

CLAN



THE NATIONAL ASSOCIATION OF LARYNGECTOMEE CLUBS NEWSLETTER

Issue No. 125

June 2013

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poems, letters and views

NALC Annual Lunch

This year's Lunch takes place on Sunday 1 September at The Royal York Hotel, Station Road, York YO24 1AA.

Here is the very appetizing menu:

Starters:

Cream of Leek and Potato Soup /
Chicken Liver Parfait

Mains:

Roast Peppered Topside of Beef /
Baked Salmon /
Wild Mushroom Risotto

Dessert:

Frozen Strawberry Ice Cream Parfait
and Fruit Coulis /
Baked Apple Delice Tart
and Vanilla Seed Custard
Tea or Coffee



NALC is having a Laryngectomee Day on Tuesday 25 June 2013 at Grand Central Hotel, 99 Gordon Street, Glasgow G1 3SF.

10 am – Registration Coffee & Biscuits

11 am – 1.30 pm – Various Speakers
1.30 pm – 3 pm – Lunch & Raffle

The day is free to Laryngectomees and their guests.

Please let head office know if you are attending either by phone 020 7730 8585 or info@laryngectomy.org.uk
The hotel is next to Glasgow Central train station.



A WORD FROM THE EDITOR

E.T. PHONE (OR TEXT) HOME



Worldwide, more people own mobile phones today than have access to working toilets. Without a doubt they are very useful. When we arrived at our hotel in the Harz Mountains last month, one of the first things we did was to text the children that we had arrived safely. And (one of them at least) texted back almost immediately! And mobile phones feature in several items in this issue: with emergency SMS texts and in monitoring health problems. And, talking of mobility, we also feature a couple of items on cruises and laryngectomees.

Well-Versed

Carol Ann Duffy, Britain's first female Poet Laureate, said that texting was the future of modern poetry. However, we include a number of poems that were definitely not texted. They include *An Old Man's Lament* and a *Nurse's Reply* (which, we understand, is pinned to many a hospital noticeboard). And a short poem on Inner Peace that is certainly not doggerel! So it's all here in your high tech, very mobile but nicely poetical *Clan*!

Ian Honeysett
Ian Honeysett (Editor)

For all items for *Clan*:

Ian Honeysett (Editor), 53 Combe Road, Farncombe, Godalming, Surrey GU7 3SL
email: Honeysett@btinternet.com

For all other matters

 (including requests to be added to or removed from the mailing list):

Vivien Reed (Association Secretary), NALC, Lower Ground Floor, 152 Buckingham Palace Road, London SW1W 9TR Tel: 020 7730 8585 Fax: 020 7730 8584 Website: www.laryngectomy.org.uk

The views expressed by the contributors are not necessarily those of the Editor or NALC. Great care has been taken to ensure accuracy but NALC cannot accept responsibility for errors or omissions.

Deadline for issue No. 126: 1 August 2013

Hair Today, Gone Tomorrow

Unlike Kathleen, my darling wife, who travels some 25 miles to and from Edinburgh to get her teeth, hair, feet etc serviced, I resolutely drive the six miles to our nearest town – Kinross. A new Unisex Hair Salon has recently opened and, as I was (according to Kathleen) looking a bit tousled and shaggy, I thought I'd give it a go.

A charming young lady, Nicky, sat me down in front of the mirror and as she prepared to tuck that protective rubber towel thing around my neck, I thought I should explain that I am a neck breather... "and I breathe through a stoma".

"Ah!" replied Nicky, "my dad's got one of those... he pees through his!"

Poor chap was not another Lary contact but a victim of cancer of the bladder. A

stoma of the stomach, one might say. Through his daughter, I've made contact and look forward to my next 'short back and sides'.

And, on the subject of stomas, how about this reflection on Bedtime stories for the grand-children?

My grandpa's a silly old goat;
He breathes through a hole in his throat.
His voice is so deep
It lulls me to sleep
And off into Dreamland I float!

*Rev. Clifford Hughes, MA, Cert Ed, BD
and best of all, FRCSLT!*



(Photo care of Jackie Macadam, Features Writer, Life and Work, Church of Scotland)

Annual Lunch

We featured some photos of the NALC Lunch in the previous issue but had no account of how it went. Well, now we have – thanks to Kerry from NALC who writes: "Our annual lunch last September was held at the Blackpool Hilton. Although the weather was pretty grim, it didn't stop everyone having a super time. As well as catching the tram along the promenade to see the Blackpool illuminations, many of us visited the Blackpool Tower and watched the dancers, enjoying a foxtrot or waltz around its famous ballroom. It was such an enchanting sight and along with the delicious lunch we enjoyed on the Sunday was certainly a highlight for me. Although the lunch wasn't as greatly attended as we had hoped, I think everyone had a good time, catching up with friends, old and new, over a glass or two of wine.

We are hoping to make the city of York our destination for the annual lunch this year and I would urge all of you to make a super effort to attend. I understand that the travelling can be a little difficult sometimes but it is really worth the while to attend this yearly event as we all have such a fun time."

New Report Reveals One in Four Cancer Patients in Plymouth Faces Isolation

This article was published in the Plymouth Herald on Saturday, 16 February 2013 by Sophie Taylor, Health Reporter:

A new report by a national charity has found that one in four cancer patients in the city faces isolation.

A quarter of the 1,300 newly diagnosed cancer patients in Plymouth – an estimated 300 patients each year – lack support from family and friends during their treatment and recovery, according to new research published by Macmillan Cancer Support.

Of these, an estimated 100 people in the city each year will receive no help whatsoever, facing cancer completely alone, the charity said.

The Facing the Fight Alone report, which looks at the number, profile and experiences of isolated people living with cancer across the UK, found that the detrimental effects of isolation on the lives of people living with cancer are far-reaching.

More than half of isolated patients have skipped meals or not eaten properly due to a lack of support at home.

More than one in four have not been able to wash themselves properly, while three in five have been unable to do household chores, the report found.

Family members and friends living too far away, having other commitments or patients just having no-one to turn to are the most common reasons patients lack

support.

David Crosby, General Manager of Macmillan Cancer Support in the South West, said: "This research shows that isolation can have a truly shattering impact on people living with cancer.

"Patients are going hungry, missing medical appointments and even deciding to reject treatment altogether which could be putting their lives at risk – all because of a lack of support.

"But these figures are just the tip of the iceberg. As the number of people living with cancer is set to double from two to four million by 2030, isolation will become an increasing problem and we need to address this now.

"That's why we are launching a new campaign to help tackle this crisis and to ensure that, in future, no-one faces cancer alone."

Macmillan Cancer Support is calling on health professionals to adopt the recommendations in the Facing the Fight Alone report.

Note by the Editor: I left the following comment on the this is Plymouth website: "I help to run a Cancer Support Group. The biggest problem we face is that of confidentiality. We are unable to help anyone unless we know who they are and what their needs are. But we are not allowed to be told for reasons of confidentiality!"

Guess What?

On a special Teacher's Day, a kindergarten teacher was receiving gifts from her pupils. The florist's son handed her a gift. She shook it, held it over her head, and said, "I bet I know what it is... some flowers." "That's right!" said the boy. "But how did you know?" "Just a wild guess," she said. The next pupil was the candy store owner's daughter. The teacher held her gift overhead, shook it, and said, "I bet I can guess what it is... a box of candy."

"That's right! But how did you know?" asked the girl. "Just a lucky guess," said the teacher. The next gift was from the liquor store owner's son. The teacher held it over her head but it was leaking. She touched a drop of the leakage with her finger and tasted it. "Is it wine?" she asked. "No," the boy replied. The teacher repeated the process, touching another drop of the leakage to her tongue. "Is it champagne?" she asked. "No," the boy replied. The teacher then said, "I give up, what is it?" The boy replied, "A puppy!"

Still Talking, NSW Newsletter

The NALC AGM: 20 MAY 2013

This year's NALC AGM was held at St Peter's Eaton Square Church – described by The Times as "one of the most beautiful churches in London." A total of 31 Laryngectomee Club members attended. A great lunch was provided by Vivien and Kerry (and Kerry's Mum) and other helpers! Unfortunately, Ian Honeysett (CLAN Editor) was unable to attend and so he is extremely grateful to Andy Gage (new NALC Vice-President) for this article.

President's Report by Ivor Smith: Requests keep coming...

Ivor was pleased to announce that requests from Hospitals and other Clinical Institutions for NALC Presentations continue to come in at quite a pace, with Northern Ireland showing a particular interest. Many enquirers also request to visit a local laryngectomee Club in their area, to find out more about laryngectomee issues, and how the Club is helping to improve the lives of its members.

Ivor then thanked all the current NALC Officers for all their hard work throughout the past year, including Alex McGuiggan, our Honorary Treasurer, Malcolm Babb, Tony Smith and Bert Culling, our Vice Presidents, and also Ian Honeysett, our tireless CLAN Newsletter Editor, who has now been contributing his publishing and editing expertise for over 30 years!

The 'Thank-You's' certainly wouldn't be complete without a big vote of appreciation for all the hard work of our Secretary, Vivien Reed, and Kerry, her Assistant in the NALC London office. Meanwhile, Ivor confirmed that he was stepping down as President for this new term (but certainly not leaving the Committee – see 'Election Results' below)...

Secretary's Report by Vivien Reed: Lots going on ...

Vivien reported lots of interest in NALC's Powerpoint Presentations around the country; also NALC's literature and free DVDs are being well received. And – relatively new – is the NALC Video (You-Tube) channel, and the new Website of course (which currently attracts over 100 visits a week).

Work involving NALC becoming part of a new Constitution, following guidelines from the Charity Commission, is one of the key items on this year's Agenda. This will give us more protection as a Charity, and other benefits, but will not in any way affect the aims of NALC.

Meanwhile, other well-deserved 'Thanks' went to Ethel Culling and Jean Fraser, who, amongst other things, have dedicated so much of their time to providing extremely valuable information to individual laryngectomees and institutions on the Government's new Benefits system, which is impacting many people's lives at present. Without Ethel and Jean's hard work, many people would not know where to go to get essential information on their rights.

Thanks were also expressed again to Ian Honeysett, our CLAN Editor and Producer, and also Andy Gage, who worked on the content copy – and helped in the setting up – of our new NALC Website. Andy continues to write, edit and update the site.

And – last but by no means least – heartfelt thanks to Bert Culling, who is 'semi-retiring' from NALC's Committee, after many years of hard work and great service. But with his vast experience of laryngectomee issues, and endless trips around the UK spreading the NALC word, Bert has agreed to still be 'on-hand' for various presentations and visits where possible.

New Committee Election Results for 2013

Following voting papers being sent out in March, and seconding taking place at the last General Meeting, the following members were voted on to the Committee of Officers:

Malcolm Babb is now our new President, Alex McGuiggan was re-elected as our Honorary Treasurer, Ivor Smith becomes a Vice President, Tony Smith (no relation!) is also re-elected as a Vice President (his fourth year) and Andy Gage becomes a new Vice President, as well as continuing as Webmaster.



New President, Malcolm Babb's, Report: an Exciting Year ahead...

Our new President, Malcolm Babb (who was a Vice President last year) has been involved with many laryngectomee causes and programmes over the past years, and is currently representing NALC at a variety of National Groups – increasing the awareness of laryngectomee issues, and being involved with various Cancer Charities and research initiatives in the NCIN group, which looks into details collected from various hospitals. NALC is also leading the way in supporting H&N research and improving treatments, and is well respected in the medical profession.

Honorary Treasurer, Alex McGuiggan's, Report

Next up, Alex McGuiggan reported on NALC's finances for the year, which can be found in the NALC Annual Report 2012. Alex continues as a Maths and IT Lecturer, also as a NICaN Board Member, involving attending meetings with the Department of Health, discussing priorities for the future of cancer care and prevention. This is as well as regularly presenting NALC's Education Programme to University of Ulster, and Canterbury Christ Church students, and trainee paramedics in the Ambulance Service in N. Ireland.

Vice President, Tony Smith's, and Bert Culling's, work...

Tony Smith has recently been involved in giving talks at Charing Cross Hospital, also Mount Vernon, and at UCLH – talking to patients, SLTs and clinicians about the effects of laryngectomy, and understanding laryngectomees' issues and needs. Tony also attends monthly meetings with a London Head & Neck Group, helping to find ways of halting Head & Neck cancers, speaking with surgeons and clinicians, and is involved with a Mouth Cancer Awareness Event, later in the year.

Bert Culling, although retiring from NALC's executive team, is still committed to the cause, and particularly the work he does in his own region, especially the educational programme. Last year he made 18 trips around the country, and around a dozen educational presentations to the Ambulance Service, and at nursing seminars and training sessions. To conclude, Bert thanked everyone for all the support he'd received over the years.

A Female View from Down Under

Hello there, I'm Patricia Harper from not-so-sunny Brisbane, one of only a few female laryngectomee members of LANSW. I have been a laryngectomee for more than 12 years now and have noted over the years that women are very much in the minority when it comes to our condition. So I am here to contribute my thoughts on a few general aspects of daily life with no voice.

Hopefully my musings may be of some help to new members, both male and female, and also to longer-term laryngectomees. It's so easy to get into a routine and mindset that prevent us from embracing new ideas, or even forgetting helpful advice over the years. I recently revisited some websites and found some interesting suggestions and tips to make life easier. If you haven't looked on line lately, check out the various websites available because you never know how helpful they might be.

Recently the Channel 10 program 'The Project' featured a segment on the need for a text message service to alert 000 services, and highlighting the plight of profoundly deaf people in emergency situations. A lot of what was said could also apply to laryngectomees, some of whom may wonder how they would cope with calling 000 if they were alone or, in the case of someone else's incapacity, having to call for help. They may worry they would be unable to speak clearly enough for the operator to understand them. I used to worry about this a lot, as I live alone and my voice, even with a TEP, is quite weak and hard for strangers to understand at times and I don't have much success with the Servox. Incidentally, men seem to have much better results with TEP speech, due no doubt to their greater lung capacity. Or maybe it's due their big mouths or just being full of hot air – oops, can't believe I typed that. I'm just jealous of your superior volume, guys!

Anyway, I was given to understand that emergency SMS calls to 000 are definitely going to be introduced in Australia in the not-too-distant future. This can only be a good thing for people like us, as well as for the hearing impaired and really it is disgraceful that it's not already in place, because text messaging has been around for more than a decade now. Several overseas countries already use the system, even New Zealand has it.

Talking Label

However, the wheels of government grind exceeding slow, so while we wait for it to be implemented, if you are at all worried about the 000 situation, the following may be of interest. A few years ago a friend in the UK sourced some handy little gadgets for local laryngectomee members, and very kindly sent one to me. It's called a Talking Label and comes from Talking Products. It costs less than \$10 and comes ready to use.

This tiny battery operated device allows a 20 second recording to be made of a message for emergency services. My daughter recorded the message for me, stating 'ambulance' when asked which service is required, then that it is a recording for a person with a voice disability and clearly giving my name and address for an ambulance to be sent. The message can be repeated more than once if the operator doesn't get it the first time by just pressing a button. So far I've never needed to use it but it's comforting to know it's right there by the phone, especially when I'm minding my small grandchildren. If you are interested check it out at www.talkingproducts.com.

From Still Talking, NSW Newsletter

The **emergencySMS** service has been developed by RNID, BT, Cable & Wireless, the Department of Communities and Local Government, OFCOM, the UK emergency services and all mobile network operators.

For more information, visit www.emergencysms.org.uk or www.rnid.org.uk/news

50% recycled
RNID •••

Contact 999 by SMS text

(Image of a hand holding a mobile phone)

What is emergencySMS? If you cannot make voice calls, you can now contact the 999 emergency services by SMS text from your mobile phone. Emergency SMS is part of the standard 999 service which has been designed specifically for people with hearing loss or difficulty with speech. Since September 2009, the emergencySMS service has successfully handled hundreds of real emergency calls. Thanks to this service criminals have been arrested, fires have been saved and babies have been born safely.	What is an emergency? Please do not send text or non-emergency texts – only use emergencySMS for real emergencies. For example, if: • someone is in at risk • a crime is happening now • someone is injured or threatened • there is a fire or people are trapped • you need an ambulance urgently • someone is in trouble on the cliffs, on the shoreline or is missing at sea. <small>This service works throughout the UK on all mobile networks. It cannot be used from abroad.</small>
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Mobile Breakthrough

Geoffrey Read has highlighted the new face of medicine using mobile phone technology. Cost effective, instant results, constant monitoring of serious health risks. See the youtube item at: www.youtube.com/watch_popup?v=r13uYs7jglg

An Old Man

Oh what do you see nurse, what do you see,
what do you think, when you're looking at me?

A foolish old man, who's not very wise,
uncertain of habit, with his faraway eyes.

Who dribbles his food, and makes no reply,
when you say in a loud voice, "I do wish you'd try."

Who seems not to notice the things that you do,
and forever is losing a sock or a shoe.

Who resisting or not, let's you do as you will,
with bathing and feeding, the long day to fill.

Is that what you're thinking, is that what you see.

Then open your eyes, you're not looking at me.

I'll tell you, nurse, as I sit so still,
doing your bidding, doing your will.

When I was ten, with a father and mother,
with brothers and sisters who loved one another.

Then a young boy of sixteen, with wings on his feet,
and dreaming that soon, a lover he'll meet.

A groom soon at twenty, my heart gives a leap,
remembering the vows, that I promised to keep.

At twenty-five, I had young of my own,
To guide, and provide them, a happy home.

At forty my young had grown and were gone,
but my lady's beside me, our ageing's begun.

Dark days are now upon me, my wife is sadly dead.

I look upon the future, and shudder with such dread.

The body it so crumbles, grace and vigour they depart.

There is only just a stone, where once I had a heart.

But inside this battered carcass, a young man he still dwells,
and ever so occasionally, this weary heart it swells.

I remember the joys, and I remember the pain,
and think of the joy, of living life again.

So open your eyes please, nurse, and see,
not a foolish old man,
look closer, see me.

Len Hynds

Sam Rose, Kent & Medway Cancer Network, has also sent Clan the following poem in response. No one seems to know who actually wrote it so, if you know, please tell us! We believe it is pinned to many a notice-board in hospitals nationwide.

A Nurse's Response

What do we see you ask, what do we see?
Yes, we are thinking when looking at thee.

We may seem to be hard when we hurry and fuss,
but there's many of you, and too few of us.

We would like more time to sit and talk,
to bathe you and feed you, and help you to walk.

to hear of your lives, and the things you have done.

Your childhood, your husband, your daughter, your son.

But time is against us, there's too much to do,
patients too many, and nurses too few.
We grieve when we see you so sad and alone,
with nobody near you, no friends of your own.

We feel all your pain, and know of your fear,
that nobody cares, now your end is so near.
But nurses are people with feelings as well,
And when we're together, you'll often hear tell,

Of the dearest old gran in the very end bed,
and that lovely old dad, and the things that he said.
We speak with compassion and feel so sad,
when we think of your lives, and the joy you've had.

When the time has arrived, for you to depart,
you leave us behind, with an ache in our heart.

When you sleep the long sleep, no more worry or care,
there are other old people, and we must be there.

So please understand, if we hurry and fuss,
there are so many of you, and so few of us.

Before You Cruise

In the March issue we included a query about how a laryngectomee might prepare for a cruise. We now have a response from Jacqueline Johnson, Guest Access Support, of Carnival Cruise Line (iCare@carnival.com):

"Thank you for contacting us; we appreciate the opportunity to be of assistance. We forwarded your query to our Medical Operations department and was advised as follows. All patients with neck stoma – laryngectomees – are required to have identification that will alert our medical team to his/her special resuscitation needs, they can use bracelets, temporary tattoos, cards to identify them as total or partial neck breathers.

"It is very important that this patient has a written report from their doctor, indicating if they are fit to travel, special considerations/care required while travelling, list of medical conditions, medications and allergies, including doctor's phone number, for our medical personnel on board to be able to communicate immediately with the treating physician in case medical attention is required. We also need to know if they had total or partial laryngectomy. Also, it is highly recommended to purchase travel insurance."

My Life Jacket

On the subject of travel, we found this item by Bob Bauer on *WebWhispers*. Their latest issue is at: webwhispers.org/news/May2013.asp

I had my surgery, at Stanford, in 2008 and a second one in 2010. I use TEP speech with the ATOS hands free HME. I'm fortunate that I don't have any physical limitations to deal with. I hope the following will be of some help. My wife and I have cruised and travelled, by plane and ship, numerous times since my surgery. When I travel by plane, if over water, I carry my Mustang Hi-Lift auto-inflatable life jacket. You can bring it on board the plane and it fits nicely under the seat in front of you. The ones on the planes will not keep your stoma above water, where the Mustang will. I always bring it when on board ship.

In my carry on bag I have all my meds and all my supplies needed to support my stoma for the length of my trip. I have the supplies in a plastic fishing tackle box that will fit in an attache case. I also have a 'Day Pack', in a snack sized zip lock bag, which contains everything I need in case I have to change my base



plate while out on a day trip. I have changed my base plate at the airport while waiting for my flight. Not to worry, people take a quick glance and go on their merry way. So, once you're able to, don't be an "Ole' Stick in the Mud", get out there and have some fun. Best wishes to all my fellow Larlys.



Can You Help?

My name is Jas Badhan and I am 40 years of age and live in West Bromwich. I have a condition known as bilateral abductor vocal cord palsy (paralysed vocal cords). I have had numerous operations to correct my vocal cords but unfortunately, with no success. I have recently had a permanent tracheostomy fitted since 8 February 2013. Due to the lack of support groups in my area, I would like to hear from anyone (particularly in my area) who has had a permanent tracheostomy and who would also be willing to share their experiences and may be able to offer me a little support and reassurance during this difficult time. (If you can help please let CLAN know by emailing the Editor at: Honeysett@btinternet.com)

Jas Badhan

Our 'Debi'

Deborah 'Debi' Austin became well-known for her anti-smoking TV campaigns in the US and, as a result, on youtube too (see: www.youtube.com/watch?v=jn8JYcApjLY). *IAL News* recently published the following obituary which tells her story.

Our 'Debi' will be remembered for her work with anti-tobacco campaigns and the anti-tobacco Public Service Announcements she made for TV. Six of these video tapings can also be found on www.youtube.com. To hear her story in her own words select the title 'Debi Austin on Tobacco' that she made for the California Department of Public Health and California Tobacco Control Program. The progression of emphysema and loss of her oesophageal voice are apparent with each subsequent video recording. The more famous of the PSAs she made has had 392,150 hits on youtube.com.

Fifteen years ago showing your stoma while giving a presentation to children was discouraged, but Debi told the truth without regard for the social stigmas. Some of us flinched with shock the first time we saw her message during commercial breaks on TV. Soon we understood she had found a way to get the kids' attention.

Many will attest to the fact that Debi helped them quit smoking, and that she was able to help them better understand the affect of this addiction and others on their health and their future. Debi was my friend. We met 20 years ago just before she became a total laryngectomy. She and her mother had come pre-operatively to the New Voice Club of the Valley's meeting. It was a misty raining day in Southern California. She was sitting in the driver's seat of her VW Beetle. I caught her before she drove away, and she rolled her window down so we could talk a bit more about her concerns as a communications company manager. I tried my best to reassure her that she would have speech options after the surgery so she could go back to work after her rehabilitation period. She said she was 'scared to death and had her doubts'.

Prosthesis Problems

Debi learned to use the intra oral Cooper Rand very well and kept it handy as a back up that was comfortable to use in an emergency. Debi briefly tried the puncture and TEP about a year post op, but gave it up after twice dropping her prosthesis down into her trachea. After those two trips to the ER to have the prostheses removed from her trachea and lung (all the while teaching the ER staff how to treat her problem with her Cooper Rand) was enough to cause her to focus learning oesophageal speech techniques. She came early to the Valley's Club monthly meetings for the group OS lessons I taught. She caught on quickly and OS became her primary method of speaking for about 18 years. With her new ability to speak she attended a seminar that she claimed helped her begin the anti-tobacco campaign and presentations.

'Women who behave rarely make history' describes the life of women like Debi. Debi was a warrior. It should come as no surprise to learn that Debi's family was Iroquois. Her sister Deena says, "Mother's grandmother was pure bred Iroquois (daughter of the chief) and her grandfather was half Iroquois and half French on her father's side." As close friends we shared this American Indian heritage; Iroquois and Cherokee. She made a red leather medicine bag for me for my health and spiritual protection. We both knew she was getting ready for her long goodbye. (She was beginning to deal with tongue cancer and she knew chemo was a long shot.). Over long 'friends catching up' lunches she would describe herself as a rogue, pistol packing, street fighter, 'biker chick', and remained so at heart.

Her Way

Debi lived life her way, the personal/spiritual Native American way to live daily. Debi started smoking at 13. Addicted to a \$25 a day habit very quickly. This was a problem that meant she went to every high school in the valley. She was kicked out of each of them for smoking. She finally graduated from California Youth Authority. Later this unique background and her grit helped her to connect with youth and adults who had all sorts of addictions. Debi went on to attend classes at UCLA and Berkley. Few know that her work with the classes on anti-tobacco were part of her studies that led to her MA and eventually her PhD. Debi was a beautiful woman inside and out with a sense of humour so wicked she could easily have been a stand up comedian. Instead she became a sit down presenter who used her humour like a teaspoon of sugar to get the tough message to go down. Even while receiving chemo with a roomful of folks who needed to laugh at their situation she could find something funny enough for them all to chuckle.



QUIZ!

Use the first letter of each correct answer to spell something we all look forward to.

1. What was Reg Varney's character called in *On the Buses*?
2. What is the name of the long bone in your arm?
3. Which 1956 film saw Gregory Peck as a captain obsessed with capturing a Great White Whale?
4. Which musical was built around the songs of ABBA?
5. Which island served as the US immigration depot from 1892-1954?
6. Where would you be if you were throwing a coin in the Trevi Fountain?
7. What is Cliff Richards's real name?
8. What is the capital of Canada?
9. What was Roger Moore's Bond film debut?
10. Which country gained its independence in 1947?
11. In 1997 the first cloned sheep was 'born', what was her name?
12. Where was Errol Flynn born?
13. Who is 'smarter than the average bear'?

Answers at the foot of this page.

Congratulations!

Congratulations to Geoff Read of Plymouth Lary Club who has received the award of DEBI Environmental Champion for 2012 for his and the DCFA team's tireless work in preventing good food from being thrown away by producers and diverting it to supply organisations in Devon and Cornwall supporting disadvantaged individuals and families. Since February 2011 they have saved 25,000 litres of milk and large quantities of cream and bread and dozens of turkeys and pheasants from going into landfill. Great work!



Answers:
1. Stan Butler 2. Ulna 3. Moby Dick
4. Mamma Mia 5. Ellis Island 6. Rome
7. Harry Webb 8. Ottawa 9. Live and
Let Die 10. India 11. Dolly 12. Australia
13. Yogi Bear

20:20 News

John Kennedy is taking part in the London Triathlon, Saturday 27 and Sunday 28 July 2013, which comprises a 400m SWIM, a 2.5km RUN and a 10km Bike Ride. '20-20 Voice' Cancer Appeal are producing T-shirt for the occasion and seeking sponsors too (naturally). '20:20' now have supporters in Leicester, Loughborough, Wokingham (Berkshire), Ely/Mildenhall (Cambs), St Albans (Herts). They're always seeking more. Contact Phil Johnson on: admin@2020cancerappeal.org. They have news from Leicester: they raised £122 from their Valentine's Day cake sale and their ladies in Wokingham raised £89 from their 'roses' night on 14 February.

Saturday 13 April was an unbelievable day, truly unbelievable, as community spirit raised its beautiful head once more – something I thought had long since died in this country.

Kym Godfrey, our Loughborough warrior, had been touting for 'cast offs' and 'unwants' for some weeks beforehand, in order to set up the rummage sale in aid of '20-20 Voice' Cancer Appeal. Theo Paphitis eat your heart out kiddo – I think there was more 'stock' in the Fennel Street Club on Saturday 13 than in M&S 'up the road'! We ambled over there for about 1.15pm, paid our 40ps to get in and were confronted by a horde of 'rummagers' – and I mean hordes!

Coffee--> rapid exit--> fresh air, that was me sorted! Happily I found myself a seat at the entrance and I ended up as the 'on the door apprentice' (as Maggie kindly dubbed me). My ladies went off in search of 'goodies', leaving me (quite happily) with a pint of mild, the keeper of the door (Maggie) and a tray full of various entry fees – life can be quite pleasant sometimes! It wasn't all abstinence on my

part however, as I did wander in and have a good look around. Kym's organisational skills struck me straight away as there were tables for clothes, tables for toys, a complete section for shoes, rails for coats, jackets, menswear, ladieswear – even a designer clothes section! There were also toys, games, 'cuddlies', pictures and an 'oddmens'. Notwithstanding that lot, there was a small section on a raised platform for teas, coffees and cakes (Loughborough's own version of my 'fabulous baker girls' had been in action) and very nice they looked too! There was even an old style 'Tombola' planted neatly, almost in people's way, on the floor-space which attracted plenty of attention.

Dwindling Demand

As 3pm approached, prospective purchasers dwindled rapidly and I watched as bags of swag aplenty disappeared out of the front door of the club – including my two ladies who quickly stowed their 'treasures' in the boot of the car. Hmmm! By 3.15pm the place was totally devoid of purchasing power and the helpers (all 15 of them!) started folding, bagging, boxing, layering, hanging... and there was still a mountain of stuff to be shifted! Kym told me that she had been selling 'plenty of stuff' on ebay the previous few weeks and her husband, Graham, whispered in my ear that "we had made just over £1,000 with the event so far"!

Now I don't know about you but I was absolutely gobsmacked – he says he'll give me the final figure as soon as everything has been accounted for. What a tremendous result, folks, absolutely tremendous! Long live 'rummaging' I say. A week after the event and I am even more 'gobsmacked' as I have received a message stating that the proceeds have now topped the £2,000 mark – unbelievable! I think that when Kym sets her mind to something I think her motto must also be "this lady is not for turning"! What a brilliant effort by all concerned. Graham took some photographs (which will go on the website soon) and I made a speech thanking everyone for their supreme efforts on the day (I think they all understood me) and said *au revoir* to some lovely people whom I'm sure we will meet again.

*Phil Johnson, Chairman,
2020cancerappeal.org*

Work after Total Laryngectomy



Since past five years of my operation, I struggled hard to persuade myself a Bachelors degree of Information Technology and Computing (BITC). Down on the floor looking for a job but failed to get, it did not take long for me to start a small PC workshop on 12 February 2013 to earn a living and also keep exercising my IT professional skills and also give support to other organisations that will need my professional skills such as Networking and Network Management, Data Entry and Data Management, Configuring LANs and Hardware Repair and Maintenance to mention a few.

But the question is "How did I manage all this?" and answer is "Using Supportive protective equipments obtained from NALC, especially stoma covers and guide messages." Abundantly God bless the NALC and members of CLAN to live long.

Emmanuel Bychance, Uganda

Carrot & Orange Soup

Ingredients

¾lb carrots
1 medium potato
1 ham stock cube
1oz butter
3½ pints of water
Juice of 2 oranges
Finely grated skin of 1 orange
Salt and pepper to taste



Method

Simmer vegetables, stock and butter in 1 pint of water until tender. Put through blender. Add rest of water, orange juice, rind and seasoning.

Ian & Rose Browse

Taken from "Soups & Puddings" produced by THANCS Group. Minimum donation (from non-laryngectomees) of £2.00 per copy. THANCS group: Hawthorn Suite, Worcestershire Royal Hospital, Charles Hastings Way, Worcester WR5 1DD.



News from the Clubs

North Wales Laryngectomee Club

Members of the Club donated respirators to Ward 4 at Glan Clwyd Hospital. The group is drawn from across North Wales and donates directly to the ward with funds going towards oral health equipment. Members were thanked by hospital staff for their fundraising work. Mr Hammad said: "We are very grateful to the Club because they have been so generous over the years. They are the only charity to give directly to Ward 4 for the benefit of our patients."



The Club meets monthly in the Faenool Fawr Hotel (just past the hospital).

The photograph shows Peter Holloway, Club Secretary, presenting the equipment to Zak Hammad with (from left): Zoe Goddard, Secretary to Mr Hammad; Diane Giles, Health Care Support Worker; Gail Taylor, Junior Sister and Chris Sellers, Ward Manager.

Speak Easy Club, Cornwall

A fine, cold Spring day saw six members visit the Air Ambulance in their new headquarters at St Mawgan. Susie there gave an enthusiastic presentation; she obviously really enjoys her job. The Cornish Air Ambulance was the first in the country and has been flying for 25 years. It has been followed by 30 others in 18 centres, covering most counties. The six paramedics in the team are paid by the Ambulance Service but all other wages and expenses, including the leasing of the helicopter, are paid for from money raised from donations, legacies, sponsorship and charity shops supported by the generosity of the people in Cornwall. The helicopter gleamed in the sunlight and the hanger, where it spends the night, was so clean you could eat a meal from the floor; very impressive. It takes three minutes to get the helicopter in the air and they can be in the Scilly Isles in 20 minutes. Members were able to get up close to take photographs and they left a donation

of £100 to help them continue this important work. Lunch was at the Falcon Inn, good food and huge portions.

May saw the AGM at the Victoria Inn, Threemilestone. Pat and Valerie held a car boot at Lostwithiel and caused a buying frenzy when people spotted the umbrellas on sale. Tuesday 18 June sees a joint get together with the Recovery Club for lunch at The Queens Arms in Botallack. In July Nigel and Valerie hope to be ready to invite members to their house-warming.

Their calendar of events also included: 6 March, 11 am – a one-hour guided tour of Truro Cathedral. The very interesting guided tour of Truro Cathedral on the 6th was enjoyed by Rosemary, Peter and Pat, Nigel and Val, Colin and Brenda, Janet, Jack Paget and guest, and Jan, joined by members of the Recovery Club.

3 June (please note this is a Monday) – meeting at the Victoria, Threemilestone, with one of the SLT team in attendance.

Inner Peace

If you can start the day without caffeine,
If you can always be cheerful, ignoring
aches and pains,
If you can resist complaining and boring
people with your troubles,
If you can eat the same food every day
and be grateful for it,
If you can understand when your loved
ones are too busy to give you any time,
If you can take criticism and blame without

resentment,
If you can conquer tension without
medical help,
If you can relax without alcohol,
If you can sleep without with the aid of
drugs,
Then you are probably...
The Family Dog!

Submitted by Clifford Hughes

Plymouth Club

They had a busy programme of events including: a February visit to the Plymouth City Museum and Art Gallery. Everyone met up at the Café at the Museum Snack Bar at 1 pm for a snack lunch and then received a guided tour with Julia Beazer that commenced at 2 pm. There was an April visit to the Lord Mayor's Parlour, Plymouth hosted by the Lord Mayor himself! And a June outing to Buckfast Abbey at Buckfastleigh. Their June meeting is with the Recovery Club at The Queens Arms, Botallack. Wednesday 11 December sees the Christmas lunch at Truro Cathedral restaurant. Support for the Club has been disappointing over the past year and it has been decided to explore the possibility of sharing more events with the Recovery Club. Due to health issues, Ron Wills has decided to step down after over ten years as Chairman, but said he would attend as many meetings as possible.

The Windpipers, Blackpool

They had a very informative February meeting when Oliver Maudsley from the Department of Work and Pensions advised them of the new benefits which began in April. He provided all the relevant booklets and was willing to assist any members who had concerns. The raffle raised £21 and the bottle of wine was won by Ulla. Their March meeting was attended by Mark Evans of Platon Medical who presented on their products. In April they also held a bowling event at Newton Hall, Staining.

DAFFYNITIONS

Teetotaller – Golf course scorekeeper.
Potentate – Sequel to the Magnificent Seven.
Cordon bleu – Police barricade.
Dismember – Expel from the club.
Debate – De stuff you put on de hook.
Underwriters – People who sub-title films.
Locomotive – Plea of diminished responsibility.
Penultimate – Mightier than the sword.
Nonplus – Minus.

From Still Talking, NSW Newsletter