumberland College in September, to advise of further details.

The association will endeavour to tighten accounting on patient packs issued so that we may have better knowledge of the numbers of laryngectomy operations performed.

There being no further business the president closed the meeting at 11.50 am.

President

NEXT MEETING
WEDNESDAY 18TH AUGUST
11.00a.m.
Uniting Church Hall,
Carrington Avenue, Strathfield.
**********
Short walk to railway, parking on
***** site *****
LARYNGECTOMIES, FRIENDS,
FAMILIES, PROFESSIONALS
ALL WELCOME.
**********
Annual Raffle will be drawn at
this meeting
*************
Light luncheon served after the
meeting

RAFFLE
A reminder to those who have not yet returned
their raffle butts and money. They must be with
the secretary by the 10th August to be included
in the draw. Remember there are 5 valuable
prizes

WESTERN DISTRICT NEWS
This month our Vice-President, Ron Coutts died
after a long series of illnesses. Ron was a
foundation member of the Western Districts
Branch. Both Ron and his wife June were
made life members of the Branch in recognition
of their long and devoted service. In no small
way their efforts contributed to keeping the
branch in operation during troubled times.
Many members from NSW committee,
Illawarra Association and Western Districts
Branch attended the burial service.
The barbecue with the Illawarra Association is
to be held at Woronora on Tuesday 7th
September. The bus has been booked and will
leave the Masonic Club, Parramatta at 8.30am
sharp. Members intending to use this bus are
asked to notify the committee by the August
meeting (phone 9871-8690)
The barbecue at Budgewoi with the Hunter
Valley Branch is planned for Sunday, October
31st and further details will be announced after
contact is made with that branch.
Although the continuing wet winter weather
reduced the numbers at the July meeting it was
pleasing that all remembered our new starting
time of 11.30 am.
It was pleasing to welcome Bill Byrnes back
after his recent operation, and even more
pleasing that he looked so fit and well.
Pat Halliburton

VALE
It is with regret we sadly farewell the
following members:
Mr Ron Coutts of Lalor Park
Mr Noel Graham of Griffith
Mr S R Singh of Fiji Islands
Mr Oliver Harvey of Queensland
Dr Trevor Williamz
We extend to their families and friends our
deepest sympathy
ARTIFICIAL LARYNGES

I have been amazed to discover that since 1870 - before the first successful laryngectomy - doctors and other scientists have been interested in producing voice artificially. Early experiments were carried out on dogs who had had their larynges removed. The dogs did not appear to have any discomfort however neither did they seem to be able to bark!!

When the first successful total laryngectomy was performed on a man in 1873 he was immediately fitted with an artificial larynx. When the operation was done there was no closure of the air passage to the mouth even though the epi-glottis (the valve which prevents food entering the air passage) was removed. This meant that the laryngectomee was fed through a tube into his stomach. The artificial voice producing device which was used contained a reed which was vibrated by expired air when the stoma was covered, and the sound thus produced was projected back into the mouth through another tube going directly to the mouth. This first person was fitted with three over a period of months, each being a refinement on the previous one. Variations on this device were used for some years. Of course there were difficulties in feeding these people, apparently some developed a method of eating soft food by holding the head in a forward position but still had difficulty drinking; others were still fed via a tube into the stomach.

In 1887 a new device was developed which allowed closure of the breathing tube above the stoma but doctors still seemed to leave this opening into the mouth despite feeding difficulties. In this new device the sound was still produced by a reed vibrated by expired air but it was conveyed to the mouth by an external tube.

In 1888 one doctor reported that a patient produced voice without the help of an artificial larynx, and that this pseudo voice was less of a monotone than that produced artificially. Little seems to have been done to analyze the way in which this voice was produced.

It was not until 1892 that doctors accepted the fact that saving the patients life was more important than restoring sound. At this time it became practice to close off the air passage into the mouth thus allowing the patient to eat normally. The doctors in favour of this closure argued that should it become necessary to open the air passage to the mouth this could be done later. However it wasn’t ever done until recent times when the Blom-Singer valve which stopped food going into the breathing tube was developed.

By 1896 a number of laryngectomees had successfully produced pseudo voice without voice aids and some doctors argued that if these could do it then any laryngectomees could and interest in voice aids declined until the mid 20s. In Germany however one doctor continued his experiments and produced many and varied devices until 1913. Sound was mostly produced by a vibrating reed powered by expired air, though in one device the energy was produced by a bellows worn under the arm. Another intriguing device was a small gramophone carried in a sound insulated handbag - the sound recorded was a human voice which could be switched on and off by hand - this sound was then conveyed to the mouth via a tube through the nose!
JUST FOR FUN

MISSING
Have you seen my little brown teapot?
(The one with the wobbly lid?)
Two egg rings, a spoon and my hairbrush
That my grandkids have furtively hid.
A teatowel, pastry brush and breadboard
From the cupboard under the bench?
Grandpa is also searching
In the garage for his wrench.
They've mislaid my pink jumper,
And a necklace of pretty blue.
My slipper --- I've already found that
With my toothbrush --- in the loo.
Yes, many things are missing
When my grandkids go home to stay
But the things I'm missing the most
Are my terrors of grandkids I'd say!!
Dawn Dyer
😊😊😊😊😊😊

RULE TO LIVE BY
Never complain about the weather,
Save your energy for something YOU can do
something about.
!!!!!!!!!!!!!!!!!!!!!!!!!!

IF
If you can start the day without tea or coffee,
If you can get going without pep pills,
If you can resist complaining and baring people
with your troubles,
If you can eat the same food every day and be
grateful for it,
If you can understand when your loved ones are
too busy to give you time,
If you can overlook it when something goes
wrong and those you love take it out on you,
If you can take criticism and blame without
resentment,
If you can ignore a friends limited education and
never correct him,
If you can resist treating a rich friend better than
a poor friend,
If you can face the world without lies and deceit
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,
If you can say honestly that deep in your heart,
you have no prejudice against creed, colour,
religion or politics,
Then, my friend, you are almost as good as your
dog.
Second Voice Club-Alameda-Texas

(Them following little poem was written by an
English laryngectomee who has since died)
TRYING
They say you can't accomplish this thing
No matter how hard you try it
You've blundered and failed but you know in
your bones
You've grit and you mean to apply it.
If tempted to give up the fight one dark day
It's certain you'll very soon rue it,
You'd better keep going on and on
Until with a grin you just do it!!
June Wood - Clan Newsletter

INFLATION
People are definitely getting stronger - 20 years
ago it took 2 people to carry $10.00 worth of
groceries, today a 5 year old can do it.
Lilah Walton.

STOP PRESS

SOUTHERN DISTRICT REPORT
Congratulations to Lilah from our members.
We welcomed Dennis and his wife Daphne Hudson
to our meeting as new members and also Don
Martin who has been very ill in hospital, we hope
his health is getting stronger.
Thenkyou to Joanne Bemrose - social worker from
5 east ward for a wonderful talk and leading an
excellent discussion about long term and short term
psychological and emotional concerns following a
laryngectomy operation.
We intend to launch our first raffle at the Speech
Pathology stall in the Liverpool Mall on 29th July.
1st prize - diner for 2 in Club Dining Room &
$100.00; 2nd Prize - Sandwich Maker; 3rd
prize- Crochet cushion from Betty Wilson.
Special thanks to Liverpool Catholic Club for their
wonderful donations and to Betty Wilson for hers.

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

UNTIL NEXT TIME, GOOD LUCK, GOOD
HEALTH AND TAKE CARE.
Please keep letters etc coming.
EDITORIAL

MRS LILAH WALTON O.A.M.

In the recent Queens Birthday Honours list, Lilah Walton, who has spent more than one third of her life as Welfare Officer to the laryngectomees of NSW, received the Order of Australia medal for services to community health.

Photo: Ross Willis, Courier Newspapers.

Dear Members,

Firstly may I thank, most sincerely, you my friends for nominating me for the award. To say I was surprised and ‘over the moon’ (I cried all day the day I was notified), is the understatement of the century. While I kept telling you all how great I am I didn’t think for one moment that any of you agreed with me. Since it was published in the paper the number of cards and phone calls I have received have been overwhelming. I received a phone call from the daughter of a laryngectomee who died twenty one years ago. (This of course caused the tears to flow again)

To all of you my sincere thanks, I will try to be worthy of the honour you, my friends, have bestowed upon me. I also thank my husband Norman for putting up with me, always on the phone and many late meals.

A humble Lilah.

WHO TO CONTACT

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

FOR SPEECH AID BATTERIES, PARTS & REPAIRS - John Chaloner, 111 Station Street, Petersham 2049 Phone 02-9560-2852

FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER

MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St., Kensington. 2033 Ph 02-9663-2550

FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Dowling Street, WOOLLOOMOOLOO, PO Box 572, Kings Cross, 2011. Phone 02-9334-1900. Fax 02-9357-2676
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW, HELD IN THE UNITING CHURCH HALL, STRATHFIELD ON WEDNESDAY 23RD JUNE 1999


APOLOGIES were accepted from H Ploenges, J Chaloner, B Byfield, and B Byrne. (also another member who rang Lilah but she forgot to write it down!)

THE PRESIDENT opened the meeting at 11am on a cold wet morning. He congratulated Lilah Walton, who has spent many years as a servant of the Association, on her well deserved award.

MINUTES OF THE MAY MEETING as distributed were accepted on the motion of B Darlington, seconded M Ploenges.

BUSINESS ARISING nil.

SECRETARY’S REPORT
As we have spent the last three weeks in Wagga Wagga baby sitting three boisterous grandsons, and are still recovering this will be a short report.

MEMBERSHIP Two new members have joined this month, we welcome them and hope they will make use of the services offered and attend meetings either here or at one of our branches:
Ms Lois Pearson of Barrack Heights
Ms Helen Armstrong of Fernleigh.

ACCOUNTS I have a number of outstanding accounts. Some members have forgotten to pay for stoma covers, batteries, shower shields etc. If the meeting agrees I will send letters to these members soon. (Meeting agreed) We cannot afford to send supplies if we do not get paid. Those members who have had difficulty paying and have let me know have always received sympathetic consideration from the committee.

WAGGA WAGGA While in Wagga I contacted Penny Yard the speech pathologist at Wagga Wagga Hospital. She has no-one receiving tuition at the moment but is keeping contact with the few laryngectomees in her area.

CORRESPONDENCE.
1 M Stonestreet, Bathurst - donation
2 J Nowland, Padstow - donation.

3 P Griffiths, Hay - payment for Cooper Rand parts.
4 Shirley Chorley, Berkley Vale - good wishes to all.
5 Lorna Andrew, Old Bar - subs.
6 Ray Johnson, Gilgandra - contribution for Newsletter
7 Jean Heidke, O’Connor - donation
8 M Ploenges, Buff point - pen order
9 Don Vowles, Ermington - advising of his admission to Concord in March followed by radio therapy. Hope all is now going well Don!
10 Bill Byfield - apology for June meeting due to pressure of commitments.
11 Dulcie Cowgill - good wishes to Newsletter
12 Sharon Chiong, Mosman - donation
13 Dick Dunn seeking stoma covers.
14 Jan Fisher, Currumbin - enclosing recipes for our Cookbook - thanks Jan.
15 Peter Lehn, Darlinghurst - resignation.
16 Health Care Complaints Commission - Journal
17 Centrelink - Journal
18 ASHOG Newsletter
19 Advertising material from various Conference Centres.
20 Numerous letters returning raffle stubs and money.
21 T Krasnodebski - contribution to Newsletter
22 Centrelink - re phone services (more later in Newsletter)
23 Newsletters from branches, interstate and overseas clubs.

TREASURERS REPORT – a credit balance of $3971.43 in Working Account, IBD-542791

REPORTS accepted on the motion of L Walton, seconded A Dawson.

WELFARE OFFICERS REPORT.
Because repairs have started on our house I have been busy with cups of tea and sandwiches and doing little else this month.

(she still found time to send out some supplies, counsel over the phone, and attend meeting with branches etc. - Ed)

I wish to thank those who contacted us re our damaged home, we really appreciate you taking the time.

We have had Arthur Garland in Bankstown Hospital with a broken hip, Bill Byrne in hospital for an operation (Bill is now recuperating at home), Ron Couts is now at home after a sojourn in hospital, and Oliver Harvey had a fall and a hip replacement in Brisbane. To all of these and any others not 100% our very best wishes.

I have booked Kirribilli for the Christmas party on November 27th but our President tells me there are
some who are dissatisfied with this venue. Now if you have complaints please ring ME and I will try to rectify them. (Read later in minutes re this matter)
I am only a phone call away if I can help you.

Lilah Walton

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

PRESIDENTS REPORT
As most of you are aware I convened a meeting of all interested parties to discuss the functioning and future of our Association into the new millennium. The meeting or as I chose to call it THINK TANK held at the Masonic Club Parramatta on 8th June 1999, while not well attended (only two branches represented), produced a great deal of concerned thought from people with the ultimate of laryngectomees foremost in their minds. The following is an abridged summary of that meeting. But first let me tell you about a group of students sitting for an exam. Each student was asked to write an essay on the topic of APATHY - its meaning and its effect on their lives. Some students produced ten or twelve pages of thoughtfull deliberations. At the end of the two hour period a bell was sounded to indicate that there was on minute of exam time remaining. One student then picked up his pen and wrote 'Apathy - I don’t know and don’t care.'

Well, I can sincerely tell you that such was not the case at the meeting - those that did attend knew why they wanted to attend and, more importantly they cared for the future welfare of laryngectomees.

MEMBERSHIP: A proposal was put forward by Western Districts that thought be given to the formation of a new class of member - an Associate member. It would be open to partners of deceased members who wish to continue their interest in the Association and its functions. If their economic circumstances needed consideration such an application could be made and at the discretion of the Committee the cost of that membership could be reduced if necessary or prudent.

This would only apply to a handful of people. Some people who have lost partners no longer wish to be reminded of past sad times, others wish to remain in contact with those who have helped them over these times and read about their friends in the Newsletter. Then there are those who would like to remain members but not receive the newsletter - the decision would be theirs.

This was discussed at length and the initial reaction was in favour. However such a member classification would require a change to the constitution.

I ask that you discuss this amongst yourselves and, if after feed back from Branch Executives most appear to be in favour then a special motion (of which notice must be given) will need to be formulated to be presented to the Annual General meeting of the Association in February 2000.

FINANCE. The matter of whether the insurance policy carried by the NSW Laryngectomee Association would cover Branch functions was raised. A legal opinion has been sought, and this is that any properly affiliated Branch whose members are financial (with NSWLRA) which runs a function would come under the umbrella of the NSWLRA policy - the operative words being ‘affiliated’ and ‘financial’.

The Branches present were informed that it would be wise and proper for them to obtain their own Registered charity number so that they could seek the tax concessions that would flow from that application. There are certain returns to be completed and filed under the conditions of the granting of that certificate for which the Branch alone would have the required information.

MEMBERSHIP: Perhaps the most intense thought and discussion was about how to improve the Association and, accordingly, the benefits and welfare that should flow on to members and in particular how to identify and be aware of new laryngectomees.

We all agreed that this was one of our most important but vulnerable points. We spoke about our hospital visitors making two visits ie pre- and post-operation visits. We need to establish a better communication channel and working relationship with the speech pathologists. We know that surgeons will not make contact with the Association regarding forthcoming operations nor should we expect them to do so. Some potential patients simply refuse our visits and thus may not become aware of the existence of the Association. (Speech therapists do have a supply of Patient packs for these people) We spoke about the distribution of these Patient Packs - should they be labelled differently. Can we get the S.P.s to make contact with the Association regarding forthcoming operations and, if so, would they be overstepping their responsibilities both legally and ethically. We all agreed that apart from a few stalwarts within their ranks there seems to be a large and quick turnover and movement amongst them.

After lengthy discussion it was agreed that it is in this area (S.P.s) our best and hopefully most reliable avenues exist. I called for volunteers to approach the S.P.s in their area to liaise and establish better links as well as find out what material there is or is required in the way of videos or pamphlets that could assist our cause. We also spoke about getting our own video made.
It was resolved that the following hospitals be approached by the respective nominees who will then report back to the President:
1. Westmead and Concord - A Dawson
2. Liverpool - R Patman
3. St George - B Darlington
4. St Vincents - J Chaloner
5. RNS and POW - Brian Gardner
6. RPA - Bill Howlett.

NEWSLETTER We spoke at length about the benefit and compilation of the Newsletter (nobody has been game enough to tell me what was said - Ed) The editor requests that reports etc be sent to reach her by the Friday after the NSWLA meeting. The more the better.

The meeting was closed by everyone telling each other what a good job they were doing - patting each other on the back. The meeting finished at 1.00pm and in the true spirit in which the meeting was conducted A Dawson was seen walking to the bar with L Walton.

B Gardner.

SPEECH-AID CO-ORDINATORS REPORT:
Due to work commitments I shall be unable to attend the next few meetings but I am available by phone on 02-9560-2852, which also has an answering machine (don’t be afraid to use it if I’m not there).

Battery prices to members, including postage are:
Varta for Servox - 1-$18.75 2-$34.55; Everready for Cooper Rand - 1- $21.90; 2- $40.85.
A good tip from Harry Stone for members who use 9 volt batteries in the Nu-vois or the new model Cooper-Rand:-

If your local hospital does cardiac surgery contact the speech therapist who may be able to assist you or at least tell you who to contact. After cardiac surgery the patient is attached to a cardiac monitor machine for 24 hours. The machine runs on a 9 volt battery - a new one is used every time and then thrown out. They’re not rechargeable but they still have up to a weeks power in them. You may be able to get these batteries for free (which is the best price isn’t it?)

The article in the May Newsletter on ‘Care of the Electro Larynx’ was very good and I endorse it’s comments.

Some members have enquired whether we have any second hand speech aids for sale. Unfortunately we do not. Each year we receive a couple of speech aids from the families of deceased members (for which we are most appreciative) and these supplement our stock of units for loan. However each year we write off some due to them being damaged or beyond economical repair or unfortunately just not returned so we really do not have any spare.

John Chaloner.

GENERAL BUSINESS
1. Carol Gardner has graciously agreed to be in charge of catering for the lunches at our meetings. So if Carol asks you to bring something to help out you will know why. She will organize sandwich makers each month.
2. Thank you letters will be sent to the Masonic Club at Parramatta which looked after us so well at our Inter-Branch meeting. Western Districts are also thanked for giving up their meeting day for this meeting.
3. The Western Districts Bar-b-cue is to be held on 7th September. All welcome but bus bookings are essential (see WD report for more details)
4. Christmas Party. Some members have expressed dissatisfaction with the Kirribilli RSL Club as a venue for the Christmas Party and there was a suggestion that this year it be held at the City of Sydney RSL Club. Points brought up were:-

Members who are considering attending the Christmas Party are asked to let the Secretary know their preferred venue before the next meeting. If you know of another suitable venue please advise the Secretary with all details. A final decision will be made at the July meeting. We also need to know how many are considering attending as it may not be worth while holding the party. LET US KNOW!!!
5. Recipes are still needed for the ‘Smooth as Silk’ Cookbook. We are particularly interested in ‘main meals’.

There being no further business the president closed the meeting at 12.15pm. A friendly lunch was enjoyed after which members went home loaded with beautiful mandarins generously donated by Alex Szanyi of Londonderry.

President
Ron Coutts has returned home after his stay in Hornsby Hospital.
At our last meeting a minutes silence was held for recently deceased Hunter Districts member Horrie Bentley. Horrie and his wife Mavis came to our Budgewoi BBQs and were keen workers for their Branch.
Western districts congratulates Lilah Walton, Welfare Officer of NSWLA on her well deserved OAM awarded in the Queen’s Birthday honours list particularly for her work on behalf of laryngectomees.

Pat Halliburton.

**LETTERS**

1. Tony Krasnodebski - our chief ‘laryngectomee spotter’ writes to say he found another in a movie called ‘The Colour of Money’ made in 1986 and starring Paul Newman and Tom Cruise. This is a sort of latter day version of “Hustler” made back in the days of black and white cinema. When our heroes go to Atlantic City to advance their careers the first person they get to play is a laryngectomee using oesophageal voice it appears. Tony has two questions:-

   Why is it that laryngectomees get parts as crooks or others on the fringes of society and not the good guys or at least in cahoots with the stars?

   Why is it that before I had my operation I wasn’t aware of how many laryngectomees appear in the entertainment media?  

2. Victor ‘Whispering’ Smith wrote from Hampshire, UK thanking me for some Newsletters I sent him in reply to an earlier letter. Victor is a frequent contributor to ‘CLAN’ the newsletter of the National Association of Laryngectomee Clubs in Britain and very active in his own club and the National Association, and is no stranger to public speaking. He frequently comes to Australia in the English winter. He has many friends in Merimbula, a place her dearly loves. He is also a keen golfer. He is thinking of retiring soon (maybe in this country) but feels he will be going out on a high. He says “Our Prime Minister called a seminar at 10 Dowling Street last week and I was asked to represent the laryngectomees. Amongst a proliferation of Professors I had to bat first (the dream of every Yorkshire man- to open for England) I started by saying ‘I’m a survivor of the disease called cancer, my main line of communication is a vibrator called a Servox - it’s made in Germany and costs 600 pounds -- so much for free speech!!!’ This made the PM laugh and he listened carefully to what I had to say”

(We look forward to meeting you Victor)
CENTRELINK PHONE SERVICE
Centrelink has announced a new dedicated one3 number for customers with disabilities and carers.
13 2717
This number is supported by teams of specialist staff in call centres across the country, who have been trained in disability awareness issues as well as in the technical aspects of payments and services: Disability Support Pension; Carer Payment; Mobility Allowance; Sickness Allowance; Employment Assistance; Partner Allowance.

JUST FOR FUN
SONG OF THE MISSING SOCKS
I'm sure there's an invisible gremlin
One with long flowing locks
Who treads our boards in slippers
Hiding Alan's dirty socks.
He furtively tucks them neatly in places
hard to find
Till all the washing is finished
And all the work assigned.
There's a sock in the bedclothes,
One dangling from the door,
Another behind the curtain,
It's such an annoying boor!
Sometimes he takes them singly,
Sometimes he takes in pairs,
The little swine he takes them
And secretes them in his lair.
If I catch the little blighter
I'll pull his little nose
And send HIM out to find them-
Those elusive missing hose.
Dawn Dyer

THERE ARE TWO
* kinds of secrets: those that are not worth keeping; and those that are too good to keep.
*things people worry about: one is that things may never get back to normal; and the other, that they already have.

RULE TO LIVE BY
SMILE - it takes less effort and gets better results than frown.

A JOKE FOR THIS MONTH
A gentleman had occasion to visit a new doctor who began by taking his history. After filling in his name and address the doctor asked, “Age?” “75 years” “Do you live with your family?” “No, I live alone” “Are you on any medication?” “Yes, I take one ‘Viagra’ every night” The doctor looked puzzled “Why?” he said. The gentleman replied “Because it stops me rolling out of bed”
Ray Johnson - Gilgandra.

ON GROWING OLD
Age doesn't always bring wisdom - sometimes it comes alone.

Just when you were getting used to yesterday along comes today.

Seen it all, done it all, but can't remember most of it.

There can't be a crisis this week; your schedule is already full

Stress reducer: Put a bag on your head. Mark it “Closed for remodelling” (caution - leave air holes!)

If you can remain calm, you just don’t have all the facts.

You know you are old when you finally get your head together, and your body starts to fall apart.

UNTIL NEXT MONTH, GOODBYE, GOOD HEALTH, GOOD LUCK & TAKE CARE.
LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomees and those with similar vocal disorders

No 90

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

MONTHLY MEETINGS:
#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
#HUNTER VALLEY: Third Tuesday, 6pm at Mayfield Bowling Club, Inglis St, Mayfield.
#PARRAMATTA: Second Tuesday, 11.30am at Masonic Club, 163 George St, Parramatta.
#ILLAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Belfast St, Warilla.
#NORTHERN RIVERS: 4 times per year, rotating venues, Contact J Kidd, PO box 572, Lismore. Phone 02-66233320.
#MD NORTH COAST: First Tuesday, 1.30pm at Stuff Centre, Manning Base Hospital, Taree.
#DUBBO: Lourdes Hospital. First Friday, 10.30am Conference room.
#ALBURY: Ph.02-6323-2011, ext 323
#CANBERRA: First Thurs, 11am, Level 1, Building 3, Canberra Hosp
#SOUTHERN DISTRICTS: 4th Wed. 10.00am, Thomas Rachel Moore Education Centre Liverpool Hosp - phone 02-9507-6708.

EDITORIAL

RAFFLE 1999

We are holding our raffle a little later this year to avoid clashing with Western Districts effort, so you will receive with this Newsletter a book of ten tickets. These tickets are to be sold at $1.00 each if you wish to do so. Please return the butts and/or any unsold tickets, with any money obtained, to the secretary before the 10th of August 1999. The prize winners will be drawn at the August meeting and the prizes sent to the lucky people the following week. More tickets can be obtained from the secretary if required.

This year we have had five prizes donated by Jack Darby and they are once again beautiful and practical

FIRST PRIZE A desk stand including a clock and pen. This is made of beautifully grained and polished sandalwood.

SECOND PRIZE A wall clock of polished wood. The centre of the face is ceramic and on this has been painted a red-breasted bird.

THIRD PRIZE A polished black heart sassafras platter into the centre of which has been fitted a painted ceramic tile for cutting cheese.

FOURTH PRIZE A polished black heart sassafras platter into the centre of which has been fitted a glass bowl for dip.

FIFTH PRIZE A small tuned bowl and lid of red wood. This bowl would be suitable for a number of uses, eg sugar, nic-nacs or other treasures.

THANK YOU JACK.

STOP PRESS

Lilah reports that 36 days after the devastating storm which did so much damage to her house she has at last had her windows repaired so she is not quite as worried about rain driving in. Now she has to have her water ruined floor coverings replaced; but they can’t be done until her walls are dried out and painted; and that can’t be done until the electricity has been rewired; and that can’t be done until the ruined ceilings are replaced; and they can’t be replaced until she has a new roof!!!!! And we think we have problems. Stick with it Lilah and Norm, there must be light at the end of the tunnel.

Who to Contact

FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl. 2099 Phone 02-9939-1539
FOR SPEECH AID BATTERIES, PARTS & REPAIRS - John Chaloner, 111 Station Street, Petersham 2049 Phone 02-9560-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St., Kensington. 2033. Ph 02-9663-2550
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUT-PATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Dowling Street, WOOLLOOMOOLOO, PO Box 572, Kings Cross, 2011. Phone 02-9334-1500. Fax 02-9357-2676
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW, HELD IN THE UNITING CHURCH HALL, STRATHFIELD ON WEDNESDAY 19th MAY 1999


APOLOGIES were accepted from R Rix, D Newby, J Chaloner, J Bluett.

THE PRESIDENT opened the meeting at 11am and welcomed new members Alex Szanyi of Londonderry and his wife, and Alan Ryan of WoyWoy. Both Alex and Alan are new laryngectomées having had their operations just before last Christmas.

MINUTES OF THE APRIL MEETING as distributed were accepted on the motion of P Halliburton, seconded P Rogers.

SECRETARY/TREASURERS REPORT

MEMBERSHIP I would like to welcome the following new members to our Association and hope they can attend one of our meetings or a branch meeting.

Mr. C Goldsworthy of Kellyville
Members of Speech Pathology
Department at Nepean Hospital
Mr. W Jasinski of Toongabbie
Mr. Gil Peterson of Merewether
Mr. Dennis Hudson of Miller.

Regrettfully two of our members have died and we extend sincere condolences to their families and friends.

ACS CONFERENCE - 'CANCER WE CARE'
All members should have received by now the programme for the conference 'Cancer - We Care' being held at the Randwick Race Club on 14th-16th July. The conference will cover a number of subjects and there will be a session for laryngectomées at 11.15am on Friday 16th July. This period will take the form of an open forum and will be followed by the Annual Meeting of the Laryngeal Support Committee from 11.30am - 1.30 pm.

Those members who wish to have anything discussed at the National Laryngeal Committee meeting should advise me as soon as possible in order that the matter can be put on the agenda. YOU CAN SAY THAT AGAIN. Today I received a draft copy of the new edition of 'You Can Say That Again' but as yet have not had time to peruse it. I will let you know what changes have been made at the June meeting.
The Australian Cancer Society hope to have the new Editions available for the July Conference.

CORRESPONDENCE

1. Australian Cancer Society - Conference Programme
   3. Liverpool Health Service, Department of Trauma. Asking for an article for their website.
   4. Annual General Meeting of Nation Laryngeal Committee at 11.30 on Friday 16th July 1999, after the open forum.
   5. University of New England seeking information from our Chief Executive Officer or President for a research project (passed on to Brian Gardiner).
   7. Budget information from Minister for Family and Community Affairs.
   8. V McGregor of Grafton seeking a pen and including a donation.
   11. Mrs. Dawn Dwyer of Budgewoi most welcome contributions to Newsletter.
   12. Mrs. Sariban of Ryde, seeking advice and assistance.
   13. Mrs. Sharon Chiang of Mosman, thanking Lilah for providing brushes etc. and including donation.
   14. Reports from Dubbo and Mid-North Coast Branches.
   15. Newsletters from Branches, interstate and overseas support groups.
   16. Subscriptions and other payments from members and new members.
TREASURES REPORT showing a credit balance in the working account of $3670.19 was read.
Reports accepted on the motion of B Darlington, seconded L Walton.

WELFARE OFFICERS REPORT
I want to thank John and Des Nicholson for “standing in” for me during the trauma of living in a hail and storm damaged home. Until all the repairs are done (we have been told about 8 months to redo the roof) please continue to ring the Nicholsons - thanks. Also thanks to all those who rang to see if Norman and I were OK, visited or sent cards.

A notice is being circulated via the mail box and I feel it is important enough to pass on.

'Beware Everybody' People are ringing private homes and saying they are from AT&T Service Technicians testing your phone and would you please dial 90#. On no account do it as they then have access to your phone number to use as they wish to ring anywhere in the world and at your expense!!!!

I am not receiving the forms hospital visitors fill in to give me information on the person they visit. Family friends ring me to get the phone number of the person who visited their relative or friend and often the only information they can give is that 'he/she was a laryngectomee', which is not of much use but if I have the report then I am able to give them the information required. Because I wasn't at last months meeting and nothing appeared in the May Newsletter in general business discussion re a letter being written by the Association and given to the partners of impending laryngectomees, I would like to say that I think it is very important that all laryngectomees have the knowledge that we exist and are here to help. So many times I hear “I didn't know about you until the 'speechie' age me your name and telephone number to get stoma covers and a shower shield” Now we know they have been told before but because of worry it often doesn’t sink in for many and I can understand that so lets try a letter posted to them after they go home (more discussion in General Business)

I had a telephone conversation with a male nurse Andrew Bartlett from Strathfield Private Hospital who has started a support group for oesophageal cancer patients and it is most successful. He is interested in “Non Chew” and “Smooth as Silk” cook books so come on members help is needed - send your recipes to John/Des/myself. I have said I will attend one of their meetings and it would be great to say we are getting on well with the cookbook. I have set in four recipes and I know Des has a number but we always need more ideas.

More people with tracheostomies are ringing me re supplies - this is great as we are often able to help with supplies or information. Thankyou to whoever is passing on information about us to these people. Don Newby is also a great help with tracheostomy information to me and these people.

A lady from the Department of Veteran Affairs rang me and the arrangements for purchasing goods from the NSWLA are -:

A person with a Veteran Affairs card rings me (or at the moment John) orders what is required and gives their file number (from card), name and address. The goods are then posted to them and the account sent to the Department A much easier system. If you know a VA laryngectomee who is not a member please pass this information on.

Keep your stoma covered as the winds are starting and we don't want anybody sick.

To all those who are not well we hope it will not be long before you are well again.

To all those who have lost a loved one, we are here if you need help.

A special “Hello” to Oliver Harvey - know I owe you a letter - one is coming soon.

Lilah

Report accepted on the motion of M Halliburton, seconded C Gardner.

PRESIDENTS REPORT
I am organizing the agenda for the meeting with branch executives on June 8th at the Masonic Club in Parramatta. I hope that all branches whether they will be represented at the meeting or not will send to me as soon as possible the details of any matter they would like to be discussed. There may also be members who are unable to attend NSW or Branch meetings who would like some matters discussed - please let me know as soon as possible.

Matters already on the agenda are: Membership fees, Insurance, Registered Charity, Branch reports
GENERAL BUSINESS
1 There was a long discussion on the old problem of reaching new laryngectomies. We know that as far as we are able Patient Packs are distributed to all hospitals (more and more hospitals both in Sydney and the country are now on the list) where laryngectomies are performed and they are then given to new laryngectomies. However these patients are at the time being inundated with information, some verbal, some printed and often all too much to be assimilated because of their state of mind. Thus much of the information is wasted and we do know of cases where it has all been thrown out when the patient is ready to leave the hospital. We are aware that unless a patient desires a visit we cannot contact him/her but where there has been a visit the meeting decided that a letter be prepared to send to the patient and, if applicable, partner, on his return to home.
2 Moved B Gardner, seconded J Nicholson that because of external commitments of many committee members and the necessity to prepare a report on the June 8th meeting the June meeting be deferred to Wednesday 23rd June. Carried.
3 The Secretary reported that our Public Liability Insurance and Voluntary Workers Insurance covers all NSW Branches where the members of these branches are financial members of NSWLA.
4 The President informed members that they are invited to attend the meeting on June 8th as observers. L Walton will represent secretary/treasurer at that meeting.
5 Bill Byrne is to go into hospital immediately for treatment and the following week for surgery. The meeting wished him well.

There being no further business the President closed the meeting at 12.00 noon after which lunch and fellowship were enjoyed by all.

President

NOTE WELL

NEXT MEETING
WEDNESDAY 23rd JUNE
11am
UNITING CHURCH HALL
CARRINGTON AVENUE
STRATHFIELD
Parking on site, short walk to Railway Station and Buses.

Light luncheon served after meeting.
Members, families, friends and professionals all welcome.

BRANCH REPORTS
1. MID-NORTH COAST
It is, with sadness, that I wish to inform you of the passing of one of our oldest members, Mr. Brench Pascoe of Lake Cathie. Brench died on the 25th of April this year after a short illness, at Lakeside Nursing Home, Laurieton. Brench was 87 when he died and was co-holder of the record for the longest living laryngectomy. (Brench had his laryngectomy in 1966 when he was 54. He returned to work at that time as a postmaster. Until recently he drove himself to branch meetings in Taree each month.)
Brench was a fluent oesophageal speaker and was a good friend to all of us at the Support Group. He will be sadly missed. Regretfully I will not be attending the Regional Meeting on June 8th, but we will keep in touch.
Terry Shapter

2. CENTRAL WEST
Following is a brief report on our Annual General Meeting held on 7th April 1999, in the conference room at the Lourdes Hospital, Dubbo at 10.30am. The meeting was chaired by Frank McGee, with nine members present and four apologies. Ms Louise Williams, Lourdes Hospital speech therapist was in attendance also.

The group meetings in future will be held on the first Friday of the month, in the conference Room, Lourdes Hospital, Dubbo at 10.30am.
The chairman advised that the group had met nine times during the year finishing with a very enjoyable Christmas Party at the Dubbo RSL Club. We were very pleased to have had visits during the year from members of the New South Wales Laryngectomy Association Committee. John and Clarissa Chaloner in October, and President Brian Gardner and his wife, Carol in March. We are very appreciative of these visits.

Frank moved a special vote of thanks to our retiring secretary Sheila Baker. Sheila has been Group Honorary Secretary since the group formed in October 1995. We thanked Sheila for her dedicated support and hope she will continue to attend our meetings.

Tea, coffee and cakes were served by our ladies, and the meeting closed at 12.00noon.

Frank McGee

(Frank please let us know the members of your new committee in your next report-Ed)

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3. WESTERN DISTRICTS

At the May meeting the Grace Bros. gift voucher Raffle was drawn. Winners were:-
- First prize ($100.00 voucher) - Mr. Steven Bunton of Eastwood Bowling Club.
- Second Prize ($50.00 voucher) - Mrs. Lesley Frizza, 32 Carob Place, Cherrybrook.
- Third Prize ($25.00 voucher) - Mrs. Margaret Kamper, 4 Elayne Place, Guildford.
- Fourth Prize ($25.00 voucher) - Mr. Troy Payne, 48 Kerr Road, Castle Hill.

The June meeting of the Western Districts Branch has been cancelled. On that Tuesday a Combined Conference of the NSWLA and the Branches of the Association will be held at the Parramatta Masonic Club starting at 10.30am.

Members are welcome at this meeting as observers but any topic that they wish discussed should be notified beforehand to Stan Morley or Brian Gardner for inclusion in the agenda.

Future meetings of the Branch will be held at the same place but will start at 11.30am. The first meeting starting at this time will be the July meeting.

The voluntary donation of $1.00 by those attending the meeting is to be discontinued.

Eric Smith gave a very interesting and amusing account of his life which was well received by all present.

The Secretary has received a letter from Illawarra informing that they are happy to have another barbecue on the first Tuesday in September.

Pat Halliburton.

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VALE

It is with regret that we sadly farewell the following members

Mr Ken Troy of Picton
MRS Rita Skeewes of Leeton

We extend to their families and friends our sincere sympathy

WINTER

Do you know how it is that air enters your lungs?

When you contract your intercostal (between the ribs) muscles your ribs are lifted upwards. At the same time you contract your diaphragm (the muscle which is the bottom of the chest cavity) which lowers the bottom of your chest cavity. These muscles then combine to expand the chest cavity and air rushes in to fill the space created. Now before you had your laryngectomy this air entered via the nose and mouth so that by the time it reached your trachea and lungs it had been warmed, cleansed and moistened.

Your trachea, bronchi and lungs were not designed to receive cold, dry or dusty air and it behaves you, now that you are a laryngectomyee, to give them the protection they once received from your nose and mouth. This is especially so in winter when all these damaging factors come into play at once.

Make sure your stoma is covered at all times with a clean stoma cover. The stoma cover will help filter the air and will trap moisture from the exhaled air to help moisten the inhaled air. When in a cold environment eg outside in the winter cold add another warm covering such as a high necked jumper, a stoma warmer or a warm scarf. Some complain that this makes breathing more difficult but if your intercostal muscles and diaphragm have to work a little harder it will do you nothing but good. Keeping this entering air warm, moist and clean will reduce coughing and the amount of mucus you produce.

When indoors in an artificially heated environment you may need to use an humidifier to raise the moisture content of the air.

HAVE A HEALTHY WINTER.
JUST FOR FUN
RAIN
I'm sick to death of ruddy rain
It really gets my goat,
It's rained for seven days and nights-
I've got to buy that boat.
The marigolds are looking bad
We planted them last week,
The last I saw they floated by
And headed for the creek.
I'm tired of wet and muddy boots
Of coats and soggy brogues
Of droopy, damp and soggy togs,
I'm getting melancholy!
I've read my magazines and books
My crosswords are diminished
I've cleaned the cupboards, top and tail
My patience is all finished.
My larder's looking poorly
And I'm nearly out of tins
My freezer's nearly empty
And the bread supply is thin.

And after all my griping,
I've sworn and damned and blast
And whinged and whined and grizzled
Now the sun has come at last.
So out to do the shopping
And smile at all I see
And forget about that lazy week
AND CONCENTRATE ON ME!!!
Dawn Dyer

A JOKE FOR THE MONTH
Fred was very attached to his dog, and thinking he looked a bit seedy took him to the vet. The vet had to tell him that the dog was not seedy but dead. Fred lost his temper and told the vet he obviously didn't know what he was talking about and demanded a second opinion.
So the vet went outside and brought in his own pet, a beautiful Labrador which sniffed around Fred's dog, shook his head and walked out.
Poor Fred did not want to believe the worst and demanded another opinion.
The vet went and produced a cat and held it near the dog who despite the proximity of his old enemy did not stir, neither did the cat show any interest in the dog.
Fred was forced to accept the fact that his beloved friend was really dead. He asked for the bill and was stunned when the vet told him $350. He demanded an itemized account:
Consultation $30.00
Lab. Report $150.00
CAT scan $170.00
TOTAL $350.00

M Silver & L Wallon

ON GROWING OLDER
The following thoughts were printed in "CLAN" courtesy of Dr Scott Lowery of Lamar University)
Growing old is mandatory; growing up is optional

Insanity is your only means of relaxation

Forget the health food; you need all the preservatives you can get.

Your mind not only wanders; sometimes it leaves completely

God put you on earth to achieve a certain number of things. Right now you are so far behind you will live forever.

Every time you think about exercise, you lie down till the thought goes away.

Until next month, Good Luck, Good Health, Take Care and Keep Smiling

CORRECTION
Margaret Silver tells me that the recipe which was printed in last months Newsletter should have read 20 mins for the second bake.
Apologies from us both - hope you didn't have a failure.

AN OLD ONE BUT A GOOD ONE
Q: What is it that a man does standing up, a woman does sitting down and a dog does on three legs?
A: Shake hands

Jim Knight.
JUNE 1999

LARO-LINK

NEWSLETTER OF THE LARYNGECTOMEE ASSOCN. OF QLD. INC.
An Association dedicated to the Welfare of Laryngectomees and the Regaining of Speech.

Registered by Australia Post Publication No QAW3738
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THE OFFICE PHONE 3258 2259 FAX 3258 2287
Office open every Wed 10.till 2. Any and everyone welcome

Next General Meeting of the Laryngectomee Asscnn of Qld Inc.

WEDNESDAY 16th JUNE 10.30 am
Qld Cancer Fund, William Rudder House 553 Gregory Tce
Fortitude Valley (Opposite old Museum)(Parking under building)

Tea, Coffee, Nice things to eat, Quizes and Competitions with very small prizes - just for fun!! Come and meet some old & new friends.

From the Editor,

Welcome to another issue. Whenever I sit down to put the Newsletter together I often wonder where our readers are situated, and in updating the mailing list I see names of friends from years ago and wonder how you are going. So I am dedicating this issue to all those members who are currently in hospital or nursing homes. We often don't know your situation has changed, but if you are in a new situation and you feel we could assist in any way please contact us or get someone to do this for you. Although we try our best to be positive and bright, there is no doubt the reason for the existence of our Association is understanding and support of fellow laryngectomies particularly when the going gets tough and there are problems to be solved.

This is a very exciting issue for me. For several years now, those of us meeting many new larios have recognised the much greater problems facing those people who also had more extensive surgery whether a pharyngolaryngectomy or radical neck dissection, but until now no-one had written a graphic but very realistic commentary on the actual event.
We are absolutely thrilled to present "SPEAKING OUT" THE DIARY OF A LARYNGECTOMEE by Val Zealley. Val's husband John underwent pharyngolaryngectomy and although every individual case is different I'm sure everyone will find many things they can relate to in Val's account of their experience. We will be running it over two issues and I'm sure you'll be looking forward to the next issue after reading this one!
And From the President: This is about the time of the year I warn all new members of impending problems if they don’t protect their stomas when the winds are blowing. The winds dry out the fragile mucosa of the trachea which was never meant to encounter Westerlies as a direct hit. The resulting dryness causes splits which bleed and give people Terrible Frights! All of which can be avoided by covering up & using foam (if you can’t tolerate sticking it directly on the skin, then larger pieces stuck on a stoma cover work well!). Those who missed last Meeting missed a fascinating talk by Norm on stamps and stamp collecting. Norm actually revealed a serious and sensitive side to his nature as he revealed a life long passion for stamps which he regards as miniature works of art, and also gave us an insight into the skullduggery involved in serious stamp-dealing. It was fascinating, and a shame that there wasn’t a larger audience.

Hoping to see a good roll up next Wednesday. Until then, Keep Communicating! Heather.

OTHER DIARY DATES
July 13th-16th Sydney, “Cancer We Care” Conference. Australian Cancer Society Conference for cancer patients, their families, and other interested persons. Full details last Newsletter. Please request a copy if interested.

SATURDAY 16th OCTOBER. Our own L.A.Q. Annual Seminar, to be held in the Auditorium, Qld Cancer Fund. Full days program will be published next Newsletter, but remember many people give up their Saturday to speak with us, conduct groups, and share their most up-to-date professional knowledge. If you wish to make a presentation regarding your own experiences, or perhaps an invention, please let us know by August 1st.

"SPEAKING OUT"
THE DIARY OF A LARYNGECTOMEE by Val Zealley

JOHN
&
VALERIE
ZEALEY

Valerie has written this account of their experience to help others in a similar situation and is happy for this story to be used for this purpose. As it is Valerie’s property, I would ask anyone interested in running the story in their newsletter, or wherever, to please contact Valerie and let her know. (Thankyou-Heather) Address: P.O.Box 123, GLADSTONE Q 4680
From initial diagnosis through to the final dose of radiation, this is one man’s journey into the world of throat cancer. This diary documents his experiences but is also a record of the effect of his illness on friends and family.

The account is written in the sincere hope that other sufferers of this awful disease may know a little more of what is in store for them. Patients are always encouraged to ask questions but without any real information it is difficult to know what questions to ask. This often leads to a feeling of powerlessness over the situation. Perhaps this diary will assist someone to feel more in control of their own destiny.

I must say at the outset that the majority of carers we came in contact with were dedicated, hard-working, sympathetic professionals who did their very best for us. If parts of this account at times appear harsh please bear in mind that I have tried to convey an accurate record of the time which I freely admit may have been coloured by emotion. I do not consider my words unfair, simply honest in the context of their recording.

**SIGNs, SYMPTOMS, FIRST STEPS**

Early in 1996 my husband John attended his local physician for treatment of a sore arm. He happened to mention just in passing that he was still experiencing discomfort in his throat from time to time. He had mentioned this a couple of months earlier. He described the feeling as something like having a fishbone stuck in his throat but he’d not bothered too much about it as it seemed nothing more than an annoyance.

At age fifty-six, a heavy smoker who’d given up three years earlier, and a man who enjoyed a drink, John was a good candidate for throat cancer. Of course the word was not mentioned at this stage. His G.P. was not happy with the on-going nature of this ‘sore throat’ and made immediate arrangements for him to visit an E.N.T. specialist.

We lived in a very isolated area of Cape York at the time so any problems necessitated a flight to Cairns. John flew down on the Sunday, visited the doctor on the Monday, had a biopsy done of the Tuesday and flew home again on Wednesday. The specialist promised to phone through the results as soon as possible. This was the first time we spoke openly about cancer although it had obviously been uppermost in our minds. Our thoughts were all of a very positive nature as we clutched at the tiniest straws.

"If there is a tumour it will probably be benign."

"You’ve had no other symptoms."

"It’s only small it will be easily removed."

We continued to think this way until the phone rang on Friday afternoon. There was a tumour which appeared to be growing on the vocal chords. It looked small and could likely be removed leaving John with nothing more than a sore throat and a slightly throaty voice. HOWEVER it was recommended that we see another specialist in Brisbane to confirm the diagnosis.

One week later we flew to Brisbane. The consultation was very thorough but our hopes for a narrow escape were fairly well extinguished as the specialist did not like what he saw. We were sent off for immediate x-rays and a C.T scan which confirmed a large tumour in the pharynx, not the easily operable little intruder on the vocal chords we had been hoping for.

John was admitted to hospital on the same day for a further biopsy and our worst fears were confirmed. The tumour was very big and growing. If it was not removed it would eventually choke John to death, possibly within months.

At this point we had been given some literature about throat cancer and the operation it entailed. John had stated categorically that he would rather die than breathe through a hole in his neck and have to speak using mechanical aids. My husband is a strong and determined man so when the doctor told me of his findings and explained John’s options I was dreadfully afraid that his reaction would be negative.

It is a great truism that life becomes very precious when it is really threatened. When the options were clearly laid out on the line there simply was no discussion. It was a case of have the operation or die painfully within months. John naturally made the smart decision. I probably shouldn’t have worried as he has never been a quitter but I do know that had we known more about what was in store for us we may still have taken the same path but it would have been a much better informed decision.

Anyway we had now stepped aboard a train which appeared to be an express. We had bought a ticket to ride all the way with no stops. We were told to “go home and enjoy your last week of being normal.”

**CLINICS AND THE BIG CUT.**

On Sunday March 3rd after a fairly harrowing week at home we flew back to Brisbane. We had spent a lot of time explaining to friends and family what John was about to undergo. This really helped our own understanding and acceptance as well.

John would undergo a pharyngolaryngectomy which involved the removal of both larynx and pharynx. His trachea would be brought forward to an opening in his neck called a stoma through which he would breathe. A section of his intestine would be cut out and used to build a new throat allowing him to eat and drink fairly normally.

John’s specialist would also make a small passage from the back of the trachea into the throat area which would later hold a voice prosthesis enabling John to make speech. This is often done at a later date and appears to be a matter of preference of the specialist whether it is done at the same time as the initial operation. John was also going to have six weeks of radiation following the operation and it was necessary to consider the damage this would do to the new throat tissue. It may not have been possible to operate further which would have limited John’s options for a speaking process to the use of an electrolarynx. Many patients opt not to have an internal prosthesis but this was the choice we had made.
John would also have a hemithyroidectomy and several lymph glands would be removed but these were unlikely to be compromised in the spread of the cancer. The radiation following this procedure would hopefully potenially turn any remaining cancer cells. John's specialist had already warned us that in his opinion the effects of the radiation were far worse than the initial operation!

As I said, explaining all this to family and friends reinforced our own confidence which further illustrates the importance of patients being well informed. We had no extended family living in Brisbane but we were joined there by our son who lived there with friends and our daughter who flew down from boarding school in Townsville. We had kept her father's condition secret until she could be with us and I was not relishing the thought of telling her. It is a very levelling experience for teenagers to come to terms with the vulnerability of those adults in their lives who are supposed to be eternally strong. As it turned out both children coped wonderfully well and were a great source of cheer to their father in some of the darker days to come. John's mother and sister also dropped everything and flew from England to be with us. We were also blessed with the support of John's Brisbane based colleagues. These intelligent, highly skilled, very 'manly' men made me very proud to know them when I witnessed the genuine care and concern they exhibited towards one of their own in need.

There would be times to come when we would feel a little alone in the big city but there was nearly always someone around willing to help and I cannot stress strongly enough the importance of a good support base in speeding the patient's recovery.

We spent that Sunday evening having an excellent meal with plenty of good wine. John was outwardly hearty and inwardly rather scared but he had great faith in his specialist and we all placed our trust in his inner strength and the surety that he really was in excellent hands.

DAY 2.

We have a 10:30 AM appointment at a Head, Neck Clinic. This is not at the hospital where John is to be operated on and we have absolutely no knowledge of what this clinic is all about. This is another example of not being in control of one's own destiny. We have been told to be there so we dutifully turned up thinking this was part of the procedure.

The Head, Neck Clinic is in fact an opportunity for several doctors to review individual cases within their field of expertise. Most of the examining physicians have no prior knowledge of the patient nor will they be involved in their treatment. They may consult with the attending physician as to the best procedure for treatment and I am sure that this is a most beneficial procedure. However the treatment of patients and the total lack of explanation given to them needs some rethinking. We found it to be a thoroughly depersonalising experience as at least sixteen different doctors all of whom appeared to be in a huge hurry - they probably were - pedaled, asked the same questions, answered very few of ours and generally made John feel like a piece of meat, albeit an interesting one. At one point I became so upset for him that I begged him not to let anyone else examine his throat. This invasive procedure had already been done five times to this point. We felt more like notes on a chart than people. One or two of the doctors did take time for a brief chat but most simply breezed in and out without even time for an introduction.

After this was all over we were none the wiser as to why we had been there. There had certainly been no change in the planned protocol for John's operation. In hindsight I can say that clinics of this nature perform a very useful function but our feelings at the time underline the need for patients to be properly informed. If you don't ask what it's all about you won't be told.

DAY 3.

Hospital. John was admitted at 2PM although there was some confusion as to admission times. The hospital said Wednesday PM, the doctor said Thursday AM. We could have had a last night on the town instead of spending it in a hospital room.

The anaesthetist was expected to visit but he too was under the impression that we would not be there until the next morning.

We did however have a good talk with the speech therapist who would be looking after John following the operation. I would recommend that people find a good therapist as these people can be both informative and encouraging. Ours was able to answer lots of questions regarding the process of learning to speak again, the use of prosthesis, effects of radium treatment and the time factors involved in the steps to recovery. Indeed all of our subsequent dealings with people in this field have been wonderfully positive.

We had a few small dramas later that evening when the change of shift discovered that John had not had any of the standard tests such as x-rays and blood performed when he was admitted. A few quick phone calls got things moving but it was a bit worrying to think that if this error had not been discovered it may have delayed John's operation. We were at the point of 'let's get this over with' and any delay would have been very upsetting.

One aspect of early admission to hospital which we found very useful was the opportunity to visit the intensive care facility where John would be for several days after the operation. From the family's point of view it gave us the chance to learn about all the various pieces of paraphernalia that John would be hooked up to so it would come as less of a shock later on. For the patient it means they are able to reorient themselves more quickly when they are recovering from anaesthesia.

THIS NEWSLETTER WAS PRODUCED WITH THE ASSISTANCE OF THE QLD CANCER FUND.
That evening we also met the general surgeon who was able to explain his part of the operation. It was good to put faces to the names of the people who would hold my husband’s life in their hands.

During the operation there would be three surgeons in attendance. One to open the neck and remove the tumour and later to relocate the trachea and construct the stoma. Another surgeon would remove the section of bowel used to make the new throat and a third microsurgeon would be responsible for stitching this into position and for rejoining nerves and blood vessels. This is not to underplay the important roles of the anaesthetist and other theatre staff. It would be a real team effort.

DAY 4.
Thursday March 7.
This is a date we will never forget because it was also our son’s 21st birthday! Celebrations were to be postponed until after the operation.
The Big Cut. John is allowed liquids until 10:00 and has an early visit from the anaesthetist. Another name with a face. We spend a long morning of uncertainty, apprehension and ‘she’ll be right’ type optimism. John has a shower then pre-med at 11:30 and is wheeled down to the theatre waiting room at 12:30PM. It is so hard not to burst into tears as I kiss him goodbye before he is wheeled away. Of course the last thing he needs at this time is tears.

Wait, wait, wait and wait some more. The best thing to do is get out of the hospital for a while and give the brain a rest so the children and I went for a wander in the city. John’s mum and sister stayed at the hospital. We were really just worrying in different places.

Back to the waiting room a couple of hours later. The theatre staff were very good about giving us regular updates. Everything is going well.

John went into the theatre at 1:00PM and was wheeled out at 10:30PM. Nine and a half hours! He was settled into the I.C.U. by 11:15PM and already responding to stimuli by 11:30PM.

INITIAL APPEARANCE AFTER A PHARYNGOLARYNGELECTOMY
The patient has been cut from ear to ear and the entire neck area will appear so swollen you’d swear they’d swallowed a rugby football sideways. The incision will be heavily stitched, red and angry looking. A tracheotomy tube will be held in place in the neck by a large dressing, there will be a nasogastric tube through which the patient will later be fed and extra drains taking fluids from the wound site. The patient has monitors attached to his body watching his vital signs. He will still be on a respirator which breathes for him and will also be hooked up to several drips administering narcotics, anti-biotics and intravenous fluids. Be prepared for machines, pumps, computers and people all around the patient. Don’t be afraid to ask about anything as the I.C.U. staff are more than willing to explain everything.

In the true independent nature of our family John was off the respirator and breathing for himself by 12:30AM. Many patients take a lot longer. Under a heavy dose of narcotics he was sleeping peacefully so the children and I staggered off to our own beds. We would remain in the hospital that evening as those first few post-op hours was quite critical and we wanted to be close. I think we slept a little but it was far from a restful night.

POST OP

DAY 5
Although appearing to be quite coherent at times, most patients will be in ‘la-la land’ on a potent cocktail of drugs. Feeling no pain is the ideal state to be in.

John heard what we said and attempted to respond but he generally forgot straight away what we had been talking about. At this point John’s conscious brain was not sending the message that he could no longer speak and his first response was always to open his mouth to reply. He seemed genuinely bemused when no sound emerged. We realized that we should tell him things rather than ask thus relieving him of the strain of trying to speak. The physiotherapist had already been to visit and had taught him how to ‘Huff’. This is an important process used to clear mucus buildup from the lungs. Because John has a throat graft he also needs lots of mouth suction. Swallowing anything is an absolute ‘no-no’ until the graft heals and is tested for leaks.

John was handling everything well. The I.C.U. staff were truly excellent filling us with confidence but we still felt like traitors every time we left him even if only for a short while. It is as much a sop to our feelings as it is a comfort to John to simply be there holding his hand and talking about totally inconsequential things.

DAY 6
Long days in the I.C.U but none of us want to be anywhere else. We were made to feel quite welcome and never in the way. John has begun writing notes even though he is still very weak. His sense of humour is still very much intact although his throat is extremely sore. On a scale of 1 (weak) to 10 (strong pain) he indicates it’s a 7. He’s no baby so it really hurts despite the drugs.

With Australia’s health system already stretched beyond the limit, most hospitals today experience staffing problems particularly on weekends. Some of the night staff in the I.C.U at this time were agency nurses who were not familiar with this particular I.C.U. This was not doing a lot for John’s confidence as he needed constant assistance with suctioning his mouth. He was huffing up a lot of chest fluids and these needed sucking out through the tracheotomy tube all the time. If help is not close at hand for this process the patient can easily panic as the sensation is rather close to that of drowning. Very frightening. The regular staff were brilliant but some of the temporary staff left a lot to be desired. One nurse did not even speak much English and John had to SHOW HER how to perform his suction! This same nurse accidentally dislodged his epidural while trying to lift him in the bed. That incident certainly didn’t assist his recovery.
Still in the I.C.U. It has been arranged that John only have hospital nurses. He is still well drugged but is much more aware of his circumstances. The enormity of it all is hitting home and he admits to occasional feelings of depression.

Today he is helped out of bed to sit in a chair for a while. Yes, already! This is quite a performance with all the tubes attached. The two wound drains are the worst offenders causing pain when moved. Getting back into bed causes him great pain and he is given extra drugs. This sets him back a bit and is physically very draining. Getting the patient moving is of course a very necessary step on the road to recovery. His appearance - like a bloated cane toad - is unchanged and his temperature is slightly up. To cap off a not so wonderful day, he is given a should lift to raise him in the bed. However as John goes up, the nasal tube which is held in place by a couple of stitches in the nose, gets pulled down! Painful and scary as this tube is vital.

John has an extra catheter in the fistula in his throat where the future voice prosthesis will be positioned. Some of the nursing staff were a little at a loss as to what to do with it. It needed moving daily to help keep the fistula open. A visit from John's doctor was necessary to sort out its function and care.

Today John received his first 'food' via the nasogastric tube. "Delicious" he joked, but I'd rather have a Guinness".

**DAY 8**

John was supposed to go back to the ward today but didn't feel confident enough. He is most afraid of being left alone when suction is needed. It's surprising how the least little set-back can depress the patient. He is starting to expel some mucus through the tracheotomy tube now and there appears to be buckets of saliva from his mouth. His suction wand is his constant companion.

Out of bed for another spell in the chair today. Tiring but not as traumatic as last time. We can see the improvement each day but John needs lots of confidence boosting as he is nervous about returning to the wards tomorrow. A visit from a couple of his work colleagues does much to cheer us all.

---

**NEXT ISSUE: THE ROAD TO RECOVERY, RADIATION, & THE FUTURE**

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**Care and use of NC/NIMH batteries**

- **Lifetime**
  - With proper care, the batteries should last from six months to a year (Approx 300 charge/discharge cycles).
  - The NIMH batteries can be used around 10 hours at audible volume and the NC battery can be used around 7 hours at audible volume.

- **Charging**
  - The batteries should be fully charged before the first use so that their full capacity may be reached.

- **Discharging**
  - You should *not* completely discharge the battery in the speech device. The latest the battery should be discharged is when a depression of the accentuating button does not alter the basic pitch produced.
  - If you have the SMT NC Battery (White with black printing) you should avoid recharging the batteries immediately when used for a shorter period of time, because then there will be a "memory effect" which means that the battery will lose its capacity.
  - You should discharge NC batteries over longer periods. If you have the SMT NIMH battery (white with green printing) there will be no problem with the "memory effect" which means that you can recharge them at any time.

- **Polarity**
  - Do not charge the battery with the polarities reversed. The red light on the fully automatic charger shows a wrong polarity.

- **Short Circuiting**
  - Avoid short circuiting the batteries. A short circuit caused by a key or coins for example, generates heat which may cause a burn and destroy the battery.
  - Do not carry the battery in your pocket.

- **Keeping**
  - The batteries should always be used in rotation where possible, i.e. you should not stock up on batteries and store them anywhere, this likewise affects their life. You should only buy as many batteries as you can actually use in alternation.

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**BIG NEWS**

**R.B.H. Newsheet!**

---

Kylie Jnr is on the way & we all wish Kylie a happy & healthy time till December!

---

Jen leaves for her prize holiday to London on 11th June where she is having her hair done by the WORLD'S LEADING HAIRDRESSER! Will we recognise her when she returns????

---

Auditory Services presented an update on aids etc. The info on batteries is on the left.
The Laryngectomee Association of Queensland Inc.

INCOME AND EXPENDITURE ACCOUNT FOR YEAR ENDED 30 November 1998

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BALANCE SHEET AS AT 30 November 1998

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* Insert Bank, Building Society or Credit Union

I, [Signature], have examined the books, vouchers and documents of the LARYNGECTOMEE ASSOCIATION OF QUEENSLAND INC. and hereby certify that the above Income and Expenditure Account and Balance sheet are in accordance therewith and are correct.

Date: 30 November 1998

A. W. Munro, Auditor

For recognition of accumulated funds see Ques.
Where the amount of Accumulated Funds appearing in the Balance-sheet differ from the amounts stated for the preceding financial year, and the difference is not explained by the surplus from the Income and Expenditure Account, an explanatory statement in the following form should be furnished.

Balance as per previous Balance-sheet. 30 November 1997 $ 66373.13

Add. Excess income for year ended 30 November 1998

or

Deduct. Excess expenditure for the year ended

$ 5210.15

$ 71583.28

Add. Capital adjustments (if any) (Detail in space below.)

$ 71583.28

Deduct. Capital adjustments (if any) (Detail in space below.)

$ 71583.28

Balance as per Balance-sheet over page

$ 71583.28

DETAILS OF CAPITAL ADJUSTMENTS

DETAILS OF INVESTMENTS

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$ 43794.03
From Sir Norman's Desk.
Are Country people better off than City Slickers? Apparently.
There are more financial members in the country-perhaps they
appreciate the Newsletter more?? We do however very much appreciate
some wonderful donations sent in with subscriptions. Our Bank
balance may look healthy but we have now lost our Fundraising
Bowls Day so Subs are our only source of finance which is my excuse
for a bit of harping.

How do you feel about a new segment "Most Frequently Asked
Questions" answered by a team of Specialists in various fields we
have "on tap" (like a good beverage. Fellow colleagues would think
I mean an amber fluid. Ah! Those days are gone I could drink castor oil
& still think it was a beer these days). Anyway, if you have a question
send it in & we'll find an answer! Regards NORM.

JOKES for Sir Norman.

1) The earth makes one revolution every 24 hours.
2) The cuckoo bird does not lay his own eggs.
3) To prevent conception when having intercourse, the male wears a condominium.
4) To collect fumes of sulfur, hold a deacon over a flame in a test tube.
5) Parallel lines never meet, unless you bend one or both of them.
6) Algebraical symbols are used when you do not know what you are talking about.
7) Geometry teaches us to bisex angles.
8) A circle is a line which meets its other end without ending.
9) The moon is a planet just like earth only it is even deadee.
10) Artificial insemination is when the farmer does it to the cow instead of the bull.
11) An example of animal breeding is the farmer who mated a bull that gave a
great deal of milk with a bull with good meat.
12) We believe that reptiles came from the amphibians by spontaneous generation
and study of rocks.
13) By self-pollination, a farmer may get a flock of long-haired sheep.
14) Dew is formed on leaves when the sun shines on them and makes them perspire.
15) A super-saturated solution is one that holds more than it can hold.
16) A triangle with an angle of 135 degrees is called an obscene triangle.
17) Blood flows down one leg and up the other.
18) A person should take a bath once in summer, and not quite so often in winter.
19) The hookworm larvae enter the human body through the soul.
20) When you haven't got enough iodine in your blood you get a glacier.
21) It is well known that a deceased body harms the mind.
22) Humans are more intelligent than beasts because human brains have more
convulsions.
23) For fainting: Rub the person's chest, or if a lady, rub her arm above the
hand instead.
24) For fractures: To see if the limb is broken, wiggle it gently back and forth.
25) To remove dust from the eye, pull the eye down over the nose.
Speech Therapy News

Michelle Brown has been part of the Speech Pathology Dept for nearly 5 years, having worked in Rehab., Acute Medical, and Acute Surgical Units.

Most recently she managed the E.N.T. and Surgical caseload, and was active in promoting the Lost Cord Laryngectomy Support Groups in their regular meetings and training up volunteer support visitors for newly diagnosed members. Michelle’s colleagues and patient/clients will miss her input and presence, but wish her well in her new life in Brisbane.

Anita Adam
Director of Speech Therapy

GOLD COAST NEWS

1. Mr. Brian Talbot who came from Brisbane gave an excellent presentation on the availability of phones through TELSTRA for people with a disability - and for the aged. Phone 1800 688 348.

2. A letter from Michelle Brown was received, thanking the support group for the lovely gift, on her departure from the Gold Coast Hospital. We wish Michelle and Toni a Happy Wedding Day on 22nd May in Brisbane. Michelle is now working at Q. E. 11. Hospital, Brisbane. Jeanette Murray is now welcomed as stand in Speech Pathologist till a permanent replacement arrives (Pager 521).

3. Next meeting - Friday 25th June - 10:00 A.M. SHARP.

Guest:-

Marie - Claude Renaud who will explain Zen Shiatsu - Oriental Therapeutic Massage. (Marie is a qualified Practitioner) Would love to see a large attendance (Visitors Welcome). A great deal of time and planning goes into organising a satisfactory guest.

Laraine Turville, Chairperson 55394450
Norma Shewring, Secretary 55771262
Jeanette Murray, Speech Pathologist 55718211 Pager 521

LARYNGECTOMY SUPPORT GROUPS

MACKAY: LAST FRIDAY OF EACH MONTH, MACCAY BASE HOSPITAL PARAMEDEL GROUP ROOM. 10.am -11am Contact SUE KEAGAN. SPEECH PATH. (07) 49686000

PRINCESS ALEXANDRA HOSP.: FIRST THURSDAY EACH MONTH 10.30-11.30 am
Contact CLARE POWER, SPEECH PATH (07) 3240 2314

ROYAL BRISBANE HOSP. SECOND THURSDAY EACH MONTH 2-3pm 7HS
CONFERENCE RM. Contact SONIA, (07) 3253 8026

REDCLIFFE SUPPORT GROUP: THIRD FRI EACH MONTH 10.30at the REDCLIFFE R.S.L
Contact ANNE MILLER PH 3205 3278 or TARNI DAVIES PH (07) 3883 7753

ROCKHAMPTON SUPPORT GROUP: SECOND TUESDAY BIMONTHLY (JUNE, AUGUST)
Contact WENDY THOMPSON PH (07) 4927 4387

SUNSHINE COAST: PH SPEECH DEPT NAMBOUR HOSPITAL FOR DETAILS.
EDITORIAL

24th April 1999 - Just nineteen years since Nick had his laryngectomy - the operation that took his voice but gave him and me a new lease of life, the hole in his throat that saved him from a premature hole in the ground. And what a good nineteen years it has been - when I look back I realize that life has not been very different - the few adjustments that had to be made have been easy when compared to those I would have had to make had I been a widow. He went back to work, after a month, for another nine years and since then has been active in the L.A. Yes I know we have been lucky because he has had few problems and as we get older I often wonder how well we would have coped had he been older when he had the operation. We were only 51 at the time so were more easily able to adapt -- the younger we are the easier it is to be taught new tricks.

I am therefore making an appeal for our younger members to become active in our Association to support our older members - the future of this Association is in your hands.

---

SUNSET – ANZAC DAY

The last of the marchers have passed me,
The clinking of medals is hushed,
Flags are down from the masthead
As sweet rosemary perfumes the dusk.

The fog filters down from the heavens
And I see from my inward eye
Eight abreast in ghostly formation,
A Battalion of days gone by!

Dawn Dyer sent in this poem for all the ‘Old Diggers’ and I know we have many of them - for whom Anzac Day is so special - a day when they remember their mates, and the lucky ones reunite with their mates, the ones with whom they stood shoulder to shoulder when times were tough.

This mateship is the backbone of our Association - let us all be here to support each other 'in our common need'. With friends to stand by us any problem is easier to face.

---

WHO TO CONTACT

FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curly Curl. 2099 Phone 02-9939-1539
FOR SPEECH AID BATTERIES, PARTS & REPAIRS - John Chaloner, 111 Station Street, Petersham. 02-9560-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St., Kensington. 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, Kings Cross, 2011. Phone 02-9334-1900. Fax 02-9357-2676
MINUTES OF THE GENERAL
MEETING OF THE LARYNGECTOMEE
ASSOCIATION OF NSW, HELD IN THE
UNITING CHURCH HALL,
STRATHFIELD ON WEDNESDAY 21st
APRIL 1999
PRESENT: J Nicholson, L David, B Byrne, N
Bluett, J Nowland, H Stone, P Halliburton, S
Morley, D Nicholson, M Halliburton, M Silver,
A Stone, J Bluett, H Morley, M Ploenges, B
Dun.
APOLOGIES were accepted from B Gardner,
MEETING WAS OPENED by Vice President
B Byrne in the absence of the President B
Gardner.
MINUTES OF THE MARCH MEETING as
distributed were accepted on the motion of B
Darlington seconded N Bluett.
SECRETARY/TREASURERS REPORT
Because of our association with the annual
Hawkesbury Show, Des and I have been
assisting in the preparation of that Show which
was held on the 16th, 17th, 18th April. This
Show is now the third biggest agricultural show
in NSW so we really have not had much time
for LA activity in the last few weeks.
MEMBERSHIP: On behalf of the Committee I
welcome the following new members:
Mr R F Ewings of Harrington
Ms A Gibbs, Aged Care Advisory
Service, Wagga Wagga
Mr T M Shapter of Hallidays Point
Mr K Weinstat of Pelican Flat
Mr E Wilcox of Dubbo
Mr C Goldsmith of Botany.
We hope these new members will avail
themselves of the fellowship at the NSW
meetings, or any of the Branch meetings as
shown on page 1 of the Newsletter.
Unfortunately I have to report that we have been
advised of the deaths of three members.
ILLAWARRA L A: It was pleasing to receive
a Newsletter from the Illawarra Association and
I will ensure they are again included on our
mailing list.
NEWSLETTER: We often receive Newsletters
returned marked 'left address' but this time we
received one marked 'no such address' despite
the fact that a Newsletter has been going to that
address for many months. If anyone can help
with the new or correct addresses of Mr Arthur
Homer of Mereweather, or Mr A R Sommerville
of Double Bay, please let me know.
CANCER WE CARE: The final programme for
this seminar to be conducted by the Australian
Cancer Society in July should be available at the
May meeting. This is a three day conference for
all those professionals and volunteers, families
and cancer sufferers who care for cancer
patients and survivors. Cost for professionals
is $280 and volunteers etc $200. When we
obtain the final programme it will be published
in the Newsletter.
CORRESPONDENCE:
2. Hilton Sales Worldwide - advertising a
conference centre.
3. NSW Health Dept. - Copy of You and
Your Health Service.
4. Helping Hand Caring Services -
advertising.
5. Directory of Australian Associations -
advertising.
6. Cancer Council of NSW - seeking
donations.
8. Dawn Dyer - contribution to Newsletter
9. Yearly subscriptions from members
10. Payments of accounts
11. Newsletters from branches, other states
and overseas.
TREASURERS REPORT showed a credit
balance in the working account of $3747.10
REPORTS accepted on the motion of P
Halliburton, seconded J Nowland.
WELFARE OFFICERS REPORT
(Lilah Walton was unable to attend the meeting
as her home was badly damaged in the recent
hail storm and she and Norm were both at home
guarding the family silver and more importantly
guarding the tarpaulin which was keeping the
house dry. We hope that by next month she
will no longer be house bound and able to be
with us. Report read by Des Nicholson)
"I am amazed at the reaction of members re
the smoking action being taken by ASH and their
lack of support for this action. I bet there will
not be many 'standing behind the door' if ASH
succeeds in getting a cash claim approved. This
is when I wonder if I am wasting my time.
I am getting quite a few enquiries from different
sections of the community about tracheostomy
patients; this is good as now people are aware
that we assist these people as well as there is no
other organization for them
Received a letter from Gerri Marshall, UNSW, who has completed a research project on “What Makes a Support Group Supportive” and some of our members answered a questionnaire. The results will be published elsewhere in this Newsletter.
Norman and I went through the hail drama with last Wednesdays (14th April) storm and I shall be out of action (for supplies) for a few weeks so please hold on till then. If the need is desperate please ring John Nicholson.
We have Bill Byrnes V.P. on the sick list and waiting to go into hospital. To him and anybody else who isn’t feeling 100% we send our best wishes. To all our members and families who have had a bereavement our thoughts are with you.
Thankyou for the kind words in the April Newsletter - all true of course!!
Happy birthday to Lorraine Stein and any one else who suddenly finds him/herself one year older!!”
Carried on the motion of D Nicholson, seconded M Halliburton.

SPEECH AIDS OFFICERS REPORT: as John Chaloner was unable to attend due to work commitments there was no formal report.
However John had told the Secretary that it had been a ‘business as usual’ month.

GENERAL BUSINESS
1 The meeting wished Bill Byrnes well in his upcoming surgery.
2 Stan Morley spoke of meeting a man who said he had had his larynx removed due to cancer and replaced by another in an operation in Australia. Stan had no details but we will make enquiries about the veracity of this as it seems that such a procedure would have received some publicity.
3 The secretary reported receiving a letter from a person who had lost her voice and asking for any help that we may be able to give. This letter has been referred to speech therapists who will contact the person and send her literature etc and offer any help available.

There being no further business the chairman closed the meeting at 11.45am and those present retired to enjoy lunch and merry fellowship.

President

NEXT MEETING
Wednesday 19th May
UNITING CHURCH HALL
CARRINGTON AVENUE
STRATHFIELD.
11.00 am.
PARKING ON SITE or SHORT WALK TO RAILWAY STATION

Meeting followed by light luncheon and
CHAT TIME
Laryngectomees, friends, families and professionals all invited to participate.

WHAT MAKES A SUPPORT GROUP SUPPORTIVE?
The study into what makes a member more satisfied with their support group received an enthusiastic response from organizations from all over NSW. One hundred and seventy-three members from 36 different support/self help groups completed the research questionnaire. The participating support groups included organizations which help people with physical or mental health difficulties, and groups for people facing difficult life situations, and people facing common problems such as cancer or diabetes.
The survey asked people for their opinions of various features of their support group and investigated possible links between attendance and the ways people cope with the problem that brought them to the meeting in the first place. The most important finding was that people who affiliated with other group members by meeting each other outside the meeting times, liked the other participants and considered them ‘my kind of people’ were the most satisfied. The longer a member had been attending meetings, the more satisfied they were with their support group.
The study found no meaningful connection between a persons coping style and support group participation. It seems that this was because these groups provide friendship and support to people rather than just ways to cope with a difficulty.
According to this research, leaders of support groups could increase the effectiveness of their
meetings and participants enjoyment by encouraging friendships and socializing among the members and possibly by providing an incentive for regular attendance when people are new to the group. Future research could investigate whether people who receive less support or understanding from family and friends outside of their groups are also more satisfied with their support group.


What are the lessons we, as groups or as individuals, can learn from this?
Please bring your replies to the next meeting or send them in writing.

WESTERN DISTRICTS NEWS

It is with regret that we advise of the death of Ern Barnes, our Newsletter editor. Ern died before Easter after a courageous battle, never losing his dignity or his love and respect for his family and friends. At the meeting held on the 13th April members stood in silence in respect for his memory. Condolences were extended to his wife Anne and family. Members of WD are reminded that outstanding raffle tickets, butts and money must be returned before the May meeting to Helen Morley or June Coutts.

We received a reply from Illawarra Branch re a joint barbecue at Wenora on the first Tuesday in September - they will make a decision at their next meeting. A booking has been made for a Showboat Cruise in June.

There will be no WD meeting in June as on that date your executive will be participating in a Discussion group between the NSW LA executive and executives of its various branches. As the Venue is to be the Parramatta Masonic Club starting at 10am on 8th June. Ordinary members may attend as observers only, if you wish to be an observer please let us know at the May meeting. Matters which members wish to be discussed at that meeting must be raised at our May meeting.

Harry Stone reports that Ray Harper, Jack Costigan, Ron Coutts and Bill Byrne have been having health difficulties. We wish them well. Harry spoke at length on the need for more social activities to ensure more members taking part in the Branch activities. Practical and planned suggestions welcome!!!

P Halliburton and S Morley.

CANBERRA NEWS

Canberra has been forced to change their meeting day. The Hospital has appointed a new Speech Pathologist who unfortunately only works part time and is not available on a Wednesday, and as well their normal meeting room will not be available on the first Wednesday of the month, so the meeting has been changed to the first Thursday of the month at the usual time and place. Carol and Brian Gardner visited the Canberra meeting in April and addressed those present. I also had a good chat to them. The Canberra Branch mid-year dinner is to be held on 16/6/99. This will be a three course dinner at $18.50 a head. We hope to have Guest Speaker (may be a representative from Pacific Medical). If you wish to attend our dinner, and I remind you that members of NSWLA, friends, families and professionals are all welcome, please contact me on 02-6248-8482, or Jenny Cahill, speech pathologist in the Canberra Hospital on 02-6244-2230.

Peter Beasley

PENS

As decided at our March meeting we have purchased a number of ball-point pens with 'Laryngectomee Association of New South Wales' engraved thereon in gold. The pens are a screw type and most attractive being high gloss black with a red and gold trim, an attractive gift. The pens cost us $4.31 and will be available at the meetings at $4.50 each or $5.50 posted.
VALE

It is with regret that we sadly farewell the following members:
Mr E Barnes of South Windsor
Mrs Doreen Hawkins of Botany
Mr H Bentley of Gwandanlan
We extend to their families and friends our sincere sympathy

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

John Hunter Hospital Speech Pathology Department.
CANDIDA

(The following is a pamphlet put out by the above department. Tina Wilkie S.P. requests your comments)

Candida is a yeast infection which commonly grows on tracheo-oesophageal voice prostheses. A build up of Candida affects the function of the valve, often preventing it from closing properly. This can result in liquid or food going through the valve and into the windpipe. It can also make it difficult to produce voice.

Suggestions for prevention of Candida:
Take Nilstat(or Fungalin or Mycostatin) drops 2-3 times daily. Swish around your mouth for four minutes before swallowing. Or you could try Nilstat lozenges. Check with your doctor if you need a prescription for these.

Try applying Nilstat to the valve(see a pipe cleaner to gently put some inside the tube) when you clean it daily. You can alternate this with Miconozole(Daktarin oral gel) and 5% iodine or saline(Betadine antiseptic solution diluted 50%) after removing or closing the valve, soak it in Milton or similar antiseptic for 24 hours, then rinse with water.

When changing the valve, rub Daktarin cream(a medication for baby thrush which is available from chemists) onto the new valve before you insert it.

Be more conscientious with your candida regime if you are taking antibiotics as these can alter the normal balance of candida in the mouth and stomach.

With you doctors advice you could try taking diflucan(fluconazole) 50mg for 7-10 days for very persistent candida

Discuss with your doctor about keeping reflux under control because it is possible that reflux encourages the growth of candida.

Reduce intake of alcohol if possible, especially yeast drinks such as beer etc. Also reduce your consumption of sweet, sugary foods (sweets, cakes etc). If you do have a beer or eat something sugary wash it down with water or lemon juice.

Drink water with lemon juice regularly.
It’s a good idea to keep a jug of water with slices of lemon in it in the frig.

Eat yogurt and other cultured food instead of ice-cream etc.

Try slippery elm or other antacids.

These suggestions have worked for some people but be sure to discuss any difficulties with candida with your speech pathologist or doctor.

CARE OF YOUR ELECTRO LARYNX

Although the tracheo-oesophageal shunt is being used more and more to give new larynxes effective communication, the electro larynx is still a very popular and effective method of obtaining sound.

If it is treated with care and respect many years of service may be expected from your electro larynx. A few pointers follow:

1 Always keep it dry and clean. Dirt and dust promotes extra wear on potentiometers and the coil mechanism, and moisture will attack the electronic circuitry.

   Another reason for cleanliness is hygiene.

Mucus on the electrolarynx may be a potential cause of cross infection and will probably interfere with the operation of the hard membrane.

Wipe your electro larynx at least once daily with a clean slightly damp lint free cloth.
Stubborn material may be removed by using a very small amount of washing up liquid. Do not use other solvents as these may damage the plastic.

2 Adjustment

Once the electrolarynx has been adjusted to a satisfactory tone, the only desirable user adjustment is that of volume. This is achieved by adjusting the volume control and if necessary, screw the head in or out slightly to obtain the loudest sound at that setting.

While there are a number of factors that may influence the quality of the sound output, many of these are related to worn parts which must be replaced.

3 Batteries and Recharging.

How long should batteries be left on the recharger?

The recommendations of the manufacturer should be carefully and accurately followed. Prolonged overcharging destroys the cells and should be avoided.

How do you know when they need recharging?

A battery needs recharging when it is no longer able to operate the device efficiently. Every 4-6 weeks flatten your nickel-cadmium battery in the electrolarynx (low Purr) and then fully recharge. This will help the battery from developing memory.
This technique is more convenient than trying to fully drain the batteries each time they are used. How long should they last before being replaced? A charged battery will discharge whether or not it is being used, and the rate of discharge is affected by the temperature, i.e. a battery will not hold its charge as well in the hot weather. Never leave a battery stored in a discharged state, recharge it at monthly intervals even if not being used. The useful life expectancy of a battery will be around 12-18 months. NEVER USE A BATTERY THAT HAS: Liquid leaking from it or White powder showing or Blue green discoloration These could ruin your machine. (This is a precis of an article from Larolink, Qld)

JUST FOR FUN

STORY OF THE GOOD LITTLE CAT
Once upon a time there was a good little cat that always smiled at everyone and always said please and thankyou. He was a pretty little cat but like us all he got old and one day he died. Now because he was a good little cat who always said please and thankyou he went to heaven and there he was met by St Peter. Peter said to him "You have always been a good little cat who always said please and thankyou so what would you like to find in heaven?"
And the good little cat said "Please sir, I would like to find a big satin cushion stuffed with pure new wool where I may sleep and sleep and have no worries" So Peter gave him a big pink satin cushion stuffed with pure new wool and the good little cat had never been happier and said "Thank you sir" and just smiled and smiled as he slept. Shortly after three little mice came to heaven and met St Peter who said to them "What would you like to find in Heaven?" and the little mice said "Sir, little mice have to spend their lives scampering about - it is expected of them, and now our legs are very tired and we would like an easier way of getting about"
So Peter gave the first little mouse a skate board, and the second little mouse chose on-line skates and the third little mouse chose a wee little bicycle. And the mice said "Thank you sir, we have never been happier" At the end of the week when the archangel Gabriel was making his rounds he came upon the good little cat asleep on his cushion and he bent down and stroked him and the good little cat, who always said please and thank you, woke up and said "Thank you sir, I am indeed a happy little cat" and because he was a good little cat who always said please and thank you he added "And would you please say thank you to Peter from me for the 'meals on wheels'!"

Margaret Silver.

IF
If elephants could fly? (The mind boggles)
We'd all have to wear raincoats and goggles!!
Dawn Dyer.

ONE FOR THE LADIES
(Taken from a tombstone dated 1744)
Here lies a poor woman who was always tired,
She lived in a house where the help wasn't hired:
Her last words on earth were "Dear friends, I am going
To where there's no washing, no cooking, no sewing
For everything there is exact to my wishes,
For where they don't eat there's no washing of dishes,
I'll be where loud anthems will always be ringing"
But having no voice I'll be quit of the singing.
Don't mourn for me now, Don't mourn for me never,
I'm going to do nothing for ever and ever.”

INTERESTING APPLE SLICE
Combine together 1 Vanilla Cake Mix, 1/2 cup brown sugar, 6 ozs butter. Spread onto a greased lamington tray, prick and bake 12 mins at 180 degs C.
Remove from oven and spread a tin of Pie Apples over the top. Combine a carton of sour cream and one egg and pour over the apple. Sprinkle with 1 teasp of castor sugar mixed with 1 teaspoon cinnamon. Return to oven and bake another 12 minutes. Cut into squares -- ENJOY!!!

Margaret Silver

Please start sending in your recipes for the “Smooth as Silk” cookbook.

GOOD LUCK, GOOD HEALTH & TAKE CARE TILL NEXT TIME.
From the Editor/President.

Welcome to another issue which will look a bit different. This is because, for a second time my printer has let me down for a second consecutive issue. I cannot begin to describe the devastation at 3am in the morning with the pages ready to print and nothing happens until finally a note appears saying "system error" (in other words, you've lost the lot Ha Ha Ha). Because we have been getting later our next issue will come out late May and will be full of local content. Last newsletter we said our Seminar would be early rather than late in the year, however now that we have been notified of the Sydney Conference (full details in this issue) the date for our Seminar with the Roy Coulter Lecture will be Saturday October 16th. (This means any good ideas we gather at the Conference can be used for our Seminar). We hope country folk who travel to Brisbane occasionally will come down for that day.

As there's not much space left I would like to thank everyone who attended the AGM, it was the best attended AGM in years, and we are all very excited to now have a Secretary- Mr Jeff O'Rourke - Thankyou Jeff, and thankyou to everyone else who accepted positions on the Executive. Full details next issue. Better Health for everyone, Heather

IMPORTANT DATES TO WRITE IN YOUR DIARY.
WEDNESDAY 21ST APRIL 10.30AM
General Meeting L.A.Q. at Qld Cancer Fund. Tea & Coffee till 11. Short meeting to decide what our weekend social outings are going to be. Then Norm Fredericks will be giving a presentation on his stamp collection, and collecting stamps generally. Everyone welcome.

JULY 13-16TH SYDNEY "Cancer - We Care" Conference.

OCTOBER 16TH LARYNG. ASSOCN. of QLD. SEMINAR.
I ENCLOSE MY CHEQUE/MONEY ORDER FOR $10.00 BEING FOR RENEWAL OF MEMBERSHIP OF THE LARYNGECTOMEE ASSOCIATION OF QLD.

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

ADDRESS............................................................................................... Post Code

The Laryngectomee Association of Qld Inc
P. O. Box 576
LUTWYCHE 4030

ANNUAL SUBSCRIPTIONS NOW DUE
STILL ONLY $10.00.

"Cancer : We Care"
National Conference
for
Cancer patients, carers, volunteers
and health professionals
13-16th July 1999
Australian Jockey Club, Convention & Exhibiting Centre
Alison Rd., Randwick, N.S.W.

The following pages contain details of the Conference put on by the Australian Cancer Society at considerable expense and with a massive effort by staff and local volunteers. This Conference is a very significant gesture on behalf of the ACS, supporting patients and families. When you consider the funding requests for research projects, vital equipment and any number of impressive leads in the hunt for the CURE then the importance of funding this meeting can be realised. There has only been one similar meeting in the past. Held in Melbourne it proved so successful there was standing room only, and on the final day, people were turned away at the door. This event will probably need to be just as popular to justify future funding.

These meetings act as powerful tools for the exchange of information from the community involved at the receiving end of medical and scientific treatment, and those involved in the delivery of those services. Everyone comes away from a Conference like this refreshed, with new ideas, and many new friends.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>18:00 - 19:30</td>
<td>early conference registration</td>
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**WEDNESDAY**  
14 JULY 1999

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>08:00 - 09:00</td>
<td>registration</td>
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<tr>
<td>09:00 - 09:30</td>
<td>welcome and official opening</td>
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<td></td>
<td>Dr Andrew Penman, Chief Executive Officer, NSW Cancer Council</td>
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<tr>
<td>09:30 - 10:00</td>
<td>keynote address</td>
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<td>Mr Bryce Courtenay, international best selling author</td>
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<tr>
<td>10:00 - 11:00</td>
<td>plenary session</td>
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<td>chair: Mr Graeme Brien, Executive Director, Queensland Cancer Fund</td>
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<td>Global threads – carers from around the world</td>
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<td>Ms Joan Hughes, Executive Director, Carers NSW, Inc</td>
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<td>Recognising the carer – innovative models of carer support</td>
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<td>Ms Kathy Wood, Development Program, Carers NSW, Inc</td>
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<td>11:00 - 11:30</td>
<td>morning tea</td>
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<td>11:30 - 12:30</td>
<td>short papers and presentations</td>
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<td>12:30 - 13:30</td>
<td>lunch</td>
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<td>13:30 - 16:30</td>
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<td><strong>OPTION 1:</strong> Training Program DAY 1</td>
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<td>Living with Cancer Education Program (LWCEP)</td>
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<td>This is a 3 day program with pre enrolment</td>
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<td>This training program is planned to provide the opportunity for</td>
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<td>people to become trained co-facilitators of this program.</td>
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<td></td>
<td>Ms Karen Todd, Program Coordinator, Anti-Cancer Council of Victoria</td>
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<td><strong>OPTION 2:</strong> Training Program DAY 1</td>
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<td></td>
<td>Consumer Advocacy</td>
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<td>This is a 3 day program with pre enrolment</td>
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<td>This training program is based on the NHMRC National Breast Cancer</td>
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<td>Centre (NBCC). It is designed to provide volunteers with the</td>
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<td>necessary skills to explore advocacy models including self-advocacy.</td>
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<td><strong>OPTION 3:</strong> Workshop</td>
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<td>Voluntary Participation in Cancer Care</td>
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<td>This workshop will examine different types of cancer support</td>
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<td>programs, which have been successful and can be implemented</td>
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<td>nationally or at a local level</td>
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<td><strong>OPTION 4:</strong> Workshop</td>
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<td>Relationships</td>
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<td>This workshop will examine the impact of cancer on family</td>
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<td>relationships, the patient and carer environment. Different coping</td>
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<td>strategies will be discussed</td>
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<td>15:00 - 15:30</td>
<td>afternoon tea</td>
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<tr>
<td>16:30</td>
<td>closing day 1</td>
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The Australian Cancer Society wishes to acknowledge the support of the following organisations and people for their contribution to the Conference Program:

- Centre for Values, Ethics and Law in Medicine, University of Sydney, Professor Miles Little
- NHMRC National Breast Cancer Centre
- Anti-Cancer Council of Victoria

The support of AMGEN Australia and ASTA Medica is gratefully acknowledged.
THURSDAY 15 JULY 1999

9:00 – 11:00
plenary session
chair: Ms Louise Burton, Program Development Manager Cancer Services, NSW Cancer Council

Treatment advances
Dr Fran Boyle, Medical Oncologist, Royal North Shore Hospital, NSW

Genetics and associated ethical issues
Dr Katherine Tucker, Head of Hereditary Cancer Clinic, Prince of Wales Hospital, Randwick, NSW

Onto the rocky road to recovery-surviving childhood cancer
Dr Helen Somerville, Physician in charge Late Effects Oncology Clinic, Royal Alexandra Hospital for Children (New Children’s Hospital), Westmead, NSW

11:00 – 11:30
morning tea

11:30 – 12:30
short papers and presentations

12:30 – 13:30
lunch

13:30 – 16:30
afternoon sessions

OPTION 1: Training Program DAY 2
- Living with Cancer Education Program (LWCEP)

OPTION 2: Training Program DAY 2
- Consumer Advocacy

OPTION 3: Workshop
- Survivorship
This workshop will examine the many issues associated with living with cancer being a cancer survivor.

OPTION 4: Workshop
- Communication Skills (A)
This workshop will explore how to communicate effectively to improve outcomes for the patient along the continuum of care.

15:00 – 15:30
afternoon tea

16:30

closing day 2

18:30 – 19:00
pre dinner drinks

19:00 – 22:00
conference dinner
Doncaster Room Australian Jockey Club

The short paper and presentations sessions will include: clinical trials, men’s health issues, issues for young patients, survivorship, sexuality, carers in palliative care and surfing the net.

The opportunity to meet or have a forum has been extended to the following groups: Laryngectomee Association, Association of Prostate Cancer Support Groups, Breast Cancer Network of Australia, Breast Cancer Support Service, CanYa. Please contact Ms Emma Mesaros, Conference Coordinator on 02 9380 9022 should your group wish to have time allocated to meet during the short papers and presentations.
FRIDAY

09:00 – 11:00
plenary session
chair: Ms Heather Wain, Director of Social Work Services, Woden Hospital, Canberra, ACT

Cancer We Speak Out
Ms Lyn Swinburne, National Coordinator, Breast Cancer Network Australia

Communication Skills for patient and doctor relationship
Dr Aafaf Girgis, Acting Director Cancer Education & Research Program, NSW Cancer Council

Communication Perspectives from a consumer
Ms Emma Sayers, Researcher, Centre for Values, Ethics & the Law in Medicine, University of Sydney

Communicating from the heart
Professor Arthur W. Frank, Professor of Sociology, University of Calgary, Canada

11:00 – 11:30
morning tea

11:30 – 12:30
short papers and presentations

12:30 – 13:30
lunch

13:30 – 16:30
afternoon sessions

OPTION 1: Training Program DAY 3
- Living with Cancer Education Program (LWCEP)

OPTION 2: Training Program DAY 3
- Consumer Advocacy

OPTION 3: Workshop
- Communication Skills (B)
This workshop will explore how to communicate effectively to improve outcomes for the patient along the continuum of care.

OPTION 4: Workshop
- Sexuality and Body Image
This workshop will explore body image, self image, self esteem and sexuality as they relate to the wellbeing of cancer patients.

15:00 – 15:30
afternoon tea

16:30 – 16:45
official conference closing
Ms Louise Burton, Program Development Manager Cancer Services, NSW Cancer Council

CONFERENCE DETAILS
The Australian Jockey Club, Convention and Exhibition Centre, has been selected for this national conference.
The address is: Royal Randwick Racecourse, Paddock Stand, Alison Rd, Randwick, NSW

The venue is wheelchair accessible and provides free parking over the three days for conference delegates.
Keynote speaker
Mr Bryce Courtenay
Bryce Courtenay, best-selling Australian author, wrote his first book, “The Power of One”, at the age of fifty-five. It has now sold nearly three million copies worldwide, and has been made into a movie of the same name. During a very successful advertising career, Bryce has won most of the local and international advertising awards. Having lived in Sydney for 40 years, Bryce is a patriotic Australian who is passionate about Australia. Committed to the cause of literacy and importance of motivating young people to read, he is actively involved with literacy programs in primary schools Australia-wide. Bryce has been a carer for his son Damien for many years.

International speaker
Professor Arthur W. Frank
Arthur Frank is a Professor of Sociology at the University of Calgary, Canada. He has a particular interest in narratives of illness and the insights they offer into the experience of illness. His two books on illness experience, “At the Will of the Body” and “The Wounded Storyteller”, are regarded as outstanding literary and scientific works. Professor Frank brings a breadth of experience and scientific understanding to this work.

Plenary speakers
Ms Joan Hughes
Ms Joan Hughes is the Executive Director of Carers NSW since 1993 and has been instrumental in gaining increased recognition and improving services and benefits for carers from government, service providers and the wider community. She represents Australian carers in International forums. She is an advocate for carers in NSW and she has established the first Carer Resource Centre in NSW.

Ms Kathy Wood
Kathy gained her social work degree in 1977 and has worked in education, research, social policy, community development and counselling over the past 20 years. She began work at Carers NSW nearly 4 years ago focusing on the emotional impact of caregiving across a wide range of caring situations. She co-authored a study on Carer Counselling Needs and Options which provided the basis for a plan to ensure that a range of carer sensitive counselling and support be made available to carers across NSW. She is currently working on piloting a number of service providers in developing innovative models of carer support.

Dr Fran Boyle
Dr Fran Boyle graduated from Queensland University and obtained a Ph.D. of Pharmacology from the University of Sydney. She has worked at the Mater Misericordiae Hospital in Brisbane. Currently works as a Medical Oncology at the Department of Clinical Oncology, Royal North Shore Hospital, the Mater Misericordiae at North Shore and Lismore Base Hospital. Dr Boyle is a clinical adviser to the National Breast Cancer Centre (NBCC). Her special interests are breast cancer, use of chemotherapy and doctor/patient relationships.

Dr Katherine Tucker
Dr Katherine Tucker is a physician who specialises in cancer genetics. She is currently head of the Hereditary Cancer Clinic at Prince of Wales Hospital, Randwick (Sydney) which was the first clinic to be established in Australia. Her research interest is inherited cancers, including the scientific aspects and psychosocial effects of genetic testing.

Dr Helen Somerville
Dr Somerville is the physician in charge of the Late Effects Oncology Clinic Royal Alexandra Hospital for Children (New Children's Hospital) Westmead, NSW. The clinic was established in 1989 as a multidisciplinary clinic to assess and manage long term effects of childhood cancer and its treatment. Dr Somerville has assessed over 550 patients. Her research has been presented locally and internationally.

Ms Lyn Swinburne
Lyn was diagnosed with breast cancer in 1993 and underwent surgery, radiotherapy, chemotherapy and hormone therapy. Since that time and as a result of her experiences, she has been active as a breast cancer consumer advocate. A founding member of the Breast Cancer Action Group in 1994, Lyn was its Chairperson from 1996-1998. She is the coordinator of the Breast Cancer Network Australia and editor of "Beacon". Lyn is a passionate advocate for consumer representation and is herself a member of several committees. On the international scene, she was a member of the planning committee for the Second World Conference on Breast Cancer Advocacy held in Brussels in March 1999.

Dr Araf Girgis
Dr Araf Girgis is the Acting Director of the Cancer Education Research Program (CERP), the behavioral research unit of the NSW Cancer Council. Her interests include finding ways to address the unmet needs of cancer patients and their providers. Dr Girgis developed consensus guidelines on telling cancer patients and their providers bad news and leads national communication skills training programs for senior clinicians on behalf of the National Breast Cancer Centre.

Ms Emma Sayers
Ms Emma Sayers is a law student from the University of New South Wales. She is currently writing a final year research thesis about law and the experience of illness with the Centre for Values, Ethics and the Law in Medicine, University of Sydney. She was successfully treated for Hodgkins disease in 1993/4 and has been Secretary of the support group Cancer and the Young Adult (CanYa) since October 1996.
"Cancer We Care National Conference"

Please write in BLOCK LETTERS. If more than one delegate attending, please photocopy, complete and send BY 30 JUNE 1999 to:
Australian Cancer Society GPO Box 4708 Sydney NSW 2001 Fax: 02 9380 9033

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AFTERNOON SESSIONS
Registrants can only attend one afternoon session each day

training programs
Numbers for the training programs are limited and they will be allocated on a "first in" basis. Please make sure you write your preferences 1-2 for the Training Programs, 1 (one) being your first preference. Each training program runs for 3 consecutive days. You can only attend one training program. Certificates of attendance will be issued to people who register in these training programs. For more information please refer to Conference Program.

training program
☐ Living with Cancer Education Program
☐ Consumer Advocacy

workshops
Numbers for the workshops are limited and they will be allocated on a "first in" basis. Please make sure you write your preference 1-2 for the Workshop, 1 (one) being your first preference. Remember that if you are attending a training program you cannot attend a workshop. You can only attend one workshop per day.

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<tr>
<th>DAY 1</th>
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<td>☐ Voluntary Participation in Cancer Care and Relationships</td>
<td>☐ Survivorship/Living with Cancer</td>
<td>☐ Communication Skills (B)</td>
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<tr>
<td></td>
<td>☐ Communication Skills (A)</td>
<td>☐ Sexuality and Body Image</td>
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pre conference registration
☐ Yes ☐ No
conference dinner
☐ Yes ☐ No Vegetarian ☐

payment details (Please tick one box) (Faxed registrations will be only accepted with credit card details)
☐ Enclosed is a cheque/money order for $ ________ payable to the Australian Cancer Society
☐ Please debit my credit card for $ ________
☐ Bankcard ☐ MasterCard ☐ Visa

Card Number: ____________ Expiry Date: ____________

payer's details
Name on card: ____________________________
venue location map

Bus routes from Airport Domestic Terminal:
Bus route from Central Station
Bus route from the city (Elizabeth & Park Sts.):

Bus 400 to Randwick Junction and then Bus 372 to the venue
Bus 372 on Eddy Ave.
Bus 398

Free parking available at the Racecourse for the 3 days of the conference

conference fees

Patients, carers and volunteers

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<td>Full conference fees:</td>
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Health professionals

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conference dinner

Three course conference dinner at the Doncaster Room Australian Jockey Club $65 per person
(including beverages) Vegetarian menu available
## Accommodation

The Australian Cancer Society recommends the following accommodation. Contact these directly to make your own arrangements. The number of rooms available is limited. Please book early to avoid disappointment.

### Cut Off Day for Accommodation Booking 11 June

### New South Wales University Colleges

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<tr>
<th>International House</th>
<th>New College</th>
<th>Shalom College</th>
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<tr>
<td><strong>Phone:</strong> 02 9313 0600</td>
<td><strong>Phone:</strong> 02 9381 1999</td>
<td><strong>Phone:</strong> 02 9663 1366</td>
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<tr>
<td><strong>Fax:</strong> 02 9313 6346</td>
<td><strong>Fax:</strong> 02 9381 1909</td>
<td><strong>Fax:</strong> 02 9313 7145</td>
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<td>Booking and deposit by cheque or money order is essential</td>
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<td>Payment by cash only</td>
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<td>Breakfast, lunch and dinner included</td>
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<td><strong>COST:</strong> $40 per night per person</td>
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### Hotels

#### Holiday Inn Coogee Beach

- 242 Arden St, Coogee NSW 2034
- **Ph:** 02 9315 7600
- **Fax:** 02 9315 9100
- **Free Call number:** 1800 674 42
  - Airport shuttle bus service
  - Venue shuttle service (if sufficient numbers)
  - Buffet Breakfast included
  - Located on Coogee Beach

- **COST:** $165 per night
  - Single/twin/double

- When booking your accommodation with the Holiday Inn Coogee Beach mention you are attending the Cancer We Care Conference to obtain the Conference rate
- **BOOKING CUT OFF DAY 11 JUNE 1999**

#### The Gemini Hotel

- 65-71 Belmore Rd, Randwick NSW 2031
- **Ph:** 02 9399 9011
- **Fax:** 02 9398 9708
- **Free Call number:** 1800 222 300
  - Courtesy Bus Transfer to and from Sydney Airport
  - Buffet Breakfast included
  - Located at the heart of Randwick Shopping Centre
  - Walking distance to the venue
  - Buses 372-372-374 from hotel to venue

- **COST:** $125 per night
  - Single/twin/double

- When booking your accommodation with The Gemini Hotel mention you are attending the Cancer We Care Conference to obtain the Conference rate
- **BOOKING CUT OFF DAY 11 JUNE 1999**
LARYNGECTOMEE SUPPORT GROUP
MINUTES 26 FEBRUARY, 1999.

PRESENT: Laraine Turville, Brian Hay, Graham Dux, David Irving, Grace Giraud, Vincenc Bedrich, Norma and Jim Shewring, John and Sylvia James, Stuart Miller and Mona Hill, Gunther Pape (Dietitian), Michelle Brown (Speech Pathology).

APOLOGIES: Ron and Irene Burt, Bill and Bya Hopkins, Sheila Irving.

BUSINESS:

1. An excellent presentation by Gunther Pape (Dietitian) was the highlight of the meeting. Gunther can be contacted at Gold Coast Hospital for further information.

2. Voting took place for the positions of Chairperson and Secretary of our group. Laraine and Norma were re-elected unanimously!! Congratulations to both, and thank you for a job done well and graciously.

3. A small gold coast news excerpt was viewed featuring David Irving and Michelle Brown. The story showed David using a Servox, and Blom Singer prosthesis to communicate. It was on the Gold Coast News in Speech Pathology week last year.

4. Laraine needs names of anyone interested in attending the QCF Seminar at the Qld Cancer Fund in Brisbane. The QCF here needs ten people to justify running a bus to Brisbane. The other alternative is car pooling in private cars.

5. Michelle (Speech Pathologist) has resigned from her position at the Gold Coast Hospital, to take up a position (and wedding) in Brisbane. A new Speech Pathologist will soon be appointed. In the meantime, Anita Adam (Director of Speech Pathology) will be available for emergency cover. She is available on 5571 8211 Pager 522.
P.A.H. NEWS. Many readers will recognise the bride in these photos as the former Annie Reilly. Annie was lucky to score one of the very few fine Saturdays recently. We're now going to have to remember she is now Annie Johnson!

On the down side we have now said goodbye to Georgina Tutt who has decided it's time to see what West Australia has to offer. Certainly our loss is W.A. again. Thanks Georgina for your great company at the Support Groups, and we welcome Clare Power taking her place.

R.B.H. News. CONGRATULATIONS to Jen Frisby who has won an overseas trip in a magazine competition! It's good to know real people win these great prizes.

ROCKHAMPTON SUPPORT GROUP
Meet 2nd Tuesday every second month. Next meeting JUNE 8th.
We went down in the tilt train to Bundaberg for a social day and ventured out to the Bundy Rum Distillery for a "taste test", back into town for a luncheon at the Hotel and back on the Tilt Train in the afternoon.
A good time was had by all members.
Contact for the group - Wendy Thompson Ph 49274387

FROM NORMS DESK
Congratulations to Ray Scott! For 2 consecutive years Ray has been first in with his dues! Can he repeat this next year??
Thankyou to everyone who responded with their dues so promptly- I got quite excited thinking everyone was turning over a new leaf - unfortunately this activity trailed off fairly quickly but I'm hopeful that this Newsletter reminder might jog a few more members to be/ become/ resume financial status.
More from me soon next issue as I have contributions for the "Country Corner"! Regards, Norm.
THERE IS A GOOD LIFE AFTER A LARYNGECTOMY

There is life — in fact, a good life — after a laryngectomy. But you have to reach out for that life. It will not necessarily come to you. Here are a few rules which helped me and which will help you.

Rule 1. Force yourself to become active and involved in life again, doing as much as physically possible of what you did before. You will feel self-conscious about whatever type of new voice you have — but only at first. That feeling will pass with time and will pass sooner if you get out and use your new voice in all situations. Nothing will happen if you just choose to sit at home and hide from people and life. You may think you are not ready. Hell, no one is ever ready to face things like this. But waiting to be ready is not an alternative. Getting out is something you need to do, ready or not — and you don’t GET ready until you start to DO something. Launch yourself back into life. Surround yourself with all the support you can. You will soon discover that it ain’t all that bad!

Not just TV

Rule 2. Make sure, if possible, that you have something you can do and enjoy doing. Resurrect an old hobby, create a new one, set up a project to occupy your time, energy, brain power and spirit. Ideally, find something that requires interaction with other people. Try to help yourself find a good reason to get up every morning — other than to simply watch TV, read and eat.

Rule 3. See a doctor (not necessarily just your ENT who is, after all, a specialist in his field) about possible physical problems. For example, I had thyroid problems but did not know about it for a full year after surgery. Many laryngectomees, particularly those who have had radiation, suffer from underperforming thyroids and do not know it. Once placed on daily Synthroid tablets, my attitude improved greatly.

Rule 4. If all else fails and you find that you are depressed about the changes in your life, seek professional psychological help with individual or group therapy. When I was told a laryngectomy would be necessary, I became severely depressed. I could not stand the thought of going through the rest of my life with no voice and a hole in my neck. To that point, my entire life had been about talking and singing. My 'jobs' had been military jet pilot, negotiator, teacher, instructor, coach, MC for events, narrator, briefer, discussion leader etc. I sang in choirs, barbershop quartets and choruses. I simply could not imagine going through life without a VOICE.

Personal Factors

The situation was made worse by a number of personal factors. The early 1990s were not my best years, to put it mildly. I had separated from my wife in 1990 and the divorce took a year before it was final. During this time, I had met another woman and fallen madly in love with her. We planned to tie the knot in September 92 — but, three weeks prior to the wedding, she called it off and reconciled with her ex-husband instead. I was devastated!

To make matters even worse, I had been stationed overseas at the time all of this happened. I was flown by Medvac to the US Air Force Cancer Treatment Centre at Lackland, Texas. It’s a great facility but none of my friends or family were near. It was just me and doctors and nurses. No one ever told me about the International Association of Laryngectomees or the existence of any laryngectomee support groups so I had no outside help at that time. Thus, being told that a laryngectomy would be necessary while I was still suffering from going through a divorce and a cancelled wedding really shocked my whole system. Lacking the support of family and friends or any other group, I went into deep depression and to near suicide. I simply couldn’t think of a reason to live. Luckily I got professional help and spent over a month in an Air Force mental health facility ‘getting a grip on life’ again. Then I pressed ahead with the laryngectomy. After the surgery, my best friend since junior high school, with whom I had remained in contact over all the years, offered me the opportunity to live with him, his wife and family while I recovered. The experience really saved my life and finally got me out of most of the depression. It forced me to be with people (in this case, two adults and three teenage girls) every day. It forced me to talk, to get accustomed to using my new voice in all sorts of social situations — shopping at the Mall, ordering pizzas over the phone and being present when the family entertained other friends. In essence, living with them forced me to become engaged in living again.

Not the end!

At first I felt like a freak with a computer voice and a funny hole in my neck. But this feeling gradually passed as I became more involved with living a normal life. I was thrilled when I traded in my electrolarynx for a TEP/prosthesis voice — that boosted my confidence in myself and my ability to communicate. All this time, I was learning that being a laryngectomy was NOT the end of the world and that leading a good, interesting and rewarding life was still possible. I’ve been on my own and in my own place now for over two years, living as normal a life as possible and I love it!

Another thing that helped me to cope was the computer! Having the computer with its internet capability has been a Godsend. This machine not only provided entertainment and education possibilities but also the tools to learn new skills. Yes, old dogs can learn new tricks! I quickly established a Home Page on the Internet and then attempted to create a Larynx Cancer Information site, primarily to help poor folks like me who, when initially diagnosed, needed help getting reliable information, assistance, support and guidance. This information site gradually blossomed into the WebWhispers Club that we have today. My association with the site, both creatively in building it and socially-psychologically in participating with everyone in it, has been extremely helpful in coping and living — that is a gross understatement. Indeed, it was also through the computer that I met, came to know and fell in love with the wonderful woman I soon intend to marry.

I came through. Many, many others have come through. So can you! God bless!

Dutch Helms

taken from the WebWhispers Nu-Voice Club on the Internet
LETTER

LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomees and those with similar vocal disorders
No 88 APRIL 1999

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

MONTHLY MEETINGS:
#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
#HUNTER VALLEY: Third Tuesday, 6pm at Mayfield Bowling Club, Ingall St, Mayfield.
#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.
#ILLAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Belfast St, Warilla.
#NORTHERN RIVERS: 4 times per year, rotating venues, Contact J Kidd, PO Box 572, Lismore. Phone 02-66233320.
#MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
#DUBBO: Lourdes Hospital, Last Thurs, 10.30am Conference room.
#ALBURY: Ph 02-6323-2011, ext 323
#CANBERRA: First Wed, 11am, Level 1, Building 3, Canberra Hosp
#SOUTHERN DISTRICTS: 4th Wed. 10.00am, Thomas Rachel Moore Education Centre Liverpool Hosp. Phone 02-9607-6708.

EDITORIAL

Let's drink a toast to a lady of drive,
A lady who's just reached seventy five
"You're one we hold dear
As year follows year
Good Health! Long may you survive."

So, lets hear it again for our Lilah,
A worker, our friend and a smiler,
As larrys will tell,
Their families as well,
For help and for succor just dial her.

"You deserve to be taking your ease
But we ask you from down on our knees
As our need is so great
And you are our mate,
Dear Lilah, don't retire please."

After Lilah married her Norm she lived in country towns for many years and had a family before moving to Sydney some thirty years ago. Shortly after arriving in Sydney she read an article about the “Lost Chord Club” (since renamed the Laryngectomee Association). Now one of Lilah’s hobbies is talking and she couldn’t get out of her mind these people who had had their voices taken from them. She decided that these were people she would like to help and has been bossing us around ever since. She joined the Club and shortly after was elected to the Welfare Officer’s position, a position she has held ever since. In that time she has made thousands of ‘Patient Packs’ to give to each new laryngectomee in NSW, she has made tens of thousands of stoma covers and refined the design as she has gone along. She has visited laryngectomees in hospitals, hospices and their homes, she has given advice, friendship and comfort to families and friends of laryngectomees and traveled many miles to attend funerals. She has helped educate nurses and first aid officers on the care and resuscitation of laryngectomees, and assisted laryngectomees who have had difficulty with reading and writing. All the way she has been supported by her husband Norm. God bless them both!!

WHO TO CONTACT

FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl. 02-9939-1539
FOR SPEECH AID BATTERIES, PARTS & REPAIRS- John Chaloner, 111 Station Street, Petersham. 02-9560-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS - Lilah Walton, 23 Baker St, Kensington. 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, Kings Cross, 02-9334-1900. Fax 02-9357-2676
MINUTES OF THE GENERAL MEETING OF THE LARYNGECTOMEES ASSOCIATION OF NSW, HELD IN THE UNITING CHURCH HALL, STRATHFIELD ON WEDNESDAY 17TH MARCH 1999


THE PRESIDENT opened the meeting at 11.05 am.

APOLOGIES were accepted from J Chaloner, P Rogers, H Ploenges, and W Byrne.

MINUTES of the February meeting were accepted on the motion of P Halliburton seconded B Darlington.

PRESIDENTS REPORT: On Tuesday, and Wednesday, the 2nd and third of March, Carol and I travelled to Taree and then Lismore to attend the respective Branch meetings of the Mid-North Coast and Northern Rivers areas.

MID-NORTH COAST - the meeting commenced at 2.00pm and was well attended (five laryngectomees, their partners and hospital staff). The branch is not a formally structured one as such but a social gathering at which are discussed any problems, both medical and social, over afternoon tea. The branch has been and is being co-ordinated by Dawn Myree who is the speech pathologist at Manning Base Hospital, at their Wingham Annex. The meeting held at the Staff Centre of the Hospital was firstly addressed by Mr John Pike, a member of the Mid-North Coast Area Health Service - he spoke on the recently formed Council, its function, direction etc. - which is mainly a problem solving challenge. I was then able to address the meeting outlining the Associations functions and objectives. The bulk of those present are ex-patriate Sydney metropolitan residents who have retired to the area. A number of those present expressed a wish to renew their financial membership and receive the Newsletter etc. Carol and I were able to discuss at length the benefits of the Association etc. I spoke about the probability of having a Regional Conference during the course of the year and arranged for the Branch to discuss and collate any questions or problems at their next meeting. To relieve Dawn Myree of some of her workload, and because of the branch social structure - with no formal committee - an Area Co-ordinator was democratically elected - Mr Terry SHAPTER, of Hallidays Point. Terry and I will appropriately liaise so the Mid North Coast problems can be expressed when a conference is held. The meeting finished about 3.30pm with the usual cup of tea.

On behalf of Carol and myself, I would like to thank those present for attendance and attention and the warm and friendly atmosphere that was extended to us. As President I personally thank Dawn Myree for the job she has done over the years in holding the branch together.

NORTHERN RIVERS: We then continued our travels north and stayed overnight at Coffs Harbour, and on Wednesday morning drove on to Lismore. The Northern Rivers branch is the same as that at Taree in that it is a social gathering of members co-ordinated by the local speech pathologist - Jocelyn Kidd, attached to St Vincent’s Hospital, Lismore. When I say social gathering that is exactly what it was. The meeting was extremely well attended - 16 in all of laryngectomees their families as well as Karen Wylie the speech pathologist from Lismore Base Hospital. It started off with cocktails(schooner size) at midday, followed by a buffet style Chinese luncheon. After a well presented repast I was able to address those present on the aims and objectives of the Association. Of all present it appears most had their operations at Brisbane and accordingly had joined the Queensland Association, though some had arranged joint membership with us. To form a firm contact in the area once again we elected a Branch co-ordinator - John Basso of Glenellebah. John will act in a similar role as Terry at Taree, collating any information the branch would like presented at the forthcoming conference. The convivial atmosphere continued until mid afternoon and I would like to thank all present, especially Jocelyn and Karen for the warm and friendly manner in which Carol and I were received. On behalf of the Association special thanks must go to Jocelyn Kidd as branch co-ordinator. She has done a great job and I know all laryngectomees in the area rely on her and Karen for their advice and support. After our farewells Carol and I drove back to Coffs Harbour and stayed.
over night to return home on the Thursday. The only problem we did have was the rain. It started about midday on Tuesday and stopped on our way home on the Thursday, at times it was torrential.

In order to obtain a comprehensive overview of everybody's problems, if any, I have made arrangements to attend the Dubbo Branch meeting on Thursday 25th March. Accepted on the motion of P Halliburton, seconded R Patman.

SECRETARY'S REPORT:

Membership I wish to welcome the following new members to our Association and I hope they will be able to attend one of our, or one of the branch meetings in the near future:

- Mr Alan J Ryan of Woy Woy
- Mr Neville J Porter of Surrey Hills
- Mr Derek McDonald of Edgeworth
- Mr T R Moait of Trundle
- Mr A Szanyi of Londonerry

Unfortunately I have to report that I have received notification of the deaths of five of our members.

Mr John Feden of Lemon Tree Passage has tendered his resignation and the Newsletter sent to Mrs. W I Davies of Bathurst has been returned endorsed 'Unknown at this address'. If anyone knows Mrs Davies' new address would they please let me know.

Twist Cap Pens: Adler Business Gifts Pty Ltd have sent me a sample of their twist top biro type pens engraved with the Associations name and these can be purchased from them at a cost of $4.35 each with a minimum order of 50 (cost slightly less for bigger orders) These could be used to present to visiting speakers etc or bought by members if you think it is worthwhile to get an order.

Donations: On behalf of the Committee I wish to thank the following members for their generous donations to our Association:

- Mrs J Nowland of Padstow Heights
- Mr A Garisyn of Empire Bay
- Mr A Shepherd of Waterloo
- Mrs L Walton of Kensington.

Association of Self Help Organizations and Groups (ASHOG) The latest issue of the ASHOG Journal contains a welcome to its committee members and it had this to say about one new committee member:

'Some of her interests and hobbies include her tireless work for the Laryngectomy Association, giving talks and help to all that need it. She has a wicked sense of humour second to none - knitting, sewing, crafts in general, all done not only to give her pleasure but also to help the community - General Welfare of the Community - Community Services Arts & Crafts Display. Her list is a long one lets say - a great lady and one ASHOG is lucky to have on our Committee'. With such a modest brief that new committee person can only be our own L W and we congratulate her on her new position.

Members Subscriptions: Many members have still not paid their 1999 subscriptions so I again ask those members to send in their subscriptions as soon as possible - without them we cannot continue to function as a self-help organization.

Photographic Material: We are now able to include Photographs in our Newsletter and we will arrange to include them if and when appropriate interesting and suitable photographs are available. If you have such a one please send it to me and we will include it if our printer thinks it will reproduce.

CORRESPONDENCE:

1. Adler Business Gifts: advertising
2. To Mr John Rowe, Barrister, Sydney with details of our Association (see Welfare Report)
3. Mrs Nowland - donation
4. Aurora Resorts - advertising
5. Ken Ford - Scone concerning "Sniffer-Blower" invented by Mr A H Homer of Newcastle- (further investigation is under way)
6. ASHOG - notification of AGM
7. Anti Discrimination Board - Newsletter
8. Health Care Complaints Commission - Newsletter
9. Meeting Place Australia - Newsletter
10. Ideas Expo 99 - Newsletter
12. Willoughby City Council. Update on our Association for their records.
13. Newsletters from branches and clubs in other states.
14. Subscriptions from members

TREASURERS REPORT: showing a credit balance in the working account of $3655.85 was read.
Reports accepted on the motion of B Darlington, seconded R Patman.

WELFARE OFFICERS REPORT:
I received the stoma covers made by Bonnie Clarks daughter’s sewing group. These are greatly appreciated - thank you.

An LA member, John Young, rang me to tell me he had heard on 2UE between 11pm and 1am about legal action against tobacco companies. John said Anne Jones from ASH(On Smoking and Health) was to be contacted for more information. Of course I was on the phone immediately and spoke to Anne who suggested that any young laryngectomees who had had their operations recently because of smoking to contact her, and she sent over the forms to be filled in and returned to her and she will send them on to the solicitor and the solicitor will contact the person concerned. To find out more I bought the Bulletin March 9th 1999 which has an article about it all. I noticed only lung cancer and heart disease are mentioned so I rang Barrister John Rowe (who is leading the class action) and spoke to him about laryngectomees and he suggested that our secretary, John Nicholson, write to him and give full details on the LA, which he has done. Of course this court case could be still going when our grandchildren are grandparents. The forms to complete you can get from me. Anne Jones address is ‘ASH EXECUTIVE DIRECTOR, PO BOX 572, KINGS CROSS 2011.

Laryngectomees serviced by Veteran Affairs can obtain requirements from me, pay for them and then send receipt to VA to be reimbursed, instead of going to the chemist and waiting the extra time that it takes. I spoke to Tony Spand of VA who gave me this information so quote his name if you have any problems with this method.

I have had my wallet stolen from a bag on my arm and I reckon it will take them three weeks to go through everything in my wallet. If anybody has asked me to do anything and you haven’t heard from me by now please give me another reminder.

Miss Elinor Wray, the founder of the LA would have been 100 this year. To all our other birthday people (including J Nicholson, N Bluett, A Dawson) happy birthday.

To our sick members we trust each day brings improvement to your health. Good to hear Oliver Harvey is on the mend.

Report accepted on the motion of D Newby seconded J Gifford.

SPEECH AID OFFICERS REPORT:
In the absence of J Chaloner there was no speech aid report.

GENERAL BUSINESS:
1. The president welcomed Maralyn Ploenges our new committee member. And congratulated Harry and Ada Stone on their recent marriage.
2. Moved D Nicholson, seconded B Byfield that the Association purchase 100 engraved pens, these can then be used by the Association as gifts, or sold to anyone interested.
3. There was a long discussion about membership - we know we are not reaching many laryngectomees because these people have not joined the Association and do not know of the benefits ensuing from membership. Lilah did ask that visitors make sure that new laryngectomees are made aware of the benefits. Unfortunately we know we are not able to visit all new laryngectomees as they do not wish to receive such a visit. All hospitals have been provided with “Patient Packs” but we do not know that all new laryngectomees receive them though most speech pathologists make sure that they do. Then there is the problem that at this time many patients do not open the Packs or read the contents because of the stress they are under at the time. What is the answer? Should we compose a letter to be given to the spouses of impending laryngectomees? If we do how do we deliver it? So many questions - so few answers. Should all hospital visitors follow such visits with a letter to the laryngectomee’s home after his/her discharge? (If you have any thoughts on the matter please send in your suggestions --Ed)
4. Bruce Darlington and Harry Stone who have tried the prototype of the new NuVois gave reports on their findings. Both felt the new machine needed much work before it came up to the standard of the Servox or current NuVois – the main problems being with the ease of handling and voice quality. Other members are currently trying the machine and further reports will be forthcoming.
Richard Patman asked for permission to use the Association's Registered Charities number when conducting their competition. There is no problem with this as all branches are members of the Association. There being no further business the President closed the meeting at 12.15pm after which the assembled multitude enjoyed the gourmet lunch supplied this month by Lilah Walton and her willing band of helpers. During this time of friendly fellowship the discussion continued.

President

Our thoughts go out to those people who have been sick. To Jean Howlett, and Don Martin we hope you are back on your feet soon - get well quick

Richard Patman

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NORTHERN RIVERS BRANCH
I would like to thank, on behalf of the Branch, Brian and Carol Gardner for their recent visit to our quarterly Dinner Meeting. We found Brian to be very informative, answering all questions asked by club members, on all subjects discussed. We greatly appreciate the efforts of both Brian and Carol on trying to bring all Branches of the Association together in NSW.

John Basso

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WESTERN DISTRICTS BRANCH
The March meeting decided that in future there will only be two Western Districts Newsletters per year, one in March and one in September. These will advise members of each new committee, Christmas Party, and the Annual General Meeting. Each month a report on the activities of the Branch will be submitted to head office for inclusion in the NSW Newsletter. The barbecue at Woronora with the Illawarra Association was enjoyed by all 39 people that attended. The day was so successful that we are considering arranging another barbecue later in the year (Watch this space)

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

BRANCH REPORTS
SOUTHERN DISTRICTS
Here we are starting our second year hoping for a more active one than our first. Last year it took a while before we could get established BUT WE DID IT. We had a couple of outings and a Christmas Party lunch which was most enjoyable. This year we hope to have more activities and a couple of raffles and other fund raisers. Our first Annual General Meeting was a great success giving us a very good working committee consisting of:

President - Richard Patman. 11 Glenwarier St, Sadlier. Ph 96076708.
Vice-President - Robert McPherson, 46284773
Secretary - Nicole Belcastro(SP) 98284773
Treasurer - William Howlett 96073675
Minute Secretary - W Howlett
Welfare Officer - Iris Wallis, 9602 2775

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VALE
It is with regret that we sadly farewell the following members:
Mr G Whitehurst of Ashfield
Mr Ralph Cooper of Tamdb Ba
Mr R J Greensmith of Cudmirrah
Mr W S Love of Fivedock
Mr Michael Fagin of Bidwill
We extend to their families and friends our sincere sympathy

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COOKING

We seem to have had quite a bit in the Newsletter lately about ‘Non-Chew’ cookbooks, and, thinking about it, what would be more suitable for laryngectomees would be a ‘Smooth as Silk’ cookbook. Many laryngectomees, especially new ones, need, for varying periods of time, for food without any lumps at all - food which slips down easily. This sort of food is not often found in even ‘non-chew’ cookbooks. Maybe it is time for us to develop such a cookbook, a book which tells us how to serve tasty and attractive meals without lumps. We could have sections for ‘starters’, ‘mains’, and ‘sweets’.

I learnt about ‘smooth as silk’ cooking some 46 years ago when I met my mother-in-law to be. She had had for many years an oesophageal problem which made her choke on any food with lumps. Because of this and because I wanted to create a good impression I was determined to serve her with meals that looked like meals and not like plates of porridge or baby food - I was determined to prepare them myself and not buy tins of baby food as was her wont. And to heap even more praise on myself this was in the days when food processors were very new and we couldn’t afford one anyway, so I pushed everything through a seive.

Now if you are faced with this problem today I would like to suggest two basic rules

1. Buy a food processor!! It will be worth its weight in gold.
2. Make the food look good!

So please send in your recipes and I will print them in the Newsletter and when we have enough collate them into a book which we can incorporate in the Patient Packs for new laryngectomees.

Last week I printed a recipe for Spanish Cream which could go into such a book so this week I will print a main meal dish.

SHEPHERD'S PIE

“As every housewife knows” it is difficult to give quantities for this dish so all will be approximate.

You will need about 300-400 grms cold roast lamb or beef. Process this very finely in your processor.

Make a very thick brown gravy - about 2/3 to one cup should be plenty - I just use ‘Gravox’ made double thickness and stir the processed meat through this. Do not reheat. Spoon into an oven proof dish (individual ramekins or other oven proof small dishes to hold individual serves can be used) which has been lightly oiled.

Cook and mash well one large potato with a little milk - do not make it sloppy. Finely chopped parsley can be mixed through potato to taste.

Top the meat mixture with the potato and bake in a slow-moderate oven for about one hour.

Serve with pureed vegetables (each one pureed separately) I would suggest perhaps peas and carrots; or spinach and pumpkin (these two need to be well drained)

Simple, quick, looks like a meal, tasty and looks appetizing.

Hint--to chop parsley put into a glass and chop with scissors! Much easier to get really fine.

JUST FOR FUN

IF

If I could swim really well
I'd dive in and catch the swell
And swim right out - away, away
To where the dolphins swim and play.
Then with a smile upon my lips
I'd daily wave to passing ships
As onward, onward they do sail
While I'm conversing with a whale.
But then again at half past three
I'd swim back in time for tea!

Dawn Dyer

RULE TO LIVE BY

Never marry for money, but don't fall in love where there isn't any

IRISH

An Irishman was drinking in a bar when a bomb was thrown through the window. The resulting blast blew him through the window. As he peered through the window at the wreckage he was heard to say “A man can be lucky, I just got out of there in time”!!
MONTHLY MEETINGS:
#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
#HUNTER VALLEY: Third Tuesday, 6pm at Mayfield Bowling Club, Ingal St, Mayfield.
#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.
#ILLAWARA: Third Wednesday, 2.30pm at Warilla Medical Centre, Belfair St, Warilla.
#NORTHERN RIVERS: 4 times per year, rotating venues, Contact J. Kidd, PO Box 572, Lismore. Phone 02-66233320.
#MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
#DUBBO: Lourdes Hospital, Last Thurs, 10.30am Conference room.
#ALBURY: Ph.02-6323-2011, ext 323
#CANBERRA: First Wed, 11am, Level 1, Building 3, Canberra Hosp.
#SOUTHERN DISTRICTS: 4th Wed. 10.00am, Thomas Rachel Moore Education Centre Liverpool Hosp. Phone 02-9607-6708.

EDITORIAL
With the Annual General Meeting on the 18th February the new Committee began making plans for 1999.
Firstly I have to report that the new committee is substantially the outgoing committee plus one. Maralyn Ploenges volunteered to serve on the committee for this year and of course her nomination was accepted. Maralyn is the daughter of a laryngectomee and both she and her mother have been keen supporters of the Association for many years. Unfortunately due to her father being unwell at the moment she was unable to attend the AGM.
Our president is still hoping to be able to hold a meeting of delegates from all branches later in the year. In the mean time he is attempting to visit as many branch meetings as he can and before our March meeting should have, with his wife, visited both Lismore and Taree.
Coming up later in the year is a conference arranged by the Australian Cancer Society titled "CANCER -- WE CARE" for all those interested in cancer and especially for those who care for and share the lives of cancer sufferers; this includes hospital staffs, families, educators, support groups etc etc. Your association is represented on the organizing committee so you will be receiving reports as they come to hand.

The secretary has received a draft copy of the third edition of "YOU CAN SAY THAT AGAIN" which it is hoped will be in print before the end of the year. There will be few changes except for updates on the improvements in treatments and voice production. We will let you know when this edition is in print.

Many of our members have not yet paid their subscriptions for 1999 (which were due on January 1st). If these are not paid before 30th April we must discontinue sending you the newsletter.

WHO IS WENDY MOTTRAM?
During January we received 'Clan', the English Newsletter of the National Association of Laryngectomee Clubs and in it was the following paragraph; "Wendy Mottram, editor of the NSW Newsletter (which regularly features in Clan) has recently been in Britian and has been inspired to write the following limericks:"---- and thence follow a couple of limericks. (Depending on space and finding Wendy we may publish these some time)

Since then we have received a letter for Wendy from England. Please can anybody help us find Wendy? Who is she? Where is she?

OFFICE BEARERS 1999
President: Brian Gardner, 4 Merelyn Rd. BELROSE 2085. 02-9452-2858
Vice Presidents: Bill Byrne, 422 Guildford Rd, GUILDFORD, John Chaloner (see below)
Secretary/Treasurer: John Nicholson, MBE, PO Box 58, RICHMOND, 2753.
Minister Secretary: Mrs Margaret Silver, 89 Spencer Rd, KILLARA, 2071.
Speech Aids Co-ordinator: John Chaloner, 111 Station St, PETERSHAM, 2049. (02) 9560 2852.
Wellness Officer: Mrs Lilah Walton, 23 Baker St, KENSINGTON, 2033. (02) 9663-2550.
Editor: Des Nicholson (as for John)
Committee: Bruce Darlington, 5 Alexandra St, ARNCLIFFE, 2205. (02) 9599 2540. Pat Halliburton, 94 Carmen Drive, CARLINGFORD 2118. 02-9871-8690 Maralyn Ploenges

WHO TO CONTACT
FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl. 2099 Phone 02-9939-1539
FOR SPEECH AID BATTERIES, PARTS & REPAIRS- John Chaloner, 111 Station Street, Petersham. 2049 Phone 02-9560-2852
FOR STOMA COVERS, SHOWER SHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS- Lilah Walton, 23 Baker St, Kensington. 2033 Phone 02-9663-2550
FOR ACCOMMODATION ASSISTANCE WHEN NEEDING OUTPATIENT TREATMENT AWAY FROM HOME - Cancer Council of NSW, 153 Dowling Street, WOOLLOOMOOO, PO Box 572, Kings Cross, 2011 Phone 02-9334-1900. Fax 02-9357-2676
MINUTES OF THE 1999 ANNUAL GENERAL MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW, HELD IN THE UNITING CHURCH HALL, STRATHFIELD ON WEDNESDAY 17TH FEBRUARY 1999


THE PRESIDENT OPENED the meeting at 11am welcoming those present.

APOLOGIES - were received from B Dun, H, P & M Ploenges, M & J Clyne

MINUTES of the 1998 Annual General Meeting as distributed (March 98) were accepted on the motion of P Halliburton, seconded B Darlington.

BUSINESS ARISING -nil

PRESIDENTS REPORT - Thank you for your support and confidence in 1998. As you will see later in the minutes the Executive will be returned unopposed. Either we have been doing a good job or no-body else is silly enough to take it on. Notwithstanding all that, I would like to thank my fellow executive members for their help and assistance last year. Carol and I have had the opportunity during the year to attend a number of the branch meetings and I thank those members and their executives as well.

I am currently involved in a correspondence war with Medical Benefits Fund over their cancellation of certain rebates previously paid to us for prostheses and other essential material. The benefits I refer to are being paid by some of the funds - HCF for one - but not by MBF. At this point we are at the non-negotiable stage, but we are about to attack from the other end - local, State and Federal members, State and Federal Health Ministers as well as the recently formed Health Ombudsman Office. I also urge any member who is affected, particularly MBF members, to do like wise.

In December 1998 I circulated a letter to all Branch Presidents to obtain their expressions of interest in convening a regional conference, to express any problems etc., and in general plan the Association’s direction into the new millennium. The idea has been well received; however, because of logistic problems - travel - health - economics etc. I now propose to approach this from another direction. On Tuesday 2nd March and Wednesday 3rd March I will be attending the Branch meetings of the Mid-North Coast at Taree, and the Northern Rivers Branch at Lismore. The idea is for a representative of the Association to attend the Dubbo and Canberra meetings, obtain everybody’s thoughts, views, problems etc., and then later in the year have a conference with all other Branches and then formalize our approach.

On behalf of the Executive thank you for your support.

I conclude with a word of warning - one of your Executive (LW) has become a racing tipster and has been ringing members with so called reliable information. For your own sake DO NOT take any notice of her!!!

Brian Gardner.

TREASURERS REPORT.

The audited report for 1998 was presented to the meeting and tabled for further perusal.

The report showed an excess of income over expenditure for the year 1998 of $837.18

LARYNX OFFICERS REPORT

As printed in the February Newsletter Reports accepted on the motion of B Byrne, seconded L Walton.

ELECTION OF OFFICE BEARERS

As only one nomination for each position there was no need for a ballot and all committee members were elected unopposed. The names of the 1999 committee are recorded on the front page of this Newsletter.

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

President

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MINUTES OF THE FEBRUARY MEETING OF THE LARYNGECTOMEE ASSOCIATION OF NSW, HELD IN THE UNITING CHURCH HALL, STRATHFIELD ON WEDNESDAY 17TH.

PRESENT as for AGM plus Michael Jordan and B Eccleston.

APOLOGIES As for AGM.

THE PRESIDENT OPENED the meeting at 11.30 am.

MINUTES OF THE NOV. MEETING as distributed in Dec Newsletter were accepted on the motion of B Byrne, seconded N Bluett.
SECRETARY/TREASURERS REPORT

Annual Subscriptions
Unfortunately, I have to commence the year with a reminder to members that their 1999 subscriptions were due to be paid by 1st Jan, and at this date about 100 members have not paid their subs. We would appreciate receipt of the outstanding subscriptions as soon as possible.

Membership
On behalf of the committee I would like to welcome the following new members to our Association and we hope they will avail themselves of the facilities etc. that we may be able to provide:

- Mr. P. E. Gillespie of Gordon
- Mr. H. J. Mehnhopt of Bredbo, ACT
- Miss Betty Montgomery of Bulli
- Mr. H. Trdoslavich of Macquarie Fields
- Mr. Keo Siv of Smithfield
- Mr. Arch Robertson of Waratah
- Mr. Ian Wearne of Fraser, ACT
- Mr. Alan Sparkes of The Rocks
- Mr. John Pollard of Mallanganee
- Mrs. G. Angelakos of Riverwood
- Mr. J. Quintana of Castle Hill
- Mr. K. Dunstone of Sadlier.

Regrettably I have to report that four members have died since our last meeting.

National Conference - CANCER - WE CARE
The Australian Cancer society is staging a National conference titled “Cancer - We Care” during the period 13th-16th July 1999 at the Australian Jockey Club Convention and Exhibition Centre, Randwick. Fuller details will be published elsewhere in the Newsletter.

Donations
On behalf of the Association I would like to thank the following members for their generous donations:

- Mrs. B. Cullen of Castle Hill
- Mrs. J. Newland of Padstow Heights
- Arnecliff Uniting Church Members
- Mr. A. Cowgill of Bundanoon
- Mr. J. Costigan of Doonside
- Miss C. Melachlan
- Mr. D. Butler of Lakemba
- Mr. V. McGregor of Grafton
- Mr. A. Shepherd of Waterloo
- Mr. D. Tauro of Maroubra
- Mr. L. Davis of Surry Hills
- Mr. J. Righini of Isaacs

Government Regulation
To comply with the requirements of the Department of Fair Trading I would like to move:
that all office bearers of the Association be authorised to sign on behalf of the Association those forms required by the Department of Fair Trading and the Chief Secretary’s Department. Seconded L Walton and Carried.

CORRESPONDENCE

1 Newsletters from Branches, Clubs, Associations in other states and overseas.
2 Mr. E. Smith of Lane Cove advising of change of address and with good wishes for the Association for 1999
3 Mr. R. S. Singh of Fiji. Sub for 1999 and report on his health.
4 NSW Cancer Council. Copy of their ‘Directions’ paper.
5 Australian Cancer Society. Copy of their ‘Visitors Handbook’
6 Telstra Aged and Disability Services advising of staff changes.
7 Mrs. M. Lydon of Salt Ash thanking Lilah Walton for her assistance and encouragement. Her husband Paul is a new laryngectomee
8 Western Districts Branch. Invitation to their Christmas function.
9 Directory of Australian Associations seeking update on our Association.
10 Ms Margaret Patterson, RNSH. Apology for inability to attend our Christmas function and best wishes for 1999
11 Ms Sue Barnard of Greenslopes Private Hospital expressing interest in the ‘Non Chew Cookbook
12 Mr. Trevor Chiplin of Narrabeen advising that because of deterioration of his eyesight he is unable to read our Newsletter
13 Centrelink. List of government pension rates etc.
14 Anti-discrimination Training and Information Newsletter
15 Centrelink - disability payment and services information.
16 Jack Costigan of Doonside. Thank you for loan of Servo and donation.
17 Mr. B. Cullen of Castle Hill - donation.
18 John Hunter Hospital Speech Pathology Department. Copy of their paper on candida.
19 MBF reply to President’s letter regarding benefits
Mr. V McGregor of Grafton - donation.
Mrs. J Nowland of Padstow Heights - donation.
Mrs. E Pigram of Cootamundra - advising that because of the limited sight of her husband Geoff (he is no longer able to read or write) they desire to resign from our Association.
Numerous subscriptions from members. Reports accepted on the motion of L Walton, seconded B Gardner.

WELFARE OFFICERS REPORT
Susie Harris, community nurse from South Sydney Hosp. Telephone me re a lady, 81 yr., who had had a tracheostomy and requested a visit. Don Newby visited and was able to assist her with tapes and other advice. I also visited her and will call again - thanks Don. Maralyn Ploenges wrote to me to let me know her father, Harvey, was in Gosford hospital (they now live at Buff Point). I visited him and am pleased to say he is now at home but not 100% yet. Get well Harvey because we missed you at the Christmas Party.
I was contacted by Ms Sema Ibrahim, sales manager of Key Medical. The prices of goods they sell are a little cheaper but as she has asked to address us at the March meeting she will be able to tell us more details.
The SOS for help with stoma covers in last months Newsletter received responses from Bonny Clark from Goulburn whose daughter has a sewing bee the members of which will make some; and also from Carol Gardner.
Thank you to these people, I do appreciate it.
The box of envelopes used for Patient Packs holds 500 and as I have nearly used the box I received last year I have proof I don’t sit and twiddle my thumbs all the time!!!
I have a laryngectomy who wishes to learn how to swim. I have contacted Gabrielle Coffey of Concord Hosp. and if they can get enough takers they will hold another class. Contact me if you wish to learn (Richard I have enrolled you)
I read in the Sunday Herald of 17/1/99 that batteries stored in the ‘frig’ last longer, try it. Photos were taken at the Christmas Party and if you would like a copy please contact John Chaloner who will tell you the price etc.
We have had word from Queensland that our member Oliver Harvey is far from well - to him and any others on the sick list we send our very best wishes for comfort in your distress, and eventual recovery.
Bonny Dun became a great-grandmother recently - congratulations.
Report accepted on the motion of B Byrne, seconded B Darlington.

GENERAL BUSINESS.
1 Does anyone know Wendy Mottram?
2 Lilah reported that she had had a call from a social worker requesting a hospital visitor for a laryngectomee. On checking Lilah found he had had a visitor, although Lilah had no record of it. She asks that such visitors please send reports of visits to her so that her files can be kept up to date.
3 President reported that as he would be attending Taree and Lismore meetings he will be unable to attend Western Districts Barbeque on March 2nd. An apology will be extended to them.
5 Bill Eccleston addressed the meeting on the Indian Voice Aid (Servox Type). He became interested because they are less expensive than the Servox and spare parts and repairs are considerably cheaper. They cost about $600 to buy but usually not more than $20-$30 to repair. More information can be obtained from Bill on 02-9580-5804(H) or 02-9941-6954(W). Bill told us there are more laryngectomees in India than there are people in Queensland!!! He also showed us the information given to laryngectomy patients about the operation and methods of regaining voice etc. in India.
6 Michael Jordon from Pacific Medical then addressed the meeting on the improvements that NuVox are testing on their instrument. He brought with him a prototype for us to test - one is also being tested in Queensland - and Bruce Darlington has agreed to test this instrument and report back. When the new model is developed and in circulation NuVox envisage being able to reduce the cost of the basic model to about $600.
There being no further business the President closed the meeting at 12.10pm and members enjoyed the gourmet lunch provided by Mary Halliburton and her helpers, and enlivened by chatter.

President

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NEXT MEETING
WEDNESDAY 17TH MARCH
Uniting Church Hall
Carrington Avenue, Strathfield
11am
Parking on Site, Short Walk to Railway.
MEETING FOLLOWED BY LIGHT LUNCHEON
Laryngectomees, Friends, Families,
Professionals all WELCOME.

WESTERN DISTRICT NEWS
Western District Branch has had its Annual General Meeting and re-elected the outgoing committee for another tour of duty. Stan Morley is President, Pat Halliburton is Secretary and Alan Dawson is Treasurer. Other committee positions are filled by Ron Coutts, Pat Dawson, Mary Halliburton, Helen Morley, June Coutts, Ern Barnes, Harry Stone, Ron Carlson, Bill Byrne and Laura Doran.
Details of meeting times are on the front page of this Newsletter.
WD is holding a barbecue with Illawarra Branch on Tuesday 2nd March at Woronora Dam. Cost is $5 per person and you will need to BYOG and a knife and fork. (Ladies may wish to bring a plate of goodies for morning tea) I believe there are still some seats available on the bus so anyone wishing to join them may ring June Coutts on 02-9624-7382 or Helen Morley on 02-4731-1161 to book a seat.

STOP PRESS Stan Morley reports that WD Newsletter Editor Ern Barnes is not well and will be out of commission for most of this year and therefore unable to produce their Newsletter. The feeling at the moment is that they will only be able to produce 3-4 during the year so they will submit reports to this Newsletter for your information.
Get Well Soon Ern!!

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

VALE
It is with regret that we sadly farewell the following members
Mr. T W McKenzie of Attunga
Mr. N W Whiting of Tumut
Mr. K R Dawson of Greystanes
Mr. Bill Thorburn of Tewantin
We extend to their families and friends our sincere sympathy

CANCER - WE CARE
National Conference
AUSTRALIAN CANCER SOCIETY
The national conference: “Cancer : We Care” is designed to bring together patients, carers, health professionals, volunteers and support workers.
Our aim is to have a creative, innovative and informative conference which will allow registrants to acquire new skills and knowledge in the area of cancer care.
Key issues to be covered in the Conference:
Survivorship/Living with cancer
Treatment advances
Recognising the carer.
Advocacy
Communication skills.
13th -16th July 1999
Australian Jockey Club Convention & Exhibition Centre
ROYAL RANDWICK RACECOURSE
Alison Rd, Randwick, NSW.
For more information, and if you feel you have something to contribute contact:
The Conference Co-ordinator
Ms Emma Mesaros
at Australian Cancer Society
Level 4, 70 William Street
East Sydney, NSW, 2011
Phone: 02-9380-9022
Mobile: 0414-917-831
Fax: 02-9380-9033
Email: acsp@acancer.org.au

CALL FOR ABSTRACTS
Due Date by Friday 26th
February 1999

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

CANDIDA
Yes again! But you must agree that it can be a big problem for those with tracheo-oesophageal shunts, and that means more and more laryngectomees these days.
As requested in last months Newsletter Tina Wilkie of John Hunter Hospital, Newcastle has forwarded to us the information sheet which her Speech Pathology Department issues to all those with shunts.
Unfortunately there is not room to publish it in this months Newsletter but with Tina’s permission we hope to publish it next month and Tina requests feedback so we ask for your co-operation. Thankyou.
JUST FOR FUN

MIRROR MAGIC
When I stepped from the shower this morning
And carefully closed the door
I happened to glance in the mirror
And was shocked by what I saw.
There stood a little old lady
With hair of pewter grey
Her dangly bits all droopy
Shouldn't see the light of day.
With veins in her legs like road maps
And arthritic hands and feet
Saddle bags hanging on her hips
And wrinkles on her seat.
I looked again and shuddered
At the knobbles on her knees
When all at once the penny dropped--
"MY GOD, THAT CAN'T BE ME !!!"
Dawn Dyer
(Dawn has sent me a couple more for you to look forward to next month- Ed)

RULE TO LIVE BY
Blessed are the husband and wife who continue to be affectionate, considerate and courteous long after the wedding bells have ceased ringing

JOKE OF THE MONTH
At our last luncheon Mary Halliburton was telling us about a friend of hers who lived near a cemetery, and quite often when walking home from the train took a short cut through this cemetery. A few weeks ago coming home at night he heard a constant tapping and thought it must have been the wind in a tree when he noticed there was no wind and because it was late and he was tired and had had a bad day he began to fear the worst, and his mind wandered to 'ghosties and goulies and things that go bump in the night'. But he was nearly through so decided to go on, getting really scared and with his goosebumps rising. He was almost through when he came upon a man tapping on a tombstone with a chisel and hammer. He heaved a sigh of relief and said "Oh, it's only you, I had begun to think I was hearing ghosts or some such thing. What are you doing?"
And the man replied "I had to come up and fix it - the idiot who made it spelt my name wrong" ??

THIS MONTH'S RECIPE
Its yummy and smooth and slides down easily.
SPANISH CREME
Ingredients; 2 teasp gelatine
1/4 cup hot water
1 cup evaporated milk
1 cup milk
4 tabs sugar
2 eggs
vanilla
Method : Dissolve gelatine in hot water. Beat egg yolks with sugar and add to milks. Cook over boiling water (double boiler), stirring well, until mixture coats a silver spoon (do not boil mixture) Add dissolved gelatine and cool slightly. Fold in stiffly beaten egg whites and vanilla. Pour into bowl or mould and chill until set. (Can be served alone, with a topping or with pureed fruit eg apricots)

ODE TO THE EDITOR
(or Let's Try Flattery)
Our Des is a wonderful lady
Was prob'ly a prize winning baby
She knits and she sews
Helps run Hawkesbury Show
Would never do anything shady,
She composes a limerick with ease
To edit this paper's a breeze
Researches far info
That helps lary's health woes
She certainly is the bee's knees.
Mary Halliburton

ANOTHER RULE TO LIVE BY
Never take your diet to a party!!

MESSAGE FROM THE EDITOR
Thank you (I think) for 'putting me in' as editor again. But I could not and cannot do it without your contributions, so please, please keep them coming. Also ask for information you want. As regards recipes lets have some more 'non-chew, easy swallow ones please. I notice that many of our members have European or Asian names - some ethnic recipes too please.
GOOD HEALTH, GOOD LUCK AND TAKE CARE!!
THE ANNUAL GENERAL MEETING
OF
THE LARYNGECTOMEE ASSOCN OF QLD INC.
WILL BE HELD AT
Qld Cancer Fund Headquarters, William Rudder House
553 Gregory Tce Fortitude Valley
(opposite the old museum. Parking available under building)
on
Wednesday 17th February at 10.30
Any bus you take to the EKKA will get you to the Cancer Fund- alight at the corner of Brunswick St & Gregory Tce STOP 7.
If you take a train to the Valley & would like a lift from there to the QCF please write, phone or fax the office to arrange a lift.
10.30 Tea,Coffee & meeting each other
11.00 A.G.M. with Election of Officers
11.30 Guest Speaker.- This will be the first in a series of non-medical talks to brighten our meetings in 1999.

Hoping to see lots of old and new faces on Wed 17th to bring new life to the Association & inspire the Executive to greater achievements!

THIS NEWSLETTER WAS PRODUCED WITH THE ASSISTANCE OF THE QLD CANCER FUND.
PRESIDENT/EDITOR'S REPORT. Welcome to the first newsletter for 1999, particularly for new members who have just survived their first Christmas. Let's hope this is the year the breakthrough comes and they can cure cancer with a tablet or an injection (one only!).

Last night my printer ran out of ink so this is being done on a borrowed computer & I have 20 mins to do this before the wonderful loyal working bee takes it out of my hands to send it away. My apologies to June & Brian for their contributions which I have been unable to print, and sincere thanks to Graham, Jill and Norm for their pages which have saved the day. In this issue we have an excerpt from the GST exemption list. This was spotted by Sue Collins at work who immediately contacted Canberra and pointed out the very serious omission of voice prosthesis and batteries for the electrolarynxes. The action was immediate with Canberra checking this with experts (Lynelle) and confirming with Sue these items would be added before the final documentation was set in concrete. Thanks Sue on behalf of all of us. We would like all our readers to look closely at the list and identify any items you believe should be on it. Then let us know, let your local member know—this is VERY important. NOW is the time to act.

Our Annual Seminar is likely to be held in May and we really want to hear from you as to what issues you would like to be covered during the day’s programme. Naturally there will be the ever popular Partner/Family workshop, and we welcome new ideas. (Perhaps Support Groups could discuss this at your next Meeting and get back to us as soon as possible).

The wonders of modern technology were used this month with Nambour Hospital doing it’s first prosthesis with a Telemedicine link to the P.B.H. Congratulations to everyone involved in spreading the expertise throughout the State. Speaking of RBH we welcome Lu (Lucinda) the new face at the reception desk in Speech Pathology. P.A.H. has just had their first meeting for the year on 4th Feb. No doubt everyone is just starting back from their holidays so I don’t have details yet from the country support groups about their recent and future activities. The Gold Coast Group will meet on 26th Feb at Qld Cancer Fund cnr Bay & Davenport Sts Southport. Meeting to start at 10 sharp!

As I am now running out of time, I’ll have to close with a comment about our A.G.M. which is coming up. We DESPERATELY need a Secretary. For the past year, Meetings have not been called on the regular basis they should have been, correspondence has not been done and Minutes have been haphazard. This situation cannot continue. If we cannot find a competent volunteer, then we will have to look at using our very hard-earned savings to pay for clerical help. I just cannot believe that there isn’t a retired Secretary out there who wouldn’t mind giving a couple of hours a week to a worthy cause. Please think about this. They don't need to have any connection with a larynectomy to be able to be our Secretary.

Chairs, Heather.
A SAD LOSS

The Club was saddened to learn of the death this week of one of the Club's most valuable members, Someone Else. Someone Else's passing creates a vacancy that will be difficult to fill. Else has been with the Club since it's beginning and did far more than the normal persons share of the work. Whenever there was a job to do, social functions to attend, funds to raise, one name was on everyone's lips: 'Let Someone Else do it.' It was common knowledge that Else was among the largest contributors of time to the Club. Whenever there was a need for volunteers, everyone just assumed that Someone Else would volunteer. Else was a wonderful person, but a person can only do so much.

Were the truth known, everyone expected too much of Someone Else. Now Someone Else has gone! What are we going to do? - Someone Else left a wonderful example, but who is going to do the things that someone Else did?

When you are asked to help, remember that we can't depend on Someone Else.

PARTICIPATE

I sincerely hope that we get a good turnout for our Annual General Meeting and that you will have your say on what you would like your Club to do now and in the future. All positions are up for grabs. If you don't want to nominate for a position, come along and vote for another person. Clubs can run and exist but involvement and input from members is essential if the Club is to run successfully. Some members will say they have given their input with the loss of the old voice box but this is not the case. Come along for a chat, vote and have a cup of tea or coffee and a biscuit.

When glancing through TV Scene which comes with the Sunday paper I noticed an article by Val, wife of the Late Maurie Fields. It states that Maurie died of a heart attack aged 69. It was also revealed that Maurie was battling throat cancer for the last three months of his life but did not want anyone to know.

On Australia Day, Bill Robertson who is recovering from major surgery (and doing very well with his new Servox) came to Beaudesert with me to pick up some more stoma covers from our top cover maker and long time member Rosie Day. We enjoyed a lovely cup of tea with Rosie and Eddie who send their best wishes to all for the New Year.

FROM THE FILES JUNE 1996 - WHAT I WISH I'D KNOWN

The Newsletter for the Laryngectomee Association Qld carries a report from Michelle Murphy on a workshop on 'Spouse & Family'. The following are among things they wished they had known before the Laryngectomee returned home after the operation:

** More knowledge of surgery
** How to deal with depression and frustration of spouse
** Advise on a support group or person
** Better participation on what to expect on the first visit following surgery. (wish we had seen video)
** Awareness of changes to expect in the home - eg spouse takes on more responsibility as partner rehabilitates washing, cleaning etc.
** A practical demonstration on resuscitating people who neck breathe
** Possible major changes in diet following surgery, eg smaller, more frequent meals and softer foods.
** New cloths to help cover the stoma

The three most important issues evolving from the workshop were:
1. Partners and relatives would like to attend a demonstration by ambulance/hospital staff on resuscitating someone who is neck breather.
2. They would like to be given more information on the psychological impact that a Laryngectomee will have on their partners and themselves.
3. Very few people had access to a social worker pre- or post-operatively.

FOR ANY ASSISTANCE ON THE ABOVE PLEASE CONTACT ASSOCIATION
THE LARYNGCETOMEE ASSOCIATION OF QLD INC

ANNUAL GENERAL MEETING
ELECTION OF OFFICERS AND EXECUTIVE COMMITTEE

At the Annual General Meeting of the Laryngectomy Association of Qld, to be held on Wednesday 17th February. 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 the seconder, and be lodged with the Secretary of the Laryngectomy Association Qld, P O Box 576, LUTWYCHE QLD 4030, or they can be handed in on the morning of the meeting.

The following offices are to be filled.

President
Vice President
Secretary
Treasurer
Assistant Sec/Treas Welfare Officer Property Officer
Publicity Officer Newsletter Editor Committee Members

NOMINATION FORM

LARYNGCETOMEE ASSOCIATION OF QLD. COMMITTEE 1999.
(PLEASE USE BLOCK LETTERS)

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

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

For the position of................................................................

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

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

I ENCLOSE MY CHEQUE/MONEY ORDER FOR $10.00 BEING FOR RENEWAL OF MEMBERSHIP OF THE LARYNGCETOMEE ASSOCIATION OF QLD.

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

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

..............................................................................Post Code

The Laryngectomy Association of Qld Inc
P. O. Box 576
LUTWYCHE  4030

ANNUAL SUBSCRIPTIONS NOW DUE
STILL ONLY $10.60.
Under the new tax system, most health services will be GST-free. In addition, an extensive number of medical aids and appliances will be GST-free. The following list of medical aids and appliances will be GST-free where they are:

- specifically designed for people with an illness or disability; and
- not widely used by people without an illness or disability.

Communication aids for persons with disabilities

- communication boards and voice output devices
- communication cards
- page turners
- eye pointing frames
- software programs specifically designed for persons with disabilities
- printers and scanners specifically designed for software and hardware used by people with disabilities
- switches and switch interfaces
- mouth/head sticks/pointers
- alternative keyboards
- electrolarynx replacements
- speech amplification/clarification aids

Hearing/speech

- hearing aids
- visual display units designed for persons with hearing and/or speech impairment to communicate with others
- telephone communication devices designed to allow hearing impaired persons to send and receive messages by telephone
- batteries designed specifically for use with hearing aids
- visual/tactile alerting devices
- interactive and broadcast videotext systems
- closed caption decoding devices
- external processors for cochlear implants
SIR NORMS' DESK,

DEAR FELLOW CARDS,

AT THE MOMENT AUST. POST & I ARE HAVING A BATTLE RE RETURNED MAIL.

I HAVE BEEN SADDENED BY THE NEWSLETTER RETURNS LATELY. IF YOU DO NOT REQUIRE A NEWSLETTER LET ME KNOW, SO I CAN DELETE YOUR NAME OFF THE LIST.

WHEN YOU MAKE YOUR SUBSCRIPTION OR DONATION I REQUIRE NAME, STREET NUMBER, SUBURB, POSTCODE.

ON OUR LAST NEWSLETTER THE RETURNS WERE SUCH:

1. INSUFFICIENTLY ADDRESSED
2. UNKNOWN AT ADDRESS
3. LEFT ADDRESS (PLEASE NOTIFY ME OF ANY CHANGE OF ADDRESS)
4. REFUSED
5. DECEASED. (IF YOU DIE TELL ME)

HEALTHY HAPPY NEW YEAR TO ALL

GOOD BLESS.

CLUB SUPPLIES

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foam (Thickness (mm): 3, 3.5, 4, 4.5)</td>
<td>$2.50 each</td>
</tr>
<tr>
<td>Double sided tape</td>
<td>$2.50</td>
</tr>
<tr>
<td>Badges</td>
<td>$3.00</td>
</tr>
<tr>
<td>Stoma Covers (Colours: White, Cream, Black)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Personal Alarms</td>
<td>$5.50</td>
</tr>
<tr>
<td>Buchanan Covers (small)</td>
<td>$8.50</td>
</tr>
<tr>
<td>Buchanan Covers (large)</td>
<td>$11.00</td>
</tr>
<tr>
<td>Romet Filter Cover</td>
<td>$17.00</td>
</tr>
</tbody>
</table>

Shower Shields $23.00
Amplifier $200.00
Batteries $20.00
Tracho Foam Discs (30's) $34.00
Stom Vent $3.50 each
Emergency Ear Stickers $0.50c each

Books
You Can Say That Again $2.50
Self Help for the Laryngectomee $15.00

Please state foam thickness required.

(5 Financial members)

ELECTROLYTE FOR LOAN
Where does a sheep get its hair cut?
At the baa - baa shop.

*****

God made time but man made haste.

JOKERS CORNER
HOT STUFF

A pompous friend of mine boasted of being a poet, and submitted some of his work to a publisher. He admits that his letter may have sounded a bit high handed demanding a quick reply and adding "I have other iron in the fire".
The rejection slip bore the advice "Remove the iron and insert poems".

*****

Hard to swallow
I was having coffee with a group of friends when we were joined by a girl despondent over the end of her latest romance. Trying to cheer her up we offered her a slice of cake.
"I can't have it" she sniffed "I never eat between males".

*****

"Your mother has been with us now for twenty years" said John "Isn't it time she got a place of her own?"
"My mother" replied Helen "I thought she was your mother." (Joseph Lanzaff)

*****

A policeman pulled over a car." What is the matter officer?" the driver asked.
"Your wife fell out of your car five kilometres down the road" the policeman told him.
"Oh, thank goodness" said the driver "I thought I was going deaf" (Frank Leydon).

*****

Joe, "Women the lifeboats".

Moe."You don't women the lifeboats. You man the lifeboats."

Joe. You fill your lifeboat and I'll fill mine.

(Bob Phillips)

*****

The human brain is like a TV set. when it goes blank it's time to turn off the sound.

On the Level

My friend, Dorey Level was getting a little paunch and I could not resist kidding him whenever possible. When I introduced him as a speaker I stated "We know he is on the level because he has the bubble in the middle".

*****

Green Side Up

A house builder was showing a home to a prospective buyer. About every five minutes the builder would go to a window and yell "Green side up!"

Finally, the prospective buyer's curiosity got the best of him and asked
"why do you continue go to the window and yell, green side up?"
"Well we have a new guy laying sod".

*****

Overheard

A painter said to his assistant
"Jed, get a good hold on that paint brush, I am going to move the ladder.

*****

Three Coats

A painter was talking to his mate about his new assistant.
"He usually paints three coats at once.
"One on the wall
"One on the floor
"and One on himself"

*****

The Right Tool

Hammer: tool for driving screws.
Screwdriver: tool for removing nails

Awareness is a major key to success. Keep your radar finely tuned. You never know where a good idea will come from or how far it will take you.

SEND YOUR STORY
POEM ETC TO "NORM"
AT COUNTRY KORNER.
Teenagers express a burning desire to be DIFFERENT from anyone else.

THEY dress exactly ALIKE

Its tough luck when your car horn accidentally blasts off and remains JAMMED when you are driving behind a group of HELLS ANGELS BIKIES

LATEST BUMPER STICKER

make you local MP Work
DON'T RE-ELECT HIM

Hangman to Hanggee “What a dope I am. I ran out of rope”, He said to the victim
Victim “WELL NO NOOSE IS GOOD NOOSE”

TERMITE walks up to the bar and demands “OK where is the BAR tender”

WHAT IS SILENCE

It is something you can’t hear, when you are listening.

A teacher starting work at a new school ran against the local facts of life, when she asked a young pupil “Name four seasons of the Year”
a very prompt answer “FOOTBALL, CRICKET, SWIMMING, TENNIS.....”

Norm “I keep seeing spots before my eyes”
Heather “Have you seen a doctor?”
Norm “No. Just spots”

When June turned Forty!!! recently I jokingly said to her. I think I will trade you in on two twenties.
SHE COUNTERED
You’re not wired for 220

Mum “That’s a bold cold you have Dad, You’ll have to take care of it”
Dad “Don’t you want me to try and get rid of it?”

SCHOOL TEACHER TO DOCTOR'S SON
I’m afraid I will have to ask your father to come and see me.

DOCTOR'S SON
You’ll be sorry, he charges $50.00 a visit.

Q. Can you chew Tobacco and go to Heaven? YES, But you’ll have to go to Hell to spit.
LARYNGECTOMEE ASSOCIATION OF NSW
Dedicated to the welfare of laryngectomees and those with similar vocal disorders
No 86
FEBRUARY 1999

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

MONTHLY MEETINGS:
#SYDNEY: Third Wednesday, 11am at Uniting Church Hall, Carrington Ave, STRATHFIELD.
#HUNTER VALLEY: Third Tuesday, 6pm at Mayfield Bowling Club, Ingall St, Mayfield.
#PARRAMATTA: Second Tuesday, 12.30pm at Masonic Club, 163 George St, Parramatta.
#ILAWARRA: Third Wednesday, 2.30pm at Warilla Medical Centre, Belfast St, Warilla.
#NORTHERN RIVERS: 4 times per year, rotating venues, Contact J Kidd, PO Box 572, Lismore. Phone 02-66233320.
#MID NORTH COAST: First Tuesday, 1.30pm at Staff Centre, Manning Base Hospital, Taree.
#DUBBO: Lourdes Hospital. Last Thurs, 10.30am Conference room.
#ALBURY: Ph: 02-6323-2011, ext 323
#CANBERRA: First Wed, 11am, Level 1, Building 3, Canberra Hosp
#SOUTHERN DISTRICTS: 4th Wed. 10.00am, Thomas Rachel Moore Education Centre Liverpool Hosp.- Phone 02-9607-6708.

OFFICE BEARERS 1998
President: Brian Gardner, 4 Merelyn Rd, BELROSE 2085. 02-9452-2858
Vice Presidents: Bill Byrne, 422 Guildford Rd, GUILDFORD, John Chaloner (see below)
Secretary/Treasurer: John Nicholson, MBE, PO Box 58, RICHMOND, 2753. (02) 4578 1415.
Minute Secretary: Mrs Margaret Silver, 89 Spencer Rd, KILLARA, (02) 9498 4390.
Speech Aids Co-ordinator: John Chaloner, 111 Station St, PETERSHAM, 2049. (02) 9560 2852.
Welfare Officer: Mrs Lilah Walton, 23 Baker St, Kensington, 2033; (02) 9663-2550.
Editor: Des Nicholson (as for John)
Committee: Bruce Darlington, 5 Alexandra St, ARNCLIFFE, 2035. (02) 9559 2540. Pat Halliburton, 54 Carmen Drive, CARLINGFORD 2118, 02-9871-8690.

EDITORIAL
And so begins another year for the Laryngectomee Association of NSW, and hopefully a new commitment from all members.
A case for perhaps paraphrasing that well known quote from John F Kennedy - Think not what your fellow laryngectomees can do for you, think rather what you can do for your fellow laryngectomees!
Only three nominations for this years committee have been received by your secretary (treasurer, vice president and larynx officer.) which is really a very poor showing you must agree.
Yes, I know not all members can attend meetings or serve on committees, and many and varied are the reasons for this, but there are other ways you can help. Remember that, for many, this Newsletter is their only contact with what is going on in the world of laryngectomees so perhaps your contribution could be an article telling others of something that has worked for you in your rehabilitation, or asking for assistance for a problem to which you are having difficulty providing a solution. Another member is sure to be able to help.
I have great admiration for those who have organized and are running the branches throughout the state - could you give others some hints on how you went about this and what works for your group. Of course everyone is interested in the ongoing activities of these support groups, let us know please what is going on.
Are you inclined to start a support group in your area - not necessarily for only laryngectomees but for others with disabilities?
Meetings - please let your committee (if we still have one) know what you would like to have discussed - even if you are unable to attend a report will be in the minutes. What about guest speakers? Do we need them? Have you suggestions on suitable subjects or speakers? Would you like to hear from a dietician? A physiotherapist? Etc etc.
Are you a sewer? Would you be able to make stoma covers and help Lilah who is at the moment wearing her fingers to the bone keeping up with demand with very little help? She was forced to take a break over the festive season and is now trying to catch up.
What I am trying to say is: everyone has a talent - what I am asking is that some of that ability be fed into this YOUR ASSOCIATION, so that it remain not only viable but growing, active and even exciting.

WHO TO CONTACT
FOR BLOM-SINGER SUPPLIES - David Smith, 27 Bellevue Pde, North Curl Curl. 2099 Phone 02-9939-1539
FOR SPEECH AID BATTERIES, PARTS & REPAIRS- John Chaloner, 111 Station Street, Petersham. 2049 Phone 02-9560-2852
FOR STOMA COVERS, SHOWERSHIELDS, STOMA COVER MATERIAL AND WELFARE MATTERS- Lilah Walton, 23 Baker St, Kensington. 2033. Ph 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, Kings Cross, 2011. Phone 02-9334-1900. Fax 02-9357-2676
Page 2 -

CANBERRA NEWS
We had a good evening on 2nd December at our Christmas ‘get-together’ at The Restaurant - Canberra Institute of Technology, and the ‘usual group’ were very pleased to be joined by two couples; one from Woollongong and the other from Ulladulla. Most pleasant to meet laryngectomees from other areas.
As from February 3rd 1999 we will be changing our meeting place. The new area will be Level 1, Building 3, Canberra Hospital. This is the new home for the Speech Pathology Department Happy New Year to all.

Peter Beasley.

NEXT MEETING
Annual General Meeting
Wednesday 17th February
11am

UNITING CHURCH HALL
CARRINGTON AVENUE, STRATHFIELD
Parking on Site
Short Walk to Strathfield Station.

LIGHT LUNCH SERVED AFTER THE MEETING

Come and enjoy the fellowship and meet YOUR new committee

LARYNGECTOMEES, FRIENDS, FAMILIES
AND PROFESSIONALS
WELCOME.

LETTERS
Had a note from Ada Barnett-Stone saying that she and Harry Stone were married as arranged at Kiama on 4th January 1999, witnessed by Harry’s son and his wife. I’m sure we wish them both a long future of happiness together. Ada says she will still acknowledge the name of Ada Barnett as she and Harry both feel to change at this late stage will confuse a number of people.

Had letters from Tina Wilkie (speech pathologist at John Hunter Hospital) and also Tony Krasnodebski telling your ignorant editor that ‘liquid smoke’ is available from supermarkets and delicatessens. Tina also expressed interest in purchasing the book but as she was the only one I do not think the Association would be willing to buy a number. (Perhaps you could contact her Tony - Ed)
Tina also mentioned that another book for people with swallowing difficulties is published in Australia by the Julia Farr Foundation, PO Box 221’ Unley, SA, 5061; Phone 08-9373-2577 or Fax 08-9272-0175. This book is called “GOOD LOOKING -EASY SWALLOWING” and costs about $40.00

Tina used some of the information, supplied by members and published in the Newsletter in a pamphlet which they recently developed for laryngectomee patients. We would be interested in seeing this pamphlet if we could please Tina – Ed)

NEWS FROM THE SECRETARY
I have recently received a pamphlet from ‘Cenrelink’ called “Disability Payments and Services’ which contains information for people with a disability, illness or injury and their carers. I will bring this to the February meeting. In the mean time, if anyone wants more information, the phone number for those with speech or hearing impairments is 1800-810-586.

John Nicholson

REPORT FROM THE LARYNX OFFICER
1 During 1998 your Association supplied to members 42 Varta batteries for the Servox speech aid and 6 Eveready batteries for the Cooper-Rand aid.
2 The Varta Nickel Metal Hydride batteries we supply are more expensive due to their increased power over the old Nickel Cadmium type and due to present currency conversion rates. The prices to members, including postage, are; one battery $18.75, two batteries $34.55.
3 During 1998 your Association also lent speech aids to members on 22 occasions, whilst their unit was being repaired or when they wished to try out a different type of aid. We lent Servox 12 times, Nu-Vois 7 times and Cooper-Rand 3 times.

John Chaloner

See you at the Annual General Meeting!!