

National Stuttering Association

...for kids and teens
 who stutter,
 their parents,
 SLPs and others who
 support them!

family Voices



National Stuttering Association

Changing the lives of people who stutter

Small and Mighty

Miranda Smith, Florence, KY

The four people pictured here have developed something absolutely amazing, the Cincinnati Chapter of the NSA. While we are still small, we are mighty. We meet once a month in a restaurant to hang out and talk about our lives, stuttering, what we're going to do to affect the lives of people who stutter, and even once in a while maybe dance around in front of a whole restaurant, shaking a maraca with a 93-year old German man who is celebrating his birthday also!

I'm 19 years old and a full time freshman student at Northern Kentucky University where I'm studying computer information technology with the dream of owning my own business as a web designer/developer one day. I work full time as a waitress at Gold Star Chili, a local restaurant here in Cincinnati. I was a cheerleader and a dancer throughout my childhood and high school years. Now that those days are over, I coach cheerleading for Northern Kentucky Youth Association (NKYA). This will be my third year of coaching cheerleading to girls ages three to eight. Not only am I an active member of the NSA, a full time student, a full time waitress, and a cheerleading coach, I've also taken on the full responsibility of living on my own by having my own apartment with real bills to pay.



Wait... Did I mention that I stutter? That's right, I stutter. I probably forgot to tell you that part about me because it never affects my life anymore, I don't even think about it anymore. I go through my day-to-day routine without worrying about if I'm going to stutter or not when I order my food at a McDonald's drive thru, or when I have to call the Insight cable company because my internet is not working, or when I have to wait on customers at work. I've accepted stuttering so much as a part of me that I don't even realize that I'm a person who stutters even though I stutter at least once every other sentence.

This past year in Cleveland was my first NSA conference. I found out about the conference about three weeks beforehand. I drove up to Cleveland alone, paid for my hotel room alone, and then met tons of new friends alone! Nobody came with me for support. I figured I'd meet people at the conference, and I sure did!

An excerpt from Miranda's TAC application letter 2011.

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Ask The Expert

by Joan Duffield, allthreeduffs@hotmail.com



Q: My 5 year old boy stutters. He will be starting a Pre-K program in the fall that utilizes Saxon Phonics for their reading approach. I was told several months ago by another mom of a child that stutters that her 2nd grader was thrown into a terrible stuttering phase due to the phonics program her school used. This mom warned me to be very careful about what phonics programs I allow my son to be introduced to. Do any of you wise parents out there have any advice about what phonics programs you have found to be harmful and what ones are good?

A: Dear Fellow Parent,
I am a mother of a 13 year old who stutters. I am also a special education teacher with over 14 years teaching reading as my specialty and have completed graduate

work in reading. I am unaware of any connection between reading programs and stuttering and have never heard this before. In reading your query I looked for research connecting increased disfluency and reading instruction and found none. Was this just this one mother's experience?

Phonics and phonemic awareness instruction is crucial for good reading and many children need direct instruction in this area in order to read.

I wonder if perhaps this mother may have noticed an increase in stuttering at that time that she attributed to the reading program, but really was just a naturally occurring stuttering phenomena? My daughter's stuttering has increased and decreased over time.

Please don't hesitate to allow your little boy to participate in Saxon or in any other of the direct instruction approaches to reading out there recommended by his instructional team. In my opinion and experience there is no connection. The earlier your son participates in a reading program designed for his needs (Saxon is well researched BTW) the better.

Stuttering and Reading Fluency

A new brochure from the NSA alerts teachers to this problem and offers tips on working with children who stutter.



Visit the NSA website store to download brochures for free!

A Stuttering Dad... A Proud Dad

by Gabe Hunter

When I first drafted this article, it all ended up being about me and how I had grown up stuttering. This was something I hadn't really thought about in depth for a long time, and it brought up many memories (some quite foggy - I'm 40 now). Well, I pretty much threw out that entire draft, thinking that this column should be much more about my relationship with our child who stutters as opposed to simply a past childhood recollection of my own stuttering experience. I do feel, however, that my perspective is a good one for our son. Maybe it will be for you, or for your child.

I stuttered in my youth (mostly in my very early double-digit years), although I can't recall all of the details about having a stutter as a child or the potential anxiety and situations that came with it. I suppose that it could be considered a good thing to be able to mentally block out memories of negative experiences, yet I know they were there. I was fortunate to get treatment early on and had a mother who tirelessly worked with me on the SLP's weekly homework assignments. I am still a person who stutters but my disfluency has been subtle as an adult.

Our son, Logan, is 8 years old and has stuttered since age 3. It's been a perplexing 5 years, with ebbs and flows of stuttering, sometimes becoming absent altogether for months at a time, and currently, probably worse than it's ever been. I regularly watch him willingly initiate a conversation with someone he's never talked with before. While I instantly have the protective instinct to jump in and help him convey his message, I force myself to sit back and watch, letting whatever happens unfold. It might not be easy for him (or me), but after he gets it all out, and ends up having a conversation, he's just a regular happy kid. I think he's subconsciously proud of what he just did. I, on the other hand, am very consciously proud of him. Logan's determination and confidence-regardless of what stage his stuttering happens to be in-never ceases to amaze me. Perhaps my pride, and talking about pride, fosters pride within him?

As a father, and a stutterer myself, I naturally have feared that my child might be living with this his entire life. It turns out that I've been living with it my whole life, and I don't think I'm all that bad off. Gaining confidence in any way possible can have a huge impact. Taming the seemingly perpetual fear can be a challenge, as I know it will always be. The most effective ways I've found to deal with the fear is to focus on consistently trying to build confidence-his as well as mine-and to just let whatever happens happen without intervening.

The past 5 years have been very rewarding on this confidence-building journey, watching our little man become himself. The resilience that I've witnessed is astounding, as Logan laughs through telling me how some of the other kids "don't even understand what stuttering is" after he's been teased. Oh yeah, that teasing thing has begun. I squash the urge every day (and it's not easy) to ask him if anyone has teased him about his stuttering. I do, however,



try to foster a relationship in which he will always feel comfortable talking with both me and my wife, Sheryl, about his feelings, the good and the not-so-good. There certainly are some not-so-good days.

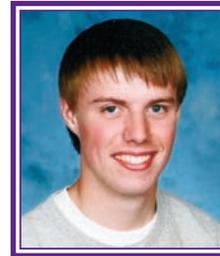
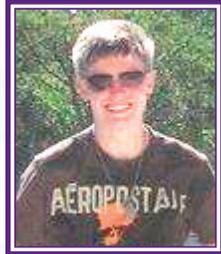
We can only hope that we're doing all the right things at all the right times. At the end of every day, it feels good to be the father of a stutterer (and still a stutterer myself) with pride the size of Texas. Speaking of Texas, maybe we'll see you in Ft. Worth in July!

Gabe is married to Sheryl Hunter, Co-Chair of NSA's Family Programs. They live in Tampa, Florida with son Logan (8) and daughter Aspen (6).

Introducing the 2011 Teen Advisory Council (TAC)

The Teen Advisory Council is proud to have a very special group of teen leaders. The TAC, leader is elected by the Council and serves as a voting member of the NSA Board of Directors. The TAC is committed to the NSA and to helping people of all ages who stutter. The TAC members act as role models and mentors for kids and teens who stutter.

Ben: Over the years, I have come to realize that stuttering is not a curse, but rather a gift. "Typical" people do not have this gift, and this is why I am grateful for my stuttering. The NSA has made me proud to stutter and has given me lifelong friendships.



Garrett: After meeting other young stutterers at the South Puget Sound Chapter, I learned how valuable the comfort of speaking freely was. I hope that with my experiences I can help other teenagers and kids struggling with hostile speaking environments to give them the same comfort in speaking that I enjoy friendships.

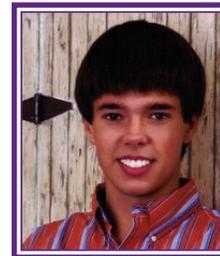


Braden: Over the years, my self-confidence has gone up dramatically thanks to the NSA. I love helping other people who stutter boost their confidence level, so they can do what they want without fear.

Miranda: I've always been open about stuttering, from doing a speech in class about stuttering to reciting a poem I wrote about stuttering. I believe I can help other people who stutter and show them how life doesn't have to revolve around stuttering, and stuttering can revolve around life!



Chloe: I am 17 years old and I have been going to conferences and been involved with the NSA for 11 years. Helping kids and teens accept their stuttering is my passion. I have stuttered all my life, and the NSA has helped me accept it and gain more confidence in myself as a person who stutters.



Shawn: The NSA has done so much for me, which I am so grateful. I want to be able to help out others who may be new to the NSA or may not be as fortunate as I am to be able to attend the NSA conferences every year.



Courtney: I am an accepting, outgoing, and kindhearted person, and I have my stuttering to thank for every one of those traits. The NSA has changed my life and I know I will go to every conference for the rest of my life and raise my kids, stutterers or not, going to the conferences



Great Scott Indeed!

by Steven Kaufman



NSA thanks Scott Maher for Giving Back:

The person responsible for initiating this workshop is NSA teenager, Scott Maher. His first NSA experience was at the 2010 NSA Annual Conference in Cleveland, OH. Scott was asked to speak to the closing ceremony in front of over 500 people about his "First Timer" experience. He accepted the challenge and spoke with super enthusiasm. Upon returning home, Scott initiated a school project to pull together a youth day for teens who stutter, their families and professionals. The NSA thanks Scott for his initiative!

WORKSHOPS!

April 8th & 9th
Syracuse, NY

A 360' Look at How to
Treat & Live with Stuttering.
For Practitioners, PWS
and their families

April 16, 2011
Baldwin Park, CA
CEU/Family Workshop

www.westutter.org
for details!

Scott Charles Maher isn't like most high school students. At seventeen, his activities are definitely very unique: dirt bike riding, snowmobiling, and balancing it out with running and weightlifting. But there's no denying that he possesses a vision far beyond his years. After all, not too many teens can state they were responsible for the creation of a state conference about stuttering.

A native of Timber Lake, S.D., he is also a proud member of the very special community consisting of people who stutter. "I have stuttered for as long as I can remember my entire life," he said. "I'd remember going to speech classes and getting stuck on words when my friends could say them. I was confused and wanted to know what was wrong with me. I didn't even know what a stutter was." Despite this, his parents were very supportive. "They acted like nothing was wrong, but I was embarrassed to talk to them because it didn't feel comfortable. But they tried to help as much as they could and I couldn't ask for anything more." Of course, for some teens, going to speech therapy isn't the most exciting concept in the world. But not for Scott. "I didn't go to a specialist until my sophomore year, and I loved it! It was a place where I could speak however I wanted, and I still enjoy it." But junior high school can also be a time when it is a preview of how high school will be, and he wasn't worried about bullying. "I feel that's the age when kids try to be cool and bullying is the only way they can do that," he commented. "But I had real friends who supported me."

Still, Scott was about to find out even more support existed for him at the NSA conference in Cleveland, Ohio, where he, and his mom Bobbi, were one of the many first-timers. "It was actually my mom who found out about it, and her idea to go," he stated. "It was the best thing she ever came across. I'd never been to Cleveland, so I was excited, but it would have gone no matter where it was located. Being held in a cool place made it that much more exciting and made

it seem like I was going somewhere important." And sure, he admitted being nervous. "I was so excited to go somewhere and find out who I am," he remarked. "But I know it would be amazing." And as a result, he became very close-knit with some special people, such as Drew (Kiser), Halie (Jordyn McMillan), and Miranda (Smith), among others. "Scott is a wonderful person with so much to offer the NSA," said Courtney Ross of Freehold, N.J.

Scott left the conference feeling tired, but yet a fire had been lit to do something big. "For an advanced English class, we have to do a big research project. I knew I wanted to do mine on stuttering. I loved NSA so much that I wanted to try and share it with people in my community." Thus began the first step in a major event in his life-the formation of a state-wide conference about all things stuttering. "I did everything from making fliers to organizing the events, and contacting people," he said. "My SLP, mom, and the NSA helped with what they could. But overall I did it solo." He also expressed a desire to have it to be a low-key and laid-back affair. "I felt if it was that way, people who attended would feel more comfortable and be willing to share, break out of their comfort zone."

Scott emphatically states that he is proud to stutter. "I want to help people who stutter become more fluent and live a happier and better life. There was a time in my life when I felt I was all alone and I don't want anyone to have to experience that." He is also very interested in becoming an SLP, but also doesn't know what the future holds. "I know if I do change my mind, stuttering will be and the NSA will be very involved in my life."

Scott's philosophy can also be summed up succinctly with these descriptions: "Don't ever think you are alone because there is a stuttering nation out there called the NSA, and we can never have enough members." Amen to that!

Stutter Buddies



The King's Speech

by Hunte, Ancaster, ON

The movie, *The King's Speech*, focuses on the struggle of King George VI of Britain to come to terms with his stuttering and inspire a nation. The NSA is delighted to see a film that accurately depicts the experience of people who stutter through the compelling story of a real-life hero.

The movie's popularity has done been a catalyst to raise awareness of stuttering and encourage people to talk about it.

I would first like to introduce myself. My name is Hunter and I Stutter. I have chosen my speech topic on the movie *The King's Speech*. I chose to talk about the movie because I feel it has introduced the world that it is ok to stutter.

Movies are not just for entertainment but can teach us important lessons. *The King's Speech* is one of those films and this is what I have learned about King George the 6th.

King George the 6th was born on December 14th, 1895. His real name was Albert but his family called him Bertie. Albert was known as the Duke of York. What was special about Albert is he stuttered.

Albert became King in 1936 after his brother Edward stepped down from the throne. Edward chose to marry a divorced commoner instead of his role as King. Albert married Elizabeth on April 23rd, 1923. They had 2 daughters, Elizabeth and Margaret. Albert's oldest daughter Elizabeth is the Queen of England today.

Albert was King for 16 years until he died at the age of 56 from lung cancer. Albert started stuttering when he was 8 years old. In England they call stuttering "stammering".

His parents were not good with dealing with his stutter. His Dad would simply respond by saying GET IT OUT.

Being King he could not avoid public speaking which forced him to tackle his speech problems. He hired Lionel Logue to help him.

Logue came from Australia and was not even a real speech therapist. Some of Logue's techniques were breathing exercises and tongue twisters. Even after King George was done with his therapy he would still have Logue help him with his speeches.

I really enjoyed the movie mainly because I stutter and I wanted to see how others deal with their speech defect. I think it is good for others to see how people who stutter feel and maybe won't tease them as much. I also found the movie to be very funny and learned a lot about history.

Overall, the movie reminds people if you practice and work hard in life you can overcome anything.

Thank you and I hope you enjoyed my speech!

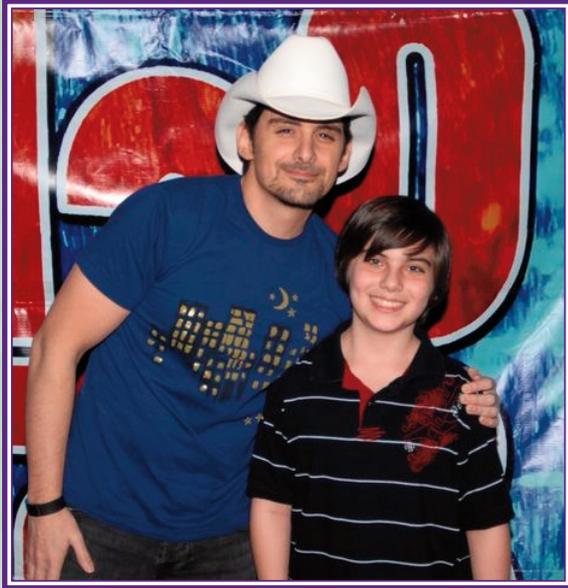
Hunter is in the 4th grade and this was his first speech. Hunter's Mom wrote: "Hunter's speech truly amazed me. The NSA has really given him confidence to be ok with his stuttering and I thought it was worth sharing." -Signy Hawkins



"That was a great speech Hunter!"



Stutter Buddies



Talking With Brad Paisley

JD, Cox Creek, KY

I went to a Brad Paisley concert in Louisville for my 12th birthday. My mom made arrangements through BP's fan club to attend the meet & greet. We were in the back of the line as all the radio contest winners were rushed through 30 second photo ops. When it was my turn, Brad Paisley was extremely gracious and spent about three minutes talking to me. I asked him what song was his favorite song to sing. Brad replied, "I like to sing 'Water'." Then he asked me what song I liked to sing most and I replied "'Make a Mistake with Me' because after I sang it in front of the whole school....I was popular!" Brad seemed to like that.

Then we got on the subject of stuttering and Brad told us a brief story about Mel Tillis. Then Brad asked if we had seen *The King's Speech* yet. As I took a picture with Brad and we shook hands, Brad Paisley asked me if I was ok with my stutter. I shrugged "yes" and Brad told me it was ok that I stutter. He said, "it's just part of who you are."

J.D.'s mom, Teresa wrote: "It was an incredible moment that we will never forget and so thankful for such a wonderful public figure and person."

Getty-up NSAers
cause we're
headin' south!

July 6th – 10th
Fort Worth , Texas

Opportunities for the
whole FAMILY

REGISTER TODAY!
westutter.org



NSA's 2011 Annual Conference

Fort Worth, Texas —July 6-10, 2011

The NSA conference 2011 is going to be big! Invest time with your family to explore, learn, network and share stuttering with leading experts who specialize in working with children and adolescents who stutter, as well as with other families. Bring the whole family! Parents, children who stutter (ages 7 and older) and their siblings can participate in activities and workshops which will enrich the whole family. Families who have experienced the NSA conference have said they wish they had known about us years before. This is a rare chance for you to take a break from life's busy days to focus on your child's stuttering and what you can do to help. Meet with some of the world's foremost stuttering specialists while sharing stories with others families. Children and teens could be reluctant to come for the first time but chances are, they'll want to come back. The simple act of meeting other people who stutter can be liberating!

In private sessions, parents' questions will be answered by meeting teens and adults who stutter. At the same

time, children will explore their stuttering in a fun and safe environment. The NSA's family program staff has some BIG ideas for new activities to make everyone!

You are not alone in the lone star state! These three and a half days of activities will be in an environment where people who stutter are the majority. The conference will officially begin Wednesday with a meet n' greet then off we go. Thursday morning's Family Orientation Workshop will familiarize you with the conference schedule while giving you a chance to become better acquainted with the Family Programs staff, the Teen Advisory Council and other families. This program will provide you with the opportunity to network with leading experts who specialize in working with children and adolescents who stutter, as well as with other families. Activities include parent/teen round table discussions, expert panels, therapy advice, teen lead workshops, pool time, all sorts of new hands-on/action packed activities for the kids, and much more!

SCHOLARSHIPS AVAILABLE!

Need help getting to the conference this year? Due to generosity of corporate sponsors and many of our members, we are pleased to announce that scholarships are available once again to provide financial assistance for adults/families who would like to attend our annual conference. If you would like more information regarding scholarships please tell us why at tflores@WeStutter.org.

Speech Party!!

Have you ever heard of a "Speech Party"?

21 children/teens who stutter, and their families, were guests of honor for the Third Annual USF / NSA Youth Day, held at the University of South Florida's Tampa campus.

The day was co-hosted by USF's National Student Speech-Language-Hearing Association (NSSLHA) and NSA's Tampa Chapter. Delroy McPherson, Kalie Morris, and Brad Madsen welcomed guests and led icebreaker activities

In separate break-out sessions, Jennifer Romero and Katie Fineran explored emotions and self-concept with 3- to 5-year-olds. Sam Stitzel and Erica Heatherington ran a workshop for 6- to 8-year-olds, discussing feelings about stuttering, learning strategies for coping with bullying/teasing, and exploring personal strengths.

Lorissa Nolasko and Keriann Brown tackled these same issues with 9- to 12-year-olds. Francine Aisenberg and Elizabeth McGeehan, with help from Tampa NSA's (John Vento, Jennifer Glen, Nathan Fairclough, Brad Hayes, Tim Gates, Gary Poole), worked with teens to explore their feelings and attitudes about stuttering, as well as their similarities and differences with peers.

Most of the child/teen sessions used a multi-media approach, including books written by other children who stutter, videos about people who stutter, music and rap, and lots of fun, interactive activities aimed at diminishing the impact of stuttering. For example, a highlight of the teen group involved making confidential postcards about their experiences with stuttering, which will be sent to the 'Post Secret' project.

Assistant Professor Nathan Maxfield presented a "Stuttering 101" talk to parents, who were then led through small-group discussions by Nada Hanna and Kalie Morris. Brad Hayes, along with the teen group, presented a stuttering "rap" at lunch, backed by guitar music from Nathan Fairclough. USF's mascot, Rocky The Bull, crashed the party around lunch, too. As the Youth Day transpired, Vivian Sisskin captivated 90 Tampa-area Speech-Language Pathologists with her continuing education talk about diagnosis and treatment of childhood stuttering. At day's end, participants enjoyed ice cream cake donated by Matt Provenzano. We appreciate the involvement of Mike Bauer from Orlando's NSA chapter, graduate students from USF's Speech-Language Pathology Program, and our many volunteers drawn from the ranks of USF NSSLHA; and of course a huge thanks to Tammy Flores for coordinating with us!



Family Chapter Reports

Auburn, NH NSAKids/TWST

by *Pattie Wood*

The Auburn, NH NSAKids/TWST group is informal at the request of the kids and parents in attendance. The kids have asked for more outings and get-togethers as opposed to more structured activities about stuttering. Most of the boys (there are no girls) are between the ages of 9-13 and are looking for more of a social gathering. The group has gone bowling, ordered pizza, organized sledding parties, baseball games, and miniature golf. They've recently gone to a monthly meeting setup, and every other month is a more formal meeting, alternating with "fun" meetings. The chapter consists of a very large group of families, but not everyone attends each month. January marked the twoyear anniversary for the group!

Chicago NSAKids & TWST

by *Stephie Hirsch, Mark Allen, and Paula Shaevitze*

A wonderful, March 5th meeting started at 2 children, 3 teens and their parents attended plus 2 SLPs and one graduate student. The children had an opportunity to talk with John Levine, who is writing a children's book about an 11-year old girl who stutters. The teens watched a brief video from the British Stammering Association, discussed the King's Speech, practiced different speaking techniques, and talked about the challenges of transferring learned speech skills. The parents discussed the King's Speech and watched *Going with the Flow: A Guide to Transcending Stuttering*, by Phil & Uri Schneider. The documentary sparked a wonderful discussion. All 7 of the PWS read the NSA's closing words to end.

Milwaukee NSAKids

by *Barb Wimpee*

The NSAKids Chapter in Milwaukee, WI meeting always begins with everyone in seated in a circle, and introductions to each attendee's left. Afterwards, participants introduce the new friend to their left. Next, the group tossed a small football around the circle, and as each person caught the ball, they had to name something from a specified category. Categories include brands of shoes, favorite food, and then least favorite foods. The remainder of the evening was spent playing games, socializing, and enjoying Packers cupcakes. Everyone is looking forward to the first guest speaker, Pamela Mertz, who is coming to Milwaukee and in collaboration with UWM's speech-pathology clinic on March 4th.

Central NJ TWST

by *Hannah Laday*

The Central NJ TWST Chapter met with 18 people in attendance. After Welcoming Words, participants made introductions by adding two adjectives that begin with the same letter or sound as their names and sharing a bit about themselves. The first activity of the evening was a game of "What would you do.....?" where various scenarios are placed in a bowl, and as each person draws one they read them aloud and talk about their response. Most were stuttering related, such as, "If you could talk to someone seriously about stuttering, who would be the first person on your list?" or "If you witnessed someone being bullied or teased about their stuttering (or anything else) what would you do?" but there were also a few silly ones, for example, "If you won a contest in which you got to choose any electronic device you wanted, what would you choose?" This activity proved to generate good discussion for both the teens and the SLP students. The evening was rounded out with a choral reading of the Closing Words.

Phoenix, AZ

by *Karen Kumar*

At the February meeting of the Phoenix Metro NSAKids/TWST the theme was "Talking: Just Do It!" There were 27 people in attendance, and after opening with an icebreaker where everyone talked about one thing they loved to do, everyone split into kid, parent, and teen groups and participated in games, crafts, discussions, and other activities related to the night's theme. One discussion recently had in the kids group was on 'worrying', where participants learned that worrying is normal, some worries are real (doing well on a test) and some are not (ghosts), as well as tools that can help deal with worries. While the kids and teens were in separate groups, parents were able to sit and watch the activities through one-way mirrors in the observation rooms thanks to the ASU Speech & Hearing Clinic!!

Family Chapters Continue to Grow

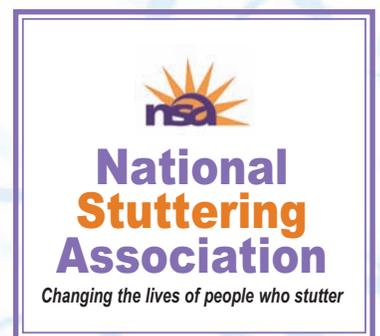
Contact Family Program
chairpersons with any questions:

Stephanie Coppen sdoppen@gmail.com
Sheryl Hunter shunter@tampabay.rr.com

Tips for Family Chapters

Important Family Chapters:
TWST Meetings Update:
The new Family Chapters Manual requires that any teen under 18 who will be attending a Chapter meeting without an adult (parent, older sibling, etc.) needs to have his or her parent or legal guardian sign the Authorization, Waiver and Release form which is available on the website. This process should be done for teens under 18 who have attended meetings in the past and for all new members who wish to attend without an adult.

Sheryl Hunter and Stephanie Coppen
NSA Family Program Co-Chairs



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Changing the lives of people who stutter

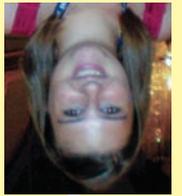
National Stuttering Association



Jessica Giffuffe, by all accounts, is just a 19-year old young woman who enjoys most of the average things that a typical college student does. She loves meeting new people, writing, watching movies, shopping, and exploring Chicago. She also happens to be one of the few amazingly lucky individuals who had a chance to intern at one of the biggest theme parks in the country: Walt Disney World.

Jessica, who is currently a student at College of Dupage in Glen Ellyn, Ill., is an aspiring speech pathologist. A native of Naperville, Ill., she attends classes and is a big fan of studying English and the natural sciences, such as anatomy and physiology. While she and her dad, Bill, were enrolling in classes, she just happened to see an advertisement on the bulletin board for the Walt Disney World College Program. "We were like, this looks kind of neat-it was my freshman year," she said. "We didn't think much of it at first, but it seemed like it was really intense and I didn't think I was ready to leave home." Still, the opportunity to meet new friends was the biggest selling point. "Last year, I had to watch all my friends go away," she stated. "I heard great stories, how they met so many more friends. I wanted to be around others who were at the same place in their life."

It was that sentiment that spurred her on to meet with a recruiter for the program who gave her the overview about the application process. She was convinced right then and



BY STEVEN KAUFMAN

there. "I felt I needed to grow up and learn about me," she remarked. Her parents and her sister Allison were extremely supportive. After she applied online and filled out numerous personality tests, the biggest hurdle had yet to be cleared: the phone interview. "I was just nervous about talking on the phone because that is when I am usually disfluent," she commented. "My parents are not big on advertising, but I had to be my own person and stand up for myself." Then one day, she was checking her e-mail and found out she was accepted-with a slight catch. "I got so excited but I found out that my role (all employees are cast members) was custodial," she said. "I was in tears, but my mom said any job at Disney World is good."

It can be daunting to pack up and move across the country, while getting used to the requirements of the program. Being a person who stutters can also make things more challenging. "All of my roommates have not reacted to my stuttering at all," she said. "I love all my co-workers." She's already met people from different regions (Indiana, Long Island, and Arizona). Jessica is also extremely grateful to the NSA for helping her in this journey. "Working and having to interact with guests on a regular basis is not easy especially when you stutter, and if customers rush you it is so uncomfortable. Just knowing there are others are experiencing the same thing is so important me. The NSA helped me find myself."

While the program will end in January, Jessica has already decided to remain seasonal. But her time at Disney World has helped

her come to a realization. "I've concluded that being a speech pathologist is what I want to do," she stated emphatically. She and her sister are also looking to join the Teen Advisory Council. Still, she did admit there are some pretty cool perks of interning at the "House of the Mouse"; "You live in full-furnished apartment complexes, participate in the 'Night of Stars' Gala, and go to the parks for free." And to top it all off, Disney World gave her the biggest lesson of her life: "I've learned I can stutter freely." ■

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The Midwest Meets The House of Mouse

included and enlightened. They mentor the younger generation. They learn from and inspire people who have lived with stuttering for longer.

We understand that you are past the "teen scene" and are not quite feeling the "adult crowd" just yet. We had this in mind as we planned our conference program. Workshops will deal with the issues that challenge most Twenty Somethings like dating/relationships, job interviews, career choices, advertising your stuttering and many others. We have planned workshops, dedicated the Twenty Somethings committee to host social outings and other age-specific activities. No doubt that you belong at this conference! We heard what you wanted and planned it for you.

CONFERENCE CONTINUED

The NSA conference 2011 is going to be big! Invest time with your family to explore, learn, network and share stuttering with leading experts who specialize in working with children and adolescents who stutter, as well as with other families. Bring the whole family! Parents, children who stutter (ages 7 and older) and their siblings can participate in activities and workshops which will enrich the whole family.

Families who have experienced the NSA conference have said they wish they had known about us years before. This is a rare chance for you to take a break from life's busy days to focus on your child's stuttering and what you can do to help. Meet with some of the world's foremost stuttering specialists while sharing stories with others families. Children and teens could be reluctant to come for the first time but chances are, they'll want to come back. The simple act of meeting other people who stutter can be liberating!

In private sessions, parents' questions will be answered by meeting teens and adults who stutter. At the same time, children will explore their stuttering in a fun and safe environment. The NSA's family program staff has some BIG ideas for new activities to make everyone! You are not alone in the lone star state! These three and a half days of activities will be in an environment where people who stutter are the majority. The conference will officially begin Wednesday with a meet n greet then

off we go. Thursday mornings Family Orientation Workshop will familiarize you with the conference schedule while giving you a chance to become better acquainted with the Family Programs staff, the Teen Advisory Council and other families. This program will provide you with the opportunity to network with leading experts who specialize in working with children and adolescents who stutter, as well as with other families. Activities include parent/teen round table discussions, expert panels, therapy advice, teen lead workshops, pool time, all sorts of new hands-on/action packed activities for the kids, and much more!

Networking Opportunities

The NSA annual conference is going to work! Join us at the NSA conference in Fort Worth in July for networking opportunities, career advice, resume assistance, and job searching tips! At the NSA conference you can get help with your career, whether you are a teen looking at careers or college majors, a college student looking for an internship or resume advice, a "dislocated worker" looking for a new job, someone looking for a career change, or if you just want to brush up on your networking and interviewing skills. We will have a repeat of last year's fun and successful networking lunch, and we'll also have workshops and other activities to help you boost your career or find your dream job! The NSA conference has always been a place to find friends and support, but now it's also the place to find experts in dozens of fields, as well as people who can help you network and explore your career path. And they've all been in your shoes before!

Do you have expertise to share? We are looking for volunteers to help out by giving workshops on careers, offering advice to newcomers to your field,

Pricelless (In the Spirit of MasterCard...)

BY ELANA KAHAN

Roundtrip Airfare to Fort Worth: \$250
 Registration Fee for the NSA Convention: \$150
 Four Night Stay at the Renaissance Worthington Hotel: \$225
 Going home, stuttering in front of the mailman, and not caring about it... Pricelless

Scholarships Available!

Need help getting to the conference this year? Due to generosity of corporate sponsors and many of our members, we are pleased to announce that scholarships are available once again to provide financial assistance for adults/families who would like to attend our annual conference. If you would like more information regarding scholarships please tell us why at eflores@Westutter.org.

Want to help?

We thought so! The NSA is now collecting items for both auctions. Items of interest include: sports memorabilia, electronics, art, jewelry, and more. If you have any questions about the auction, items, or anything else, feel free to e-mail us at info@Westutter.org or call us at 800-Westutter (800-937-8888).

Additional CEU Information

This is being offered as 0.4 CEUs Thursday, 1:00pm-5:00pm
Facilitating Change in the Attitudes & Thinking of Children, Teens, & Adults who Stutter Presenter: Diane Games

SLP Information

This year we will be offering up to 1.6 CEUs for the conference, so you will be able to earn more CEUs than ever before.

Support Group Leader Training

Thursday, 8:30 am-10:00 am this year's program is designed as an open forum with discussion groups on chapter growth, leadership development, and more.

info@Westutter.org if you want to help out
 critiquing resumes, or helping with interview tips. Please email the NSA office at



Bass Performance Hall © Brandi Korte

Alabama The Auburn Chapter met on February 8th with eight people in attendance – three college students who stutter, two faculty members, two graduate students and one undergraduate student. They talked about *The King's Speech*, and how everyone felt about it. They also had a student majoring in Public Relations come to the meeting to learn more about what the group does, and she videotaped Embry Burrus reading the opening words. She wrote an article and posted the video on the "Auburn Family" website.

Florida Dale Williams reports that the Boca Raton Chapter had an interesting meeting. Ten people showed up for the meeting. A local television station filmed part of the meeting. *The King's Speech* movie was the topic of interest and they also had a chance to talk with the reporter about the experiences of stuttering and what advances group members hope will come about as a result of the film.

Illinois The Chicago Metro North Chapter is now meeting at the Central Speech and Language Clinic in Long Grove instead of the Lake Forest Hospital. Also, Kristin Chmela, a speech and language pathologist has been attending the meetings, which has helped our attendance a lot. ABC-7 News recently interviewed people in the group about the movie, *The King's Speech* as well as the National Stuttering Association. The clip aired before the Academy Awards. Art Struss also reports that the chapter had two social activities included a holiday dinner party and a cross-country ski outing.

South Carolina Charley Adams writes that the Columbia Chapter met on Thursday, February 10th with 48 people in attendance. There were 36 graduate students, 11 persons who stutter, four speech language pathologists, and one journalist. Every February the chapter holds their monthly meeting during Charley's graduate class on stuttering. The journalist writes for the state newspaper, and he contacted Charley about sitting in on the class to get some information about *The King's Speech* for an article he is writing to correspond with the Oscars. This was a special meeting as every group member got to speak.

Maryland There were seven people at the December 7th Chapter Meeting. They had a "free-flowing" discussion instead of doing an organized activity. Chapter members also had a Holiday get-together at Buca di Beppo, an Italian restaurant in Northwest D.C. They had a great time and great conversation. The chapter also saw *The King's Speech* on December 17th. The theater had a table, which displayed National Stuttering Association brochures, as well as NSA buttons, pens, and a small banner. Thank you to Tammy Flores for shipping the literature, etc. directly to the theatre says co-leader Jerome Mortman.

Minnesota The Twin Cities Chapter met on Thursday, February 10th at Bethlehem Baptist Church in downtown Minneapolis. There were 28 people in attendance. This is an all time record attendance for the chapter! Included in the 28 were 11 people who do not stutter. There were 17 people who stutter at the meeting including some who had not been seen for a long time as well as a couple of newcomers. The meeting provided an incredible opportunity to educate the public about stuttering and people who stutter. Linda Hinderscheit, the Chapter Leader had been contacted by the Minneapolis Star Tribune. They sent a reporter, a photographer, and a videographer to the meeting. An article about the chapter was printed in the newspaper and they posted the accompanying video to their website.

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a booth at your state language convention, all I can say is "Give it a try. The results will be unbelievable!" I want to thank the NSA for giving me the opportunity to volunteer for my favorite organization in the world! @ Jason Faust

Austin Robinson



Austin Robinson, long-time NSA member, passed away suddenly on Saturday, February 26, 2011 at 22 years old. He is remembered as a kind, smart, giving person and an accomplished bassoonist and pianist who planned to share his love of music with middle school students after finishing his studies in Music Education at Texas Tech University, where he was working towards a Master's Degree with Honors. Funeral services for Austin were held on Saturday, March 5 at 2:00 PM at the Turrentine Jackson Morrow Funeral home in McKinney, TX. Donations are being accepted to the National Stuttering Association's Youth Program in Austin's name. For more information or to make a donation, please contact Tammy Flores at 800-Westutter (937-8888).

Show Your Support

You can show your support for the National Stuttering Association by becoming a corporate sponsor and buying an ad in our conference program (remember: this donation is tax-deductible). Contact Tammy at tflores@westutter.org for more information.

overt but confident stuttering Sarah is a covert stutterer who talks about the deep shame and loneliness she feels. In the safety of Phil's office she starts to experiment with the ideas of pausing, telling people that she stutters and stuttering on purpose. As the film comes to a close she explains, "Now I can say 'I stutter', and that eliminates the tension and anticipation of a listener's negative reaction". In both Sarah and Michael we see two people who clearly feel that they can choose to use, or not to use, the tools Phil has taught them. Safe in his friendship, they know that they will not be judged either way.

☞ Katherine Preston

TSHA Convention

On March 3-5 2011, Tammy Flores and Lee Reeves manned the NSA booth at the TSHA convention in Ft. Worth, TX. **Andy Bowers, Anthony Valle and Nina Reeves** also came by to help out. There were over 4,000 SLPs from all over the state of Texas and many surrounding states attending the convention in the monstrous Ft. Worth Convention Center. There were over 200 exhibit booths set up, too, covering every phase of Speech Language Pathology including school recruiting, language development products, services for the deaf, and rehabilitation facilities. Attendees got a real appreciation for the wide range of speech pathology services available in Texas.

We gave out LOTS of NSA materials including pamphlets, buttons, and various books. We talked to an endless stream of SLPs and students who came by our booth for both information on stuttering and our bottomless bowl of chocolates! We lost count of the number of people we talked to, probably nearly a thousand, and collected several hundred names and email addresses. People are EXTREMELY interested in stuttering and we made sure that everyone there knew about the NSA and the important work we are doing for people who stutter. It was exhausting,

but we made a difference for the NSA and stuttering awareness!

Congratulations to Landon and Lizzy!

The National Stuttering Association would like to congratulate Landon Murray, the chapter leader for the New Orleans region, on his engagement to his longtime girlfriend, Lizzy Mayer. According to Lizzy, they have been together four years and celebrated their anniversary by staying at the Le Pavillion Hotel, and while Lizzy was snapping some pictures, Landon encouraged her to "take a picture of this" and promptly pulled out a ring. We wish them both much happiness on their upcoming nuptials!

NY Health Expo

The Expo went well! I only had one person to help me but we made the best out of it. A lot of people asked questions about *The King's Speech*. We met a few PWS and gave them our meeting information and we also met two SLPs. In addition, we approached the camera guy from YNN who didn't even know we were there and asked him if he could interview me. He did. And, he told me that if *The King's Speech* won any Oscars that I would probably be getting a call from the Buffalo News the following day. And, I did!

☞ *Adrian McAdory*

KSHA Convention

This year's KSHA convention proved to be a remarkable experience for me! My last convention was in 2000 and at that time I remember there were only a few attendees who had heard of the NSA. This year? Only one grad student from a remote part of the state had NOT heard of the NSA! I was amazed at how many SLPs, in their words, were "very familiar" with the NSA. Our efforts in outreach have clearly paid off. **Miranda Smith, Tom Scharstein** and I will be traveling this spring as we have begun the process of planning 4 NSA Youth Days in different parts of the state at the urging of the SLPs we met. Our booth looked fantastic thanks to the materials and banners we received from Tammy at the national office. Thanks also to **Pam Woebkenberg** and **Sarah Nikirk** for their part in staffing the booth.

Many speech language pathologists came up to ask questions about the organization and wanted to hear personal stories of not only my experiences with speech therapy but any suggestions I may have as they try to improve the lives of their clients. I talked about how wonderful the NSA has been and how it provided the confidence I needed to become the person I am today. My friends, if our experience in KY is any indication of the positive results obtained by facilitating

continued on page 6

A 360° LOOK AT HOW TO TREAT & LIVE WITH STUTTERING
WEEKEND CONFERENCE FOR PRACTITIONERS, PEOPLE WHO STUTTER AND THEIR FAMILIES
 MAPLES WOOD INN 714 NORTH ST. APRIL 8 & 9
 315.468.3414
 www.connectionsix.com
 family-centered therapies

Continuing Education Seminars and Youth Days
 Syracuse, New York: April 8th and 9th
 Baldwin Park, California: April 16th
 Check the NSA Web site for updated information regarding these events or send an e-mail to info@WeStutter.org.



Speech Party

Ever hear of a "Speech Party"? 21 children/teens who stutter, and their families, were guests of honor for the Third Annual USF/NSA Youth Day, held at the University of South Florida's Tampa campus. The day was co-hosted by USF's National Student Speech Language Hearing Association (NSSLHA) and NSA's Tampa Chapter. **Delroy McPherson, Kallie Morris, and Brad Madsen** welcomed guests and led ice-breaker activities. In separate break-out sessions, **Jennifer Romero** and **Katie Fineran** explored emotions and self-concept with 3- to 5-year-olds. **Sam Stitzel** and **Erica Heatherington** ran a workshop for 6- to 8-year-olds, discussing feelings about stuttering, learning strategies for coping with bullying/teasing, and exploring personal strengths. **Lorissa Nolasks and Kerriann Brown** tackled these same issues with 9- to 12-year-olds. **Francine Aisenberg** and **Elizabeth McGeehan**, with help from Tampa NSA's **(John Vento, Jennifer Glen, Nathan Fairclough, Brad Hayes, Tim Gates, Gary Poole)**, worked with teens to explore their feelings and attitudes about stuttering, as well as their similarities and differences with other peers. Most of the child/teen sessions used a multi-media approach, including books written by other children who stutter, videos about people who stutter, music and rap, and lots of fun, interactive activities aimed at diminishing the impact of stuttering. For example, a highlight of the teen group involved making confidential postcards about their experiences with stuttering which

will be sent to the "Post Secret" project. Assistant Professor **Nathan Maxfield** presented a "Stuttering 101" through small-group discussions by **Nada Hanna** and **Kallie Morris. Brad Hayes**, along with the teen group, presented a stuttering "rap" at lunch, backed by guitar music from **Nathan Fairclough**. USF's mascot, **Rocky The Bull**, crashed the party around lunch, too. As the Youth Day transpired, **Vivian Siskin** captivated 90 Tampa-area Speech-Language Pathologists with her continuing education talk about diagnosis and treatment of childhood stuttering. At day's end, participants enjoyed ice cream cake donated by **Matt Provenzano**. We appreciate the involvement of **Mike Bauer** from Orlando's NSA chapter, graduate students from USF's Speech-Language Pathology Program, and our many volunteers drawn from the ranks of USF NSSLHA; and of course a huge thanks to **Tammy Flores** for coordinating with us!

Our Time's Benefit Gala
Our Time will honor **David Seidler**, writer of *The King's Speech*, for his many accomplishments as a person who stutters at its 9th Annual Benefit Gala, "I Could be King," in NYC. The event's Honorary Chair is **Colin Firth**. It will take place at The Skirball Center for the Performing Arts and the Rosenthal Pavilion at NYU and will celebrate Mr. Seidler and *The King's Speech* for promoting awareness about stuttering, which is central to Our Time's mission. His film has inspired the Our Time youth by demonstrating that there is no limit for people who stutter, as long as they believe in themselves and the value of their voices. The benefit will feature celebrities from the film, theater, television, and music industries including a performance by **Carly Simon** alongside Our Time's young participants who stutter, followed by an elegant dinner overlooking NYC with celebrity guests. For more information please visit www.ourtimestutter.org.

Oscar award winner, David Seidler!

Seidler won for best original screenplay for *The King's Speech*. David's acceptance speech rang throughout the stuttering community! After accepting the Oscar, he said: "I accept this on behalf of all the stutters in the world. We have a voice. We have been heard."



NOLA Information Booth

In October, **Landon Murray** and the rest of the New Orleans Chapter held an information booth at a local Mall. They passed out tons of pamphlets and even added 10 new names to the email list. It was a great day and a very good first step in adding members to the local Chapter.

Review:

Going with the Flow

In his latest film, *Going with the Flow*, **Phil Schneider** has decided to introduce his own voice to the camera. After over forty years experience in the field, **Phil** does not believe that fluency is the goal and does not feel that there is one right approach. Rather than telling us that he has all the answers, his film tracks the journey of two people who he meets in his therapy room. As the film starts we are introduced to a ten-year-old **Michael** and, as the camera focuses on the shape of his mouth pushing through blocks and repetitions, we meet a boy clearly determined to make himself heard. He chooses to oscillate in and out of therapy and, as **Phil** explains, "He realizes that it is a choice, and it is important not to feel that he has to work on it all the time, that he is as entitled to relax and speak as it comes to him automatically, as anyone else is entitled to that." The next character we meet is a young, outgoing college student named **Sarah**. In contrast to **Michael's**

Passion, Perseverance, Purpose

S. BROWN

Passion, Perseverance, Purpose. These are the cornerstones I am building my professional speaking business upon. And yes, I am a person who stutters. Funny how life can be totally unpredictable and guide you on a journey you never thought could be possible. I never dreamed in a million years that I would want to speak professionally, but I realized something, it's not about me. It's about inspiring others through my story that I can somehow break the shackles of stuttering and encourage people to live their lives. I've stuttered since the age of six, as I come from a family that stutters. Waiting for that "magical" day to occur when my stuttering would stop never came about. I have always been ashamed and embarrassed by my stuttering. I would always try to hide my stutter just to fit in. But once my "secret" was out that I was a person with a dysfluency, once again I was mortified. I just wanted people to see me for the person I am and not focus on my stuttering. Ignoring my disorder and not talking about my stuttering has cost me several years of my life that I can never get back. I have missed several opportunities because of the fear of stuttering. Within the last 11 years, I needed to stop living in denial and openly discuss my stuttering with others. I found out that this alleviates the anxiety and fear of stuttering. If I stutter, so what? What's the big deal? I am the only one that cares. It's a part of me but doesn't define who I am. What I say is more important than how I say it. It is important that I am able to live with the reality that I am a person who stutters and get on with my life. Acceptance is powerful. I believe that openly discussing my stuttering has helped me overcome years of torment and teasing I endured as a child, and in return, I make others aware of my dysfluency. Moreover, it helps heal a lot of the wounds and resolves deep-rooted issues that stuttering can cause. My dysfluency is a trait I have but it will no longer consume me or deter me from doing anything I want to do. As others that stutter do, I carry a lot of emotional baggage and shame from years of stuttering. The distress and personal



anguish from this disorder has, at times, made me depressed and lowered my self-esteem. Through accepting the fact that I have a dysfluency, things have gotten easier for me and I really don't think about stuttering. I say what I have to say regardless of whether it's fluent or not. I now openly discuss my stuttering with friends, co-workers, etc. It's up to us to spread the word about stuttering and to help abolish the stereotypes. I find that when I talk about my stuttering to others, they in turn share something with me that is personal. It's a win-win situation.

I've been a member of the National Stuttering Association for 8 years with the last five years being the chapter leader for "Speaking Freely", a speech support group for people who stutter in Timonium, MD. This group has made such an impact on my life and has literally transformed the way that I see my speech. I always remember where I came from and how bright my future really is. And as far as the cornerstones of my business... Passion is for the love of what I do. Perseverance is to overcome those mountains and obstacles I know I will face along the way. Purpose is simple – this is what I should be doing with my life. I encourage you this day not to let stuttering stand in the way of what you wish to accomplish in life. Stop letting stuttering rob you of your life and reclaim what is rightfully yours – your freedom. Freedom to stutter openly and not feel embarrassed. Freedom to say what you desire to say as the focus is on the content of your message and not you how fluent you are. These are desires we share and cannot let anything or anyone hinder us from achieving these precious freedoms. Remember, every time you have a victory over stuttering, you gain a piece of your life back. ■

Sean Brown is a professional speaker in Baltimore, MD. You can view some of his speeches on his YouTube site at www.youtube.com/user/SeanBrownSpeaks. To learn more about Sean as a speaker, visit his web site at www.seanbrownspk.com.

BOARD OUTREACH CONTINUED

Vivian has organized a pilot NSA chapter for SLPs in the Washington, D.C. area. John reported that the NSA Research Committee is reviewing an increased number of proposals to use NSA members as subjects for academic research on stuttering. The Board voted to start a fund for seed money to encourage further research.

In Adult Programs, Mitch is developing a series of regional adult workshops that will build on the success of the 2009 workshop in Washington, D.C. The Board also heard a proposal from Andy Bowers to increase the participation of young adults in the NSA, and appointed a committee headed by Board Member Stephanie Nicolai to make this happen. Stephanie also is working with the revamped Teen Advisory Council. Family Programs Board Members Stephanie Copen and Sheryl Hunter, who joined the Board last year, are working with NSA staff member Sarah D'Agostino to strengthen Family Chapters. The process for organizing youth days has been streamlined, and we have six programs scheduled for 2011.

Plans are on track for a spectacular conference in Ft. Worth. Conference plans include a bigger welcome for first-time attendees. The site for the 2012 conference will be announced in Ft. Worth.

175 active NSA volunteers, coordinated by Board Member Cathy Olish, are school SLPs, responding to Internet articles on stuttering, uploading video clips to YouTube and the NSA web site, and welcoming new NSA members. Volunteer Mandy Finstad maintains the NSA Facebook page and Twitter posts. Treasurer Bill Smith reported that the NSA remains financially sound, but, like most other nonprofit organizations, has seen a decline in member dues, contributions and fundraising. Barry Liben reported that fund development efforts are on track.

The Board thanked directors who have rotated off the board: Marybeth Allen, Marc Rosenbaum and Tracey Wallace.

Two Birds With One Stone

BY PAMELA MERTZ

During the summer of 2009, in a moment of madness, the assistant principal of my school and I submitted a proposal to do an in-service training at our annual School Orientation Day. We thought it would be good experience for us and a good topic for educators. We wanted to offer training on bullying prevention in the schools.

We submitted our proposal and got an unexpected response. They liked it so much they wanted us to expand it into 6 hours so that teachers could get CEU credits. We were flattered by the request and agreed, not knowing what that really meant. Our Professional Development office decided to make this training available to any educator in our 23-district service area. Administrators could sign up and send representatives from their schools to learn about bully prevention resources and programs. From us!

This meant that we were going to need to prepare and organize a solid agenda to keep educators engaged for 6 hours. That is a long time. We were able to negotiate and offer the program in two 3-hour sessions, which is still a long time. We were going to have to look like experts with an audience that might be a little intimidating. After all (I thought) some of the folks would be veteran



it was easier for me to stutter freely rather than try to use techniques not to stutter. I told the audience that I would periodically tell "my story" as it related to the issues. This worked out great. Several people asked me what I would have liked teachers and adults to do and say when I was teased as a kid. These were comfortable questions to ask and answer, and tied in perfectly. No one seemed to care. I was comfortable, and so were the listeners.

Positive Feedback

After the first training was over, several people came up to me afterward to share their feedback. One said she was glad I felt so comfortable to be myself. She said I was a good role model for diversity in the schools. Another person asked if it would be OK if she gave my name to her school's counselor. There was a boy in her class who stutters severely and was being bullied because of his stuttering. The teacher wondered if I could be a resource or would be willing to come and talk to the boy and his class. Of course, I said I would be glad to. A third person said he was glad to meet me. He said that he had stuttered as a child and still does periodically. He said very simply, "Thank you."

I was so glad to have done this and to have intertwined my story with the important topic of teasing and bullying prevention. It was easy for me to do so because the personal anecdotes came from the heart, and stories from the heart always come naturally. ■

Pamela Mertz is from Albany, New York, and is a member of the College of St. Rose NSA chapter. She works as a high school career counselor and regularly speaks publicly as part of her job.

teachers, social workers, and principals. I was no more of an expert than they were. We spent many hours preparing for this workshop.

How Would My Stuttering Behave?

One of my worries was how my stuttering would behave. From experience, I know that longer presentations invite my stuttering to come out and play much more frequently, especially as I tire toward the end. I worried about disclosing and advertising to an unfamiliar group, because I didn't want the presentation to be about stuttering. I sometimes worry about that dilemma, because even though educating others about stuttering is important, I don't always want it to be the main focus. In this case, I decided that disclosing right away that I stutter, what it sounds like, and that I am OK with it, would make sense. Once I did that, then I would be able to use personal anecdotes of what it was like growing up with stuttering and relate it to my topic of teasing and bullying prevention. I did just that and found out several things. I advertised that I stutter, and that

Donate Auction Items!

You asked and we listened – Donate an item for the live or silent auction this year. You heard us right... we are bringing back the silent auction. If you would like to donate to either of the auctions please send Tammy a description of the item you are donating to tflores@Westutter.org Examples of items that been donated in the past are iPods, software, gift certificates, jewelry, artwork, autographed sports items. Instead of having a separate basket raffle this year we will be incorporating the chapter baskets into the silent auction.

Thanks in advance for your gift and your support. See you in July!

LETTING GO

NSA NATIONAL STUTTERING ASSOCIATION

MARCH
APRIL
2011

NSA Board Expands Outreach

The NSA is increasing its outreach to speech-language pathologists, revitalizing family chapters and expanding adult workshops. Also in the works is a new initiative to educate physicians about stuttering and an expanded program for our young adult members. These and other issues were on the agenda at the NSA's Board of Directors meeting on February 11th and 12th in Ft. Worth, TX. The Board welcomed three new directors: Mitch Trichon and Kenny Koroll, who now head up our Adult Programs, and Dr. Gerald Maguire, who joins our Professional Relations team.

Dr. Maguire, a psychiatrist and frequent presenter at NSA conferences, is organizing a new NSA program to offer continuing education on stuttering to physicians. Professional Relations Board Members Vivian Sisskin and John Tetnowski are launching the NSA's first Applied Research Symposium in connection with the annual conference in Ft. Worth. The two-day symposium will offer intermediate and advanced continuing education for SLPs.



continued on page 3

Dr. Mitch Trichon Kenny Koroll Gerald Maguire



Conference Planning 101 Fort Worth, Texas July 6-10, 2011

It's time to giddy-up and head south to the Lone Star State for the biggest party of our lives! That's right, we're going big, REALLY BIG! Fort Worth, Texas will be the home of the 28th Annual NSA Conference from July 6-10, 2011.

The conference will have moving, informational, and dynamic workshops, along with presentations from NSA All-Stars. During the opening ceremony, we come together to reflect on the week. We will hear from people who were truly affected by the conference. The kids will recount some of their favorite moments and you might hear from people experiencing this conference for the first time. The fun continues during the closing banquet, where everyone is dressed to impress! Bring your dancing boots!

Downtown Fort Worth is composed of stunning art deco buildings, while the whole city embraces its proud history of the West. The Renaissance Worthington is the only four-star hotel in Fort Worth. Your hotel room will be cosmopolitan, yet maintain the Southwestern charm of Texas. All of the amenities you could want at a conference will be available, such as plentiful conference space, fitness center, indoor pool, and high-speed internet access, all served with southern hospitality.

The first conference can be scary for someone who has never been, but without fail, they always end up being unforgettable!

NSA announces an all new First Timers program!

The transition from teen to adult can bring all sorts of new challenges. Last year, we brought a special focus to the needs of Twenty Somethings. A dedicated committee of people put special thought into making people in their 20s feel welcome, *continued on page 7*

Twenty Somethings/Young Adults
We GUARANTEE that when you attend your first conference, you will not only have a great time, but also learn new things about yourself and about stuttering, and make lifelong friends! So, what are you waiting for? Register, reserve your room, buy that airline ticket and come experience the four days that could change your life!

If this is your first conference, we have just a few things in store for you to make sure that your experience will also be unforgettable and that you want to come back for more. We offer daily workshops that allow First Timers to meet 20-30 new people each day in a relaxed and fun environment. After the Opening Ceremony on Thursday evening, we have a designated area in the bar for First Timers to mingle with conference regulars as well as places in the lobby for those who prefer a quieter place to talk. There is a First Timers Lunch on site on Friday (all expenses paid for by each attendee – not part of the conference fees) which gives First Timers an opportunity to continue socializing with their friends and make a few more new ones.

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