

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



NOVEMBER, 2006

MEETING MINUTES

October 11, 2006

President Herb Simon called the meeting to order at 7:40pm. Others attending the meeting were Sally Simon, Edward Akwe, Alice Anderson and Addie Shaw, Phil LeGrande, Mary Speiden, Bob & Sue Griffing, Robin Maxwell, Howard Eskildson, Jim McKnight, Mary Jane Hart & Theresa Stouffer, and our guest speaker Captain

(Continued on page 2)

MARK YOUR CALENDAR

NOV. 8th – 6:30pm

Speech Class

Beth Solomon

NOV. 8th – 7:30 pm

Business & Social Meeting

GUEST SPEAKER

GORDON AOYAGI

Montgomery County

Director of Homeland Security

(See Article on page 4)

Happy Thanksgiving



**FOR LCMC INFORMATION
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THE HOUSE OF 1000 MIRRORS

Japanese Folktale – Author Unknown

Long ago in a small, faraway village, there was a place known as the House of 1000 Mirrors. A small, happy little dog learned of this place and decided to visit. When he arrived, he bounced happily up the stairs to the doorway of the house. He looked through the doorway with his ears lifted high and his tail wagging as fast as it could. To his great surprise, he found himself staring at 1000 other happy little dogs with their tails wagging just as fast as his. He smiled a great smile, and was answered with 1000 great smiles just as warm and friendly. As he left the House, he thought to himself, "This is a wonderful place. I will come back and visit it often."

In this same village, another little dog, who was not quite as happy as the first one, decided to visit the house. He slowly climbed the stairs and hung his head low as he looked into the door. When he saw the 1000 unfriendly looking dogs staring back at him, he growled at them and was horrified to see 1000 little dogs growling back at him. As he left, he thought to himself, "That is a horrible place, and I will never go back there again."

ALL THE FACES IN THE WORLD ARE MIRRORS

What kind of reflections do you see in the faces of the people you meet?

---Submitted by,
Addie Shaw

November 16th



Great American Smokeout

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout® by smoking less or quitting for the day on the third Thursday of November. The event challenges people to stop using tobacco and raises awareness of the many effective ways to quit for good. Call 1-800-ACS-2345 to find a quitline or other science-based support in your area.

IMPORTANT FACTS ABOUT LUNG CANCER

Smoking is the number one cause of lung cancer. The more and longer you smoke, the greater your risk. But if you stop smoking, your lung cancer risk decreases each year.

Radon is considered to be the second leading cause of lung cancer in the U.S. today. Because you cannot see or smell radon, the only way to tell if you are being exposed is by measuring radon levels in your home.

Secondhand smoke involuntarily inhaled by non-smokers is responsible for approximately 3,000 lung cancer deaths annually in American non-smokers.

---From the
American Lung Association

HAPPY BIRTHDAY



- Nov. 8th Emma Edmonds
- Nov. 11th Dr. Lou Laborwit
- Nov. 13th James Johnson
- Nov. 26th Linda Diggs
- Nov. 26th Odessa Robinson
- Nov. 26th Terry Thomas

MEETING MINUTES

(continued from page 1)

Darlene Machovec. **Jim McKnight** read the Prayer for a Laryngectomee's Spouse using his Cooper Rand EL, followed by a reading of the Prayer for a Laryngectomee by Herb with his Digital Servox. We introduced ourselves with the laryngectomees telling the date and location of our surgery. Herb introduced our guest speaker, **Captain Darlene Machovec**, of the Montgomery County Emergency Communications Center. Darlene began by relating that her first experience with a laryngectomee was with her grandfather! Darlene then covered a multitude of topics of importance to all of us. A significant matter for emergency rescuers is getting background information of the "patient" including relevant medical history, physicians' names, current drugs, etc. Darlene introduced the "File of Life" to us. This is a convenient way to prepare in advance for emergencies by having important information available for emergency crews. Darlene explained the processing of Emergency "911" telephone calls through the emergency network. We learned about the desirability of "land line" telephones versus cellular telephones and/or internet based telephone communications. We were given a description of a typical work week for emergency personnel—there isn't one—due to widely varying schedules. Several "gift" items were available including Files of Life, 9 volt batteries for smoke and carbon monoxide detectors, "oven sticks" for safe handling of hot items, and other assorted goodies. At the end of the program, several of us requested to check our own status with the Emergency "911" system to see that the information was correct as listed. Captain Machovec shared her contact information with us. At the conclusion of her presentation, Darlene was given an enthusiastic round of applause.

At this point the business meeting continued. There were no Minutes to approve for September. Our September gathering was the annual "picnic" at the Simon's home.

Treasurer's Report – LCMC currently has 56 dues paying members. Herb recounted recent expenses as part of his report.

Aunt Bea's Sunshine Report— **Mary Jane Hart** told of a recent, funny experience she had in a grocery store. She asked a clerk where she could find the eggs and the clerk could not understand her. She repeated herself, but to no avail. Another shopper overheard the conversation and had no problem understanding Mary Jane. This shopper told Mary Jane where the eggs were located, right after telling her that the clerk Mary Jane had been speaking to is 'very hard of hearing'! **Jim McKnight** announced that he was recently diagnosed with 'Breast' cancer, which is very rare for men. He is looking forward to a forthcoming plan from his medical team. Addie, who lives near Jim, offered to give him rides to his therapy sessions. **Howard Eskildson** had another recent visit with **Jackie Hinkle** at GBMC's monthly meeting for laryngectomees. **Ish Rivera** reported that his wife, **Alicia**, had an especially pleasant time at the club picnic and he thought it was the best picnic yet! **Mary Speiden** similarly shared that her granddaughter, **Cheyenne**, thoroughly enjoyed the fun as well! Herb read messages he and Sally received, following the picnic, from Yoko Barsky and Buddy Belote that expressed what a wonderful time they and their spouses had at the picnic. Both were first time attendees at a club function.

Beth Solomon's Words of Wisdom—Beth was unable to attend due to flu-like symptoms.

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

New Business—**Addie Shaw** brought up that it was time for the annual process of LCMC elections to begin. Herb distributed copies of the By-Laws' descriptions of the four elected positions with their respective responsibilities. Addie volunteered to be the Chairperson of the **Nominating Committee**. **Jim McKnight** and **Howard Eskildson** also volunteered to be on the committee. The Nominating Committee will present a slate of the nominations at the November meeting. **Howard Eskildson** asked if a review of the club By-Laws is due this year. This will be researched and reported at the November meeting.

Refreshments—**Sally Simon**, **Phil LeGrande**, and **Jim McKnight** brought ample treats for all. Thanks for the funding of the refreshments go out to **Robin Maxwell**. **Ish Rivera** volunteered to provide refreshments for the November meeting, which will be his last for awhile. He and Alicia will soon be returning to Puerto Rico for the winter. A motion was made and seconded and the meeting was adjourned at approximately 9:15pm. Several people remained after the meeting to pick up some of the give away items, help finish the refreshments, and enjoy each other's company.

---Respectfully submitted by:
Howard Eskildson

NEW LARYNGECTOMEE VISIT

Oct. 20th - SLP Chris Kramer from Potomac Hospital in Woodbridge, VA contacted Herb Simon about a new laryngectomee patient at Potomac Hospital in Woodbridge, VA. who was in need of a loaner electro-larynx. Herb met with Al Rebar on the way to Potomac Hospital to pick up a loaner Servox to take to the new laryngectomee, Thomas O'Dell. Tom's surgery was on October 13th. His wife Linda and their good friend and neighbor Bernice, were also present for this visit. Tom, who is 54 years old, was up and walking around, when Herb arrived. Herb talked to them for awhile about life as a laryngectomee and then brought out the Servox for Tom to try out. SLP Jill Olesneovich came to see Tom shortly after that. Jill and Herb worked together introducing Tom to his 'new voice'. When Tom spoke his first understandable words, tears came to his eyes. He will be in the hospital for a few days more and will have SLPs working with him each day. When Jill left, Herb went over the materials in the New Laryngectomee Visitor Kit from the New Voice Club of Northern VA. Humidity, mucus and of course, laryngectomee safety and rescue breathing were discussed. Linda and Tom expressed their appreciation for having a laryngectomee visit with them. This is the first call the club has had from the newly renovated Potomac Hospital, which now has all private rooms and is beautifully appointed. Everyone there was helpful and caring. Herb also took a club information package for the medical staff, hoping that we will hear from them in the future, when they have laryngectomee patients.

"An unhurried sense of time is in itself a form of wealth."

--- Bonnie Friedman



<<<from the WEB >>>

Subject: [WebW] Re: AFLA and Esophageal Speech
Date: 09/18/2005 3:00:27 PM Eastern Standard Time From:
From: pres@nsclub.net
Reply To: WebWhispers@mail-list.com

Hi Mr. Haider,

I guess you must have read a lot of replies to your query on esophageal speech already. I might as well add a little more to the subject.

Ginreika is the leading laryngectomee club in Japan and it is based in Tokyo. The Asian Federation of Laryngectomees' Association (AFLA) is the umbrella organization of laryngectomee clubs in Japan as well as the rest of Asia, including your country (Pakistan) and mine (Philippines). If I may suggest, try to contact your local laryngectomee club. If I am not mistaken, A club from Pakistan is active with AFLA already.

AFLA is a member also of IAL and its IAL & Web Whisper coordinator is Sakagami SAN, a managing director of AFLA. Email: shohei sakagami [s-sakagami@mwa.biglobe.ne.jp]. The AFLA president is SUSUMU HISANAGA SAN.

There are more than 20,000 laryngectomees in Japan and a majority of them use Esophageal Speech (ES). They teach it to every Japanese laryngectomee and they suggest the use of ELECTROLARYNX only if ES fails (due to various reasons...medical, age, motivation etc). They also occasionally invite ES speakers to teach them how to TEACH ES and become AFLA-certified ES instructors. However, to be chosen, one must be endorsed by your country's local Club and well coordinated with your government if it is a GRANT. All Japanese instructors are LARYNGECTOMEES and not SLP's. They work closely with ENT doctors and SLP's, though.

Esophageal speech has many advantages compared to other means of alaryngeal speech. Aside for its LOW MAINTENANCE COST, it is a MORE NATURAL way to speak without vocal cords. It has many advantages.....

You need not worry about LEAKS or YEAST build-up or prosthesis replacements compared to TEP.

You need not worry with BATTERIES or ROBOTIC sounds compared to Electrolarynx. The only drawback (as written by one of the replies to your email) is IT HAS A LONGER LEARNING CURVE, it requires a lot of practice and determination in order to learn. A trained and certified instructor (preferably an AFLA certified one if you are in ASIA)will hasten the learning process.

Again I suggest you contact your local laryngectomee club and if it is a member of AFLA they will teach you ES for FREE! In case you wish to put up a Club, the web whisper website has a wealth of information that you could use (FREE DOWNLOADS) while the new IAL officers, I read, are keen on "internationalizing" support to laryngectomees and lary clubs as one of its thrusts this year. You could contact them too. Just remember, your objective must be TO HELP other LARYS like us and leave the commercial part to our suppliers and professionals (SLPs & doctors).

I hope I was able to share my ONE CENT's worth to the subject. Should you need further information, I am just an email away! I will be glad to hear some comments & suggestions (or violent reactions ho-ho-ho!) from the WEB Whisper community, too.

Emer Rojas
Philippine Laryngectomee Club
President
plcinc@plcinc.org

Philippine Laryngectomee Club
Shihagara Award Recipient 2006
(Best Laryngectomee Club in Asia for 2006)

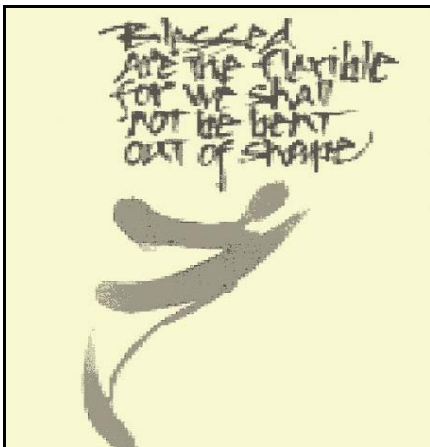
2007 LCMC OFFICERS



NOMINATIONS & ELECTION

There will be a report given by the Nominating Committee at the upcoming November meeting. This year, **Addie Shaw** is the Chairperson of the nominating committee, and **Jim McKnight** and **Howard Eskildson** are the other members. If you wish to nominate someone to serve as an officer for LCMC in 2007, please make sure they are willing to serve in that position, before notifying a member of the Nominating Committee. If you wish to nominate someone or volunteer to serve as an officer, please contact: ADDIE via her email address: Addie15@aol.com or HOWARD at LCMCLCMC@aol.com or JIM at MJAMES393@aol.com. If you do not have email access and wish to nominate someone or volunteer to be an officer in 2007, please contact Addie by phone at 301-794-5882.

AN INTERESTING THOUGHT

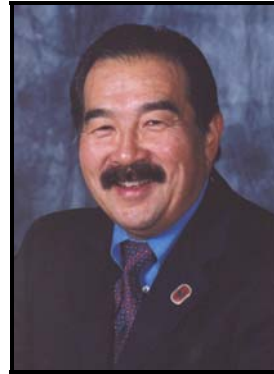


---Reprinted from the Holy Cross Volunteer Voice Newsletter

GORDON A. AOYAGI

DIRECTOR

MONTGOMERY COUNTY HOMELAND SECURITY DEPARTMENT



Gordon Aoyagi was appointed in January 2005 as the first director for the newly established Homeland Security Department in Montgomery County, Maryland. He coordinates information sharing and emergency planning, response and recovery with regional, state and federal partners. Mr. Aoyagi serves as the Disaster Manager of the County's Emergency Management Group and is responsible for the operations of the County's Emergency Operations Center (EOC). He is also Chair of the Local Emergency Planning Council. He also currently serves as a Commissioner on Maryland's State Fire Prevention Commission.

Gordon was the disaster manager for the recent Lake Needwood dam evacuation in June 2006. His experience in managing emergencies include the County's Y2K preparations, train wrecks, the County's response to September 11, 2001 attack on the Pentagon, anthrax release response, snow and ice storms and Hurricane Isabel. He also was the chair of the National Capital Region's Hurricane Katrina evacuee management work group.

Gordon previously served as the first, civilian Fire Administrator for the Montgomery County Fire and Rescue Service consisting of about 1800 career and volunteer members and 19 local volunteer fire departments. He was also the chair of the Fire Rescue Commission, an appointed policy body. He was instrumental in the adoption of new fire department legislation establishing single authority and operating command under a uniformed Fire Chief. Prior to that, he was the Senior Assistant Chief Administrative Officer in the Office of the County Executive where he oversaw and coordinated public safety, labor relations, technology improvements, regional water and sewer policies and regional representation for the County at MWCOG. As the most senior merit employee, he served as the transition officer during the change of administration.

Mr. Aoyagi has over 30 years of public administration and public policy experience. He served in the US Army with the rank of Captain in military intelligence in Viet Nam. He has urban planning experience and also served as a manager of public transit in Denver and Boulder, Colorado, Westport Connecticut, Salem, Oregon and Montgomery County Maryland.

Mr. Aoyagi has a Bachelor of Arts from Colorado College and Masters of Public Administration from the University of Colorado. He is a member of the International Association of Fire Chiefs and International Association of Emergency Managers.