### 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, 0400 409 325 raymond.chappelow@bigpond.com  
**WELFARE OFFICER:** Cathy Edwards  
STOMA COVERS, SHOWER SHIELD, 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:**  
BATTERIES FOR SERVOX, LOAN SPEECH AIDS, ADVICE ON REPAIRS  
Chris Barrett 8 Sacha Terrace Terrigal NSW 2260 Ph: 0243851440  
chrisbarrett1951@hotmail.com  
**EDITOR:** George Southgate, 65 Church St Glen Innes 2370 Ph 0417174456 geocentric.gs@gmail.com

### NEXT MEETING

3rd Wednesday February – November at the Sydney Mechanics Institute, 280 Pitt St, SYDNEY at 10.45 am. (EXCLUDING APR, JUL & OCT DETAILS TO BE ADVISED Pg. 2) The meeting will be followed by light refreshments. Laryngectomees, friends, families, professionals all welcome.

### 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
Regional Meetings
NSW Association: 3rd Wednesday of month
(Feb - Nov) Next away St. George Hospital
17th October
NEWCASTLE: 3rd Tuesday. Monthly
Mayfield Bowling Club Ingal Street
Mayfield Start 12.30-2.00 Contact John
Lovett (02) 4954 8308
johndawnlovett@optusnet.com.au
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 Tanya Dawe—Speech
Pathology Manager Phone 02 60584565,
Mobile 0409543653
Email tanya.dawe@awh.org.au
MID NORTH COAST: The Colonial rooms
Behind Saint Thomas’s Anglican Church
Hay St Port Macquarie 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 Melissa.Parish 02 6656 7606
melissa.parish@ncahs.health.nsw.gov.au

Minutes

Laryngectomee Association of NSW Inc.
Minutes of Meeting of 20 February 2019.

The Meeting commenced at 10:40am with the President, Les Byrnes occupying the Chair.

Attendance – Laryngectomees:
Raymond Chappelow; John Chaloner; Vicki Pedras; Peter Tierney; Antoni Krasnodebski;
Les Byrnes; Greg Joss; Peter Kelly & Chris Barrett.

Attendance – Non-laryngectomees:
Carol Gardner; Cathy Edwards; Glenda Tierney; Ed Feist & Judy Kelly.

Apology:
Cate Durney.

Vale:
Timothy Atlee-Bowra of Rozelle; Herbert Wilson of Minto.

Resignation:
Peter Nygaard of Lane Cove.

Renewals/ Year financial till:
David Anderson/2019; Keith Anderson/2021; George Angelakos/2019; Bryan Appleby/2018;
Wally Bak/2019; Stan Baker/2019; Eric Barnier/2019; Chris Barrett/2020; Barry Bunker/2019’
Larraine Beltrami/2019; Wilma Callender/ widow – donation;
John Chaloner/Life Member – donation; Raymond Chappelow/2019; Glenn Doyle/2019;
Gunter Fahrenhorst/2020; Dennis Flanigan/2019; Jim Gardner/2019; Jim Gardner/2019;
Scott Goreg/2019; Edward Gregory/2019; Rod Griffiths/2018; Kay Hehir/2019;
Ken Hollis/2019; Lionel Huggett/2019; Peter Kelly/2019; Peter Kimber/2019;
Harold Knight/2019; Monika Lawton/2019; Mario Lipoma/2019; Ken Malloy/2019;
Kay Maybury/2019;
New Members:
Robin Miners of Numbla Vale ACT; Peter Gibbs of Forster; Ian Watt of Smith’s Lake.

Correspondence:
Incoming
1. Signet – advertising
2. CBA – Society Cheque Account Statement 1 September till 30 November 2018
3. Miriam Hume – to Carol Gardner advising the passing of Mick Hume 30/01/2018
   Donation of Stoma Covers + thanking Carol for support
4. Les Byrnes (President) – renewal of Term Deposit with CBA – purchase of Electrolarynx (deceased estate).
5. John Chaloner – advising the passing of Timothy Atlee-Bowra of Rozelle
7. Legal Governance Dashboard – welcoming email
8. Helene Nygaard – resignation of Peter Nygaard of Bellingen
9. CBA – reinvestment of Term Deposit 06 2295 50195207
10. Virginia Bowra – Thank-you Card re passing of Timothy
11. Anthony Newberry – change of address
12. Australian Charity Guide – latest NFP news
14. Stan Baker – re membership status & availability of electrolarynx
17. Les Byrnes email – re ‘voice machines”.
18. LAVictoria – February 2019 edition
19. ACNC QUARTERLY NEWSLETTER – February 2019

Outgoing
1. from Carol Gardner to Miriam Hume re passing of Mick Hume
2. Robin Miners – letter of welcome to new member
3. Peter Nygaard – re resignation
4. Virginia Atlee-Bowra – Condolence card re passing of Timothy Atlee-Bowra
5. CBA – instruction to reinvest Term Deposit
6. Ken Malloy – advising of banking error by Treasurer
7. Peter Gibbs – letter of welcome
8. Condolence card to family of the late Herbert Wilson
9. Letter of welcome to Ian Watt of Smith’s Lake
Financial Report:
CBA Society Account as at 31 October 2018 $48,083.70

Add November - January Income

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subscriptions - November</td>
<td>$220.00</td>
</tr>
<tr>
<td>Subscriptions - December</td>
<td>$122.50</td>
</tr>
<tr>
<td>Subscriptions - January</td>
<td>$160.00</td>
</tr>
<tr>
<td>Donations - December</td>
<td>$61.00</td>
</tr>
<tr>
<td>Donations - January</td>
<td>$10.00</td>
</tr>
<tr>
<td>Patients' Supplies - November</td>
<td>$93.75</td>
</tr>
<tr>
<td>Patients' Supplies - December</td>
<td>$222.00</td>
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<tr>
<td>Patients' Supplies - January</td>
<td>$174.00</td>
</tr>
<tr>
<td>Interest - November</td>
<td>$249.99</td>
</tr>
<tr>
<td>Interest - December</td>
<td>$83.33</td>
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<tr>
<td>Sundries - November (Term Deposit)</td>
<td>$11,407.50</td>
</tr>
<tr>
<td>Unpresented Cheque - (Patients' Supplies)</td>
<td>$1,200.00</td>
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</table>

Total Credits $62,087.77

Less November - January Expenditure

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Stationery/Printing - November</td>
<td>$58.95</td>
</tr>
<tr>
<td>Postage - November</td>
<td>$56.65</td>
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<tr>
<td>Postage - December</td>
<td>$205.80</td>
</tr>
<tr>
<td>Lunch - November</td>
<td>$135.00</td>
</tr>
<tr>
<td>Patients' Supplies - December</td>
<td>$1,740.00</td>
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<tr>
<td>Rent - November</td>
<td>$42.00</td>
</tr>
<tr>
<td>Rent - December</td>
<td>$42.00</td>
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<tr>
<td>Sundries - November</td>
<td>$1,347.20</td>
</tr>
<tr>
<td>Sundries - December</td>
<td>$2,551.85</td>
</tr>
<tr>
<td>Telecommunications - January</td>
<td>$234.25</td>
</tr>
<tr>
<td>Unpresented October Cheque</td>
<td>$100.00</td>
</tr>
</tbody>
</table>

Total Expenditure $6,513.70

CBA Society Account as at 31 December 2018 $55,464.32

Welfare Officer's Report:
Cathy Edwards is to relinquish her position as Welfare Officer at 2019 AGM. A decision to publicise vacancy with a newsletter feature was made
WELFARE REPORT FOR Jan 2019

PATIENT PACKS

5 Canberra Hospital - E Sheatler ACT
5 Prince of Wales Randwick
5 Gosford Hospital Gosford

STOMA COVERS & ACCESSORIES

<table>
<thead>
<tr>
<th>Inv No</th>
<th>Name</th>
<th>Goods</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>0478</td>
<td>Canberra Hospital( Emma Sheather)</td>
<td>5 Showershields</td>
<td>$150.00</td>
</tr>
<tr>
<td></td>
<td>Emergency Cards sent</td>
<td></td>
<td>0</td>
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</table>

Packs for New Members

0

Postage Costs

Float - given in June 2017 $500.00
Balance b/f $45.15
Cheque received Dec 19th 2018 $454.85

| Mirrors Priceline 10@5.59 | $55.90 |
| Mirrors Kogarah 10@2.50   | $25.00 |
| Mirrors Kogarah 4@2.50    | $10.00 |

total $409.10

PATIENT PACKS

5 Canberra Hospital - E Sheatler ACT
5 Prince of Wales Randwick
5 Gosford Hospital Gosford
5 St George Hospital Kogarah

STOMA COVERS & ACCESSORIES

<table>
<thead>
<tr>
<th>Inv No</th>
<th>Name</th>
<th>Goods</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>0478</td>
<td>Canberra Hospital( Emma Sheather)</td>
<td>5 Showershields</td>
<td>$150.00</td>
</tr>
<tr>
<td>0479</td>
<td>St George Hospital</td>
<td>1 Showershield</td>
<td>$35.00</td>
</tr>
<tr>
<td>0480</td>
<td>Suz Burns ( Peter)</td>
<td>Foam Stoma Protectors</td>
<td>N/C</td>
</tr>
<tr>
<td>0481</td>
<td>Peter Richardson</td>
<td>5 Single &amp; 5 Double Stoma Covers</td>
<td>$60.00</td>
</tr>
</tbody>
</table>

Packs for New Members

Peter Gibbs
D Watts
General Business:

Les Byrnes reported on a phone call from a widow from Central Queensland offering a TruTone voice device (deceased estate). Following a discussion with Speech Aids Co-ordinator, Chris Barrett this was purchased by LANSW for the use of members but not for sale.

He then reported on the disappointing attendances at 2 of our Away Meetings, Westmead & Liverpool Hospitals. As a result, it was decided to have only one for 2019 at St. George Hospital, Kogarah. This will be in July (17th).

John Chaloner advised of a research project for the development a “bionic voice”. The researcher, Dr. Ahmadi requires laryngectomee volunteers to assist her. To this end John undertook to write a detailed report for publication (following General Business.)

Peter Kelly showed meeting his lary travel kit of spares which prompted a brief “show & Tell” by others present.

Ed Feist (Atosmedical) advised meeting that he was resigning at Atos to travel in South America first and then the rest of the world.

The meeting details for 2019 were finalised.

Claims for Payment:

Paid

1. Ryde-Eastwood Leagues Club - $2302.80 for Christmas Luncheon incl. 2019 deposit
2. Sydney Mechanics’ School of Arts - $42.00 – Rent (November 2018)
3. Robyn Whiteman - $1200.00 for Electrolarynx (deceased estate)
4. Wendy Tyrell - $540.00 – Patients’ Supplies (Stoma Covers)
5. Netregistry P/L - $234.25 – Telecommunications (cPanel Hosting)

Postage Costs

<table>
<thead>
<tr>
<th>Description</th>
<th>Quantity</th>
<th>Price</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Float - given in June 2017</td>
<td></td>
<td></td>
<td>500.00</td>
</tr>
<tr>
<td>Balance b/f</td>
<td></td>
<td></td>
<td>45.15</td>
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<td>Cheque received Dec 19th 2018</td>
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<td>$</td>
<td>454.85</td>
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<td>Mirrors Priceline 10@5.59</td>
<td></td>
<td>$</td>
<td>55.90</td>
</tr>
<tr>
<td>Mirrors Kogarah 10@2.50</td>
<td></td>
<td>$</td>
<td>25.00</td>
</tr>
<tr>
<td>Mirrors Kogarah 4@2.50</td>
<td></td>
<td>$</td>
<td>10.00</td>
</tr>
<tr>
<td>Mirrors Penhurst 10@3.00</td>
<td></td>
<td>$</td>
<td>30.00</td>
</tr>
<tr>
<td>ProSciTech Forceps 20</td>
<td></td>
<td>$</td>
<td>126.50</td>
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<tr>
<td><strong>total</strong></td>
<td></td>
<td><strong>$</strong></td>
<td>247.40</td>
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</table>

**Claim:**

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Postage Costs</strong></td>
<td><strong>252.60</strong></td>
</tr>
</tbody>
</table>
Two prosthesis user volunteers needed for March
by John Chaloner

Dr Farzane Ahmadi (PhD) has been doing a research project for some years on developing a “bionic voice”.
At first she was on a grant at Sydney Uni but lately she’s been on a grant at Western Sydney Uni’s ‘Bankstown’ campus at Milperra. And last year she had two stints working a Nagoya Uni in Japan with the leading professor in the field.

I have been assisting with the research by doing recording sessions reading passages of text with my DSP-8 pneumolarynx. I’m very suitable for the project because, since the pneumolarynx requires a lot of lung air to operate, my lungs still have good capacity, whereas an electrolarynx user’s lungs have probably gradually deteriorated over time (unless they’ve been doing regular exercise). And good respiration is part of what makes the bionic voice operate.

Dr Ahmadi has now been offered a 10-month fellowship at the Nagoya Uni and leaves for that in May. But before then she needs 2 proficient prosthesis users (either Blom-Singer or Provox) to do some recordings in March so her computer algorithm can compare their voice with the very basic prototype bionic voice that’s been created.
It would require a 2-hour session at WSU Milperra in a soundproof booth reading 2 pages of text, one short sentence at a time. A second session may be required.

It may be possible to do the recording in a doctor’s rooms at St Leonards, but that is fairly noisy and it would be much better done with the facilities at WSU. It also may be possible to do the recording in April, but that’s cutting it a bit fine.

If you are able to assist with this aspect of the research please contact me on 9560-2852 in the first instance, and I’ll explain more and put you in touch with Dr Ahmadi.
Thank you in advance.
Position Vacant

Welfare Officer

Our Current office-bearer is unavailable to serve in 2019. This position entails the purchase, sale & dispatch of our merchandise. The Welfare Officer may live anywhere in NSW but it is ESSENTIAL that applicants have access to phone, email & postal/courier services. The Association will provide (if necessary) any cabinets required for stocking items.

Feel free to discuss this role with our current Welfare Officer see cover for contact details.
The Laryngectomee Association of NSW Incorporated

ANNUAL GENERAL MEETING 10:45am, WEDNESDAY, MARCH 20 2019

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 13 March, 2019

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, 2019

(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……………………………………………….

-------------------------------

RENEWAL OF MEMBERSHIP

NAME………………………………………………………………PHONE……………………

ADDRESS…………………………………………………………………………………………………

POSTCODE………………

Email………………………………………………………………………………………………………

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

Payment made to bank: Please add date of payment / /201

_____ I require a receipt.
A woman takes a lover home during the day while her husband is at work... Her 9-year-old son comes home unexpectedly, sees them and hides in the bedroom closet to watch. The woman's husband also comes home. She puts her lover in the closet, not realizing that the little boy is in there already. The little boy says, "Dark in here." The man says, "Yes, it is." Boy - "I have a baseball." Man - "That's nice." Boy - "Want to buy it?" Man - "No, thanks." Boy - "My dad's outside." Man - "OK, how much?" Boy - "$150" Man - "Fine, fine, just be quiet."

A few weeks later the husband arrives early again. The lover, now practiced, dives into the closet just in time. He breathes heavily, then hears a sudden rustle behind him. "Dark in here." Man - "Yes, it is." Boy - "I have a Wilson infielder's glove." The lover sighs. "How much?" Boy - "$350" Man - "Highway robbery. Sold."

A few days later, the father says to the boy, "Grab your glove, let's go outside and have a game of catch." The boy says, "I can't, I sold my ball and my glove." The father asks, "How much did you sell them for?" The boy says, "$500". The father says, "That's terrible to overcharge your friends like that... that is way more than those two things cost. I'm going to take you to church and make you confess your greed." They go to the church and the father makes the little boy sit in the confession booth with the Priest to confess his sins and he closes the door. The boy says, "Dark in here." The priest says, "Don't start that crap again."

Potatoes
Well, a Girl Potato and Boy Potato had eyes for each other, and finally they got married, and had a little sweet potato, which they called 'Yam'.

...Of course, they wanted the best for Yam. When it was time, they told her about the facts of life. They warned her about going out and getting half-baked, so she wouldn't get accidentally mashed, and get a bad name for herself like 'Hot Potato'. Yam said not to worry, no Spud would get her into the sack and make a rotten potato out of her!

But on the other hand she wouldn't stay home and become a Couch Potato either. She would eat properly so as not to be skinny like her Shoestring Cousins.

When she went off to Europe, Mr. And Mrs. Potato told Yam to watch out for those hard-boiled guys from Ireland and the greasy guys from France called the French Fries, and when she went out West, she must watch out for the Indians so she wouldn't get scalloped.

They sent Yam to Idaho P.U. (that's Potato University). So that when she graduated she'd really be "in the Chips". But in spite of all they did for her, one-day Yam came home and announced she was going to marry Richie Benaud.

"Richie Benaud!!!!", they cried. They were very upset and told Yam "You can't possibly marry Richie Benaud because he's just ........

Are you ready for this?

Are you sure?

OK! You asked for it: Here it is!

a COMMONTATER!!