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, 11Berrico 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

SHOWER SHIELD, STOMA COVER MATERIAL & WELFARE MATTERS: 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

BATTERIES FOR SERVOX, LOAN SPEECH AIDS, ADVICE ON REPAIRS
John Chaloner, PO Box 977, PETERSHAM NSW 2049. (02) 9560 2852

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
21st February 2018 at the Sydney Mechanics Institute, 280 Pitt St, SYDNEY at 10.45 am. The meeting will be followed by light refreshments.
Laryngectomees, friends, families, professionals all
Regional Meetings

NSW Association: 3rd Wednesday of month (Feb - Nov) Sydney Mechanics Institute, 280 Pitt St, SYDNEY, 2000 at 10.45am.

NEWCASTLE: 3rd Tuesday. Monthly Alder Park Bowling Club. 132 Bridges Road New Lambton. 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 21 57

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

MID NORTH COAST: Port Macquarie Community Health Centre. Last Wed of March.

June. September. & 1st Wednesday December. Contact (02) 65801828

CENTRAL COAST: 3rd Thursday of the month, Cancer Council Community Hub, The Hive, Erina Fair 10am - 12 noon. Head and neck cancer nurse (02) 4320 9823 Cancer Council 4336 4500 Facilitator Gary Marr 0412 262 145 gsm18@live.com.au

COFFS / CLARENCE: Shearwater Lodge, Coffs Health Campus. 2pm every 3rd Thursday, Bi-monthly Contact Rachel Urquhart 02 6656 7606 Rachel.Urquhart@ncahs.health.nsw.gov.au

WOLLONGONG Hospital Block C level 8: 11am - 12.30 Tri-monthly 22/1/16, 23/4/16, 23/7/16 Lisa Le Cussan (02) 4253 4500

Minutes

Laryngectomee Association of NSW Inc.
Minutes of 15 November 2017.

The Meeting commenced at 11:46am with the President, Les Byrnes occupying the Chair.

Attendance – Laryngectomees
Raymond Chappelow; Paddy Phelan; Alex Khlebakov; Frank Campbell; Les Byrnes; Peter Tierney; Greg O’Loughlin; Antoni Krasnodebski; Greg Joss.

Attendance – Non-laryngectomees
Alla Khlebakov; Glenn Williams; Carol Gardner; Cathy Edwards; Glenda Tierney.

New Members
Pat Bellanponi of Fairfield West; Peter McMurray of Rouse Hill; Philip Lucas of Newtown.

Vale
Russell Best of Noraville.

The President welcomed first time attendees, Alex & Alla Khlebakov.

Minutes of October 2017
Adopted on the motion of C. Edwards/P. Tierney
LARYNGECTOMEE ASSOCIATION
WELFARE REPORT FOR Oct-Nov 2017
(Cathy Edwards)

PATIENT PACKS
Carolyn Barnes St Vincent Public Hospital 12 packs

STOMA COVERS & ACCESSORIES

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<th>Inv No</th>
<th>Name</th>
<th>Goods</th>
<th>Cost</th>
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<tr>
<td>0427</td>
<td>Neil Law</td>
<td>6 stoma covers</td>
<td>36.00</td>
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<tr>
<td>0429</td>
<td>Raymond C</td>
<td>3 stoma covers + 1 show-shield</td>
<td>43.00</td>
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<tr>
<td>0430</td>
<td>Phillip Richards</td>
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<td>0431</td>
<td>Rudolf Pacini</td>
<td>5 stoma covers</td>
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Emergency Cards sent
Marco Giannetti

Packs for New Members
Peter McMurray Rouse Hill
Philip Lucas Newtown

Postage Costs

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<th>Float - given in June 2017</th>
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<td>Balance b/f</td>
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27-Oct St Vincent Hospital $5.30
Bag + Postage - P Richards $8.50
Bulk Purchase 10 Small Bags $80.75

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415.45

(Cathy read a Christmas Card from a member from Queensland Janet Berghammer to all members.)

Correspondence

Incoming
Janet Berghammer - Christmas Card - will not renew m’ship
Peter Dixon - 2 letters re Atos return envelope
Count - re “Adviser Service Fees”
Penrith RSL - Corporate Luncheons
Carol Gardner - re question of “Tax File Number” + reference to Antoni Krasnodebski apology for October Meeting Still Talking issues.
Australian Charity Guide - re Seminar & Training
Signet - 2018 Chart
CBA - Term Deposit Reinvestment Notice
Hunter Valley Branch - Invitations to Christmas Party
Michael Osobe (National Pen) – latest promotion

Financial Report (Raymond Chappelow)

CBA balance as at 30/09/2017 $7,520.17

Income
Subscriptions $152.50
Donations $10.00
Supplies $265.00
Sundries $243.00

Total Income $8,190.67

Expenditure
Stationery/Printing $20.00
Other Freight/Postage $381.90
Lunch $30.00
Rent $40.00
Sundries $400.00
Less unpresented September cheque $425.00

Total Expenditure $1,296.90

CBA balance as at 31/10/2017 $6,893.77

Outgoing
Letters of Welcome to new members: Pat Bellanponi of Fairfield West; Peter McMurray of Rouse Hill; Philip Lucas of Newtown.
Condolence Card re the late Russell Best of Noraville.
Discussion re Tax File number ensued – (we do not have one.)

Claims for Payment
Department of Immigration & Border Protection - re Importation of Shower Shields - (Customs Duty $53.89; GST $123.65; Import Declaration Charge $90.00 - Total = $267.54) (Treasurer to be reimbursed)
Sydney Mechanics Scholl of Arts - Rent $40.00
R Chappelow - Postage $40.00
Forestville Printing - Printing of Emergency Cards $110.00 + A4 Flyers $125.00 + Freight $20.00 = Total $280.50
G Tierney – Lunch $30 + Sundries (Christmas Luncheon Prizes) $500.

General Business
The ABC’s Australian Story program was raised by the President, asking if attendees were aware of it (viewed by most attendees)
Resolved R Chappelow/P Tierney that $200 be allocated to purchase drinks as prizes for Frank Campbell spoke of a recent Atos event in Wollongong which he attended, describing the impressive Pack presented. Discussion ensued re Christmas Luncheon matters

The meeting closed at 11:30am.
Xmas Lunch
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.................................................................................................................................

Annual subscription is $10

Post this form to The Treasurer, LANSW, Villa 65/9 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
1) **Donkey Kong** got his name because his creator believed ‘donkey’ meant ‘stupid’ in English and wanted to convey the impression that the character was a “Stupid Ape”.

2) The medical name for a butt crack is “intergluteal cleft”.

3) People can suffer from a psychological disorder called Boanthropy that makes them believe that they are a cow. They try to live their life as a cow.

4) The name for the shape of Pringles is called a ‘Hyperbolic Paraboloid’.

5) There is a McDonald’s in every continent except Antarctica.

6) Mr Potato Head was the first toy to be advertised on TV.

7) A duel between three people is actually called a truel.

8) The stage before frostbite is called “frostnip”.

9) The two tiny holes drilled in every BIC pen is to ensure that the air pressure is the same both inside and outside the pen, which helps the ink flow to the tip.

10) In South Korea there is an emergency number (113) to report spies.

11) There are no bridges over the Amazon River.

“**You never surprise me!**” a woman moaned one day to her long-suffering husband. "**Buy me a surprise for my birthday. Something that can accelerate from 0 to 180 in under 4 seconds, ......and I would prefer it in blue,**" she hinted.

Happy and excited, she was counting down the days to her birthday. Finally she got the beautiful present her husband had thoughtfully chosen for her. He’s dead now, but to his friends, he died a legend.
We thank the family of our late member Ray Brown of Tottenham for the donation of Servox speech aids and spare parts – they will be put to good use in our ‘loans’ stock.

I’d like to hear from any of our members who use the Memacon DSP-8 Pneumolarynx speech aid. I do myself and I’m aware on one other person. This type of aid went out of production many years ago but I do have a stock of spare parts.

An update on the report in some of the October newsletters

I would very much like to retire from the position of Speech Aids Coordinator at the next AGM in March. Please consider whether you would like to volunteer to assist the Association (for this position or any other on the Committee). You don’t need to live in ‘Sydney’. All you need is a phone with an answering machine, a cupboard or shelves to store a few things, and a small amount of time. If you would like to discuss it please feel free to give me a call on 9560-2852.

John Chaloner

I would like to ask those that receive Still Talking by post to consider, that receiving emails is certainly a lot cheaper for the association than post, and that helps the association to help you, the member. Maybe some have joined the digital age recently and haven’t advised us. If so would appreciate you sending your email addresses

Subscriptions for 2018 are due now

George
SEND TO: - Mrs Cathy Edwards/Mr John Challinor

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Laryngectomee’s signature_________  Date:

For speech aids send to– Mr J. Challoner
   P. O. Box 31
   Summer Hill NSW 2130

For other supplies  Mrs C Edwards
   P. O. Box 54
   Allawah NSW 2218
The loss of the sense of smell (or loss of olfaction as it is also called) is one of the consequences of total laryngectomy that does not receive much attention. Nevertheless, olfaction is an important sense in daily life. For instance, if you think of smelling gas, fire, or spoiled foods to alarm you, or smelling a nice perfume, or food that is so good it makes your mouth water, it is not hard to imagine that the loss of this sense has a considerable impact on daily life.

Olfaction. The olfactory organ is located high up in the nose (see Figure 1). This organ has elements that are able to trap odor molecules when the air flows by it. The information about the odors is then sent to the brain via the nerves and the odor is recognized. For this mechanism to work, it is essential that the air containing the odor molecules passes the olfactory organ. Normally, air passes the olfactory organ each time someone breathes in through the nose (see Figure 1).

Olfaction after laryngectomy. Research has shown that following a laryngectomy, people are not able to smell as well as before the operation. In a study at the Netherlands Cancer Institute, with 63 patients participating, odor tests showed that 68% of the laryngectomees in that study were considered non-smellers. The underlying reason for this problem is the absence of airflow into the nose (see Figure 2). Since laryngectomees are breathing in and out through the tracheostoma, the air simply does not reach the olfactory organ high up in the nose. The olfactory organ itself is unaffected by the surgery. This means that when the odor can reach the olfactory organ, you will smell it. This happens for instance when the odor is literally blown into the nose, or when the odor is extremely strong or vaporizing.
Rehabilitation of olfaction. There may be situations in which it is actually an advantage not to be able to smell automatically but in most situations it would be nice to be able to smell. At the Netherlands Cancer Institute a technique has been developed that can help laryngectomees to learn to smell again. The method is called the Nasal Airflow Inducing Maneuver or Polite Yawning Technique. Research of the technique has shown that quite a high percentage (89%) of the participating laryngectomees were able to learn to use the technique in one therapy session. An evaluation after 6 weeks showed that 46% of the laryngectomees that could not smell had mastered the technique and now were able to smell again. A long-term evaluation showed that not all laryngectomees were able to carry out the maneuver correctly even after a longer period of time. The results of further investigations suggest that initial intensive training and using a water manometer (see Figure 3) for biofeedback, improves the results and increases the number of laryngectomees that are able to successfully use the technique. As with many things, practice is the word!!

Polite yawning technique. The name of the technique already indicates the core of this method: it looks like polite yawning. By making a movement that is similar to yawning with closed lips, the oral cavity is enlarged and the vacuum that is created causes air to flow into the nose. This airflow reaches the olfactory organ and you can smell! The pictures in Figure 4 and 5 show you how to make the movement. These are the key points:
- Close your lips (and keep closed)
- Hold your tongue against the roof of your mouth
- In one movement, simultaneously lower your jaw, floor of mouth and tongue downwards
- Repeat the movement
It is important not to breathe in too heavily simultaneously with performing the movement. Many laryngectomees initially do breathe in during the movement simply because they are used to taking a breath when trying to smell something. It is not necessary at all and can make you dizzy.

**Refined polite yawning technique.** Some laryngectomees are able to learn to make the movement somewhat smaller, which is usually appreciated because it makes the movement less visible. In general, it is advised to start with the regular polite yawning at first, to develop a good feel for the movement. As a second step one can try to use an isolated pumping movement of the back of the tongue and the floor of the mouth and eliminate the downward movement of the jaw (this looks like the movement frogs and turtles make with their floor of mouth!). The key points for this movement:

- Close the lips (and keep closed)
- Hold your tongue against the roof of your mouth
- Stabilize the tip of your tongue against your teeth or against the ridge on your palate right behind your upper teeth
- Move the back of the tongue downwards (compare with tongue clacking)
- Repeat the movement.

**Water manometer for visual feedback.** As mentioned earlier, we have found that the use of a water manometer (see Figure 3) has been very helpful to see the immediate results of the movement (the water will move towards your nose if you are carrying out the movement correctly). It will also help you to improve the movement, to make it smaller and more efficient. The manometer that you see in the picture may be hard to make, but you can simply make one yourself by taping a plastic tube onto a piece of cardboard in a U-shape.


Courtesy of Victorian “The New Voice”
A young man named John received a parrot as a gift. The parrot had a bad attitude and an even worse vocabulary. Every word out of the bird's mouth was rude, obnoxious and laced with profanity. John tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else he could think of to 'clean up' the bird's vocabulary.

Finally, John was fed up and he yelled at the parrot. The parrot yelled back. John shook the parrot and the parrot got angrier and even more rude. John, in desperation, threw up his arms and said "I believe I may have offended you with my rude language and actions. I'm sorry for my obnoxious and laced with profanity.

The parrot yelled back. John shook his head, grabbed the bird and put him in the freezer. For a few minutes the parrot squawked and kicked and screamed. Then suddenly there was total quiet. Not a peep was heard for over a minute. Fearing that he'd hurt the parrot, John quickly opened the door to the freezer.

"What are you doing?" asked the same voice again, "I'm going to have to call you back, some smart aleck is answering all of my questions."

A doctor tells a woman she can no longer touch anything alcoholic. So she gets a divorce.

Since a lawyer joined our nudist colony, he hasn't had a divorce suit.

To get an Irishman to climb on the roof, tell him that the drinks are on the house.

What do you call a Mexican guy who lost his car? Carlos!

Breaking News
Gaseous clouds have been detected around Uranus.

How do I set a laser printer to stun?

A husband was asked: Do you talk to your wife after sex? His answer: Depends, if I can find a phone.

Women are like convertibles. They're both more fun with their top down.

There is one thing that all smart asses have in common... "Wise Cracks!"

it's going bad? Yes? Ok great! We'll speak.

"Raquel gave herself a quick spray of perfume, checked herself out one more time in the mirror, and headed outside to wait for the guy. Sure enough after twenty minutes Raquel was discreetly checking her watch. After ten more long minutes her phone finally buzzed. Raquel listened for a few seconds, grimly pursed her lips, and turned to her date, "I feel terrible, but my Grandmother is terribly sick, and I must go home now."

"No problem!

I was coming back from visiting my son in Miami and I stopped at a rest stop to use the bathroom. I just sat down on the toilet when I heard a voice coming from the stall next to mine, "Hey! How's it going?" Although I was quite surprised, and I wasn't in the habit of conversing to the people next to me in the stall, I nevertheless answered him, "I'm fine."

I said "Thanks for asking."

"What are you doing?"" Asked the same voice. To be honest I was a bit taken aback by the brazenness of this fellow, but I would never ignore anyone so I calmly answered, "I'm releaving myself."

Then I heard the same voice again, "I'm going to have to call you back, some smart aleck is answering all of my questions."

A young man named John received a parrot as a gift. The parrot had a bad attitude and an even worse vocabulary. Every word out of the bird's mouth was rude, obnoxious and laced with profanity. John tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else he could think of to 'clean up' the bird's vocabulary.

Finally, John was stunned at the change in the bird's attitude. As he was about to ask the parrot what had made such a dramatic change in his behavior, the bird spoke-up, very softly, "May I ask what the turkey did?"

"You name it, we'll make it!" Was the big sign outside the new restaurant on 13th Avenue. "There is no food we can't make for you!" "Excuse me sir", said a man with a heavy Russian accent to the waiter, "I would like please, A Garden Salad vith Russian dressing." "RUSSIAN DRESSING?! Screamed the head cook, "I'VE NEVER EVEN HEARD OF RUSSIAN DRESSING! WHAT ARE WE GOING TO GIVE THIS GUY? "Don't worry," said the owner to the cook, "I'll take care of everything, you just make the salad." And that's how it happened. I took two minutes later the waiter walked out with a big Garden Salad and a picture of a Russian man putting on his pants. "Hi Sarah, listen I only have a minute. I'm about to get picked up for a blind date, can you call me in a half hour just in case..."