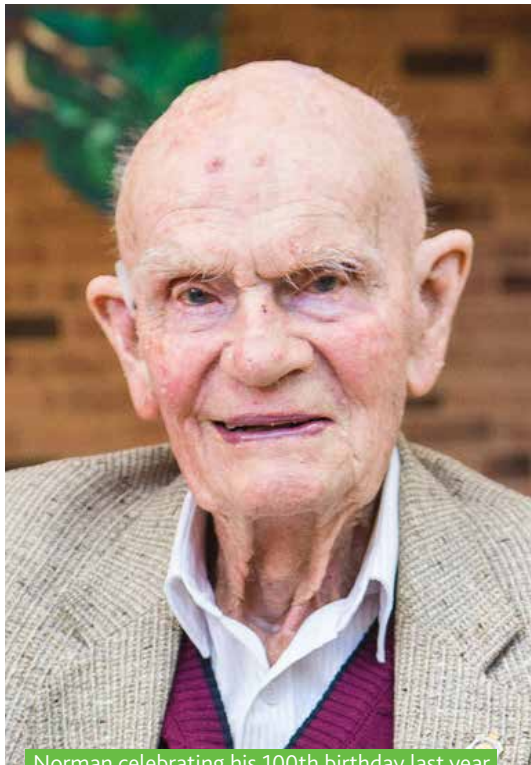


CICADA BUZZ

VALE

NORMAN HELDON



Norman celebrating his 100th birthday last year

We say farewell to Norm Heldon, who passed into his new life just after Easter. His story featured in last years' BUZZ when he turned 100 years old. A humble and deeply spiritual man, Norm was described at his memorial service, as a "treasure", to which I certainly agree. He was fond of poetry and his own writing reflects his delight in the natural world and its beauty. He was a fine man who saw the goodness in everyone and had a quick sense of humour. Even up until recently, he was making well-timed comments such as "this walker, you know, (his walking frame) would have a lot of trouble getting along without me".....and, glancing in the mirror, "Gee I hope I never look as old as that guy"!!

Here is one of Norman's lovely poems.

AS IT SHOULD BE

Could be the world but sees in me
An aged, gnarled and withered tree,
That with the querulous winds I sigh
In vain for fertile years gone by;
For golden Springs and blossomed splendour,
And fruit that I was glad to render.
The axe of time, they say, will fall;
That surely is the end of all.

Not so:

I trust the power that grafts in me
A scion from the Living tree.
I feel the glowing heat, and bright
My leaves now shine in Heaven's light;
Already in my branches sing
The winds of an eternal Spring;
A purer sap begins to flow
To sweeter fruit –Ah, this I know.

Norman Heldon

PETER KEEGAN 1932 – 2018

Peter was a longtime member and keen supporter of Cicada. Together with his wife Maria, they volunteered many hours, helping to set up for BBQs, putting out the secondhand books for sale, assisting with the BBQ and cleaning up at the end of the day.

A lovely man, Peter was a great swimmer and cyclist in his youth and later in life an avid collector of rocks on his many trips out into the country, which he polished in his shed at home. Peter and Maria always remained after packing up the BBQ to have a beer and chat with the committee. He will be greatly missed.



Peter at a recent Cicada BBQ

State CICADA Associations

New South Wales

CICADA AUSTRALIA INC.

Secretary: Judy Cassell
PO Box 5028
South Turrumurra NSW 2074
Email: jcassell6@bigpond.com

Queensland

CICADA QUEENSLAND

Secretary: Shirley Edwards
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Capalaba QLD 4157
Ph/Fax: (07) 3824 5003
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South Australia

CICADA SOUTH AUSTRALIA

PO Box 415
Angaston SA 5353
Email: mailadmin@cicadasa.org.au

Western Australia

CICADA CLUB W.A. INC.

Social Secretary: Edna Chapman
Email: eknit57@hotmail.com
Ph: (08) 9371 5650

Treasurer: Ted Ivey
Email: ted2laura@gmail.com
Ph: (08) 9371 5650

Northern Territory

CICADA DARWIN

Coordinator Chris Blackham-Davison
Email: Deafncrazy@gmail.com
SMS: 0427 897 170

ACT

CICADA ACT INC

Secretary: Pete Halsey
pete.halsey@actdrc.org.au
Mob: 0438 203 110 sms only

Hook Up Online And Share Your News

Please visit us at www.cicada.org.au
Or our Facebook page Cicada Australia Inc.

Darwin friends now have their own
Facebook page Cicada Northern Territory

If you would prefer to receive this
newsletter by email, please send your
details to suewalters@cicada.org.au

Donations over \$2 to CICADA are
tax-deductible.

Presidents Message

The experience of having a cochlear implant can be an emotional and anxious time for many people. Even once you are "switched on" it may not be plain sailing. There is some work to do in understanding the new sound, which at first may not be what you expected. You have to find that balance between working hard at your speech recognition and just letting the sound sort of "wash" over you and come to you with time. Just be confident that it will improve and that you will be able to participate in the hearing world again.

I encourage you all to meet and engage with other recipients if you can. It is very reassuring to speak to others and you can learn how they manage their hearing and the different accessories that are available.

Understanding how to manage and look after your sound processor is another important thing to learn, so that you can troubleshoot problems and make the most of your new sound. You should have confidence in removing and replacing parts, making sure you have the spare parts that you need at home or when you travel. It is important to place the processor in a drying box every night to keep it working at optimum efficiency. The drying crystals in the dry kit need to be replaced regularly.

There are very good instructional videos and user manuals that are easy to access online. Find different ways to use the phone for example, so that you can work out the best way for yourself. Finding and using the T-switch or telecoil function on your processor is a very useful thing to understand. You can use it to help you hear better on landline phones or in a conference room or public place that displays the blue hearing loop sign.



HEARING LOOP INSTALLED
Switch hearing aid to T-coil

www.hearingloop.org

TROUBLESHOOTING TIPS

There are some features on your processor that you may not know about.

A couple of these features where people get caught out are the Processor battery lock, which is used to lock the battery unit on to the base of the processor, a safety device which stops young children from removing the battery unit. You can lock the battery on from the outside using a pen or small screwdriver as shown below. Push Left to Lock.



See below, the base of the processor in the UNLOCKED position. Occasionally when you remove the battery unit, the lock mechanism may accidentally switch over to the left, which is the LOCKED position and you will not be able to re-attach the battery unit, until you switch it back to the unlocked position.



Another reported problem that can be easily resolved is with the remote assistant.

If your remote does not seem to charge, or hold its charge or if the screen freezes, sometimes resetting the remote will fix the problem quickly and easily. Turn the remote over and find at the lower left corner a small reset button. It looks just like a small hole in the back of the remote. If you push a pen or pointed object into the hole and press the button, the remote will usually return to default settings and operate as usual. You will need to PAIR the remote again to your processor.



Jennie Brand-Miller

elected as Fellow of the Australian Academy of Science in Canberra



Professor Jennie Brand-Miller

Professor Jennie Brand-Miller from the School of Life and Environmental Sciences and Charles Perkins Centre has been elected a Fellow of the Academy of Science in recognition for championing understanding of the role of the glycemic index (GI) in health and disease. She has transformed the way carbohydrate foods are considered by scientists, physicians and consumers. By writing books and launching a food labelling program, she translated new knowledge into actions that helped millions of individuals to adopt healthier diets.

Professor Brand-Miller said: "I feel absolutely over the moon about being elected to the Academy. I believe that it says that my peers acknowledge that what I've been doing in my research has been important, has made a step forward in science. It is, to me, a really crowning award."

It is 20 years since Jennie received her first cochlear implant and 11 years since her second.

Congratulations to Corey Warn

Kokoda Trek 2018

Corey Warn a 17-year-old Coffs Harbour Army Cadet and student from Toormina High School, is profoundly deaf and has two cochlear implants.

In April Corey walked the Kokoda Track in Papua New Guinea with the Grafton Kokoda Campaign trekkers. The Track or Trail is a 96 km journey across rugged and isolated terrain – a 10 day trek, walking for six hours a day, with extreme humidity and rain most days. This caused issues with one of his processors, which failed on day two of the trek.

On his return Corey expressed thanks for the generous donations and support that he received for the trek, stating, "The Kokoda trek was the most amazing experience that I have ever had. Going and seeing all the villages and interacting with the people there was amazing. Watching the welcome dancing and listening to the laughter is a memory I will have for ever".



Corey limbering up

Having wishes heard

April 2018 SunshineCoast Daily

When Penny Phillips and Sophy Wrangell met during a Pilates class, neither one knew it would lead to a partnership to help Sunshine Coast residents with hearing loss. Having lived with severe hearing loss for most of her adult life, Mrs Phillips received a cochlear implant four years ago. She discovered CICADA Queensland shortly after the surgery to have her implant inserted. She said while it was the best thing she ever did, the journey after having the implant turned on was tough. "It can take a good two or three years for people to learn to decipher sounds and to talk," she said. "It's important to support their journey and that's what CICADA does." Mrs Phillips spends a great deal of time fundraising for CICADA Queensland, a volunteer-run, not-for-profit organisation that provides support to people who have received a cochlear implant.



Bellingham Maze owner Mrs Wrangell said CICADA seemed like the perfect organisation to donate a portion of the maze's wishing well money. "The original owner's son had hearing loss and so the wishing well has always provided money to Deaf Services Queensland," Mrs Wrangell said. "So when Penny approached me and inquired about the possibility of donating some of the money to CICADA it seemed like a perfect fit because at the end of the

day it's still helping people with hearing impairments."

After cleaning out the well, nearly \$4000 was collected, with \$1000 being donated to CICADA Queensland. Mrs Phillips said it's money that would help provide much-needed support and services on the Coast. "We plan on using some of this money to fund captioning at some events," she said.

Cicada Australia Inc.

The March BBQ saw three visitors accompanied by their Lions Hearing Dog. Faye Yarroll, with her dog Sydney, is regular at Cicada functions, both morning teas and BBQs. Faye has two Cls. Visiting Sydney from Darwin, Kerry Alderton was with his dog Howie. Kerry has a Cl, plus hearing aid. Also present was Maria Devlin with Sadie. Maria has a hearing aid, plus Baha. The dogs always get a lot of attention, and are always so well behaved.



Maria Devlin, Kerry Alderton and Faye Yarroll
March Morning Tea

Speaking of raffles. Later in July, Cicada will be posting out the annual raffle tickets. If you would prefer not to receive the raffle booklet, please advise Judy Cassell – email – jcassell6@bigpond.com or snail mail to PO Box 5028, South Turramurra, 2074. If you have previously indicated that you would prefer not to receive the raffle booklet, this information is on our database. Thank you in advance to those who prefer to give a donation in lieu of purchasing raffle tickets.

Morning Tea. Held on the first Thursday of the month
5th July, 2nd August, 6th September, 4th October
BBQ's. 19th August, 11th November – AGM

Donations of a beautiful handmade quilt by Lorna Collins and a contemporary painting by Annette Biddlecomb were raffled at the March BBQ. Congratulations to the winners - the quilt was won by Fay Lau from Russell Lea and the painting by Vicki Cox of Kogarah. Thanks to Lorna and Annette for their generous donations to Cicada.



Quilt donated by Lorna Collins



Painting donated by Annette Biddlecomb



Hard at Work. John Boyce and Alan Jones
cooking up a storm

CICADA BBQ DAYS

March and June

At our BBQ day in March, we paid tribute and presented a certificate to **Bob Ross** who has nurtured and grown the CICADA Illawarra support group over the past 8-9 years. Bob has made it his business to advocate for the cochlear implant and help encourage and support recipients in the Wollongong area. He has done a great job and we really value his volunteer work.



Bob Ross receiving his certificate from Sue

Jo Williams and her family have also become active helpers in the Illawarra support group. Jo presented on her current research, 3D printing as a means of investigating how best to incorporate medications into the silicon casing around implants and controlling the release of drugs to the inner ear hair cells to reduce inflammation and retain their integrity. It was a very informative talk from Jo, who became interested in the science when she found her son Felix was deaf and was faced with the decision to have him implanted. Jo switched from a career in computer programming to a Masters in Biofabrication at Wollongong University and she has since won the Bill Wheeler Award for her contribution to research in cochlear implants.

Jo is currently testing her 3D printed models of electrode arrays to determine how to control the amount of anti-inflammatory drugs that are released. It was evident from her talk that Jo is finding the research very exciting and rewarding. She can share her new passion with Felix, who is now making his own 3D printed objects. Another point of interest that Jo related was that Felix regularly plays and listens to music and she showed us a video of Felix playing and singing a song he wrote himself. The whole family all play at least one instrument, so Felix has been encouraged in this since he was very young. Congratulations to Jo for being such an inspiration.



Jo Williams, David Romanowski and Sue

David Romanowski is a young man I admire for his enthusiasm and his commitment to the CICADA Illawarra group. Also his commitment to mentoring young deaf people through his work with **Hear For You**.

David spoke at our March BBQ day about a recent experience in which his father challenged him to a 4-wheel-driving course, in which he had to cross over a creek in the car. David recounted how nervous and apprehensive he felt at that time, but with encouragement and support, how satisfying it was to make that crossing. It's a lesson for life really isn't it? We all need encouragement and support.

David went on to describe how this year on his birthday, his Mum gave him a big diary book of pictures, audiograms, a history of the early days of his implant, which reinforced just how much his parents had done for him, having to make that decision to have implant surgery in the first place when the implant was so very new, then to help him through the process of his education. David had good social support up until high school and Uni when he found there was a bit of a gap and he became quite shy and introverted. He still did well academically, but did not socialize as well. However, a couple of turning points led David to the Bill Wheeler Awards at Wollongong Uni where he met Jo Williams and heard her story, also he met Bob Ross, who encouraged David to share the leadership of the CICADA Illawarra support group with him.

I invited David as a guest of CICADA, to a special event, a luncheon run by the Hear For You group, so that he could meet some of the people involved in this group and see the work they were doing in mentoring and supporting young deaf people. These small steps led David to get involved with Hear For You and work with them as a volunteer mentor. David has since moved up to Sydney and started a new job at Macquarie University and has gone from strength to strength. David's personal message is a good example of how support and encouragement from others is so important, but of course, each of us needs to meet the various challenges to gain confidence.

Many thanks to David for sharing his story with us.

At our May BBQ day, **Sean Richards** came along to tell us about his company and the services he provides, helping clients to find a mobile phone and plan that suits their personal needs and budget. Sean has worked in telecommunications for about 25 years, in retail sales and management in Sydney, Wollongong and Darwin, with Telstra and Vodaphone.

His satisfaction with his work is in helping people find the right product for them. If you want to contact Sean to discuss getting a new mobile phone and plan, phone him on 0449 987 700 or email: sean@seanrichards.info



Sean Richards

We also discussed different listening devices to help with hearing on the phone, such as the T-switch, Roger Pen and the Cochlear Phone Clip. **Katie Evans** from MEDEL presented on the Artone neckloop which can be paired via Bluetooth to a mobile phone and is recommended for those with MEDEL implants and processors.



Katie Evans

The new Cochlear sound processor, the Nucleus 7, streams wirelessly to Apple iPhones so there is no need for an intermediate streaming device.

There are lots of options for trying to get the best sound delivered to your sound processor to enable you to hear on the phone, but it is also important to practice on the phone to gain confidence.

Sue Walters

Support Groups

See details for each of the groups below.
Also see the CICADA website for up to date details of these events

www.cicada.org.au

Illawarra

Faye Yarroll reports on the June meeting of the Illawarra CICADA group.

" Another beautiful winters day with the Cicada Illawarra Support Group at Shellharbour was had by all. Even when the day started at a crisp 5 degrees much to my surprise there were still people swimming in the Shellharbour Pool.

Thank you to David for getting there early to secure our Hut and for bringing and cooking the BBQ and generally welcoming everyone to the day. Thank you to the Chefs on the day who cooked our Sausage Sizzle, and special mention goes to Wendy for the AMAZING Fruit Cake of which not a crumb was left!!! After all the comments on the day, Wendy's Fruit Cake was scrumptious and we would love you to make us another one in the future. The kids had a great game of soccer and adults all enjoyed a good catch up and chat about anything and everything.

Its always a pleasure to come and talk to the Illawarra members and share some Cochlear experiences together and special mention for Elaine who has recently been switched on... just remember just be patient as your Cochlear Journey is still very much in early days. It will continue to get better and better for years to come."

Dates for the Balance of the Year

Sunday 9th September
Windang Picnic Parks

Sunday 28th October
Illawarra Live Steamers

Sunday 9th December
Windang Picnic Parks Xmas Party



Illawarra April BBQ

For further details contact **David Romanowski.**

Mobile: 0432 715 691 Email: dr930@uowmail.edu.au

Newcastle

For information about morning teas at Newcastle – held on the 2nd Wednesday of EVEN months, contact: -

Moira Havard - moirak@bigpond.com

Alison Gron - 4926 8100

Northern Rivers

Northern Rivers continue to hold regular gatherings. A great crowd of 22 attended their last gathering on 28th June. Sheliya reported *"Its lovely to see everyone and to share with one another how we are all travelling on our very special hearing journey"*.

Their next Cicada meeting will be held on Thursday 30th August 10.00 am at the Seacoast church on the corner of North Creek Road and Piper Drive, Ballina. For further details contact Sheliya – see details below

Sheliya Van Buggenum -

sheliyavan@yahoo.com or

Phone or Text 0422524284

OR Phone **Lismore SCIC Office**
on 1300 658 981

Taree-Port Macquarie

The Taree-Port Macquarie Support Group is going from strength to strength and they have met a number of times this year. The last picnic held in May on the riverbank in Taree in beautiful weather, saw some new and old friends with a number of children

and parents attending. Some of the kids enjoyed the bike tracks, the younger ones the playground equipment, with nearby good coffee for the adults.

Robyn has been discussing with the Parents of Deaf Children the possibility of combining events so this will be trialed at the next gathering to be held on July 1st. Ed Note. Sorry this edition of the Buzz will not be out by this date

A date for the August picnic has been set for Sunday 5th August.

For information and details of the groups activities please contact: -

Robyn Herps

robynherps@westnet.com.au

Phone SMS 0428 688 612

Western Sydney

Western Sydney continues to look for an alternative meeting place for their BBQ, but in the meantime morning teas are held on the **First Tuesday** of the month at the **Royal Institute for the Deaf and Blind Centre at 5-7 Floribunda Avenue, Glenmore Park**, from 10.30 to 12 noon. All are Welcome.

For those travelling by public transport, there is a bus – 797 – from Penrith station at 9.56 that stops out the front of RIDBC

For further details contact

Sean and Margaret Sewell on

Mobile +614 2521 5654 or 041 5205 877

Judy Tutty – Co-coordinator 043 704 9452

Cochlear implants key to warding off depression in older Australians

May 2018 Joondalup Times News

The joy at hearing his grandchildren's chatter and returning to easy conversations with his wife has seen John Holsgrove become an advocate for cochlear implants. The 66-year-old psychologist from Kingsley said because of his job, he was "well aware" that dementia became a higher risk if people were not able to hear well or at all. Recent research has identified hearing loss can contribute to dementia and cognitive decline, particularly in adults over the age of 55. "This risk factor isn't something people are generally aware of but you're cut off socially when you're not hearing and that has a great affect on your health," Mr Holsgrove said. "There's a history of dementia and Alzheimer's on my side of the family so I wanted to make sure I was doing everything I could to not go down that path."



John Holsgrove with grandchildren Alyssa 8, Amy and Callum

Mr Holsgrove was 55 when his wife first mentioned some concerns about his hearing. "I first thought it was criticism for not listening," he joked. "I didn't really believe there was much wrong with my hearing but eventually I thought to keep her happy I'll go and get tested. "Sure enough, I did have a hearing impairment that needed hearing aids." However, he soon found the combination of his rapidly deteriorating hearing loss and his job as a child psychologist dealing with small high frequency voices wasn't an ideal mix.

In 2015 his hearing loss was at a level that he qualified for a cochlear implant and he met with Ear Science Institute Australia director Marcus Atlas to schedule in the surgery. "Suddenly, I was connected again and most importantly, my wife and I could have conversations again," he said. "Talking with my family and hearing what my grandkids were saying was a very emotional experience for me."

Laughter is the Best Medicine

President Trump is walking out of the White House and heading toward his limo, when a possible assassin steps forward and aims a gun.

A secret service agent, new on the job, shouts, "Mickey Mouse!"

This startles the would be assassin and he is captured.

Later, the secret service agent's supervisor takes him aside and asks, "What in the hell made you shout Mickey Mouse?"

Blushing, the agent replies, "I got nervous. I meant to shout 'Donald.... duck!'"

Setbacks serve as inspiration for Taranaki teenager

May 2018 Taranaki Daily News New Zealand

Former Stratford High School student Madison Davy is the Southern Hearing Charitable Trust (SHCT) Scholarship Award 2018 winner. She is the first female to receive the scholarship, which was presented at the King and Queen Suites Hotel in New Plymouth.

Davy was born profoundly deaf and received a cochlear implant when she was 2-years-old through the Southern Cochlear Implant Programme (SCIP). When she turns her implant off she hears nothing. Despite this huge challenge, she has gone on to outstanding achievements both in her academic and community life. A born leader, she lives her life as inspiration to other young people suffering hearing impairments. "I'm so grateful for the award. It is going to help me in realising my goal of a career in digital media," Davy said. "I believe being positive truly helps you rise above life's challenges - always helping others and showing them they can achieve anything they put their mind to."

The scholarship is funding her Level 4 Information and Technology studies at Western Institute of Technology at Taranaki (Witt), and an online digital media course she will complete following this. David Kent, chairman of the SCHT Board, and an adult recipient of bilateral cochlear implants, presented the award. "Cochlear implants are life-changing and restore sound to the hearing impaired. We're very proud of Madison, and the young people she represents. We enjoy seeing them form successful careers, aware of how the implants have aided their achievements," Kent said. He added that it was inspiring to see many more deaf students transitioning from high school into university despite the challenges they faced.

Among a long list of achievements, Madison received the Principal's Award at Stratford High School (2017) for NCEA Level 2 Merit in Digital Technology, and is a member of the Deaf Aotearoa Youth Board (2017-2018), and local Parents of Deaf Children (PODC) group, where she is a role model for younger children with cochlear implants. She was also a finalist in the 2016 Attitude Awards. Madison's biggest challenge in recent years was having spinal fusion, a major surgery to correct her severe scoliosis. "It involved a long recovery after the surgery last June and I'm still dealing with daily pain, tensed muscles and general discomfort. Managing this has helped me become a stronger woman and enhanced my outlook on life," she said.

This year Madison started a course in Information Technology at Western Institute of Technology in New Plymouth in a bid to start a career in digital media and design. "I became interested in digital media during high school, I enjoyed it and is something I believe I'm good at. I also enjoy photography," Madison said. Despite her difficulty hearing, Madison has worked out ways to overcome the barriers. "Before Madison started WITT, she explained her situations to the tutors and tell them what makes it easier for her to learn," Kelly said. Sitting at the front of the class, getting the tutors to break down the information and speak as simply and clearly as possible, and providing written notes or online links were just a few techniques that helped. Kelly said helping and supporting others was just a part of Madison's nature and personality. "I've been active in parents' support groups over the years and Madison sometimes came along when able, so she learnt young how important helping others was." Madison has a huge whanau who are always willing to support her and give her words of wisdom. Throughout her primary and high school years she has had resource teachers of deaf ensuring she can speak, hear and supporting her to learn well.



Madison Davy is flanked by her father Darryn and mother Kelly

BRUCE SHEPHERD

The Shepherd Centre founder and pioneer of therapy and services for children with hearing loss in Australia passed away on May 25. He was 85. Dr Shepherd and his late wife Annette were pioneers of their time. They worked tirelessly at finding an alternative to the methods available in Australia for children with hearing loss when their children Penny and Danny were both born profoundly deaf.

Dr Shepherd also assisted in lobbying the government for the introduction of the NSW State-wide Infant Screening Hearing (SWISH) program that was established in 2000 and is now used nationally.

Starting with just five families almost 50 years ago, The Shepherd Centre now supports more than 500 families a year in NSW, the ACT and Tasmania.



Dr Bruce Shepherd pictured in 2009 after announcing he was retiring

Local Hearing to Himalayas

April 2018 Whitsunday Times

"We believe in compassion in action," were the words Whitsunday resident Lew Tuck said as he was describing the Himalayan Health and Hearing mentality. The non-government organisation has been operating for more than eight years now out of Whitsunday Hearing's office in Cannonvale where Lew's wife Sue Tuck conducts business. Lew is an engineer/audiometrist with over 30 years experience as a mechanical engineer and more recently trained as an audiometrist. Sue has been an audiologist for over 30 years, with extensive experience in Government, Hospital and private practice audiology. And now HHH is putting a call out for people looking to be involved and make a real difference in people's lives. In a nutshell, the NGO collects donated hearing aids and their parts to send to their staff in the Himalayan region from Nepal to India to fit to people who have hearing loss or are partly deaf.



Sue and Lew Tuck outside their Cannonvale business Whitsunday Hearing where they run the NGO Himalayan Health and Hearing Inc

The locally-based organisation has a grass-roots approach which means they employ and train local members of the community in order to one day have the region self-sufficiently helping itself. Mr Tuck said hearing loss in remote areas where there are no TV or newspapers (for the small number who can read), the inability to communicate is a sentence to solitude.

"Education in primary ear care of both local clinic staff and the people will dramatically reduce the chance of prolonged ear infection, with resultant permanent hearing loss," he said. "Provision of hearing devices for the young means they can go to school, they can make friends, they can grow up normally. "I think an example recently really highlights this is when we walked into a school where they had a classroom of all the deaf kids together - we were able to fit all but two of them with hearing aids so they could hear," he said. "It changes lives."