

# THE VOICE

of the

**LARYNGECTOMEE CLUB OF MONTGOMERY COUNTY**

**SILVER SPRING, MARYLAND**

**SERVING THE GREATER WASHINGTON, DC METROPOLITAN AREA**

*Established in 1970*

Affiliated with the American Cancer Society South Atlantic Division, Inc

Member of the International Association of Laryngectomees



## APRIL, 2007

### MEETING MINUTES

February 21, 2007

President **Herb Simon** called the meeting to order at 7:40pm. Present at the meeting were Johnie Harris, Rich Odum, Mary Speiden, Edward Akwe, Beth Solomon, Herb & Sally Simon, Robin Maxwell, Mary Jane Hart & Theresa Stouffer, Howard Eskildson, and Bob Griffing. **Robin Maxwell** read the

*(Continued on page 2)*

### MARK YOUR CALENDAR

**April 11th – 6:30pm**

**Speech Class**

Beth Solomon

**April 11th – 7:30 pm**

**Business & Social Meeting**

Refreshments –

**April 25th – 7:00pm**

**Speech Class**

Beth Solomon

**MAY 9th**

**GUEST SPEAKER  
SARAH BERGERON**

**Certified Nutrition Support Dietitian**

FOR LCMC INFORMATION

CONTACT: HERB SIMON

301-588-2352

H457@aol.com

### WORDS OF WISDOM



The greatest handicap ----- FEAR

The greatest mistake ----- GIVING UP

The greatest gift ----- FORGIVENESS

The greatest loss ----- LOSS OF ENTHUSIASM

The greatest moments ----- BIRTH AND DEATH

The easiest mistake ----- FINDING FAULT

The easiest stumbling block ----- EGOTISM

The easiest way to be disliked ----- COMPLAIN

The greatest feeling ----- LOVE

---

"When you feel you have reached the end of your rope,  
tie a knot . . . and

**HANG ON!"**

---Franklin Delano Roosevelt

## DO YOU KNOW WHAT TIME IT IS?



## IT'S 2007 DUES TIME!

Make your check payable to:

**The Laryngectomee Club  
Of Montgomery County  
or LCMC**

Send it to:

**HERB SIMON, Treasurer  
403 Hamilton Avenue  
Silver Spring, MD 20901**

Annual dues are \$5.00 per person or \$10 per family. Many of us send additional money with our dues, to make a donation to the club. These donations help us to continue our helpful and charitable endeavors.

## Happy Birthday



Apr. 3rd	Lottie Jeter
Apr. 3rd	Jim McKnight
Apr. 5th	Gerald Gandy
Apr. 6th	Robert Evans
Apr. 6th	Rudy Dupler
Apr. 12th	Bill Pototsky
Apr. 14th	Susanne Stevenson
Apr. 23rd	Bill Zuckerman
Apr. 27th	Bill Thomas
Apr. 30th	Elmer Pinckney

**National Head and Neck Cancer  
Awareness Week**

## MEETING MINUTES

*(continued from page 1)*

Prayer for a Laryngectomee. The Minutes for the February meeting were approved as published in THE VOICE. We all introduced ourselves with the laryngectomees telling when they had their surgery.

**Treasurer's Report** – Herb reported that we now have 26 members who have paid their dues for 2007. Many have also included donations to the club along with their dues. He also reported that he sent checks to the IAL for annual dues for our club and for the LaPlata and Gambrells clubs even though they no longer meet. The purpose of this is to let new and veteran laryngectomees in those areas of Maryland know that support is available for them, when they need it.

**Aunt Bea's Sunshine Report** – Herb read notes from renewing members **Helen Kane** and **Jean Rich**, which came with their dues and generous donations to the club, and one from new member **Chuck Silsbee**, who lives in Gillette, Arkansas. He told us that **Irv & Tema Title** were not at tonight's meeting because they had out of town guests arriving this evening. Beth read a couple of email messages Herb had received from **Jim McKnight** relating to his recent experiences with a chemo drug and notifying us of his upcoming breast cancer surgery. Herb told us how **Addie Shaw** is doing since having a stent inserted in her carotid artery. Addie was not at the meeting tonight due to having a cold. Greetings to the group from **Wayne and Terri Holmes** were conveyed. Wayne has been in Georgetown University Hospital again. He seems to be making some progress. We all wish Jim, Addie and Wayne well. Herb reported the recent deaths of two club members: **Richard Rollins** and **Jane Brown**.

**Beth Solomon's Words of Wisdom** — Beth talked about post-op radiation effects that could surface up to 20 years after receiving the radiation treatments. One side effect that could arise is the blockage of the carotid arteries with scar tissue from radiation received during cancer treatment.

**Old (unfinished) Business** – No Old Business was discussed.

**New Business** – Herb passed out announcements for the upcoming **New Jersey Conference**. He shared some facts about the history of the event. **William Zuckerman**, a laryngectomee who lives in Bethesda will be the Keynote Speaker this year. William attended a couple of LCMC meetings, several years ago, when he was a relatively new laryngectomee. **Robin Maxwell** shared some of his most recent medical issues with us. He also told us of a web site, [www.webscape.com](http://www.webscape.com). This website has information on different medical studies that may be of interest to us regarding some of the medical issues Laryngectomees have to deal with. One of those issues is the build-up of scar tissue in the carotid arteries in the neck. Beth shared that carotid artery studies are now being done on the effects of radiation after a period of time. She reiterated these studies are finding that side effects can occur up to 20 years after the initial radiation exposure. **Irv and Tema Title** could not attend tonight's meeting, but Irv sent some TEP supplies he no longer uses to be given out to members. **Mary** brought in some oral adaptors which were donated to the LCMC closet of supplies. Herb reported that IAL President Philip Clemmons resigned and Vice President **Gary Miner** is now serving in that position. It was announced that **Sara Bergeron**, the NIH Nutrition Support Dietitian, will return for a third appearance. Her previous presentations have all been informative and enjoyable. The subject of her next presentation will be announced in the May newsletter. We are all looking forward to having her speak and address some of the issues we have. Our thanks go to **Mary and Rich** for tonight's yummy refreshments. **Sally** volunteered to bring the 'goodies' for the April meeting. After a motion was made and seconded, it was unanimously voted to adjourn the meeting at 9:10pm.

*---Respectfully Submitted by,  
Mary Speiden*

## TOBACCO AWARENESS PRESENTATIONS



**Mar. 2nd – Irv Title & Bob Griffing** gave a presentation to 68 students at the Roberto Clemente Middle School in Germantown, MD about the dangers of the use of tobacco products.

**Mar. 5th – Irv Title & Bob Griffing** returned to Roberto Clemente Middle School, this time making a Tobacco Awareness presentation to another 80 students.

**Mar. 9th – Irv Title & Bob Griffing** once again returned to Roberto Clemente Middle School, this time making a Tobacco Awareness presentation to 68 students.

**Mar. 23rd – Irv Title & Bob Griffing** went to Churchill High School in Potomac, MD. They gave two Tobacco Awareness presentations to a total of 46 students.

---

---

## VOICES OF VERMONT

### INTERNATIONAL ASSOCIATION OF LARYNGECTOMEES

### 2007 IAL ANNUAL MEETING and VOICE INSTITUTE



Will be at the Sheraton Burlington Hotel & Conference Center, VT  
JULY 11th thru 14th

For Reservations Call Toll Free  
1-800-325-3535

*"The more you complain  
The longer you live!"*

--- Author unknown

## NEW LARYNGECTOMEES VISITS

**Feb. 28th** – Herb went to Georgetown University Hospital for a pre-op visit with **Mary Harris**, whose surgery was scheduled for the following day. Mary's voice was the hoarse whisper that so many of us experienced, just prior to surgery. Mary, who is 79 years old, lives in Arlington, VA. After raising a family, Mary began working again, when she was 54 years old. She became a file clerk for a group of attorneys and remained in that position until retiring 24 year later. She was encouraged about her upcoming surgery and was very grateful for the visit. Herb left a new laryngectomee visitor kit and tentative plans were made for a follow-up visit, when Mary is discharged from the hospital.

**UPDATE** – Mary was released from the hospital and returned home on March 19th. She is doing well and is using an electro-larynx sparingly, right now. A follow-up visit should take place soon.

**Mar. 16th** – Herb met with **Al Rebar** from the New Voice Club of Northern Virginia to pick up different types of electro-larynxes for the new laryngectomee to try out. The one that works best will then be loaned to him. Herb then went to the Prince William Hospital in Manassas, VA to visit the new laryngectomee: **Charles Connor**. Also present for this visit was Charles' brother, Bob. Charles, who is 59 years old and single, lives in Manassas. He became a laryngectomee on March 1st. Until just prior to his surgery, Charles had been working as a painter in a welding shop for many years. Soon after Herb's arrival, Charles spoke for the first time, since his surgery. He spoke his first words with the electro-larynx pressed against his cheek. Charles' speech was fairly understandable right away. He smiled and said a couple of very funny things. He could not hear himself very well, due to the buzzing sound, however Herb and Bob could understand most of what he was saying. When his stitches are removed, he should be able to talk by placing the electro-larynx to his neck. It was evident that he has a great sense of humor, which should serve him well in his rehabilitation. During this visit, **Dr. Lem**, who performed Charles' surgery, stopped in to check on how Charles was doing. While Dr. Lem was there, **Jennifer Hill**, the SLP who requested this visit showed up. Herb and Jennifer stepped out in the hall and talked, while Dr. Lem was examining Charles. When the Dr. and the SLP left, Herb returned to the room and the rest of the visit was geared toward helping Charles to know what to expect in the future. Bob had some good questions that were answered. Herb explained the functions of the New Voice Club, left a new laryngectomee visitor kit and invited Charles and family members or friends to attend support group meetings in the future.

---

---

## UPCOMING MONTGOMERY COUNTY RELAY FOR LIFE EVENTS

Damascus	May 5th – 8 am 25921	Ridge Road
Southern Montgomery College	June 2nd – 2 pm	Campus Dr. - Football Field
Olney	June 9th – 2 pm	300 Olney - Sandy Spring Rd.
Poolesville	June 9th – 2 pm	17501 Willard Rd.

---

---

**If a parsley farmer is sued, can they garnish his wages?**

## HOW I LEARNED ESOPHAGEAL SPEECH



Here is how I learned to be good at Esophageal Speech (ES). I used a Servox with the oral adaptor for the first 5-6 months. The bankers, grocers, waitresses, and my employees that I spoke to all understood my every word. Little kids thought I was magic. I was very good with it and saw no reason to find another voice. Then one day I was introduced to the Edmund Lauder tape on ES. I played the tape, listened to Mr. Lauder speaking without vocal cords and was amazed. I went to the bathroom mirror and said SCOTCH. Then I said CUP CAKE. I shocked myself and said to the mirror I was going to learn ES. Les (my wife) researched to find an SLP for me. We found one that was vaguely familiar with ES. She had me doing the alphabet one letter at a time, then 2 or 3 letters at a time, and then numbers. She would ask me questions and I would reach for my Servox to respond, and she would take it away from me and have me try to speak with out my little miracle machine. Next I tried to say more than one or two syllables. I was singing in the car as best I could and trying to say ABCDEFG on one pocket of air. Then came the Lauder Blue book (Self Help for the Laryngectomee). She would give me home work right out of the book. I stopped going to her, but kept up the work until I mastered the whole book. Lesley bought me several children's books that I read and reread out loud. Her favorites were Dr. Seuss and Curious George. After semi conquering the kids books, I took to reading the newspaper out loud, some times with a tape recorder, so I could hear for myself how well or bad I was speaking. I worked on slowing down my speech and enunciating as clearly as possible. I enrolled in SCSU Department of Communication Disorders to fine tune my speech (stop the clunking and any stoma blast). I tutored the SLP students for two more semesters so they could better teach others. Then Les and I started a scholarship fund for SLP's at SCSU. We are now well over \$50,000 in the fund. I still sing as best I can in the car to stretch my esophagus like Dizzy Gillespie did with his cheeks.

--- by Robert Herbst  
New Haven CT

## IN MEMORIAM

**RICHARD A. (Dick) ROLLINS**  
**September 28, 1922 – September 22, 2006**

On September 28, 1922 Richard Alvin Rollins was born in Washington, DC. In just a couple of days he would have been 84 yrs old. He grew up in Arlington, VA and graduated from Washington & Lee High School in 1941.

After high school Dick was drafted into the army and was one of the many young men to land at Omaha Beach during the D-day invasion. While fighting in the European Theater of Operations, he participated in five campaigns: Rhineland, Normandy, Central Europe, Ardennes and Northern France. He eventually made his way to Paris at the end of the war.

He went to work for the Army Corp of Engineers at Fort Belvoir, VA. In 1975 Dick (his co-workers called him "Frosty") was presented with The Commander's Award for Technical Support for his work on the Micron Analytical Photogrammetric Positioning System. In 1978 he retired from the Government and was presented an award for 36 years of Distinguished and Outstanding Military and Civilian Service. Dick then went on to teach drafting at the Maryland Institute of Design for the next seven years.

Dick was an artist, an engineer and an inventor.

He was a draftsman, a teacher and a mentor.

He was a craftsman, a handy man and a very snappy dresser.

He was a doer, a helper and a facilitator.

He was a friend, a brother, a husband, a father, a grandfather, a great grandfather, and the best father-in-law a guy could have.

Dick spent his life doing for others. This is evidenced in what people say about him. From the soldiers he served with to the engineers he worked with, to the students he taught. They all wanted to thank him for everything he had done. From his friends to his neighbors to his family, it was always the same. Dick helped people get things done.

Dick treated everyone well, but especially his girls. Dick couldn't do enough for his girls. Dick's girls begin with Dorothy, his Dots, the love of his life; his wonderful wife for 59 years. He romanced her the whole time. He took her out nearly every day. He opened doors for her. He spent his life making sure her every need was met. When they were both at the Manor Care just a few weeks ago, he wheeled himself into her room, got up from his chair, went up to her bedside, took her hand in his, and kissed it. The nurses and staff were so moved, they are still talking about it.

Then came his two beautiful daughters: Bonita and Ginger, who he raised and guided and chauffeured and loved. Then came his four gorgeous grand-daughters; Sybil, Selena, Krystal and Chelsea, who got pretty much the same treatment. And then only two years ago, came his little great-grand daughter Charlotte, who barely got to know him, but asks about him all the time.

There is a huge void in our lives that Dick Rollins used to fill, and we all miss him very much.

---Eulogy given by Steve Sheffield (son-in-law)  
September 25, 2006.