



# Still Talking

*Dedicated to the welfare of Laryngectomees*



All Correspondence to: The Secretary, Laryngectomee Association of N.S.W 39/122 Saunders Steet  
Pymont 2009. Ph. 02 95719220. Mob. 0437 378747 Email:admin@stilltalking.org

No 190 The Laryngectomee Association of N.S.W. September 08

## **OFFICE BEARERS 2008**

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## **WHO TO CONTACT**

**BLOM SINGER SUPPLIES:-** David Smith. 27 Bellevue Pde  
North Curl Curl 2099. Ph 02 9939-1539 Ask for David  
personally

### **SPEECH AIDS, BATTERIES PARTS, ADVICE ON REPAIRS**

John Chaloner PO Box 31 Summer Hill. 2130  
Ph 02 9799-1154

### **SHOWER SHIELDS, STOMA COVER MATERIAL AND WEL-**

**FARE MATTERS.** Carol Gardner, P.O Box 380 Belrose  
2085 NSW Fax & Phone 02 9451 7926

### **ACCOMMODATION ASSISTANCE WHEN NEEDING OUT**

**PATIENT TREATMENT AND AWAY FROM HOME:-** Can-  
cer Council of NSW 153 Dowling St WOOLLOOMOOLOO  
2011 (PO BOX 572 KINGS CROSS 1340) Ph 02 9334-  
1900 Fax 02 9357-2676 Or contact social worker at the  
hospital you will be attending

**Association web page** www.stilltalking.org

**International Association of Laryngectomees..**

<http://www.larynxlink.com/>



## **IMPORTANT**

**There will no meeting  
on the 17th September. This is the date of  
the 50th Anniversary Cruise See you  
there! See later in this newsletter for**

**details of pick up etc!**

## **Sponsors of "Still Talking"**

**[www.mainmed.com.au](http://www.mainmed.com.au)**

**1300 005279**

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## **MONTHLY MEETINGS**

**N.S.W Association** 3rd Wednesday of month Uniting  
Church Hall Carrington Avenue. Strathfield at

**NEW ENGLAND:** Meets at 2pm 1stWed. Feb. Apr. June.  
Aug. Oct. Dec. 2pm Conference Room. Rehab Unit Tam-  
worth Base Hosp. 02 6767 8377 8377

**NEWCASTLE:** 3<sup>rd</sup> Tues. Monthly Mayfield Bowling Club.  
Ingall St. Mayfield. Contact John Lovett 02 4954 8308

**NORTHERN RIVERS:** 4 times annually at rotating ven-  
ues 67678377 Contact Speech Pathology Lismore Base  
Hospital

**ALBURY:** Contact Ph. 02 63232011 ext. 323

**CANBERRA:** 1<sup>st</sup> Thu. at 11am. Mar. June. Sep. Dec. Can-  
berra Hospital

**SOUTHERN DISTRICTS:** Last Wed of month. 11am. Tho-  
mas Rachael Moore Education Centre. Liverpool Hospi-  
tal. Contact Pres. Richard Patman 9607 6708 or John  
Peden 0422 543 036.

**MID NORTH COAST** Port Macquarie Community Health  
Centre. Feb. May. Aug. Nov Contact Craig Suosaari 02  
65882823

**CENTRAL COAST** Meet at Central Coast Leagues Club.  
Co-ordinator(s) Vicky Kelly (S.P.) and Ann Moloney  
(Gosford Hospital ) assisted by Bill Byfield 0402 045048

## Editorial

Glancing at a newsletter from 2005 the then editor Anotoni commented what a mild winter it had been well I don't know about you but this one seems to be the longest coldest winter I can remember. Like me I am sure everyone is hoping for warmer weather in the not too distant future. It is far as I can remember the only time my gas heating bill has run into three quarters

The Anniversary Cruise has been well subscribed to and we are nearing the 100 mark, this includes over 20 health professionals—so if you want to see a speechie around that date the best chance is on the cruise. Only joking of course they will not want to hear our problems on this day!

I am now getting quite a good response to the call for volunteers for visitor training, although a few who promised have not yet sent their application. It's encouraging to see we have some of our ladies volunteering, from what I can gather they are needed and will be a great asset.

Figures on Laryngectomee patients don't seem readily available in Australia as each state has it's own records (In the case of NSW you would doubt we have any) But in the USA — a population of 300 million there are around 50,000 so that equates to 1 in 6000. Translated to Australia's population that would mean we have probably around 3,300 obviously not enough to make a noise (no pun intended) as far as the Federal Government or State Government is concerned regarding grants and assistance . (I hope my maths are near enough correct here— no doubt I will soon be corrected if not.



## And on the lighter side!

A CATHOLIC priest, an Indian doctor, a rich Chinese businessman and Jacko from Goulburn are waiting one morning for a particularly slow group of golfers in front of them.

Jacko: "What the hell is wrong with those blokes? We must have been waiting for 15 minutes!"

The Indian doctor: "I don't know, but I've never seen such poor golf!"

The Chinese businessman, called out: "Move it, time is money."

The Catholic priest: "Here comes George the greenkeeper. Let's have a word with him."

George the greenkeeper: "They're blind. We always let them play free." (A momentary silence falls on the group.)

The Catholic priest: "That's so sad. I think I will say a special prayer for them tonight."

The Indian doctor: "Good idea. I'm going to contact my ophthalmologist colleague and see if there's anything he can do for them."

The Chinese businessman: "I think I'll donate \$50,000 to blind research."

Jacko: "Why can't they play at night?"

\*\*\*\*\*

*If you must grow old, try to get as old as you can.*

It has no moving parts, no batteries,  
No monthly payments and no fees.  
It is inflation proof and non-taxable.  
In fact, it's even quite relaxing!  
It can't be stolen, and it won't pollute.  
One size fits all; do not dilute.  
It uses little energy,  
But it yields results enormously.  
It relieves your tension and your stress,  
And it will invigorate your happiness.  
It combats depression, makes you beam,  
And elevates your self esteem!



Your circulation it corrects, Without unpleasant side effects. It is, I think, the perfect drug: May I prescribe a great big hug? And, of course, It is fully returnable!

\*\*\*\*\*

A Woman was out golfing one day when she hit the ball into the woods. She went into the woods to look for it and found a frog in a trap. The frog said to her, "If you release me from this trap, I will grant you three wishes." The woman freed the frog, and the frog said, "Thank you, but I failed to mention that there was a condition to your wishes.

Whatever you wish for, your husband will get times ten!" The woman said, "That's okay." For her first wish, she wanted to be the most beautiful woman in the world. The frog warned her, "You do realize that this wish will also make your husband the most handsome man in the world, an Adonis whom women will flock to". The woman replied,

"That's okay, because I will be the most beautiful Woman and he will have eyes only for me." So, KAZAM-she's the most beautiful Woman in the world! For her second wish, she wanted to be the richest woman in the world. The frog said, "That will make your husband the richest man in the world. And he will be ten times richer than you. " The woman said, "That's okay, because what's mine is his and what's his is mine." So, KAZAM-she's the richest woman in the world! The frog then inquired about her third wish, and she answered, "I'd like a mild heart attack."

**Moral of the story: Women are clever. Don't mess with them.**

\*\*\*

The minister was preoccupied with thoughts of how he was going to ask the congregation to come up with more money than they were expecting for repairs to the church building.

Therefore, he was annoyed to find that the regular organist was sick and a substitute had been brought in at the last minute.

The substitute wanted to know what to play.

'Here's a copy of the service,' he said impatiently.

'But, you'll have to think of something to play after I make the announcement about the finances.'

During the service, the minister paused and said, 'Brothers and Sisters, we are in great difficulty; the roof repairs cost twice as much as we expected and we need \$4,000 more.

Any of you who can pledge \$100 or more, please stand up.'

At that moment, the substitute organist played Advance Australia Fair

And that is how the substitute became the regular organist!

\*\*\*\*\*

*A man is old when regrets take the place of dreams*

*The rear view mirror has 20/20 vision*

These two delightful pictures appeared in Web Whispers recently showing Thomas Cleveland with his grandson Westlee, pushing his HME button so I can talk. He did this all by himself. I just told him to hold the button so grandpa could talk. Thomas says he enjoys sitting on his lap and talking to him or just playing. He is 18 months old and has a very big vocabulary.



If I push this, he talks!



Talk faster

These pictures are so delightful that I thought others might like to share similar interactions between children and Laryngectomees. You might show kids accepting our speech aids or the hole in the neck. If you have something you would like to see here, please send photos

### **A DAY AT LOUTH RACES**

My wife Margaret and I have tried, as far as is practical, not to let my being a "larry" prevent us undertaking things that we would otherwise have done. So, in this spirit, we decided, along with a couple of old friends, to go to the races in early August at Louth. To encourage others in similar circumstances to undertake small adventures, and for general interest of readers, we thought we might describe the day.

As readers may know, Louth is a small village on the Darling River some 100km south of Bourke. Louth holds a race meeting once per year, and the recent meeting was its 50<sup>th</sup> in its present form. Louth has a normal population of 47, but this year some 6000 attended the races. When asked for directions, some local authority said "Turn left at Bourke and follow the dust!!" While this was generally true, the road was reasonably good gravel for most of the way, with the odd patch of bitumen. Many visitors elect to spend a few days in Louth, camping or caravanning, so the entire area is dotted with tents and every imaginable shelter, down to sleeping swags pulled under utes. Someone seems to provide masses of firewood so that each campsite had a huge campfire. The whole village takes on the look of an Indian village. We took the easy way out by over-nighting in Bourke before and after the races.

Horses, trainers, jockeys, and visitors came from interstate and all parts of the state. It was a great day!!!

As a laryngectomee, I had no particular problem. Our vehicle was fairly dust-proof, so my stoma did not cause any great difficulty. In fact, on the return journey to Bourke, at dusk, there was no breeze and the dust hung in the air, limiting visibility for long stretches to only a few metres. The facility that was testing, therefore, was not breathing, but seeing the road!! A couple pieces of trivia:- The general noise level was high and this was particularly so in the betting ring. On the occasions I ventured there to have a modest wager, the negotiation with bookmakers was a mixture of my Servox speech aid, with hand signals etc. On one particular race, the favourite was at a fairly short price, but one bookmaker eased him out to two to one. I approached the bookie to have a small wager of \$30 to \$15. In the hullabullo, I do not know what the bookie thought I had said, but he responded by saying, "I can only bet you \$1000 to \$500.1 nearly had a cardiac arrest!!!. We sorted it out and I had my \$15 bet. Old racing hands say that it is very bad luck not to take up a wager, even made by mistake, You guessed it—the horse won—his name "Abrakadra"—so Akrakadra, I won \$30 but missed \$970. Such is life!!

The only other observation was that beverages of one sort or another were only served in aluminium cans. The empties, even stamped down to conserve space made a pile that could only be described as prodigious by the end of the day.

*Editors note: Yet another contribution from Jim Hunt, it's good to see someone who looks on the brighter side and what's more gets on with it—Jim and Margaret are doing the visitor training course and have offered to visit country area, I look forward to meeting them on board the good ship "Larry"*

Rachelle Robinson (nee Simpson), Speech Pathologist Prince of Wales, gave an enlightening and informative talk that was illustrated on screen. She presented on various aspects of laryngectomy surgery, varied methods of speech & treatment, and all the latest developments along with a few hints and tips from the experts who she observed during the nine week period.

Rachelle was awarded a study grant of \$20,000 by the NSW Cancer Institute for an overseas study trip. She visited the UK, Netherlands, and America (New York & Indianapolis) where she was fortunate to meet Dr. Eric Blom of 'Blom Singer' laryngectomy products, and Professor Cathy Lazarus a world wide recognised expert on the treatment and maintenance of Head and Neck Cancer patients

A recent letter to Web Whispers:  
LADIES BEWARE!

Hello all,

About a month or so ago my wife lost her stud earring while asleep, she sleeps sitting up.

She went about a month later for a chest X-Ray .....Guess where the earring was.....it had fallen down her stoma during the night and was in her lung.....She wears a stoma cover but the ear ring had somehow found it's way around the cover. Mt advice DON'T wear stud earrings to bed

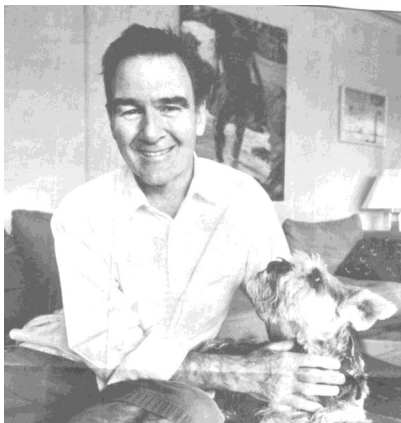
The doctor at the hospital got it ou with little problem

Bea & Popo Richardson

\*\*\*\*\*

RENOWNED cancer surgeon Chris O'Brien, who is undergoing chemotherapy following the recurrence of his brain tumour, will be honoured in the United States tomorrow. The former regular on the Channel Nine hospital reality show *RPA* was in remission until scans seven weeks ago revealed recurrent nodules on his brain.

Neurosurgeon Charlie Teo successfully excised the nodules last month and subsequent scans showed he is again cancer-free, but Professor O'Brien will remain on chemotherapy indefinitely. "I'm back to square one," he said.



The popular professor is in San Francisco, with his wife Gail, at the 7th International Conference on Head and Neck Cancer. A keynote lecture named in his hon-

our will be delivered tomorrow.

"To have a lecture named after you when you are still alive is an unusual honour," he said.

The immediate past president of the American Head and Neck Society, Randal Weber, said Professor O'Brien was "a medical statesman, an ambassador for Australia recognised as one of the top head and neck surgeons in the world".

"He has this very Australian [way], an unbridled optimism,

sunny outlook and 'can-do' spirit," he said.

The former director of the Sydney Cancer Centre at Royal Prince Alfred Hospital credits his survival against the aggressive brain cancer glioblastoma multiforme to a regimen of conventional and complementary medicines, good nutrition and meditation.

Professor O'Brien has lost some vision in both eyes and does not expect to work again. His autobiography, *Never Say Die*, will be published in October. He is lobbying governments to fund a world-class comprehensive cancer centre in NSW. He has secured \$50million from Prime Minister Kevin Rudd for the project, which would integrate orthodox, complementary and alternative medicines. SMH Louise Hall & Daniel Ziffer

#### ANNIVERSARY CRUISE

The anniversary cruise to be held on the 17th September now has around 100 bookings. and virtually fully subscribed, however if you have missed the boat (pun intended) and you want to be included you will need to ring me on (02) 95719220 within the next few days or email at [admin@stilltalking.org](mailto:admin@stilltalking.org) in the next few days. Do not ring mobile number I may be in a situation I cannot make a note.

Details of pick up and drop off are as follows.

#### Embark

**11am from The Meadowbank Wharf.**

**Bowden St Meadowbank**

**11:40 from Lilyfield. Frazer St Wharf**

**12:10 from Circular Quay— Commonwealth steps opposite the museum of modern art**

#### Disembark

**Meadowbank 2:40pm**

**Lilyfield 3:10pm**

**Circular Quay 2pm**

**Remember there will be no regular meeting in September. The next regular meeting is 15th October**

## IMPORTANT NOTICE

**My apologies for the mistake I made with the day of this training in the last newsletter, it was quickly pointed out to me (my mistakes usually are !) Today's day and date are correct:**

**Unfortunately I have now been informed that more information is required than I first asked for and I have amended the form. If you have already forwarded it you can either give me a ring with the additional information, resend the form or If I don't hear from you I will write requesting the details. Please do not ring my mobile number I could be in a situation where I cannot take your details.**

### **Laryngectomee Hospital Visitor Training**

A training course is to be held at St. Vincent's on **Friday 24th October** From 9:30am to 4:30pm. At the UTAS Education Centre. Leichardt Street. Darlinghurst (at the rear of St. Vincent's Hospital. Overnight accommodation will be paid for by the Association for country members. Laryngectomees spouses are invited to attend as of course they are an integral part of this programme. Please ensure that you enter details as requested and post to

**The Secretary. L.A.N.S.W 39/122 Saunders Street. Pymont 2009**

Name of Laryngectomee.....Name of Spouse if attending.....

Postal Address.....

Post Code.....

Contact number.....(essential)

Name of Speech pathologist.....Location.....

Date of surgery.....Where performed.....

Phone number of SP ..... Date of surgery.....

I do / do not require accommodation.....for .....people

If single are you willing to share? Yes/No

I had more original promises than I have received details of. It is essential that I have these details by the end of September to finalise the course with the Speech Pathologists concerned and book accommodation where required.

At this stage the accommodation will be provided on the Thursday night to get us away to a good start on the following morning, I am presuming you will all want to get home for the weekend and there seems to be plenty of trains leaving Central at suitable times on Friday afternoon. If you have any other thoughts on this don't hesitate to let me know and we will arrange an alternative. You may want to arrive Friday morning and spend the Saturday in Sydney?

*The man who makes no mistakes does not usually make anything. ~Edward Phelps*

## Meeting held 20th August 2008

Present: Brian & Carol Gardner. Bruce Hodges. Peter McGregor. Colin & Wyn Bolton. Noel Gildea. Russell Green John Chaloner. Don Newby. Athena Christou. Pat Burke. Lilah Walton. Pat Lamont. Pat Dawson. Joan Dickinson. Mary Halliburton. Nick Christou. Cate Durney. **Apologies:** Peter Dixon.

Minutes as per newsletter: accepted and taken as a true and correct record

### Secretary's report:

.There are now around 80 members and health professionals who subscribe to the newsletter via the internet. Speech pathologists have reported usage of web page for information and it has been used for new members subscribing.

There are 90 booked in for the cruise so let's hope for a fine day on the harbour.

14 people have booked in for the visitor training course, this is less than first indicated interest so if you are going to attend I need the form completed, especially if you require accommodation. ASAP

I have a report to hand from Julia Maclean on "Variation in surgical methods used for laryngectomy in Australia" It is too long to read here and too long for the newsletter. Julia will be at the October meeting to give this report in an abbreviated form.

Colin Bolton (Secretary)

### Treasurer's Report 20.08.08

#### Adelaide Bank

|                 |                    |                    |                    |
|-----------------|--------------------|--------------------|--------------------|
| Opening Balance | \$9,605.00         |                    |                    |
| <b>Income</b>   | \$96.00            | <b>Expenditure</b> |                    |
| Trfr Sacandia   | <b>\$15,000.00</b> | Patient Supplies   | <b>\$410.00</b>    |
|                 |                    | Research grant     | \$15,000.00        |
| <b>Totals</b>   | <b>\$24,701.00</b> |                    | <b>\$15,410.00</b> |

**Balance of account \$9,291.00**

Scandia Balance **503,967.00**

#### Commonwealth Bank

| Income          |                   | Expenditure       |                   |
|-----------------|-------------------|-------------------|-------------------|
| Opening Balance | \$6,999.00        | August lunch      | \$20.00           |
| Cancer council  | \$254.00          | Stationary/Office | \$46.00           |
| Sales           | \$395.00          | Phone/Internet    | \$190.00          |
| Membership fees | \$25.00           | Printing          | \$129.00          |
| Cruise receipts | \$210.00          | Postage           | \$128.00          |
|                 |                   | Patient supplies  | \$556.00          |
|                 |                   | Rent opf hall     | \$180.00          |
| <b>Total</b>    | <b>\$7,883.00</b> | <b>Total</b>      | <b>\$1,249.00</b> |

**Balance of Account \$6,634.00**

Carol Gardner Treasurer

The elected Finance Committee has not met yet with Financial Planners to discuss any alternative options for the investment funds. This will be organized as soon as mutually practicable. CAROL GARDNER (Treasurer)

**Welfare report: New Members:** Peter Ward of Yanco, Dudley Hughes of North Epping and Zivko Gavrillovski. of Port Kembla.

**VALE** – Ken Ford of Scone, Robert Warburton of Manilla and Kenneth Lee of Coffs Harbour. Loraine Margaret Stein

### Speech Aids Co-ordinator's report – August 2008

Not many of our members use the Cooper Rand speech aid – and those that do would have had theirs converted to take 9 volt batteries. However there may be some hospitals still with the original type Cooper Rand that took 2 x Eveready 411 batteries. When Eveready ceased production of this battery some years ago the only alternative was the conversion to 9 volt ones.

There is now a substitute battery available for the original type – it's called the Exell 411 and is from Master Instruments in Marrickville in Sydney, phone 9519-1200. We recently received speech aid donations from the families of our late members Kenneth Lee (a Nu-Vois) and Alan Dawson (DSP-8 parts) for which we are most grateful. .

### STOP PRESS

There are changes afoot with the availability of the Servox speech aids. Auditory Services in Melbourne have ceased selling them and their agency is in the process of being transferred to Paxton-Barrand in Sydney. A.S. still have a stock of spare parts, which they will eventually transfer to P-B. A.S. are also still doing repairs until they have trained the P-B technicians.

P-B do not have Servoxes for sale yet so if you need one immediately the other supplier of Servoxes is Clifford Hallam Health-care at Beresfield, near Newcastle (1300-005.279, Paxton-Barrand will be doing a mailout shortly advising their arrangements so I'll have more information in the next newsletter. John Chaloner