

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



DECEMBER, 2007

MEETING MINUTES

November 14, 2007

President Herb Simon called the meeting to order at 7:40pm. In attendance were Sally Simon, Irwin & Tema Title, Pearl Edwards & Jackie Windsor, Mary Speiden, Addie Shaw, Jim McKnight, John (Pat) Warren & Mitzi Warren. **Mary Speiden** read the Prayer for a Laryngectomee using her Servox. We all introduced ourselves, giving our names and where and when we had our surgery, for the newcomers.

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MARK YOUR CALENDAR

Dec. 12th – 6:30pm

**Speech Class
Beth Solomon**

**Dec. 12th – 7:30 pm
Business & Social Meeting
Refreshments – The Simons**

**Dec. 26th
No Speech Class**



**FOR LCMC INFORMATION
CONTACT: HERB SIMON**

301-588-2352
H457@aol.com

THINGS AREN'T ALWAYS AS THEY APPEAR.

A WOMAN was flying from Seattle to San Francisco. Unexpectedly, the plane was diverted to Sacramento along the way. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft the plane would re-board in 50 minutes.

Everybody got off the plane except one lady who was blind. The man had noticed her as he walked by and could tell the lady was blind because her Seeing Eye dog lay quietly underneath the seats in front of her throughout the entire flight.

He could also tell she had flown this very flight before because the pilot approached her, and calling her by name, said, 'Kathy, we are in Sacramento for almost an hour. Would you like to get off and stretch your legs?' The blind lady replied, 'No thanks, but maybe my dog would like to stretch his legs.' Picture this:



All the people in the gate area came to a complete standstill when they looked up and saw the pilot walk off the plane with a Seeing Eye dog!

The pilot was even wearing sunglasses. People scattered. They not only tried to change planes, but they were trying to change airlines!

This is a True Story.... Have a great day and remember...

THINGS AREN'T ALWAYS AS THEY APPEAR!

DO YOU KNOW WHAT TIME IT IS?



IT'S 2008 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



Dec. 1st	Elaine Samuel
Dec. 2nd	Nick Goodpaster
Dec. 8th	Bernard J. Becker
Dec. 9th	Jim Roby
Dec. 13th	Sue Wilcom
Dec. 13th	Robert Fuller
Dec. 22nd	Pat Fleming
Dec. 22nd	Caroline Gregory
Dec. 23rd	George Dickens
Dec. 23rd	Vivian Riggs

"You can easily judge the character of a man by how he treats those who can do nothing for him."

--- James D. Miles

MEETING MINUTES

(Continued from page 1)

The Minutes for the October meeting were unanimously approved as published in the November issue of THE VOICE.

Treasurer's Report – Herb gave an in-depth report on the club finances.

Aunt Bea's Sunshine Report – Addie told us that she recently heard from **Phil Legrande**. Phil is doing well. He is still actively involved with his other support group. **Jackie** told us she and **Pearl** often see **Joan Wolfe** when they go to Bingo. Jackie said that Joan mentioned she would like to come to our meetings, but does not have transportation. Herb reported that **Joe Zanelotti** and his wife **Sandy** were getting ready to go on a cruise. Joe is doing well and is planning to retire soon. **Irv Title** told us that he's decided to give up making presentations about Tobacco Awareness and the dangers of smoking to local schools. He brought all of his presentation materials tonight and donated them to the Club, hoping that someone will follow in his footsteps. Talking to students at this early stage of their lives is important. It may prevent many of them from falling into the trap of smoking and the possible dangers and side effects that smoking causes. This is an important and rewarding undertaking. Irv and his wife Tema will continue to do their other volunteer work at the Montgomery County Police Department and the Kennedy Center in Washington, DC. They told us about their recent trip to Amsterdam for Irv's 80th Birthday. While there they met up with longtime laryngectomee Marianne Peereboom for dinner. Marianne is a former member of the IAL Board of Directors. The Titles told us that Marianne helped with the purchase of T-shirts for Irv and Tema's teenage Grandsons and special Dutch slippers for their Granddaughters. The Titles also took a trip to Italy this summer and took their Grandkids. They attended the IAL Convention in Burlington, Vt. Irv & Tema sure had an exciting and busy summer! Herb told us that **Robert Breeden** became a Laryngectomee in early November at Johns Hopkins University Hospital in Baltimore. Herb had met with Robert and his wife Peggya few months ago. The Breedens live in Riverdale, MD and have indicated that they will be coming to our meetings. We look forward to meeting them.

Words of Wisdom from Beth Solomon – **Beth Solomon** was not in attendance for our meeting tonight. She was in route to Boston, Massachusetts, to attend the American Speech and Hearing Association meeting.

Old (unfinished) Business – There was no old business this month.

New Business – Herb handed out proposed changes and additions to the Club's By-Laws that the Executive Committee has been working on. They will also be mailed out to the other voting members with the next issue of THE VOICE. Discussion and voting on these proposed changes will take place at the December meeting. Tema suggested paying the costs of attending the IAL Convention for those who want to go but can't afford the trip. Irv suggested to increase the amount the Club gives now gives first-timers to compensate for the rising costs of attending the Convention. This will be discussed at the December meeting. **Addie Shaw** and **Jim McKnight** will serve on the Nominating Committee for our annual elections this year. We have set a tentative date for our **Annual Holiday Party**. It is set to be held on **Saturday, January 12, 2008, at 2:00 p.m.** at the American Cancer Society Building in Silver Spring, where we hold our meetings. Our thanks again, go to **Pearl & Jackie** for tonight's fantastic assortment of delicious food. Sally volunteered to bring the refreshments for the December meeting. After a motion was made and seconded, it was unanimously voted to adjourn the meeting at 9pm.

--- Respectfully Submitted by:

Mary Speiden

**"Silence is often misinterpreted,
but never misquoted."**

--- Unknown

TOBACCO AWARENESS PRESENTATION



Nov. 1st – Herb Simon returned to the Pathways Schools, this time to the Edgewood Campus in Silver Spring for another presentation. This was a much smaller audience than at last month's presentation. There were 7 special needs students and three staff members in attendance. The students ranged in age from 16 to 18 years old. All but two of the students shared that they smoke cigarettes regularly. One said that he smokes more than two packs a day. After viewing the film "No "Ifs, Ands, or Butts," a group discussion took place with all in attendance participating. The two non-smokers said they never intend to smoke and one girl who presently smokes, but noted only when she is 'hanging out' with others who smoke, said she's not going to smoke again.

Nov. 6th, 8th and 13th – **Irwin Title** gave his final Tobacco Awareness Presentations at Sherwood High School in Olney, MD to a total of 102 students. *(See article on the right-hand side of this page)*

NEW LARYNGECTOMEE VISIT

Nov. 21st – Herb met with new laryngectomee **Teresa Tiller**. Teresa's surgery was on November 5th at The Washington Hospital Center. Teresa is 48 years old and lives in Southeast Washington, DC. Teresa's mother **Priscilla McCoy** was also present for this visit. Teresa is just learning to use her new Servox Digital electro-larynx. Herb worked with Teresa, giving her several tips for mastering it's use. They went over the materials in the New Laryngectomee visitor kit Herb brought for Teresa from LCMC. Thanks go out to **SLP Meagan Snell** for referring Teresa to LCMC.

A MESSAGE FROM IRWIN (IRV) TITLE



Since 1995, I have had the immense gratification of speaking on the topic of *Tobacco Awareness* to more than 20,000 5th to 10th grade students in Maryland and Toronto, Canada. Basically, I explain what happened to me and how the trachea and the esophagus function, both before and after having a laryngectomy. I use overhead projections to illustrate this and also a list of some 4,000 dangerous ingredients that are in tobacco. I use cartoons to lighten the presentation. I tell the students about how tobacco companies advertise in a way to get young people to start and continue to smoke. At the end of the presentation I open it up to questions and allow those who are interested to view my stoma and try out the electro-larynx.

I sometimes wondered if I was having any effect, but when a youngster comes up to me and says "I remember you – you came to school and spoke to my class;" I question them about smoking, Many answer with "There is no way would I ever smoke or use tobacco!" Then I know that I have had an effect and my efforts have been rewarded.

I have now decided to retire because of my age and health. I have materials that are available to someone who is interested in volunteering to continue this worthwhile outreach. I will also be glad to discuss the presentation procedure I have used and/or make suggestions and answer questions. ---Irwin Title

Editor's Note: Thank you Irv for a job well done and for all you have done to help others, over all these years. You have been a real inspiration.



THE NEW VOICE CLUB OF NORTHERN VIRGINIA

Cordially invites you to join us at our

ANNUAL HOLIDAY PARTY

Saturday, December 15th, 2007 at 2pm

HOSTED BY AL & NANCY REBAR

3336 Happy Heart Lane in Annandale, VA

Bring family, a significant other, or a friend and join the fun

Please bring a dish to share at this Pot Luck Party.

RSVP and Directions

703-573-2665 or rebar@verizon.net

2008 LCMC OFFICERS



NOMINATIONS & ELECTION

The election of the LCMC Officers for 2008 will take place at the December meeting. **Addie Shaw** will once again serve as the Chairperson of the nominating committee. **Jim McKnight** will return to assist Addie this year. If you wish to nominate someone to serve as a Club officer in 2008, please make sure they are willing and able to serve in that position, before notifying a member of the Nominating Committee. If you wish to nominate someone, please email: **ADDIE:** Addie15@aol.com or **JIM:** MJAMES393@aol.com with the name of the nominee. If you do not have email access and would like to nominate someone to serve as an officer in 2008, please contact Addie by phone at 301-794-5882.

MEDICAL EMERGENCY



I recently watched a TV program called Medical Emergency. This segment was on women having children. A pregnant woman was being examined by her doctor and told him that her baby had stopped moving around. The doctor left the room. He came back with a Servox Electro-larynx in his hand. He said to the woman "*this is an acoustic stimulator.*" When he put it on the woman's stomach and pushed one of the buttons, the baby started to move again. It sounded just like it does when we push one of the buttons to talk! I thought it was interesting..... I'd never heard it called that.

---Submitted by,
Addie Shaw

AN INSPIRATIONAL STORY FROM A LARYNGECTOMEE DOWN UNDER



**Kevin Oliver with his Family
Son Gavin, Wife Julie, and Daughter Allison**

G'DAY ALL,

I can't believe that five years ago I was wheeled into surgery again because the cancer had come back in my jaw and they were going to remove some more of my jaw and a little bit of my tongue.

My surgeries started in February when they took half my jaw because of cancer then a week later I went under again because the graft didn't take. Then before I was released five weeks later I had another three minor operations.

What happens during recovery at home but an infection in my chest from the pec flap, so back into hospital again for another 3 weeks, while they try to get rid of the infection. They send me home again but four weeks later I am back with the same infection so they cut right down to the ribs and leave the wound open to heal from the bottom up to the surface and what happens just as it is almost healed up they find out my cancer has returned in my jaw. That was late August and the earliest they can do it is October 14.

The last thing I say before they wheel me into surgery is telling the anesthetist he is hopeless finding veins because he had five goes trying to find mine.

I wake up in ICU the next day with my wife and kids sitting there crying and also my parents. The first thing I think is I must be dieing if they are that upset but the Doctor steps into the frame and explains that the cancer had more than tripled in size and they had to take more than they thought they would have had to. He then tells me he had to take all my lower jaw, all my tongue and my voice box. I looked at him rather stupidly and wrote on a piece of paper: "you couldn't have taken my tongue because I can still move it in my mouth" of course that is only a phantom feeling. I am then handed a mirror and see for the first time what I have lost and all I can say is "just as well I wasn't handsome before because I sure am not now."

What do they say when you get knocked down "pick yourself up, dust yourself off, and try again". Well since that day I have tried to do that by working with our Cancer Council raising awareness of what smoking can do, and I have also joined the Lions Club to help raise money for local charities in our area. I also visit hospitals to see people who are facing losing their voices to show them that life doesn't end with this surgery.

I found this site (Web Whispers) by accident and have enjoyed getting to know the people on it even if you are all half a world away. I have also loved being able to help some of you who have faced losing your tongues.

Sorry for being so long winded but this is an anniversary and also a birth because I am not the same man who went into that operating room. I am a better person than the one who went in, and I hope to be that way for many more years to come.

Kevin Oliver (Aussie)