



119 W. 40th Street, 14th Floor, New York, NY 10018 :: 800.WeStutter (937.8888) :: 212.944.4050 :: email: info@WeStutter.org :: www.WeStutter.org

## Thoughts from a First Timer

CHIP BENEDICT



Over the past year I have felt this urge to challenge myself to take a further look into my stuttering. I felt this tug 1) as a person who stutters and, 2) as a future Speech-Language

Pathologist. I never would have thought a trip to Florida for 4-5 days could have such an impact on my life.

I started this journey last summer after attending my first local NSA Chapter Meeting in Philadelphia, PA and having a great experience. However, since I attend graduate school at Bloomsburg University, I am unable to make the meetings every month. Instead, I met with my professor, Dr. Pelczarski, several times throughout the Fall and Spring semesters, discussing my thoughts regarding stuttering, and exploring things with her guidance. It was shortly after this that I started looking into the annual NSA conference and felt that it was the right time in my life to go and see what it was all about.

Before I went I talked to a few people about it and heard that it changed their lives and what a great experience it was. I confess, when I heard this, I had my doubts. I had doubts about the claims that it would be a 'life-changer'. I was dead wrong and I can attest that this conference is unlike any other conference out there. Now, I fully agree, it really does change your life for the better!

On July 3rd I flew down to Florida for my first NSA conference. I couldn't wait to get there. I went with two classmates and we arrived the night before the conference started,

and before many people had arrived. The first evening I met two awesome people who eased me into the NSA experience. After that night, the emotional roller coaster began. The next few days went by so fast that I have a hard time remembering all that happened!

While I went to the conference mostly for personal reasons, I also went to expand my knowledge for my career, so I attended the Master Class Series for the first two days. This series was comprised of four sessions that will prove extremely helpful to me as a clinician. I learned so much from the presenters and am looking forward to putting the information I learned into action.

On the first day I came out of a session on *Fearless Stuttering and the Importance of Positive Thinking*, and a man pulled me aside and started talking to me. It turned out that we lived nearby one another, and he invited me to lunch with his wife and another couple. At first I was reluctant, but just then I remembered a friend giving me some advice about my first time at the NSA. He said, "Just say yes! If someone invites you somewhere or asks you to do something, just say yes!" At first, I thought this would be weird and awkward, like I would be a fifth wheel, but I couldn't have been more wrong. They were very welcoming and super friendly, just like everyone else I met at the conference. We had a nice lunch at a Mexican restaurant and I learned that many families come to the conference for the benefit of their child that stutters, and they end up making it their family vacation; what an awesome idea!

*continued on page 7*

## St. Pete's Top 10

- 10: Paciugo Gelato!
- 9: The fantastic 4th of July fireworks show after the yummy cookout!
- 8: DJ Stutter rocking out all night long at the Closing Banquet!
- 7: The Friday Afternoon Beach Party. We took over the Gulf!
- 6: The Family Teaming Event. It may have been hot and humid, but all of us cows, pigs, horses, and CatDucks had a great time!
- 5: The Open Mic Sessions, Roundtables, and Icebreaker events. It was wonderful to be able to speak freely without worrying about what others would think!
- 4: Seeing and meeting all of the non-stutterers who were there to support their loved ones!
- 3: Bill Wade's inspirational speech!
- 2: The gorgeous setting of the Renaissance Vinoy. Perfect for a long weekend of fun, relaxation, AND learning!
- 1: Feeling welcomed, safe, and loved just the way we are!



## WHAT'S INSIDE

We Shined in St. Petersburg . . . . .	2	Chapter News . . . . .	6
Odds & Ends . . . . .	2	SLP Students Hit St. Pete . . . . .	8
No Ordinary Conference . . . . .	3	Save the Date . . . . .	8
Scottsdale: So Nice We're Doing it Twice . . . . .	3	Congrats to our 2012 Award Winners . . . . .	8
Conference Photos . . . . .	4	Upcoming Events . . . . .	8



Be sure to check out 'WeStutter' on Facebook and Twitter today!

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

# ODDS&ENDS

MANDY FINSTAD

Our thanks goes out to the **management and staff of the Renaissance Vinoy** in St. Petersburg, FL. Our conference participants were treated impeccably by each of the staff members, though there were a handful of key staff personnel that went above and beyond the call of duty, including **Chef Mark Heimann, Mark Richardson, Carol McKenna, Mark Jenkins, Jonathan Sullivan, Carson Fedkow, Jessica Ciliberti, and Clinton Stoller**, as well as the entire front desk staff. Thanks also to our wonderful 4th of July performer **Brielle Carter**. Each of them was integral to making our 29th Annual Conference the enormous success that it was!

The NSA wishes to congratulate former TAC member **Braden Barber** (right) on his graduation from The Colony High School on June 3, 2012. His future plans include a career in law enforcement after serving in the US Air Force. Congrats, Braden!



Thank you to **Tracey & Vaughn Wallace** for opening their home to host their Annual NSA BBQ in the beginning of August! DC,



**Chef Mark**



**Mark Jenkins**



**Jonathan Sullivan**



**Carson Fedkow**



**Clinton Stoller**

Maryland, and Virginia-area NSA'ers enjoyed the pool, putt-putt, tiki bar, wonderful grilled food, and great company. Thanks again, Wallaces!

The NSA offers their most heartfelt congratulations to **Jason Faust and Kelly Habing** (right) on their recent engagement. We wish you both the very best on your new adventure!



Also celebrating a recent engagement is **Evan Sherman and Christina D'Agostino** (right). Evan proposed during



a dinner cruise aboard the Starlite Majesty along the scenic inland waters of Florida's gulf coast, on the top deck of the ship during the sunset. A wedding date has not yet been set. Congratulations, Evan and Christina!

The NSA wishes to thank **Austin Gundlach** (right) for the fantastic graphic design work he has done for us. Austin is a graduate of Cardinal Stritch University in Milwaukee, WI where he was a double major in Business and Graphic Design. Austin is aspiring to a job in design to provide creative yet effective marketing ideas. In addition to designing, Austin enjoys Frisbee, gaming with friends, and bowling.



## We SHINED in St. Petersburg!

TAMMY FLORES



The NSA shined in St. Petersburg with over 700 NSA members and friends in attendance at our 29th Annual Conference! This year's conference brought

together a wide variety of people, including First Timers (267), families (75 families comprised of 255 family members), SLPs (62), and many adults who stutter.

I would like to extend my utmost personal thanks to **Erica and Aaron Perez, Anthony Romano, Melissa López, Brandie Flores, Mandy and Jean Finstad, Becca Liben, Lee Lowman, Nina and Lee Reeves, Joan and Dave Ross, and Kenny Koroll** for all of your time and efforts onsite to help ensure that this conference was the best it could be.

Last, but certainly not least, a very special thank you goes out to **Stephanie Coppin, Pattie Wood, Sarah Onofri, the Tampa Chapter of the NSA, the students and faculty of USF, and all of the workshop and event presenters** who helped us to make this conference the huge success that it was.

The NSA depends heavily on its members and local chapters to help out each year with items for silent and live auctions, so an extra special 'thank you' goes out to each of you who sent, brought, or helped to secure items for our auctions. And as always, my thanks to everyone who bid on all of these great items; we hope you enjoy them!

Without all of these volunteers and others like them, a conference of this magnitude and success simply would not be possible. To each and every one of you, I say 'thank you' from the bottom of my heart! 🍷



The **Special Kids Network Annual Tennis and Golf event** was held in July 2012 at Twin Orchard Country Club in Long Grove, IL. Nina Reeves and Tammy Flores attended the event and represented the NSA by assisting with preparations, greeting golfers, and working the silent/live auction. The NSA would like to give a big 'thank you' to the Special Kids Network for allowing us to be part of this wonderful event. We look forward to seeing you next year.

# No Ordinary Conference

SHERYL HUNTER



Professionally, I have attended numerous conferences over the years for the purpose of continuing education, networking, and business development. I've made some friends at these events, but I've never shed a tear, hugged another soul in an embrace filled with deep understanding, or felt the love and support of over 700 people in a single room. I've never witnessed such bonds between people who see each other only once a year, especially the bonds between the teenagers who have an unspoken language of instant understanding and acceptance. The National Stuttering Association Annual Conference is no ordinary conference.

What accounts for this unspoken and instant bond among the attendees? I believe it is the fact that we are bound together by a common experience that unites us at our core. One parent can look to another and just know the fear they have felt for their child navigating the world as a person who stutters. One 65-year old man can shake hands with another older adult who stutters and know they also experienced tremendous societal obstacles at a time of less tolerance and more misunderstanding of stuttering. One child can play with another and feel no fear of judgment; just play freely and joyfully. It is no ordinary conference; it is a sanctuary of support and unconditional love and acceptance.

This got me thinking about what it means to be a "self-help group." I did a little research online and here are some excerpts I found of interest:

**Self-help Group defined:** A non-professional organization formed by people with a common problem or situation, for the purpose of pooling resources, gathering information, and offering mutual support, services, or care.... Although self-help groups may draw on, or offer a bridge to, professional assistance, free services are usually *provided by the members themselves* through meetings, publications, the Internet, and individual contacts. (Source: [thefreedictionary.com](http://thefreedictionary.com))

**Peer Influence:** By "the veteran helping the rookie," the person who has "already been

there" helps the newer member. Through peer influence, the newer member is affected. Although the newer member learns that the problem can be dealt with and how, the older member who helps also benefits. (Source: "What is a Self-Help Group?" by Kate Ahmadi <http://psychcentral.com/lib/2007/what-is-a-self-help-group/>; secondary research citations removed in interest of space)

**Empowerment:** One possible effect of this peer model is empowerment. Self-help group members are *dependent on themselves, each other, the group*, perhaps a spiritual power. Together they learn to control the problem in their lives. (Source: "What is a Self-Help Group?" by Kate Ahmadi)

**Community & Fellowship:** Those who share a common shame and stigma can come together, without judging, to provide an *"instant identity"* and *community*. They can give emotional, social, and practical support to each other. They can explore and learn to understand and to combat the shame and stigma together, enhancing their self-esteem and self-efficacy. Through participation, they can enhance their social skills, promoting their social rehabilitation. (Source: "What is a Self-Help Group?" by Kate Ahmadi)

Anyone who has attended the NSA Conferences can attest that the NSA is providing the benefit of a self-help group to its members. But we need the participation and action of all of you! We are dependent on each other. We have to take action to come together. We have to serve as mentors or accept support as a newcomer "mentee." We have to "pool our resources" in order to exist and fulfill our mission. Please consider your role and how you can make a greater impact on your peers. How can you help make the NSA extraordinary? 🎧

*"Each of us is here for a brief sojourn; for what purpose we know not, though sometimes we sense it. But we know from daily life that we exist for other people first of all, for whose smiles and well-being our own happiness depends."* – Albert Einstein

# Scottsdale: So Nice, We're Doing it Twice!



Get ready to raise those voices along with the temperature, because the NSA is setting in the Valley of The Sun. Come join us next year, July 3-7, 2013, at the Westin Kierland Resort & Spa in Scottsdale, Arizona!

If you were one of the 600+ attendees who had the chance to experience this dazzling establishment in 2009, you heard the compliments that lasted long after our conference ended. The Westin Kierland Resort & Spa truly is one of the crown jewels of American hotels. Surrounded by golden rays of sun, perfectly formed palm trees, and spectacular views of the mountains, this property showcases the very best of the Phoenix metropolitan area. And if you want to keep cool, we have the best way to do it: lavish outdoor pools, a "lazy river" where you can float away, and oh yes... how can we forget a hot tub under the stars? A four-star gym, spacious conference rooms, and guest rooms that blend the perfect mix of cosmopolitan with the Native American history! If you're looking to indulge yourself in the very best spa treatments around, every option you could ever want will be available.

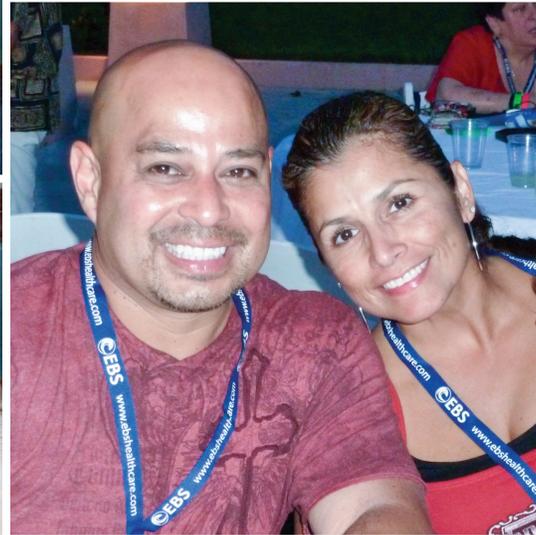
Being a guest at the Westin Kierland will also mean you won't have go far...for anything. If you want to enjoy a day at the mall, Kierland Commons is only a short walk away, and regardless of whether you want a new pair of jeans, Indian jewelry, or a delicious dinner, you'll have easy access. Restaurants such as The Cheesecake Factory and Tommy Bahama are popular choices, and because Arizona is all about the outdoors, you can take in one of the world's renowned wonders, The Grand Canyon. It's a mere three hour drive, but a lifetime away. Explore an Indian reservation or go for a road trip.

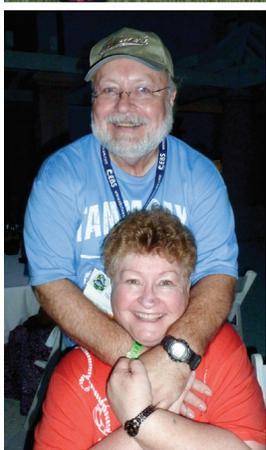
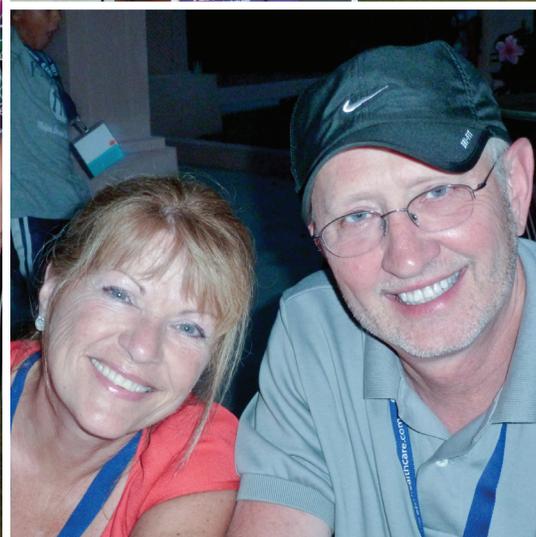
Book your reservations at ([StarwoodMeeting.com/Book/NationalStutteringAssociation](http://StarwoodMeeting.com/Book/NationalStutteringAssociation)) as soon as possible because this resort WILL sell out quickly. Once again, the NSA will be able to offer you a generously discounted rate, as we have always done for our conferences. Dream, go big, speak loudly: all in the Great Wide Open!

We will see you next year!!! 🎧



We loved seeing each and every one of you in St. Petersburg this year, and hope that you'll join us in Scottsdale, AZ in 2013!





# CHAPTER NEWS

DAVID BLAZINA

## Dallas Chapter Celebrates 30 Years

The following article was written by **Emily Martinez** and appears on the University of Texas at Dallas website.

About 50 local members of the National Stuttering Association (NSA) recently gathered at the UT Dallas Callier Center for Communication Disorders to celebrate three decades of overcoming challenges and of sharing support.

The group formed 30 years ago in response to a lack of knowledge and ability by professionals to help those affected by stuttering. Callier opened its doors to the group and members have gathered monthly at the Inwood Road center ever since.

The anniversary celebration brought together longtime members of the group, as well as former participants, one of whom now lives in Buffalo, N.Y. and another who traveled from Oklahoma City.

**Lee Reeves**, a founding member of the local branch, said he enjoyed sharing memories and stories with old friends and newer members. He thanked Callier and its speech-language pathology team for their continuing support of the organization.

"The value of self-help and mutual aid has long been established for a variety of diseases, disorders and life predicaments," said Reeves, who is a Plano veterinarian. "Stuttering is a complex developmental speech disorder that continues to be poorly understood by not only the public but by many speech-language pathologists. Research has shown that self-help groups serve needs that are distinctly different from those provided by traditional

modes of therapy. Being associated with this group and the people at UT Dallas Callier has enriched my life beyond measure."

Because of the success of the adult organization, similar groups have formed at Callier for children and teens. Former Callier speech-language pathologist **Tricia Krauss-Lerhman**, who attended the May event, started one of the first children/parent support groups (Y.E.S.S.) in the country as a result of her longtime involvement with the Dallas NSA.

Members of the NSA were pioneers in the effort to create a partnership with the graduate program in speech-language pathology in UT Dallas' School of Behavioral and Brain Sciences (BBS). Several innovative initiatives have been developed from a mutual desire to train better clinicians and researchers.

Callier and the graduate program in communication disorders have consistently supported the concept of self-help for stuttering, Reeves said. Representatives of the NSA have spoken to every graduate class from BBS over the last 30 years. Callier faculty members also require communication students to attend self-help meetings to pass their courses.

**Dr. Thomas Campbell**, executive director of Callier, and **Jan Lougeay**, director of clinical education, were on hand for the anniversary celebration.

"Being able to help host the 30th anniversary of the NSA was clearly a delight," Campbell said. "It was clear from the comments and testimonials of individuals that this organization has made a significant difference in their lives and in their ability to communicate."

## Nashville, TN

Nashville NSA members **Jack Henderson** and **Maxine Rowe** show off their "I Have a Voice" t-shirts. The two received their shirts after speaking at the Vanderbilt University Fluency Camp in early June. The two spoke to the teens and pre-teens attending the fluency camp about how to handle the issues faced by children who stutter.



## Lexington, KY

**Charlie Hughes** reports that on Monday June 25th, the Lexington, Kentucky adult chapter held its very first meeting! There were four people in attendance and it was decided that meetings would be held on a monthly basis. One of the discussions focused on how in regards to stuttering, just as in sports, attitude goes a long way.

The group also discussed potential ways to promote the group and the NSA, and one idea was to contact local radio stations to do a public service announcement. All in all, it was a great meeting and they're looking forward to making their presence known in the Lexington area.

## East Maine

The E. Maine Chapter of the NSA met "on the waterfront" at Three Tides restaurant in Belfast, ME, with five people in attendance writes **Marybeth Allen**. She sends special thanks to **Charlie** for setting up the meeting.

During their check-in round, which of course lasted half of the meeting, they found out that all's well. The group is encouraging **Jason** to pursue his goals of taking a course at Eastern Maine Community College where he has an interview lined up with the Learning Center, and will soon take a math placement test. The rest of the group is enjoying a "normal summer." Marybeth is working her last few weeks at UMaine and will set out on new adventures, one of which will be living most of next year with her daughter in Massachusetts and serving as a nanny to a granddaughter to be born in September. This led to a discussion of future leadership, and all agreed to take turns setting up and leading the meetings during the next year. **Chris M.** volunteered to

*continued on next page*



Dallas NSA Chapter Celebrates 30 Years

be in charge of keeping up communications and emailing the group each month with meeting notices.

The topic of the night was “Avoiding Avoiding”, reflecting a workshop that Marybeth attended at the NSA conference in St. Petersburg, which was led by longtime NSA member, **Judy Eckhart**. The group talked about avoiding in general, which kinds of situations and words they tended to avoid and the consequences of avoidance.

### Albany, NY

**Grace Gregory** tells LETTING GO that their August meeting was attended by four people and chaired by **Mary Archambault** at the College of St. Rose. **Alex**, who recently relocated to their area, was able to join them for the first time. Mary read the **Welcoming Words** and the group went around the table and told a little about themselves to get acquainted with their

new member. It was an informal and casual meeting and there was a good back and forth conversation. One of the items that got attention was the issue of speaking at a slower pace, others’ rates of speaking, and how that may affect the speech of a PWS. Alex volunteered to end the meeting by reading the Closing Words. Grace and Mary met before the chapter meeting for a final discussion on the chapter picnic planned for August 13th at The Crossings, a local park in Colonie not too far from the College. They’re hoping for nice weather and are reaching out to past and present members, family, and friends they haven’t seen in a while and are hoping for a good turnout!

### Los Angeles, CA

The Los Angeles Chapter met on Wednesday, July 18, at their new permanent location, which is about 15 minutes away from their previous location at Cal State LA. **Josh** and

**Devin** would like to thank **Professor Gail Lew**, SLP, for letting them meet at the office of her private practice. There were a total of 16 people in attendance, including three first timers, two supporters, and two SLPs.

This was a special meeting, as they were joined by **Raul Bocanegra**, candidate for the California State Assembly. After reading the Welcoming Words and introductions, Mr. Bocanegra shared his experiences as a PWS in the political world. He also confessed the feelings and fear he had about his stuttering both when he was a child and as a college student. Now, however, as a university professor, he has let go of his fear. He enjoys teaching his students and doesn’t even think about the blocks or pauses in his speech. This was the first time Mr. Bocanegra shared his experiences with a group of people, and he mentioned that he was very honored and humbled to be invited to such an amazing group.

### THOUGHTS FROM A FIRST TIMER *continued*

On the 4th of July there were fireworks and a barbecue where everyone gathered and socialized. I met a ton of new friends that night, people that I hung out with for the rest of the conference. I’m sure I will keep in touch with these people for a long time. It was pretty neat how this common bond of stuttering (which, let’s face it, can sometimes be a burden) could bring people together in one place and help develop such strong friendships.

The conference was made up of different age groups and being 23 years old myself, I fell into the “20-Something” group. This group met every night and hung out by the pool, hung out in peoples’ rooms eating pizza, and/or went to grab a few drinks, often staying up to 3 in the morning. I can’t say enough about how everyone was so welcoming and made me feel like I was wanted there. This was the first time that I truly felt free to say exactly *what* was on my mind and not worry about *how* I said it. I didn’t have to hide my stuttering from anyone or meticulously plan out what I wanted to say to avoid stuttering. I just felt at ease.

One day, I put on my “grad student hat” and volunteered at the Teen’s Conversational Breakfast and for the Family Teaming Event. These were two very special opportunities

that enabled me to hear the experiences of the children of the NSA. It was a lot of fun to interact with them and help set up activities for them and their families. Afterwards we had pizza and I ate with a mother and her two children and we just hung out and got to know each other.

I went to many sessions, including open mic’s; sessions for anyone to get up in front of a crowd and speak for a few minutes about whatever they wanted. It was really fun and I heard some stories that were pretty sad, but there were inspirational stories too. I also went to a workshop on covert stuttering, a phenomenal session led by SLP Vivian Sisskin, and a 20-Something introduction session. My favorite session had to be the keynote speech by Bill Wade, *Guys from Harvard Don’t Stutter... and Other Myths*, but all of the sessions were both very inspirational and enjoyable.

Usually I have a pretty mild stutter but when I went down to the conference I noticed a huge difference in my stuttering. Counter to what I thought would have happened; my stuttering actually increased. The conference seemed to suck out my stuttering and at first it really shocked me. I began to get used to it, and I realized it wasn’t a big

deal anymore. I found that I could actually say more of what I truly wanted to say.

The best part of this conference, and the most valuable thing that I took away from it is that it is all about the people! Everyone’s story is so great to hear and just meeting new people and making some amazing friends is what the conference is all about. Everyone is there for one another. You don’t feel like an individual, you feel like you are a part of a group, and that is a great feeling!

On the way back to the airport I engaged in small talk with the cab driver and pseudostuttered throughout our conversation. Before the conference I had never pseudostuttered, but the conference desensitized me to my stuttering and I became comfortable with it.

If I could offer advice for people who are considering attending the NSA next year I would say:

1. Don’t hesitate to go, just go! Make it happen!
2. Just say, “Yes” to every experience that comes your way at the conference. You won’t regret it...or forget it!
3. Say, “Hi” to everyone and ask them their name and where they are from.
4. Finally, buckle up for a wonderful ride. 🚗

# SLP Students Hit St. Pete!

DANIELLE BLACKBURN



Prior to February of this year, I did not know very much about the National Stuttering Association (NSA). While driving home from a day of therapy at our clinical practicum site, my classmate and friend, Chip Benedict, proposed the idea of attending the NSA Conference in Saint Petersburg, Florida. He began to tell our carpool about the NSA and the annual conference. After speaking with our professor, Dr. Kristin Pelczarski, we decided to register. We quickly arranged our travel plans and put our ideas into action. The spring semester flew by and we began our summer courses, which included Fluency Disorders. Personally, I had only had a small taste regarding Fluency Disorders during my undergraduate coursework, so I was eager to begin the class in preparation for not only my attendance at the NSA conference, but also as a future Speech-Language Pathologist. The 4th of July week soon arrived and Chip, our classmate Stefanie, and myself were on the plane en route to Tampa. As a

first-time attendee, I was nervous and excited for all of the experiences that the conference promised to hold. After dropping off our belongings in our hotel room, we ventured to the main lobby on Tuesday evening and met a handful of NSA attendees who were eager to introduce themselves and make us feel welcomed. As a person who does not stutter, this put me at ease. I did not know how I would “fit in” being that I was the minority; however, any doubts that I had quickly vanished. Bright and early Wednesday morning, we found the registration table and picked up our packets of information that would be vital to attending the many workshops and events offered. Our first two days were filled with a breadth of knowledge during the Master Class series of sessions. As a future SLP, I found these classes to be dynamic and engaging. It was wonderful to be surrounded by a room of seasoned SLPs who had a variety of experiences to share with us regarding Fluency Disorders. The information that I learned and the resources that I received during the first two days of the conference expanded my knowledge of Fluency Disorders tremendously.

The third day of the conference was a unique experience for me, as we had the opportunity to volunteer at the childrens’ workshops. In the morning, we each led a table of children during the Conversational Breakfast. This was a great way to engage with the younger conference attendees! The children were eager to talk and help one another. The children demonstrated to me the importance of teamwork during this morning activity. The afternoon Family Teaming Event was comprised of relay races and team games. It involved not only kids who stutter, but their parents and siblings as well. To me, this event proved the value and importance of allowing all family members to attend the conference and learn the motto: It’s OK 2 Stutter!

The evenings and “down-time” at the conference proved to be just as rewarding as the classes and volunteer opportunities themselves. The NSA provided so many opportunities to befriend everyone at the conference: from the 4th of July picnic, the comedy show, the late afternoon spent at the beach, and the closing banquet. The friendships that I formed with people who stutter and fellow SLPs not only allowed me develop my skills as a future clinician, but also to grow as an individual. The amount of support and genuine friendship that was shown to me during the course of the conference will stay with me for years to come. I look forward to attending the conference in the future, as well as stressing the importance of being an advocate to my future clients by educating them about resources such as the National Stuttering Association. Thank you, NSA for allowing me to share in this experience! 📷

**Save the Date**

**NSA End of Year Gathering  
Renaissance Vinoy  
St. Petersburg, FL  
December 1, 2012**

Join us as we gather together to offer our thanks to our members both near and far, and keep our conference spirit alive.

nsa

Invitation to follow

## Congrats to our 2012 Award Winners!

Chapter of the Year :: **Rochester, NY**  
Chapter Leader of the Year :: **Hannah Laday**  
Regional Coordinator of the Year :: **Bernie Weiner**  
SLP of the Year :: **Nathan Maxfield**

Volunteer of the Year :: **Sarah Onofri**  
Conference Dedication :: **Fred Murray**  
Outgoing Board Member :: **Ernie Canadeo**  
Overall Good Guy :: **Tom Scharstein**

## Upcoming Events

**November 3, 2012**  
Phoenix, AZ  
CEU/Family Fun Day

**November 17–19, 2012**  
Atlanta, GA  
American Speech-Language Hearing Association Conference

**December 1, 2012**  
Renaissance Vinoy St. Petersburg, FL  
NSA End-of-the-Year Gathering

Editor | Mandy Finstad, [mandy@westutter.org](mailto:mandy@westutter.org) :: Art Director | Janna Carter :: Recurring Contributors | David Blazina :: Phone | 212 944 4050 | 800 WeStutter (937 8888) :: Fax | 212 944 8244 :: E-mail | [info@WeStutter.org](mailto:info@WeStutter.org) :: Home Page | [www.WeStutter.org](http://www.WeStutter.org)

LETTING GO is a forum for views and information about stuttering. The opinions expressed are those of the individual contributors and not necessarily the opinion of the National Stuttering Association. The NSA accepts no responsibility for the accuracy of any opinion or information provided by any contributor, nor do we endorse or reject any therapeutic strategies, programs, or devices mentioned in these pages. ©2012 National Stuttering Association. All rights reserved.