

Return Address:**Happy Talk****1593 Paramore Road
Jonesboro, Ga. 30236****DELIVER TO:****Greater Atlanta Voice masters December 2008****Editor: Fuzzy Buck Email address: gwbuck@bellsouth.net****If you have received this newsletter in error or no longer wish to receive it, please contact the editor.****Message from the Editor**

Merry Christmas to one and all and to all a good night. Well, at least if I stole that line from someone it was from someone good. This will be my third Christmas since my laryngectomy was performed and boy, I cannot tell you just how "HAPPY," I am to be here and be enjoying it so much. The fact that I can see and interact with my wife, my children, my grandchildren, my Mother, and the rest of my family members is the best. I love it; just watching all of them is a real blessing to me. This time of year is very special and I think I appreciate it more now at this time of my life, more so than at any other time I can remember. It seems like going through something like this has really taught me to enjoy and respect things in a whole new light. Perhaps the fact that I was near death had a lot to do with it and I know from talking to many of you that it has touched a lot of you in the same manner. Maybe this really is a time for us to be "THANKFUL", reflect on our past and make plans to enjoy and improve on the future. I wish you all the very best of the season and a very prosperous new year in 2009. On the bright side maybe this will be the year that a cure for cancer is discovered. It does not matter what kind of cancer but a cure for any kind would be welcomed by us all. Maybe this next year will find the Democrats and Republicans working together in Washington to make this a better place for everyone. Maybe the terrorists of

the world will lay down their weapons and seek a peaceful means to their problems. Maybe international hunger will be done away with. Maybe sickness will be a thing of the past for everyone. Maybe the sun will shine for us all over the earth. Maybe the whole world will work together to put an end to all bickering and fighting everywhere. Well if none of these things come true and life continues as it is now, then we all should just be happy that we are all still here to enjoy life just as it is. WONDERFUL, AMAZING, ASTOUNDING, and FULLFILLING. See you soon!

God Speed

Lary Facts to Remember

Hypothyroidism

One of the most overlooked things after a larygectomy is the damage that may or may not have been done to the thyroid gland during the operation or during radiation. If the thyroid gland was removed or partially removed then it should be looked after by both you and your Doctors. The missing or inactive thyroid can cause a plethora of problems. This condition is called hypothyroidism and some but not all of its symptoms are:

1-weight gain	6-constipation	11-muscle aches
2-tiredness	7-dry skin	12-no sex drive
3-depression	8-loss of memory	13-aches in joints
4-mood swings	9-can't concentrate	14-exhaustion
5-body feels cold	10-swelling and puffiness around face	15-loss of interest

As I said these are not the only symptoms and you can have some of them but do not have to have all of them. These symptoms could also be for many other reasons, however if you have several of them or just a few, it would not hurt to ask your Doctor to give you a test for hypothyroidism. If you have this condition, the most commonly prescribed medicine is synthroid and it does what your gland used to do. Explain to your Doctor that we, Larys, are at a great risk for this disease, of course most of them probably already know it. The thyroid controls our metabolism and this makes a huge difference in the way we react with others. In conclusion lets just say, GET TESTED at least once a year but preferably twice a year. You could wake up feeling so much better in just a short time. Think about it and the symptoms????????

Upcoming events *** Merry Christmas**

Christmas Party and December Meeting ----- Sunday, December 7th at 3:00 pm at Wesley Woods
 Jan- GAVM Meeting -- Thursday, Jan., 8th -- Guest Speaker -- Mitzi Brown, Physical Therapist
 Feb- GAVM Meeting -- Thursday, Feb., 12th -- Guest Speaker-- Kerry Brewer, Dental Hygienist
 Mar- GAVM Meeting -- Thursday, Mar., 12th -- Guest Speaker -- Guy from Inhealth ???????
 Apr- GAVM Meeting -- Thursday, Apr., 9th -- Guest Speaker -- TBA

Attention All Members

If you know anyone that you would like to be a guest speaker next year, anyone at all from any walk of life that can tie their talk into the life of a Lary and relate it to us, then please let us know. You can contact our President Janice Hayes (404-259-5897), our Treasurer Tina Long, our Secretary Melissa Thompson (770-788-3882), or our Editor Fuzzy Buck (770-472-2346). Janice actually schedules these guests but we all will get the word to her. Thanks!

Request for School presentations/Statewide Tobacco Survivorship Network

Dear Friends,

I hope this message finds you all in good spirits. On behalf of the LOVEU Project, I would like to personally thank you all again for taking part in this vital campaign. Word of our efforts have traveled quickly, and we already have our first requests for tobacco survivors to give presentations at schools!

Cheryl Darville from D.M. Therrell High School in Atlanta, GA has requested that we put her in contact with one of our speakers to give a presentation. There are also three schools in the immediate vicinity that are interested in setting up a presentation. Ms. Darville has not requested a specific time, however, if you are interested in this opportunity please let me know as soon as you can.

Our second request comes from Roy Jackson at Elder Middle School in Sandersville, GA. Our initial deadline for Mr. Jackson has passed, but he is willing to reschedule. If you are interested in either of these opportunities, please let me know as soon as you are able. We will put you in touch with the contact person at the presentation site so all details can be worked out.

Also, if you know of any other tobacco survivors or have come across any since the workshop that would be interested in working with the speaker's bureau, please let us know that as well. We are all just the beginning of this project! In order for it to truly become a Statewide Tobacco Survivorship Network we must get the word out!

If you have any other questions, please do not hesitate to contact me.

Thank you in advance,

Stephen Morrison, GRA LOVEU Project, SDPT
Sent in by Tina Long, President of the I.A.L.

Car Tips from Conrad

Hello Car Lovers.....Today I am going to talk about COOLANT.

Also known as anti-freeze. Second only to oil, it is the most important fluid in your engine. Unfortunately it is the most overlooked. Back in the day engines were made out of cast iron and could take overheating.

Today engines are made out of aluminum and you don't dare run them hot. If you are driving and your TEMP light comes on, pull over as soon as you possibly can and turn your key off, then turn the key forward until you hear the electric engine fan come on. Let the fan run to cool your motor and you also should open your hood. Next, call a tow truck. If you follow these steps, you will most likely save your engine. If you do not, and you continue to drive with the Temp light on, your engine will get hotter and hotter, your heads will warp and coolant will mix with your oil, next your pistons will seize and you will come to a noisy stop. At this point you will need a new motor. That's a \$2000-\$8000 repair bill.

HOW to Avoid....The TEMP light usually comes on because you are LOW on coolant. I suggest that you check your coolant level at least once a month and flush your system every two years to get the junk out. Use a high quality non corrosive coolant such as PEAK GLOBAL which is compatible with all

systems. If you are currently using DEXRON, remove it immediately. Dexron becomes corrosive and will damage the gaskets that keep your engines cooling system and oil system separated. Remember....Check level every month and flush every two years. Hope this helps.....Conrad



GAVM Meeting November 12,2008

The meeting was opened by President Janice Hayes who made several announcements and then turned it over to Alma Owens. Alma in her endearing way as only she can, had us all eating out of her hands in mere minutes. We were all gathered around her in a circle of sorts and our undivided attentions were resting solely on what she had to say. In her oh so calming voice she took us through several mental and physical exercises that stimulated both our minds and our bodies, as well as an occasional funny bone or two. Alma has that way of making each individual present feel at ease and as if she were talking and working with that one person. When you have finished a conversation with Alma, you feel refreshed, rejuvenated, and redirected and tonight's encounter was no exception. Thank you Alma for being yourself and sharing you with us. It was a great session and none of us had to pay for it. We got a freebie! Ha! Ha!

After the meeting we broke off into smaller groups and had several very interesting discussions. Lindsey Slaughter was a big part of these discussions, quick to give her opinion and follow up with several bits of good, plain common sense and advise. Thank you Lindsey for caring. I don't know about the rest of you but I left there feeling like I had gotten my money's worth in both knowledge and entertainment. I'll be back next month!

PRESIDENT CORNER DECEMBER 2008

It is that time again for our annual Holiday Party. I hope you all can attend. The time is 3:00 pm Sunday at Wesley Woods December 7th.

Everyone bring an appetizer or dessert to share. Also bring a "White Elephant" gift something fun or re gift . I am sure we will have a lot of fun with that!

Alma had a wonderful presentation on our November meeting. Thank You Alma we all appreciate you so much and always love to see your smiling Face. Also great to have Lindsey join us.

Our members have been thinking about creative ways to save money for the club. Shirley Olson came up with a great idea, having everyone donate a book of stamps to help with postage for the newsletter. If you can't attend and enjoy receiving the newsletter send a book a stamps to our editor Fussy Buck

Melissa Thompson was sick and could not make the Nov. meeting so we will Be putting the kits together at our Jan. meeting. Melissa has all the booklets And information that we put in the kits.

Janice

Trying times are not the times to stop trying.....Ray Owen

OUR LOVED ONES

Edward Hughes – I received a note from his wife stating that he had passed away in April of this year. She asked that we please discontinue the news letter and said, "Thanks so much."

Special Request for all Members of GAVM

Ms. Long,

I hope you're having a wonderful day. Dr. Bryant and I were discussing recruitment of new survivors and, of course, your name came up. Were there any persons in your organizations interested in working with the Survivor Network? If so, please ask them to get in contact with Dr. Bryant or myself as soon as possible. We welcome everyone that wants to help. Thanks for your assistance!

Sincerely,
Stephen Morrison, GRA LOVEU Project, SDPT

The following Members have been deleted from our Mailing List

As of November 12, 2008

Edward Hughes of Buchanan

William R. Wiley of Buford

John D. Scott, Jr. of Cummings

Roy Hulseley of Atlanta

Where's Waldo

Oh where, oh where can our Melissa be
Her and Jesse we can't wait to see

What has happened to Ljerka and Boris, our friends?
We have not seen them since we put out our pumpkins

We all missed Dragiea and Stanko
As well as the Ducharme's, Marc, and Jo

Don't forget Dan and Polly
Or Emma and Sydney, her lil' dolly

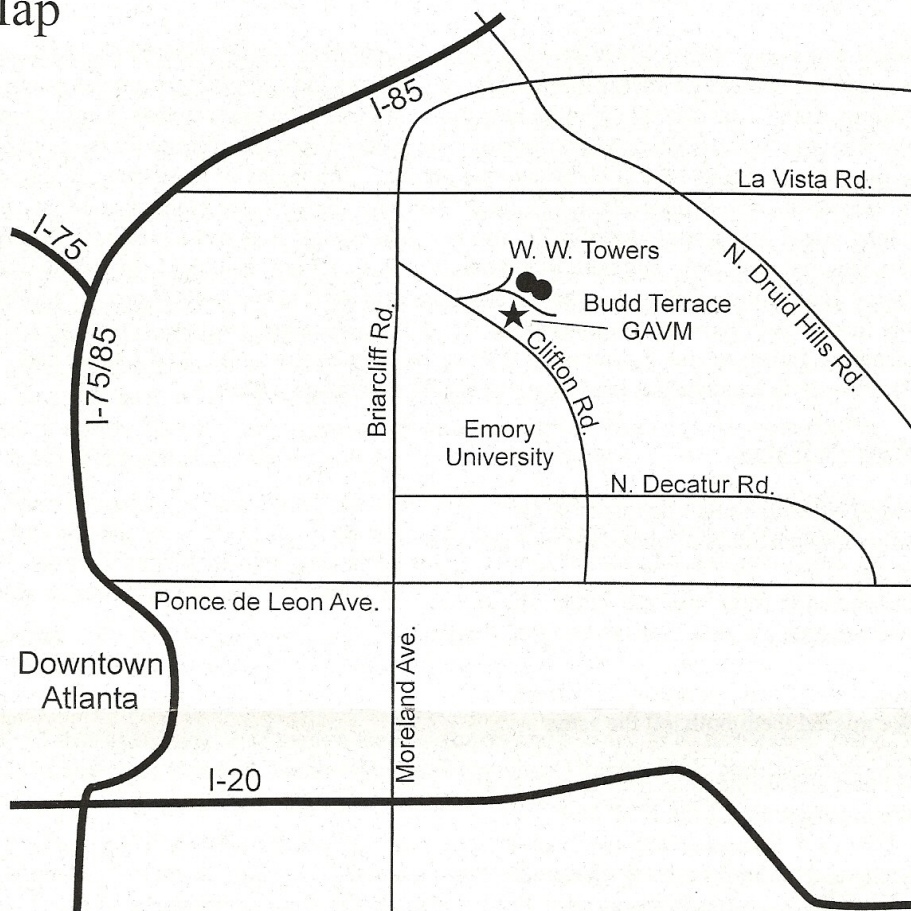
Charles has missed only once in a long time
So it is to him that we dedicate this rhyme

Georgi and Anka please come back soon
Nora and Albert with the next full moon

Lindsey, Alma & Meryl come as often as you will
As always, no one your void can ever fill

All you others please come when you can
Because We "Love You Man"!

GAVM Map



Meetings of the Greater Atlanta voice Masters will be held at Wesley Woods Center at 1833 Clifton Rd. NE, Atlanta, GA 30329. If you're first-timer, the map attached should help you find us.

First, locate Briarcliff Rd. and determine how to reach it from wherever you are. From Briarcliff Rd. turn onto Clifton Rd at the traffic light.

Go down Clifton Rd. to the next traffic light, which is the entrance to Wesley Woods Center. Turn left, then immediately right. The round buildings you will see on your left are Wesley Woods Towers.

Continue along the drive another hundred yards or so, and you'll see the BUDD TERRACE building on your right. The front entrance doors are on the far side of the building. Our meeting room is just off the lobby to the right.