

# HAPPY TALK

## Greater Atlanta Voice Masters

April 2005

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star

I wish upon a

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***REMEMBER WHEN.....***  
**Original Hollywood Squares Answers**  
**When Peter Marshall was the host.**

- **Q: If you are going to make a parachute jump, at least how high should you be?**

- **A: Charley Weaver: 3 days of steady drinking should do it.**
  
- **Q: A pea can last as long as 5,000 years.**
- **A: George Gobel: Boy, it sure seems that way sometimes.**
  
- **Q: According to Ann Landers, what are 2 things you should never do in bed?**
- **A: Paul Lynde: Point and laugh.**

**COME CELEBRATE**



*You and a guest are cordially invited to the:*

*Yul Brynner Head and Neck Cancer Foundation, Inc.  
First Annual Survivors Banquet*

*Date: April 14th, 2005*

*Time: 6:30pm*

*Semi-formal  
Refreshments and hors d'oeuvres will be served*

*Location:*

***Budd Terrace***  
*1833 Clifton Road, NE*  
*Atlanta, Georgia 30329*  
***404-728-6500***

EMORY HEALTHCARE



[www.headandneck.org](http://www.headandneck.org)

*Free Parking*  
*Directions on back*

*Limited seating available*  
*RSVP to Mrs. Tina Long*  
*Email: [long2140@bellsouth.net](mailto:long2140@bellsouth.net)*  
*Telephone: (678) 226-2140*

**THE YUL BRENNER HEAD AND NECK FOUNDATION,  
INC.  
INVITES ALL HEAD AND NECK CANCER SURVIVORS,  
AND A GUEST, TO THE FIRST ANNUAL SURVIVORS  
RECEPTION.**

**THE RECEPTION WILL TAKE PLACE ON THE SAME  
NIGHT AS OUR VOICE MASTER'S MEETING AT  
6:30pm AND AT THE SAME LOCATION, BUDD  
TERRACE.**

**DIRECTIONS ON THE LAST PAGE OF THIS NEWSLETTER**



**The Emory University Department  
Of Otolaryngology Head and Neck Surgery, the  
Winship Cancer Institute, and the Speech  
Pathology Departments at Emory and Saint  
Joseph's Hospital, are in the process of  
establishing a Yul Brynner Foundation Inc.  
Georgia Chapter.**

**Many of us remember Yul Brynner, but very few  
realize what he has done for Head and Neck  
Cancer Survivors before and after his death.**

**The following was taken from the IAL website:  
[Larynxlink.com](http://Larynxlink.com)**

**Yul Brynner, a famous stage actor, became hoarse while appearing on stage in Chicago. He was directed to Dr. George Sission, a well known Head and Neck Surgeon, by his physician in New York. Dr. Sission was able to rule out laryngeal cancer from a biopsy. After realizing what smoking had done to his health, Mr. Brynner started a crusade to educate teenagers about the dangers of all tobacco use. Together in 1984, Mr. Brynner and Dr. Sission started the Yul Brynner Head and Neck Foundation. For more information on Mr. Brynner and the Yul Brenner Head and Neck Foundation go on line and search "Yul Brynner."**

**Having a chapter at Emory will be SO beneficial to all of us. We will have a group of ENT's, Dentists, SLPs, and The Atlanta Chapter of SPOHNC, Support for People with Oral & Head & Neck Cancer. Many of the nurses who work with Laryngectomees at Emory are chapter members.**

**Dr. Naseri also offered to put together a team to accompany us to speak to school groups and other organizations. This team will have "show & tell" items, such as a lung with tobacco damage and a healthy lung. Just imagine what an impression a black ugly lung will make on any smoker.**

***There will never be another now.  
I will make the most of today.  
There will never be another me.  
I will make the most of myself.***

**\_\_\_\_\_ Robert Schuller**

**For those who received the newsletter on-line last month, you will see several of the same articles in this month's newsletter. Rita Brown, who has the awesome task of getting our newsletter mailed out, has been very ill and unable to get the March newsletter mailed. A couple of the articles I felt were worth repeating so please enjoy them for a second time.**

**Until Rita is feeling better; which, we hope is VERY SOON, Melissa Thompson will be taking on the huge task of getting out the newsletter. I am grateful**

**Here lies my past,  
Goodbye I have kissed it;  
Thank you kids,  
I wouldn't have missed it.**

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**Ogden Nash**



**The Relay For Life will be held at Adam's Stadium, May 13<sup>th</sup> and May 14<sup>th</sup>.**

**The theme this year is "Activities Under the Big Top"(Circus Big Top that is.)**

**Thursday March 10<sup>th</sup> we will have a guest speaker from the American Cancer Society. Our speaker will share with us what the relay is about and will give us pointers on how to raise money. Start thinking of ideas on how we can decorate our campsite and how we can dress.**

**The survivor tent will provide food and tee shirts to all survivors. For the last 2 years survivors were given banners to wear during the "Survivor Lap." Everyone is encouraged to come join in all the fun and the exhilarating "Survivor's Lap" which will move you to an incredible "high."**

**This year the club will not be furnishing dinner, each year it's been harder and harder to estimate on what and how much food to bring. We seem to always have too much food left over; which, goes to waste. So please bring snacks, drinks and chairs to sit in.**

**Please make sure to bring your registration forms, so your name will be put on my list for tee shirts and dinner.**

**Dan Lewis**



## **Campsite 8&9**

***Water, taken in moderation cannot hurt anybody \_\_\_\_\_ Mark Twain***

- ❖ **Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for 80% of sufferers.**
- ❖ **A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.**
- ❖ **One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a university study.**
- ❖ **Water also helps us keep our airways moist, so we cough less.**
- ❖ **While waiting for your morning coffee to brew drink a glass of water, it will also help you wake up.**
- ❖ **Lack of water is the #1 trigger of daytime fatigue.**

**Nostalgia: A device that removes the ruts**

**and potholes from memory lane.**

**..... Doug**

**Larson**