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

15th November 2017 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

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**Minutes**

Laryngectomee Association of NSW Inc.
Minutes of Meeting held 18 October 2017.

The Meeting commenced at 10:45am with the President, Les Byrnes occupying the Chair.

**Attendance – Laryngectomees**
Raymond Chappelow; Peter Tierney; Les Byrnes; Vicki Pedras; Frank Campbell; John Pyle; Greg O'Loughlin.

**Attendance – Non-laryngectomees**
Carol Gardner; Karen Gardner; Glen Williams; Cathy Edwards.

The President welcomed first time attendee, Greg O’Loughlin.

**Minutes of September Meeting**
Business arising – L Byrnes advised Meeting that due to the intention of John Challoner to not continue as Speech Aids Co-ordinator, he would arrange printing of Business Cards following 2018 AGM.

Adopted unanimously.

**Correspondence**
**Outgoing**
1 Letters of welcome to new members
Guus Nobbenhuis of Mosman
2 Dieter Spitzenberg of Waterloo
3 Sympathy cards to families of the late Robert Deegan of Goulburn
4 Antonio Demarco of Allambie Heights
5 Loganathan Reddy – recent applicant re payment
6 Ideas NSW - services database update

Incoming
1 Sue Hass, Secretary of Coffs Harbour Laryngectomee Group
Request for financial assistance for forthcoming function.
2 Erin Sellars, S.P. Nepean following request for meeting venue of April 2018.
3 Lydia Natsis, S.P., Westmead re prospective member, Mr. L. Reddy
4 National Pen – latest promotion + advise of new representative (for best deals)
5 Australian Business Register re ABN details update
6 ACNC Quarterly – Spring 2017
7 Australian Charity Guide re ‘State of the Nation’ Roadshow
8 Garvan Institute – donation request
9 John Challoner – email advising will not renominate at 2018 AGM

L Byrnes read email from Susan Hass
Resolved unanimously that a donation of $400 be made to the Coffs Coast Group
R Chappelow advised that, he suggested to John Challoner that in future newsletters, members be informed that the role of Speech Aids Co-ordinator could be filled by members living outside of Sydney metro.

General Business
Christmas Luncheon discussed – 25 guests so far
Details to be finalised at November Meeting
L Byrnes raised the issue of Unfinancial Members which will be pursued with vigour and referred to again in future editions of Still Talking.

The Meeting close at 11:28am.
Cathy Edwards reported that she is reducing the number of bad debts. And that she is impressed with service of Clipper Parcels and will use in future.

PATIENT PACKS

STOMA COVERS & ACCESSORIES

<table>
<thead>
<tr>
<th>Inv No</th>
<th>Name</th>
<th>Goods</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>0426</td>
<td>Lyn Clarke</td>
<td>5 Stoma Covers</td>
<td>30.00</td>
</tr>
<tr>
<td>0511</td>
<td>Ken Paton</td>
<td>2 metres stoma material+ 3 years membership</td>
<td>44.00</td>
</tr>
<tr>
<td>0428</td>
<td>Marco Giannetti</td>
<td>20 stoma covers</td>
<td>120.00</td>
</tr>
</tbody>
</table>

Packs for New Members

- Guus Nobbenhuis: Mosman
- Dieter Spitzenberg: Waterloo
- Lyn Clarke: Pennant Hills

Postage Costs

| Float - given in June 2017 | 500.00 |
| Balance b/f                | 292.15 |
| ACT Health                 | 4.95   |
| Pkt 10 Small Satchel       | 80.75  |
| Lyn Clarke                 | 2.95   |
| Ken Paton (0511) box 1     | 5.20   |
| Ken Paton (0511) box 2     | 5.20   |
| Clipper Parcels Book of 5 coupons | 65.00 |
to send the roll of material

**total** | **$164.05** | **128.10**

Couriered the Last full roll of material to Wendy who makes the stoma covers for the group.
September Financial Report

CBA balance as at 31 August 2017 $9,605.12

Add September Income
Subscriptions $145.00
Donations $55.00
Supplies $232.05
Sundries $2.00

$10,039.17

Less September Expenditure
"Still Talking" Postage $400.00
Printing $634.60
Lunch $40.00
Patients' Supplies $1,566.91
Lunch $40.00
Unpresented August cheque #665 $262.49

$2,944.00

Add Unpresented Cheque #670 $425.00

CBA Balance as at 30 September, 2017 $7,520.17
You and My Christmas List

I have a list of folks I know, all written in a book;
And every year at Christmas time, I go and take a look.
For that is when I realise that these names are now a part;
Not of the book they’re written in, but of my very heart.
For each name stands for someone who has crossed my path some time,
And in that meeting they’ve become the Rhythm and the Rhyme.
And while it sounds fantastic for me to make this claim,
I really feel I am composed of each remembered name
Even if you may not be aware of any special link,
Just meeting you has shaped my life far more than you may think.
For once you’ve met somebody, the years cannot erase
The memories of a pleasant word or of a friendly face.

So never think my Christmas greeting is just a mere routine
Of names upon a Christmas list forgotten in between.
For when I send a Christmas card that is addressed to you
It’s because you’re on a list of folks I am indebted to.
For I am but a total of the many folks I’ve met,
And you are also one of those I prefer not to forget.
And whether I have known you for many years or few,
In some ways you have had a part in shaping things I do…
And every year when Christmas comes I realise anew,
The best of things that life can give is having friends like you.
So, may the Spirit of Christmas that for ever and ever endures
Leave its riches blessings in the hearts of You and Yours.

Courtesy of Raymond Chappelow
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)

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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, 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
1. Blue colour attracts mosquitoes in two times more than any other.
2. Some Chinese typewriters have up to 5,700 characters. The width of the keyboard on them is about a meter, and the fastest and most professional typist reaches print speeds only 11 words per minute.
3. March 16, 1970 one of the buyers at Sotheby's paid $20,000 for a glass paperweight.
4. Ramses brand condom is named after the Egyptian Pharaoh Ramses II, who, by the way, had over 160 children.
5. Striking your head against the wall, you can lose 150 calories an hour
6. The flea can jump to 33 cm in a single jump. If people had the same jumping ability, a person could make jumps of 213 meters!
7. Strawberries are not berries, but bananas are!!! Botanically
8. Hippos sweat red and it works as sunscreen
9. During the colonization period, the life of the Africans was no better than hell. It can be estimated by the fact that 12.5 million African were sold to American countries.
10. It is true that a couple of centuries ago, the dentures were made from the teeth. These teeth were pulled out from the mouth of perished soldiers.
11. Our history encompasses great wars that last for many years. However, the shortest war lasted only 38 minutes. The war was fought between England and Zanzibar.
12. The longest war in the history is the Dutch-Scilly War. It started in 1651 and the war completed its 335 years before ending in 1986.
13. Lasers can get trapped in a waterfall Oh my gosh, yes. Not only is this an incredible example of total internal reflection, it also shows how fibre optic cables work to guide the flow of light
Do Viruses Cause Throat Cancer?

This article was published by Zachary P. Vandegriend M.D., in the Santa Maria Times and was republished in The Voice, Plymouth.

It has been known for many years that certain chronic viral infections are capable of causing cancers. These include Hepatitis B & C, Epstein-Barr (EBV) and Human Papilloma Virus (HPV), among others. Almost all cervical cancers are thought to be caused by chronic HPV infection. Although there are over one hundred types of HPV, only a few strains are able to induce cancer formation. Improved awareness, screening (PAP testing) and treatment have dramatically decreased the number of new cervical cancers and improved survival in the last 40 years.

In the next few years, the incidence of Head & Neck Cancers (HNC) caused by HPV (referred to as HPV+) will surpass cervical cancer. These occur mostly in the oropharynx, which includes the tonsils and the back part of the tongue, where there is lymphoid tissue like the tonsils. Long-standing tobacco and alcohol use were the cause of the vast majority of HNC in the past. Now over 90% of oropharyngeal cancers are caused by HPV compared to only 40% just 30 years ago. The lifetime risk of having an HPV infection in the population is over 90%. Most people clear the infection but up to 10% develop chronic infection. With tobacco and alcohol use, the risk of developing a head and neck cancer increases fifty times while active infection with a high-risk type of HPV increases your risk over two hundred times.

Although the virus can be spread through contact with saliva and intercourse, the strongest risk factor for HPV-related HNC is the number of oral sexual partners, particularly at an early age. Public awareness of HPV is lacking. Surveys show that although most young people are aware that there is a vaccine against cervical cancer, only 50% of young women and 25% of young men had ever heard of HPV. Although they are both squamous cell carcinomas of the oropharynx, HPV+ cancers behave very differently than those caused by tobacco and alcohol. HPV+ cancers generally occur in young, otherwise healthy men. Eighty to 90% of HPV+ oropharyngeal cancers occur in men for reasons that are not completely understood. Unlike smoking and drinking related HNC, which usually present with a painful ulcer or mass in the mouth and throat, 90% of patients with HPV+ HNC present with a painless neck mass on one side.

Survival Rates Traditionally, spread to a lymph node in the neck has been associated with significantly worse survival. This is not the case with HPV-related cancers and overall survival is very good (up to 85 to 90%). This high survival rate is the reason that there are several large ongoing clinical trials studying whether more limited surgery and reduced radiation doses will still have high cure rates. Vaccines against the high-risk strains of HPV (Gardasil and Cervarix) have been available since 2006. It is still unclear exactly how effective vaccination will be at preventing HPV-related oropharyngeal cancers since most of these cancers are thought to develop many years after infection.
HPV can be tested for during PAP test for women. Commercial salivary testing for HPV is becoming available, primarily marketed to the dental community for routine screening. The role of this is still unclear as a positive test does not differentiate who has a transient versus the more concerning chronic infection.

There’s no such thing as a free lunch!

Wait yes there is!

There’s still time to join us at the Ryde Eastwood Leagues Club. See next page, love to see you there.

On behalf of all Committee members, I wish all our members a Happy Christmas and a Healthy and Prosperous 2018. The Committee hope that the future for all current “Larys” is one without any serious health issues and together, with the Medical profession, the LANSW will also continue to explore all avenues for further improvement of life as a Lary.

Sincerely yours,
Les and Yvonne Byrnes.

I hope you have enjoyed the newsletter this year, if you have any ideas to improve it please let me know. I wish all of our readers a very merry Christmas and a happy new year, be back February next year.
George

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover.”
Mark Twain
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.
A deacon is in the hospital and his good friend, a preacher, goes to visit him. The preacher notices all the medical equipment attached to the deacon. He kneels by the bed. The deacon motions to a pad and pen on the nightstand. The preacher hands his friend the pad and pen, and the deacon begins to write. Suddenly, the deacon dies. At his funeral, the preacher delivers the service. He says, "I was with him when he died, and as a matter of fact, I have his last thought in my coat pocket here." The preacher pulls out the paper and reads, "Please, get up. You're kneeling on my oxygen hose."

One day, Mr. Phillard rushed his pregnant wife over to the hospital. As the doctors were prepping his wife, Mr. Phillard's idiot brother Bill arrived to watch the birth. But when Mr. Phillard saw the blood and everything else, he fainted. When Mr. Phillard woke up he was in a bed with the doctor standing above him.

"Mr. Phillard," the doctor said, "you are in the recovery room. Don't worry, your wife is fine and she had twins, a boy and a girl. Because you were unconscious and your wife was still under anaesthesia, she requested that your brother Bill name the kids."

"What! My brother, the idiot! I can't believe you let him! What did he name them?"

"He named your daughter Denise."

"Hey, not bad! I underestimated my brother. What did he name my son?"

"He named your son Denephew."

You can tell I've been married for a while. Went to the doctor's last week, he said, 'Have you had sex in the last seven days?' And I said, 'No, my birthday's in April.'

Father O'Flaherty rose from his bed. It was a fine spring day in his new Texas mission parish. He walked to the window of his bedroom to get a deep breath of the beautiful day outside. He then noticed there was a jackass lying dead in the middle of his front lawn. He promptly called the local police station.

'Good morning. This is Sergeant Bush. How might I help you?'

'And the best of the day to yerself. This is Father O'Flaherty at St. Brigt's. There's a jackass lying dead in me front lawn. Would ye be so kind as to send a couple of yer lads over to take care of the matter?'

Sergeant G. Bush, considering himself to be quite a wit, replied with a smirk, 'Well now father, it was always my impression that you people took care of last rites.'

Father O'Flaherty replied, 'Aye, tis certainly true, ......but we are also obliged to notify the next of kin.'

It was April and the Aboriginals in a remote part of Northern Australia asked their new elder if the coming winter was going to be cold or mild. Since he was an elder in a modern community he had never been taught the old secrets. When he looked at the sky he couldn't tell what the winter was going to be like. Nevertheless, to be on the safe side, he told his tribe that the winter was indeed going to be cold and that the members of the tribe should collect firewood to be prepared. But being a practical leader, after several days he had an idea.

He walked out to the telephone booth on the highway, called the Bureau of Meteorology and asked, 'Is the coming winter in this area going to be cold?' The meteorologist responded, 'It looks like this winter is going to be quite cold..' So the elder went back to his people and told them to collect even more wood in order to be prepared. A week later he called the Bureau of Meteorology again. 'Does it still look like it is going to be a very cold winter? The meteorologist again replied, 'Yes, it's going to be a very cold winter.' The elder again went back to his community and ordered them to collect every scrap of firewood they could find. Two weeks later the elder called the Bureau again. 'Are you absolutely sure that the winter is going to be very cold?' he asked. 'Absolutely,' the man replied. 'It's looking more and more like it is going to be one of the coldest winters ever.'

'How can you be so sure?' the elder asked.

The weatherman replied, 'Our satellites have reported that the Aboriginals in the north are collecting firewood like crazy, and that's always a sure sign.'

"My first job was selling doors, door to door. That's a tough job isn't it? Bing Bong; 'Hello, can I interest you in a ... oh sh** you've got one already haven't you? Well never mind..."