OFFICE BEARERS

PRESIDENT: Les Byrnes, 82/79-87 Boyce Road, MAROUBRA, 2035. (02) 93440445. 0401585287 penbyrnes23@gmail.com

VICE PRESIDENT & WEBSITE ADMIN: Greg Joss, 61 Morrice Street, LANE COVE 2066 (02) 9427 0509

VICE PRESIDENT: Peter Tierney, 11 Berrico Place, BANGOR, 2234 (02) 9543 0478

SECRETARY/TREASURER: Raymond Chappelow, Villa 65/9 Col Drewe Dr, STH BOWENFELS, 2790 Mobile 0400 409 325 raymond.chappelow@bigpond.com

WELFARE OFFICER: Cathy Edwards, PO Box 54, ALLAWAH, 2218. (02) 9587 9636 cedwards53@bigpond.com

ASSISTANT WELFARE OFFICER: Wally Bak, 4 Swords Ave., Mt Druitt, 2770 (02) 9864 6205 wallybak@gmail.com

SPEECH AIDS COORDINATOR: John Chaloner, PO Box 977, PETERSHAM NSW 2049. (02) 9560 2852

EDITOR: George Southgate, geocentric.gs@gmail.com (02) 04176 79651

ACCOMMODATION ASSISTANCE WHEN NEEDED

OUT-PATIENT TREATMENT AWAY FROM HOME:
Cancer Council NSW, 153 Dowling St, WOOLLOOMOOLOO, 2011 (PO Box 572, Kings Cross, 1340), Phone: 13 11 20. (Information & Support) Or contact Social Worker at hospital you will be attending. www.cancercouncil.com.au

ASSOCIATION WEBPAGE:
www.stilltalking.org

INTERNATIONAL ASSOCIATION OF LARYNGECTOMEES:
www.theial.com/ial

WEB WHISPERS:
www.webwhispers.org

NEXT MEETING

20th September 2017 at the Sydney Mechanics Institute, 280 Pitt St, SYDNEY at 11 am. The meeting will be followed by light refreshments. Laryngectomees, friends, families, professionals all welcome.
Regional Meetings

NSW Association: 3rd Wednesday of month (Feb - Nov) Sydney Mechanics Institute, 280 Pitt St, SYDNEY, 2000 at11am.

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

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

ALBURY: Meets alternate months from February. Contact Norma Teasdale 02 60211749

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


Minutes

Laryngectomee Association of NSW Inc.

Minutes of 16 August 2017.

The President, Les Byrnes opened the meeting at 11.00 am and welcomed the very small gathering of members present.

Apologies

Apologies received from Secretary Raymond who was too ill to travel from Lithgow, and prior apology from Peter and Glenda Tierney.

Attendance – Laryngectomees

Les Byrnes, Colin Phelan, Frank Campbell and intended member Vicky Pedras.

Attendance – Non-laryngectomees

Carol Gardner, Cathy Edwards and Glen Williams (partner of Vicky).

The president expressed concern regarding the lack of attendees but decided to carry on with the business on the agenda and also welcomed Vicky and her partner.

Minutes of the July Meeting were accepted as read

Business Arising

After minutes were accepted as read Les Byrnes updated the members with details regarding business cards for committee members. Costs from Officeworks and Harvey Norman were advised. It was resolved that we go ahead with obtaining 250 at around $35.00 for inclusion in welcome packs and include the contact numbers of the Secretary, Welfare Officer and Speech aids coordinator. The website would also appear.
Membership Subscriptions:
New application form for membership was tabled advising applicants that joining after July 1st the subscription of $10.00 would count for the following year. The discounting would no longer apply. The idea of different meeting venues and/or frequency of meetings was left for future discussion.

Welfare Officer Report:

WELFARE REPORT FOR July 2017-Aug 2017

PATIENT PACKS

10 Packs Sach Keen Royal North Shore Hospital

<table>
<thead>
<tr>
<th>Inv No</th>
<th>Name</th>
<th>Goods</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>0420</td>
<td>Marco Giannetti</td>
<td>10 Single Stoma Covers</td>
<td>60.00</td>
</tr>
<tr>
<td>0421</td>
<td>Brian Jameson</td>
<td>8 Single Stoma Covers + Yly Membership 1 pkt Jumbo Swabs</td>
<td>58.00</td>
</tr>
<tr>
<td>0501</td>
<td>Janice Heapy</td>
<td>5 Single Stoma Covers</td>
<td>30.00</td>
</tr>
<tr>
<td>0502</td>
<td>Leonard Smith</td>
<td>1 Shower Shield</td>
<td>25.00</td>
</tr>
<tr>
<td>0503</td>
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<tr>
<td>0505</td>
<td>Antonio Demarco</td>
<td>14 Single Stoma Covers</td>
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<tr>
<td>0506</td>
<td>Kenneth Malloy</td>
<td>1 showershield</td>
<td>25.00</td>
</tr>
<tr>
<td>0507</td>
<td>Alexander Davey</td>
<td>1 membership &amp; 12 Stoma Covers</td>
<td>82.00</td>
</tr>
</tbody>
</table>

Packs for New Members

Brian Jameson
David J Walmsley
Alexander J Davey

Postage Costs

Float - given in June 2017 500.00

PK of 10 Small Satchel 80.75
PK of 10 Small Satchel 80.75
Medium Satchel (X3) 41.40

Extra Postage On Inv 0507 4.95

Total $207.85 $292.15
Cathy advised that Atosmedical has sent a complete catalogue of their products. She also said that our stocks of shower shields were low and Carol advised that supplies can be purchased from USA. Details for purchasing are available from Secretary, Raymond.

These S/S have been popular with members and Cathy will report back at next meeting. The other type of shields, e.g. Clip on are available from Atosmedical direct. Similar problems with stoma covers following unusual demands recently. Carol said she has some unused stock which had previously been returned by members as unsuitable and would sort out for reuse if possible. In the meantime we have to rely on Wendy Tyrell to maintain stocks.

**Correspondence**

**Incoming**

1. National Pen – re non-payment of invoice already paid
2. Susan Hass – copy of email to Enable NSW re entitlement
3. Australian Cybercrime Reporting Network – Reference number re scams
4. ACNC Quarterly – Winter 2017
5. Signet – i). reviewed Privacy Policy
6. Infoxchange – requesting update for Northern Rivers Branch
7. Australian Not-for-Profit Workforce Study
8. more scam emails
9. Victor Standring advising of death of brother, Keith
10. Marion Hawes – change of address

**Outgoing**

Letters of Welcome to new members
1. John Crestani of Casula
2. David Walmsley of Port MacQuarie

**New Members** – see above

**Vales**

1. Edward Copelin of Port Macquarie
2. Lesley Hammond of Doyalson North
3. Earl Starr of Toronto
Informal discussion ensued regarding Atosmedical catalogue and in relation to that, the President advised of a recent event at their Head office for the launch of their Lunar HME designed to assist those who have difficulty sleeping with day to day HMEs. Those attending the event were given samples to use. The adhesive is more skin friendly and HME very soft. Product is approved under Enable NSW. Members who wish to try this product should contact Atosmedical direct.

There being no further business the meeting closed at 11.50 am to be followed by light lunch. Next Meeting to be held on Wednesday 20th September. Please note that the venue is booked from 10.30 to 12.30 only, so better to be early than on time.
Treasurer's Report

CBA balance as at 30 June 2017 $9,840.21

Add Income
Subscriptions $30.00
Patients' Supplies $172.50
Sundries (lost Rent cheque) $80.00

Sub total Income $10,122.71

Less Expenditure
Stationery/Printing $62.30
Lunch $120.00
Rent $160.00

Sub-total Expenditure $342.30

Add unpresented cheques
#648 $80.00
Less unpresented cheque (June) $469.29

CBA balance as at 31 July 2017 $9,391.12

Claims for Payment
Sydney Mechanics School of Arts (Rent) $40.

RENEWAL OF MEMBERSHIP

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

PHONE...............................................................................................

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

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

Email...........................................................................................................................

Annual subscription is $10

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

Payment can be made by cheque or money order or by depositing funds into a Commonwealth Bank to account of LANSW—BSB:-- 062 595 A/c No 00905579. PLEASE ensure Bank transmits your name otherwise notify the Treasurer of your payment.

Ensure that LANSW have your current contact details.

Payment by internet does not require this form to be sent, but please include your name on transfer otherwise your membership will no be credited.

PLEASE TICK WHATEVER APPLIES

-----Cheque enclosed  _____Payment made to Bank: Date of Payment / /201

----- Money Order enclosed  _____I require a receipt
The Laryngectomee Association of NSW Incorporated

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

ELECTION OF OFFICERS AND EXECUTIVE COMMITTEE

Under the constitution of the Association, nominations for these positions must be made in writing, prior to the meeting, BY FINANCIAL MEMBERS of the Association.

The nomination must carry the signatures of the nominee, nominator and seconder and be lodged with The Secretary, LANSW, Villa 65/9 Col Drewe Drive, SOUTH BOWENFELS, 2790 by 14 March, 2018

THE FOLLOWING OFFICES ARE TO BE FILLED: -

President  Vice-Presidents (2)  Secretary  Treasurer
Assistant Secretary/Treasurer  Welfare Officer  Speech Aids Co-ordinator  Editor
Committee Members (2)

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

NOMINATION FORM

Laryngectomee Association NSW, Committee, 2018

(please use block letters)

I………………………………………………………………………………………………………………

(NOTE—You may nominate yourself for any position)

Nominate……………………………………………………………………………………………………

For the position of………………………………………………………………………………………….
of LANSW

Signed ………………………………………………………………………………………………………Nominator

Signed……………………………………………………………………………………………………Nominee

Signed……………………………………………………………………………………………………Seconder

Date…………………………………………………………
1) Every day 20 banks are robbed. The average take is $2,500!
2) The most popular first name in the world is Muhammad!
3) Tablecloths were originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating!
4) Tourists visiting Iceland should know that tipping at a restaurant is considered an insult.
5) One car out of every 230 made was stolen last year! ⚠️
6) The names of Popeye’s four nephews are Pipeye, Peepeye, Pupeye, and Poopeye!
7) Until the nineteenth century, solid blocks of tea were used as money in Siberia!
8) The Nobel Peace Prize medal depicts three naked men with their hands on each other’s shoulders!
9) When glass breaks, the cracks move faster than 3,000 miles per hour. To photograph the event, a camera must shoot at a millionth of a second.
10) A Boeing 747 airliner holds 57,285 gallons of fuel!
11) A car uses 1.6 ounces of gas idling for one minute. Half an ounce is used to start the average automobile!
12) The Philadelphia mint produces 26 million pennies per day!
13) A lightning bolt generates temperatures five times hotter than those found at the sun’s surface!
14) A violin contains about 70 separate pieces of wood!
15) The first product to have a bar code was Wrigley’s gum!
CHRISTMAS PARTY!!

This year’s Christmas Party for the Laryngectomee Association of NSW is to be held on Saturday 25 November 2017 at Ryde Eastwood Leagues Club at 12 noon till 3pm.

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

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

Please forward this form and cheques (if applicable) to :-
Raymond Chappelow, Villa 65/9 Col Drewe Dr., STH BOWENFELS, 2790 no later than 18 November.
Phone: 02 6352 5826 - Email: raymond.chappelow@bigpond.com
Make cheques payable to - Laryngectomee Association of NSW
Nearest railway station is West Ryde. The 501 bus from the City stops at the door. Parking available underneath the club.
Club address - 117 Ryedale Road, West Ryde. Ph 9807 2444. Opposite West Ryde station.
The meal comprises a choice of buffet layout, hot and cold meats, soups, salads and desserts.
Coffee, tea and after-dinner mints. Menus have been selected to ensure we have food suitable to our needs. Please indicate any special dietary requirements.
THE CRUISER PELICAN

Each day I think, of those days gone by,
when I cruised the sea neath a radiant sky,
aboard the 'Pelican' the love of my life,
with young Len and Nicholas and Tilly my wife.

My 'Pelican' was such a beautiful cruiser,
Its speed as such, there were many a loser.
Thirty feet long, with four berths below,
either plane-ing along, or cruising quite slow.

Never once did that boat, ever let me down,
in those sudden storms, that cause a frown.
All battened down, with me at the wheel,
bows under water I frequently feel.

She emerged each time, shaking her head,
As we kept on, forging ahead.
Echo sounder watched, for the depth below,
for sandbanks or rocks, all in a row,

Quick glances at the compass, when visibility low,
and at the timepiece, for that channel to go.
Knowing when to turn when nearing the land,
It's all up to god and your life in his hand.

To enter a safe inlet, and the anchor is dropped,
Tilly starts dinner as the engine is stopped.

Courtesy
Len A.Hynds (The Speechless Poet)
10:05 AM on a Thursday and Speech Pathology receives a phone call from the front desk that a walk in laryngectomee is here to see them. The clinician goes to gather the patient from the lobby and is surprised to see an open stoma with a coffee straw through the patient's TEP. The man shrugs and writes on a pad of paper, "For some reason the people on the train were looking at me like I was nuts." He smiles and follows the speech pathologist back into clinic for some disaster recovery.

Keeping an emergency kit on your body, in your home, and in the car is important for any laryngectomee to avoid a potentially dangerous situation. Accidents are never planned and you don't know when a TE voice prosthesis may become dislodged, an HME cassette may become soiled, or crusty mucus may obstruct your airway.

Some items to consider including in your "emergency kit" include: Kleenex/paper towels, an extra HME cassette, a mirror, saline bullets, tweezers, a flashlight, red rubber catheters (14 or 16 Fr) or a TE dilator, a larytube if you have stomal stenosis, a stoma cover, and your electrolarynx if you are a TE speaker. A spare battery is always helpful for your speech aid.

Like the Boy Scouts, the laryngectomee population must always "Be Prepared," so that way their coffee straws will only have to be used for stirring hot beverages.

By Dana Collinsworth, MA CCC - SLP


Count every "F" in the following text:

"FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS...... “

HOW MANY 'F's?

Count them again.

WRONG, THERE ARE 6 -- no joke..

READ IT AGAIN!

Really, go back and try to find the 6 'F's before you see the answer at the bottom of Pg 12
A new teacher was trying to make use of her psychology courses. She started her class by saying, 'Everyone who thinks they're stupid, stand up!' After a few seconds, Little Larry stood up. The teacher asked, 'Do you think you're stupid, Larry?' 'No, ma'am, but I didn’t like to see you standing there all by yourself!'

Little Johnny attended a horse auction with his father. He watched as his father moved from horse to horse, running his hands up and down the horse's legs and rump, and chest. After a few minutes, Johnny asked, 'Dad, why are you doing that?' His father replied, 'Because when I'm buying horses, I have to make sure that they are healthy and in good shape first.'

Johnny, looking worried, said, 'Dad, I think the milkman wants to buy Mum!'

A gorgeous young redhead goes into the doctor's office and said that her body hurt wherever she touched it. "Impossible!" says the doctor. "Show me." The redhead took her finger, pushed on her left shoulder and screamed, she pushed her elbow and screamed even more. She pushed her knee and screamed; likewise she pushed her ankle and screamed. Everywhere she touched made her scream. The doctor said, "You're not really a redhead, are you?"

"Well, no," she said, "I'm actually a blonde." "I thought so," the doctor said, "Your finger is broken."

A Highway patrolman pulled alongside a speeding car on the freeway. Glancing at the car, he was astounded to see that the woman behind the wheel was knitting! Realizing that she was oblivious to his flashing lights and siren, the trooper cranked down his window, turned on his bullhorn and yelled, "PULL OVER!" "NO!" the woman yelled back, "IT'S A SCARF!"

Lauren: OK, OK. A vowel is … ahh … eh … well, oh … uh …

Dad: Close enough.

A salesman talked my uncle into buying 10,000 personalized pens for his business with the promise that he would be eligible to win a 32-foot yacht. A born gambler, my uncle agreed. Well, he won, and a few weeks after the pens arrived, his prize showed up: a 12-inch plastic yacht with 32 plastic feet glued to the bottom. "Poor Old fool," thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humor the old man and asked, "So how many have you caught today?"

The old man replied, "You're the eighth."

A police officer jumps into his squad car and calls the station. "I have an interesting case here," he says. "A woman shot her husband for stepping on the floor she just mopped." "Have you arrested her?" asks the sergeant. "No, not yet. The floor's still wet."

A woman noticed her husband standing on the bathroom scale, sucking in his stomach. "Ha--! That's not going to help," she said. "Sure, it does," he said. "It's the only way I can see the numbers."

I'm trying to get into classical music, but I can't find any original recordings. All the music is performed by cover bands.

Moses had the first tablet that could connect to the cloud.

About a month before he died, my uncle had his back covered in lard. After that, he went down hill fast.

Don't let your worries get the best of you; remember, Moses started out as a basket case.

Turning vegan is a big missed steak.

When I found out that my toaster wasn't waterproof, I was shocked.

A computer once beat me at chess, but it was no match for me at kick boxing.

Q. What do you call the security outside of a Samsung Store?

A: Guardians of the Galaxy.

Answer to Pg 11

The reasoning behind this is the brain cannot process "OF".