



THE STUTTERING FOUNDATION®

A Nonprofit Organization

WINTER 2009

Since 1947... Helping Those Who Stutter

Clinical Trial on Cognitive Behavior Therapy

By Susan Block

Social anxiety (i.e. anxiety arising in social encounters) cannot be overlooked in the management of chronic stuttering. The evidence for a relationship between anxiety and stuttering is considerable. Adults who stutter have reported high levels of trait, state, and social anxiety on standard measurement instruments (Hancock & Craig, 1998; Kraimaat, Janssen, & Vandambaggen, 1991). Those who stutter appear to experience higher than normal levels of anxiety, independent of speech. A recent, large-scale population study of Australians (Craig, Hancock, Tran, & Craig, 2003) found trait anxiety levels to be higher in stuttering participants than in controls.



Susan Block, Ph.D.

This paper presents the results of a study in Australia in which the authors examined social anxiety and stuttering. The study examined the rate of social phobia among 32 adults who stutter, the effects of speech restructuring treatment on social anxiety, and then the effects on anxiety and stuttering of a cognitive-behavior therapy (CBT) package for social anxiety.

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Three Guys Who Stutter...

The Podcast

StutterTalk is a weekly podcast where three guys who stutter talk openly about stuttering.

Co-hosts Peter Reitzes, Greg Snyder and Eric Jackson get together and talk about stuttering and life. Peter explains, "We have fun, laugh, argue and agree, talk about the stuttering world, music, movies, and our wives and girlfriends. We try and make sense of the whole stuttering thing by talking about it."

Recently, *StutterTalk's* "3 guys" attended the Stuttering Foundation Workshop Reunion reception and interviewed several Foundation workshopers for their podcast, asking their opinion of the training they received at SFA workshops through the years.

"The workshops include really intense practice and knowledgeable discussions. You walk away feeling comfortable with treating people who stutter," comments Dr. Nan Bernstein Ratner. She noted how stimulating it was for her to



▲ Joe Donaher talks to the "3 Guys" from *StutterTalk*.



▲ Nan Ratner and Lee Caggiano share their thoughts.

Eric Jackson holds the microphone.



see Dr. Hugo Gregory "in action" during the workshop she attended.

Joe Donaher, who now leads the Philadelphia workshop, added, "It

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James Waitus Garrison Remembered

1917-2008

Longtime Stuttering Foundation Board member, James Waitus Garrison, passed away at home in Memphis on Sept. 29, 2008, the morning of his 91st birthday.

Jimmie was SFA Founder Malcolm Fraser's most trusted friend and colleague and had been on the Foundation Board since



Jimmie and Louise Garrison celebrate their 70th wedding anniversary in September 2008.

its inception in 1947.

"He was razor sharp and always asked the tough questions," noted Foundation President Jane Fraser.

"He kept me on my toes and made sure we were on track at all times, fulfilling my father's hopes of making a real difference for those who stutter." □

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Distinguished Professor Emeritus Bill Perkins Remembered

William H. Perkins, a nationally recognized authority on stuttering, died Oct. 6, 2008. He was 85.

Perkins received the American Speech-Language-Hearing Association's highest honor in 1973. Perkins was professor emeritus of speech pathology and otolaryngology at the University of



Southern California's Keck School of Medicine, and speech communication at the Annenberg School for Communication. He was awarded Distinguished Emeritus status at USC in 1991.

"Bill was a delightful and stimulating person, always ready to challenge traditional ways of seeing a problem," said Jane Fraser, who worked with Perkins editing several SFA books. "He possessed a quick wit and a great sense of humor."

As director of The Stuttering Center at USC, he oversaw a speech clinic that specialized in the treatment of stuttering. At the end of his career, Perkins became an outspoken critic of his field, calling into question the conventional understanding of stammering and how it should be treated.

"I realized that the road we were on was not leading to an understanding of the fundamental nature of stammering; it was a circular track that was being repaved regularly," he wrote. "I left the paving crew to blaze my own trail in a different direction by following markers of those who stammer."

He went on to advocate a sci-

'Find Yourself a Dream' Wins Emmy

"Find Yourself A Dream - The Bob Love Story," a documentary about Bob Love and his struggle to overcome his stuttering, has won an Emmy in the category, Outstanding Achievement for a Documentary Program. The announcement was made on Saturday, October 18, 2008, by the Chicago/Midwest Chapter of the National Academy of Television Arts & Sciences at their 50th Annual Chicago Midwest Emmy Awards ceremony.

Love is not only a spokesman for the Stuttering Foundation but also is featured on the Foundation's *Famous People Who Stutter* poster and brochure.

As Director of Community Affairs for the Chicago Bulls, Bob Love makes over three hundred appearances each year, and speaks to over 250,000 young people and their parents about the importance of staying in

school, getting an education, persevering over adversity, and achieving one's dreams.

More recently, SFA Board member, Jean Gross recommended Love as keynote speaker for the 2008 Southwest Florida Blue Chip Community Business Award luncheon in Fort Myers, Florida. It was a most fitting setting for him as this award recognizes small business leaders who have overcome adversity to achieve success and shares

their stories as models for other entrepreneurs just as Love himself has.

Love autographed his book and Stuttering Foundation posters for hundreds of banquet guests. □



New 2009 SFA poster with Chicago Bulls' legend Bob Love.



The SFA's Famous People Who Stutter poster and brochure.

entific approach that accounted for the subjective experience of the stutterer.

"If science requires objectifying stutterers to the extent of divesting them of their subjective experience because it cannot be measured traditionally by what is readily observed," he said, "then science is the loser."

After receiving his B.S. in 1943 from Missouri State College, Perkins enlisted in the Navy and served in World War II as a gunnery officer stationed in the South Pacific. He retired from the U.S. Naval Reserve in

1983 as a lieutenant commander.

After retiring in 1988, Perkins devoted his career to solving what he called "the unsolvable problem of stammering." It was his controversial book, *Tongue Wars: Recovery from Stammering*, which challenged the profession to reconsider long-held orthodoxy.

He is survived by his wife, Jill and sons, Scott, Kyle, Christopher, and his daughter-in-law, Denise. The family requests that donations be made to the Alzheimer's Association in Dr. Perkins' name to further scientific research. □

10 Downing Street

Stuttering Foundation representatives Joe Fulcher and Jane Fraser joined actor Michael Palin and the staff of the Michael Palin Centre for Stammering Children at the September 11 reception at 10 Downing Street hosted by Mrs. Sarah Brown, wife of the Prime Minister Gordon Brown, in honor of the work done on behalf of children who stutter.

“It was a most remarkable experience at such an historic site,” commented Jane Fraser.

Speakers at the reception included Michael Palin, The Right Honorable Edward Balls, and noted author, Lord Max Egremont.

Cabinet Minister Ed Balls spoke eloquently of his difficulties as a stuttering child. In the past year, he has been a driving force in obtaining additional funding for children who stammer. This funding will help expand the work the Centre does in training therapists throughout the United Kingdom.

The Stuttering Foundation, in turn, is striving to promote these effective treatment ideas worldwide.

Lord Max Egremont also recalled his school days as a child who stammered and the difficulties that they entailed. Both joined in praise for the outstanding work on behalf of children and young people being carried out by the staff of the Michael Palin Centre.

In a recent letter to Jane Fraser, Balls emphasized, “Helping children and young people who stutter is vital. Meeting and talking to so many people who work with the Centre, or are patients, really demonstrated just how important its work is.” □



A portrait of Queen Elizabeth I graces the room above the crowd.



The Right Honorable Edward Balls, Sarah Brown and Michael Palin.



◀ *Jane Fraser, Joe Fulcher, Travers Reid and Mrs. Reid.*



Michael Palin and Sarah Brown.



Frances Cook, Michael Palin, Jane Fraser and Joe Boulding.



Lord Max Egremont, Cabinet Minister Ed Balls, Sarah Brown and Michael Palin.



Back row: David Botterill, Oliver Rawlins (a Trustee of the Michael Palin Centre), Kit Sparkes and Willie Botterill. Front row: Sharon Millard, Sarah Broadhead, Jane Fry, Frances Cook, Diana de Grunwald, Elaine Kelman, Ali Berquez and Liz Jordan.



Joe Fulcher and Jane Fraser at 10 Downing Street.

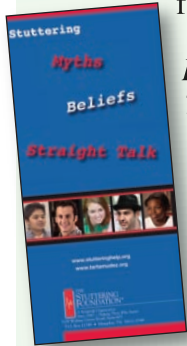


Lord Max Egremont and Jane Fraser.

◀ *Michael Palin, The Right Honorable Edward Balls and 15-year-old Catherine.*

Hot Off the Press

The Stuttering Foundation just published a new brochure for teens.



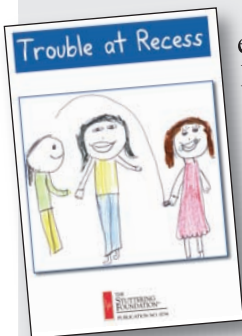
Stuttering: Myths, Beliefs and Straight Talk is written by Peter Reitzes, M.A., CCC-SLP, and Greg Snyder, Ph.D.

In addition to addressing issues facing teens and debunking myths, the brochure lists numerous resources, many of them new and available free on the Web.

The brochure can be downloaded at www.stutteringhelp.org, click on "brochures" or call 800-992-9392 for information on our printed version. □

Trouble at Recess Gets National Press

The October issue of the national publication, *American Teacher*, generously spread the word that *Trouble at Recess* is available free of charge to school libraries across the country.



Through this exposure, the Miami-Dade County school system quickly got the word to the media specialists in their elementary schools and in one week the Stuttering Foundation received 55 requests for the book! To date, hundreds have been sent to librarians in 15 states throughout the country. □



Carolyn Gregory is interviewed by Eric Jackson.

Podcast *Continued from front page*

has been 10 years since I attended the Northwestern workshop with Hugo, June Campbell and Diane Hill. It was incredibly valuable not only in terms of treatment but also in terms of networking with other clinicians."

Joe Klein, who attended this year's Philly workshop, joked that since then he now knows everything there is to know. On a more serious note, he added how much he valued his five workshop days.

Lee Caggiano said, "It was tremendous to be able to be at a workshop with Dr. David Luterman and interact with him and with other clinicians! The workshops are affordable, and you get to see the world's best therapists doing therapy live." In addition to her work as a therapist, Lee also heads up *Friends: The Association of Young People Who Stutter*.

Other podcasts feature special guests, such as workbook author Kristin Chmela, SFA Board member Dennis Drayna, Counseling DVD "star" David Luterman, and many others.

Contact Information:

Web sites:

<http://stuttertalk.com> and <http://stutter101.com>

Voicemail: 206-888-4619

Email: stuttertalk@stuttertalk.com

Listen to the podcasts online at <http://stuttertalk.com>. □

StutterTalk

Co-host Bios:

Greg Snyder is an adult stutterer and is currently an assistant professor at the Department of Communicative Disorders at the University of Mississippi.



He earned a Ph.D. from the Department of Communication Sciences and Disorders at East Carolina University. After graduation, Greg was assistant professor in the Department of Hearing, Speech, and Language Sciences at Gallaudet University. Greg and his family currently reside in Oxford, MS.

Peter Reitzes is an adult stutterer and an ASHA certified, speech-



language pathologist working in an elementary school and in private practice in Brooklyn, New York. He is the author of *50 Great Activities for*

Children Who Stutter: Lessons, Insights, and Ideas for Therapy Success (PRO-ED), is co-editor of the *Journal of Stuttering Therapy, Advocacy and Research* (www.JournalOfStuttering.com), and is adjunct professor at St. John's University and Touro University.

Eric Jackson is an adult stutterer and a graduate student in the Speech-Language Pathology program at Brooklyn College in New York. As a Graduate Fellow in the program, he teaches an undergraduate course in public speaking. Eric is also a musician in two Brooklyn-based bands.



Windy City Hosts ASHA 2008



Setting up...



Charlie Osborne sits on 800 pounds of SFA materials - all needing to be unpacked.



Carol Ecke, Frances Cook, Willie Botterill, and Charlie Osborne - The Setup Team.



Carol Ecke takes a picture of the crowds waiting for the exhibitors to open.

The temperature in Chicago was chilly, but the Stuttering Foundation booth was bustling with warmth and activity at the American Speech-Language-Hearing Association Convention in mid-November. The newest items were hot: *Trouble at Recess* flew off the shelf and sold out on the first day!

Many were disappointed to discover the *8 Tips for Teachers* and *7 Tips for Talking with Your Child* flyers had already disappeared by the second day of the convention. Other items proving to be popular were the old and the new: The DVD *Working with Preschoolers Who Stutter: Successful Intervention Strategies* and *Sharpening Counseling Skills* with David Luterman, D.Ed.

A record number of volunteers helped staff the thirty-foot booth – 33! A special thanks to Steffi Schopick, Katerina Ntourou, Willie Botterill, Frances Cook, Patrice Carothers, Robin Jones, Sheryl Gottwald, Joseph Donaher, Rita Thurman, Vivian Sisskin, Judy and Tom Kuster, Jennifer Watson, Charlie Healey, Julie Gasway, Anthony Buhr, Ryan Pollard, James Panico, Glenn Weybright, Peter Reitzes, Charlie Osborne, Susan Cochrane, Bill Murphy, Lynne Shields, Kristin and Tom Chmela, Kim Krieger, Susan Short, Kathleen Scaler-Scott, Tom and Maria Gurrister, Dahye Choi and Kristel Kubart.

▶ [Watch the video from the ASHA conference at www.stutteringhelp.org.](http://www.stutteringhelp.org) □



Renee Shepherd, Carol Ecke and Terri Jones get the Stuttering Foundation booth ready for the big rush.

Traffic Was Hot!



Susan Cochrane, Vianne Bjornberg and Carolyn Gregory.



Carol Ecke and Terri Jones discuss a book with an attendee.



Peter Reitzes helps SLPs select the perfect resources.



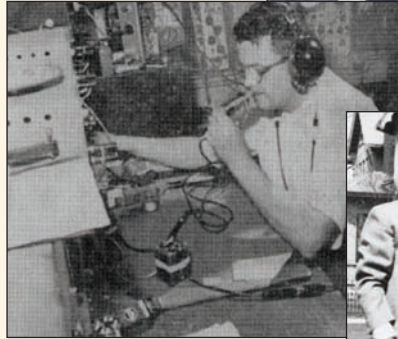
Remembering Courtney Stromsta

Stuttering: Its Nature and Management by Courtney Stromsta, Ph.D., is now available at www.stutteringhelp.org. Click on "eBooks."

Courtney Stromsta (1922-1995)

was a professor of Speech and Hearing Science at Western Michigan University in Kalamazoo, Michigan from 1968 to 1987. Along with Dr. Charles Van Riper, he conducted research into the problem of stuttering, looking for ways to improve therapy.

In 1986, he published *Elements of Stuttering* which is now available from the Stuttering Foundation.



Several years after his death, his daughter Sveri asked her mother (Rose Stromsta) if there was perhaps a briefcase that Sveri could have. They located one that had belonged to Courtney. Just as they were reaching for it, Sveri said to Rose "what if there is a book manuscript in there?" and indeed there was.

This manuscript was originally edited by Gordon De Young of Key Publishing Services in 1994. It has not been re-edited for more contemporary vocabulary. The term "stutterer" while not used as frequently now, was the norm then, and has been retained for this edition.

~ Carroll Guitart

SFA Spokesman in the News

In the Nov. 3, 2008, issue of *Newsweek*, the magazine writes, "Alan Rabinowitz, a long-time director at the Wildlife Conservation Society (WCS) in New York, is taking a new approach to big cat conservation. Not only is he working to bring back the world's vanishing tiger populations, he is establishing passageways for those populations to mix and preserve genetic diversity."



"Two years ago, Rabinowitz partnered with philanthropist Tom Kaplan to form Panthera, a non-profit firm devoted to cat conservation. Their first objective is constructing 'genetic corridors,' which will traverse wilderness and cultivated land alike to connect existing habitats and allow individual cats to seek new territory for prey and new populations for breeding. Think of these as a kind of underground railroad for tigers: the conductors are the cats themselves, and the endangered cargo they bear is their genes."

For the complete article, visit our Web site, www.stutteringhelp.org.

Clinical Trial *Continued from front page*

Thirty-two adults with chronic stuttering were randomly allocated to receive either speech restructuring (Prolonged Speech) following a CBT package for social anxiety or speech restructuring alone. Data were obtained on a variety of speech and psychological measures at pre-treatment, post-CBT, post-speech restructuring, and 12 months follow-up.

Sixty percent of the cohort were diagnosed with social phobia. Speech restructuring treatment alone had no impact on the social phobia of the cohort at 12 months follow-up. At follow-up,

participants who had received CBT showed no social phobia and greater improvements than control participants on a range of psychological measures of anxiety and avoidance. However, the CBT package made no difference to the speech outcomes of those with social phobia.

Consequently, it was concluded that the CBT treatment was associated with significant and sustained improvements in psychological functioning but did not improve fluency.

This article is from the Journal of Speech, Language, and Hearing Research Vol. 51 1451-1464 December 2008. It is based

on research by Ross G. Menzies, Sue O'Brian, Mark Onslow and Ann Packman of the Australian Stuttering Research Centre, The University of Sydney, Australia; Tamsen St Clare of The University of Sydney and Westmead Hospital, Sydney, Australia; and Susan Block of La Trobe University, Melbourne, Australia.

Craig, A., Hancock, K., Tran, Y., & Craig, M. (2003). Anxiety levels in people who stutter: A randomized population study. *Journal of Speech, Language, and Hearing Research*, 46, 1197-1206.

Hancock, K., & Craig, A. (1998). Predictors of stuttering relapse one year following treatment for children aged 9 to 14 years. *Journal of Fluency Disorders*, 23, 31-48.

Kraaimaat, F. W., Janssen, P., & Vandambaggen, R. (1991). Social anxiety and stuttering. *Perceptual and Motor Skills*, 72, 766.

International Stuttering Awareness Day Breaks Record!

Media coverage of International Stuttering Awareness Day, October 22, surpassed all expectations. SFA embarked on a Letter to the Editor campaign sending letters to hundreds of media outlets and in turn many newspapers printed the letter!

Here are a few excerpts from e-mails received from readers:

“My son is 14 years old. He stutters, and I want to know how I can help him. Is it too late?”

New York
“I am the parent of a 3-year old boy. He just started having trouble with the beginning of sentences. He has trouble starting the word and seems to stay stuck on the initial sound and drag it out. Any information would be greatly appreciated.”

Rhode Island
“Sir, I need self-therapy, there are thousands like me here ashamed of this disorder. I want to help myself and show right way to others so that they can live a dignified life.”

India

“I have a 10-year old who stutters — also father, grandmother, and great-grandmother — any new hope in last 50 years?”

Kentucky
“I am a 37- year old and have been dealing with this problem all of my life. I have had no luck with my stuttering. I need your help.”

Florida
“I have an intermittent stutter. It comes and goes. However, I work in an office environment, and it is becoming frequently a source of embarrassment.”

Texas
“I have a friend who has stuttered horribly his whole life, and I would like to get some info to see if we can

help him.”

Idaho
“I am both a parent and a teacher. I teach high school, but my 3 year old daughter has been stuttering for the last five months and lately has been getting worse.”

Montana □



Jane Fraser holding a copy of the Stuttering Foundation newsletter with John Tarver on Oct. 8 at the Wedgewood Golf Club.

Shelby Railroad Keeps on Track for Stuttering

Kirk and John Tarver and their Memphis-based Shelby Railroad Services Inc. raised a record \$6,000 to help those who stutter. Jane Fraser was in attendance to receive this outstanding gift along with Pat Hamm, the Office Manager of the Stuttering Foundation.

The annual Tin-Cup Tournament took place on Oct. 8 at Wedgewood Golf Club in Olive Branch, Miss.

This is the seventh year the company teamed up with the Stuttering Foundation to honor Ruth McGuiness Tarver, the late mother of company president and founder John Tarver. Ruth stuttered from the time she was a young child.

“She was a great lady,” Shelby Railroad Vice President Kirk Tarver said of his grandmother. “It didn’t matter to us, but it embarrassed her. Back in the ‘30s, there wasn’t any help.”

“We are so grateful for the dedicated friendship and support the Tarvers and Shelby Railroad have shown us,” Fraser said during the event. □

Dear SFA: Reader Response



Send letters to SFA, P.O. Box 11749, Memphis, TN 38111-0749 or e-mail info@stutteringhelp.org.

Speech class is fun ▶

Dear SFA:

I was 5 when I started noticing that I was stuttering. Then when I got older I kept getting madder and madder at my stuttering. But when I was 5, I didn't mind it 'cause I didn't know how bad it would be. Now I'm in 2nd grade. I'm getting used to my stuttering and I'm getting better. Sometimes I still get mad at my mouth. By 6th grade I hope I stop stuttering. I went to summer speech school and that helped me a lot. We read and recorded stories. It was F-U-N! My school speech teacher teaches me to relax my body. I get pluses for the words I am fluent on. I say words with 2- and 3-syllables, and I did it perfectly.

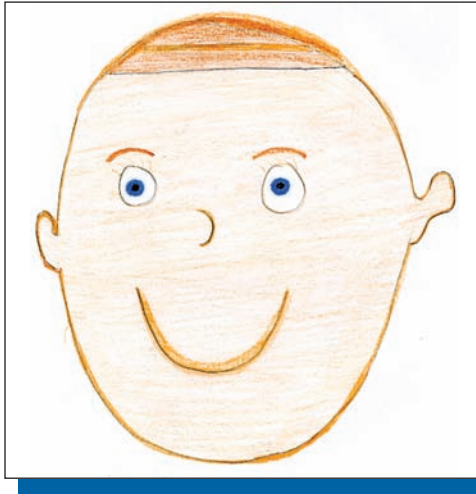
Carter

Minnesota

Technique helps

Dear SFA:

I am Edgard. I'm 10 years old and in 5th grade. My hobbies are being with my family, playing with my brothers, and playing



A self-portrait of Carter.

with my friends. I've been in speech class for 2 years. However, that doesn't bother me anymore. Ever since my speech teacher told me that everyone stutters — even she does now and then — it makes me happy to be who I am.

My teacher teaches me how to use easy speech. Sometimes we have homework for easy speech, and it helps me use my strategies. When I stutter, I stick out my

tongue, shake my head and say "ahhh." When that happens I feel nervous, so I try to forget that it happened and use easy speech to keep talking. Easy speech is a great technique because I talk more fluently and now I'm OK with my stuttering.

Edgard

Orlando, Fla.

Be proud of who you are

Dear SFA:

My name is Maddy. I'm 10 years old. I enjoy going to speech class because I want to learn and get better at my stuttering. My friends don't tease me because we all know that no one is perfect, but unfortunately there are people in the world who make fun of other people. You have to remember stuttering is okay and over 3 million people in America stutter, so don't be ashamed. Be proud of who you are. Everyone is perfect in their own way. You can do everything that you want to.

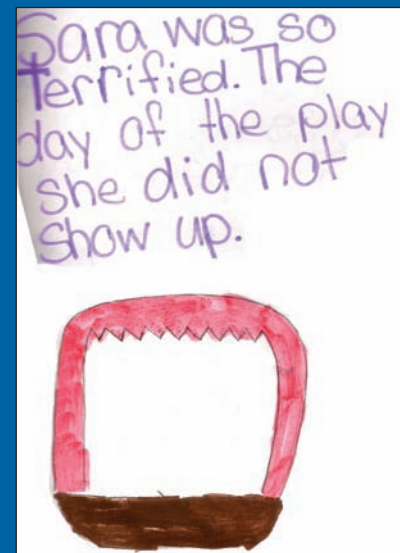
Maddy, 10

St. Charles, MO

Continued on page 9

Young author writes books

Josette, 10, from Brooklyn, N.Y., has been working on a book series titled "Stuttering Sara." She is writing the series in hopes of helping other children who stutter. In the first book, Sara was chosen for the lead in a school play. But she is scared to perform because she might stutter. At first, Sara doesn't even show up and the stage remains empty! Sara finally decides she would rather perform than quit the play and she comes up with an idea. She knows that when she speaks in unison chorus with another person, it helps alleviate her stuttering. So she enlists the help of a friend and together they successfully perform in front of the whole school. The play is a big success and Sara is happy to have conquered her stage fright with a great solution. Josette is a student of Peter Reitzes, M.A., CCC-SLP.



An empty stage.

Tips for teasing

Dear SFA:

I have gone through a lot of things like kids picking on me and calling me names. The way I deal with it is to not pay attention to them and not listen to them. Now I am 10 years old and people don't pick on me that much because I've gotten better at not stuttering.

Desmond

Chicago

School, baseball are favorites

Dear SFA:

I am 9 years old. I like to play baseball. I have been going to speech for 6 years. My favorite subjects are science and math. I like school. Stuttering is like somebody hitting you in the face. I sometimes get worried, but I know its okay. I have two brothers and one sister, and she is so cute.

Tripp

E-mail

Encouragement for others

Dear SFA:

My name is Cricynda (crih-sin-dah). I am 11 years old and in the 5th grade. I like to do many things, like swimming and drawing. I've been in speech class for two years. I feel okay about my stuttering. I've been learning about one thing ... Easy speech! Easy speech is slowing down when you're talking. We use this very often. Our goal is to use it outside of class. Thank you for reading my letter. I hope this helps other kids know that other people stutter as well. They are not the only ones.

Cricynda

Orlando, Fla.

Please include contact information and parent's permission when sending children's drawings and letters. You can e-mail them to info@stutteringhelp.org or mail them to P.O. Box 11749, Memphis, TN 38111-0749. □

World War II Veteran Shares Journey

Dear Stuttering Foundation,

After seeing an article for your organization in the Journal of the American Medical Association, I decided to send you this letter to hopefully help others who stutter today.

First off, I have to brag a little. Today, I no longer stutter as I once did. Giving speeches to business or classroom groups is a pleasure for me. I have been a Toastmaster president and won many speech contests!

I started off in life as a New York City youngster who could not say my own name. Kids would jeer me. I had zero friends. I got into many fights and was expelled, failing elementary school and not attending high school.

In 1943, the U.S. needed merchant sailors in the war with Japan and Germany, so at age 16, my Dad signed me into Sheepshead Bay Merchant Marine School. Dad said I might learn a trade and off I went to sea in the cold Atlantic.

Disliking icy weather, I volunteered for engine room duty. It was warm but the job required yelling information above the engine noise to the watch engineer. I found that by yelling, I didn't stutter! No one can stutter when you yell or sing! I soon learned to fake a hearing loss and talk louder. I was so pleased to be fluent, I talked to anyone who would listen.

I studied the engines and systems and learned fast since this was my first real "school." No stuttering and no laughing kids. I passed the required Coast Guard exams and advanced to better jobs. The war-time sea duty will

always hold a special place in my memory.

In 1946, I joined the U.S. Army Air Corp and became an aircraft mechanic. I then passed exams to become a flight engineer on B29s. Because I liked to talk they made me a classroom and "hands on" flight instructor. This duty lasted for 21 years.

One week after retiring in 1967 I was hired by Douglas Aircraft Company to teach systems to air-

line pilots and flight engineers. Now it was all jet aircraft (DC8, DC9 and DC10), but I learned fast and became a top classroom

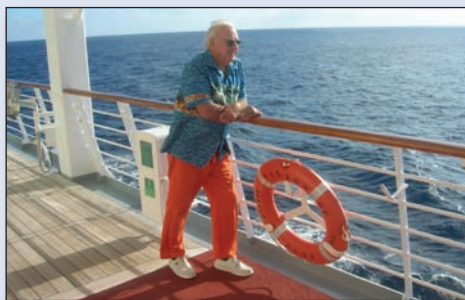
instructor. After another 21 years, I again retired.

I took two subsequent jobs, one as a DC10 pilot instructor at Continental Airlines, and one as a certified teacher of an aviation course at the Long Beach City College. My ability to talk as a teacher, instructor, Toastmaster, and everyday person makes me feel very good. Education is never-ending. I am also a self-taught cartoonist and often go on cruise ships to entertain people with my art. I started to draw because my writing was terrible. I can "draw" in any language!

Today, I am 81 years old, retired three times, married 61 years to the same lady, and am in relatively good health except for profound hearing loss.

Stuttering can be overcome! Find your way, the sooner the better. I do hope this letter and my story serves someone some value.

Respectfully yours,
James Walker
Lakewood, CA



The Second African Conference on Stuttering

By Joseph Lukong
Secretary & Board Member of
the International Stuttering
Association Coordinator General
of Speak Clear Association of
Cameroon

The International Stuttering Association (ISA) and Stuttering Association of Burkina Faso (Action Contre Le Bégaiement - ABC) organized and sponsored the Second African Conference on Stuttering in Ouagadougou Burkina Faso during October 27th – 30th. The conference explored *Stuttering In Africa: Strategies for Effective Reawakening*.

The opening ceremony took place at the auditorium of the Burkinabe Shippers Council (Conseil Burkinabe des Chargeurs) and was chaired by the Representative of the Minister of State in Charge of

World Event

Approximately 230 delegates attended the conference with 60 delegates from Burkina Faso. Other countries represented were Mali, Niger, Nigeria, Senegal, Mauritania, Cote D'Ivoire (Ivory Coast), Ghana, Togo, Benin, Chad, DR Congo, Burundi, Rwanda, Kenya, Cameroon, Germany, France, the United States of America, Lithuania, and the United Kingdom.

Foreign Affairs and Regional Integration of Burkina Faso were made by Dr. Moussa Dao, Conference Convener and President of the Action Contre Le Bégaiement; Thomas Krall, Coordinator of the Board of Directors, presented Benny Ravid's speech as

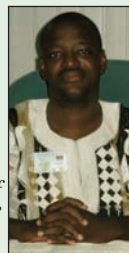
ISA Chairman Ravid was unable to attend. All the major newspapers, television and radio stations in Burkina Faso were present and carried the story of the conference. The twenty-one presentations were made by leading members of



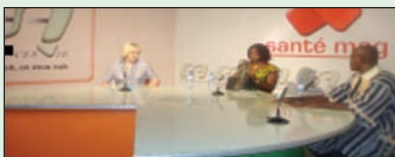
Attendees at the conference.



After the conference, Anne Marie Simon works with a person who stutters.



Moussa Dao, president of the Burkina Stutterers' Association.



Anne Marie and Dr. Moussa Dao discuss stuttering on live TV.



Blind children play musical instruments during the closing ceremony.

Media outlets covered the event.



Traditional clothing and dancing.

the international self-help movement for people who stutter, renowned speech language pathologists, researchers, and leaders of existing national stuttering associations in Africa. Fourteen African delegates recounted their personal experiences as people who stutter and what the situation is for those who stutter in their respective countries.

The following resolutions were made ...

- The need for collaboration among African stuttering associations to share information on self help issues, treatment and research in stuttering with each other.

- The creation of a Federation of African Stuttering Associations. A provisional committee of three persons was formed: Moussa Dao from Burkina Faso, Joseph Lukong from Cameroon and Zan Camera from Mali.

- Emphasis on the need for training of African speech pathologists who specialize in stuttering. - Advocacy efforts to be made toward African governments in view of recognizing stuttering as a communication disorder and for it to be given due attention.

- The ISA and other international bodies should offer financial and other assistance to young African associations to enable them to take off and work for PWS in their respective countries.

- The wish to continue hosting African conferences on stuttering for African PWS to meet and learn from each other. To this effect, it was resolved that the next African conference will take place in Kenya, East Africa in 2011.

- A million thanks to the International Stuttering Association and the Stuttering Association of Burkina Faso for organizing and sponsoring this conference.

The Representative of the Minister in charge of Basic (Primary) Education of Burkina Faso presided over the closing ceremony promising that much attention would be given by her ministerial department to stuttering in Burkina Faso.

Certificates of honor were given to people and organizations in Burkina Faso to Anne Marie Simon from France to the ISA representative, Joseph Lukong, for the ISA's support of conferences on stuttering in Africa. □

I Kid You Not! Paar is an Inspiration to Others

While Jack Paar is among the most prominent of the entertainers on the Stuttering Foundation's list of Famous People Who Stutter, he deserves special recognition as he was among the first to openly address his stuttering in public. As host of "The Tonight Show" from 1957-1962, he spoke of his difficulties as a stuttering child and teenager, giving hope to young people.

Born in 1918, Paar stuttered from an early age and faced the typical problems of a child who stutters. He described his stuttering in his 1959 autobiography, *I Kid You Not*. "I didn't mix much with the other children growing up. It seems strange to me now, when I make my living talking, mostly without written material or rehearsal, but I stuttered badly as a child. This made me ill at ease in school and with other children.

"Like many youngsters who stammer, I lived a great deal in the world of imagination and books. One day I read about Demosthenes, the great Greek orator, who had cured himself of stammering by putting pebbles in his mouth and declaiming over the roar of the sea. Since we were living in Michigan, with no sea handy, I made the best I could do. Instead of pebbles, I used buttons from my mother's sewing box. And with no sea shore nearer than a thousand miles, I used my room at home. Then I would stuff some buttons in my mouth and practice speaking. I read papers and magazines. I talked about anything that came into my head. I read books, watching myself in the mirror. Apart from once nearly swallowing a shirt button in a burst of oratorical fervor, the system worked very well. Little by little my speech improved."

At age 14 Paar was bedridden with tuberculosis for several

months. During this time, the future television legend became obsessed with radio, constantly fantasizing about overcoming his stuttering and becoming a radio star. Every day he hosted "make believe" radio shows in which he was the star.



Steve Allen, Bob Hope and Jack Paar.

Paar left school at age 16 to work full-time for a radio station. At first the station only let him announce the words "This is Station WIBM, Jackson". Other tasks included sweeping the floor and emptying the waste baskets. In his autobiography, he wrote, "They wouldn't let me do commercials because I stuttered, and the station was so small you could walk out of its coverage area by going down the street for a cup of coffee, but I was a real live radio announcer."

Eventually the station let him spin records and do a few commercials; though he still stuttered on the commercials, the sponsors actually received a bit more airtime because of it and did not seem to mind. Making radio his life's goal, his speech greatly improved on the air; and he was finally able to do the news and interviews, developing the "hemming and hawing" style that became his trademark.

After service in World War II, Paar tried his luck at acting and

was in several B-movies. He co-starred in the 1951 movie "Love Nest," with another newcomer, Marilyn Monroe; ironically Marilyn Monroe also struggled with stuttering.

Paar then turned to television, hosting quiz shows and game shows. In 1954, he became the co-host of CBS' "Morning Show" and in 1957 received the defining role of his career, taking over the reins of "The Tonight Show" on NBC from Steve Allen.

Paar made "The Tonight Show" a staple of American culture. Writing in the *New York Times* in 1997, critic John O'Connor put it best: "Before Jack Paar, there were various variety shows doing the midnight watch. He simplified the format into a talk show, complete with the sofa-and-desk set that remains a fixture. His secret? Interesting guests, far more so than the celebrity hordes working on product plugs today, and an uncanny ability to listen carefully and actually engage in clever and often witty conversation."

Fans were shocked and saddened with his leaving "The Tonight Show" in 1962. Retiring early to a secluded life, Jack Paar did the occasional network special. One special, "Jack Paar Comes Home" aired in 1986, and featured Paar talking about his past stuttering problem and how he never gave up trying; urging people with challenges to strive for their dreams and not listen to the nay-sayers.

Jack Paar died on January 27, 2004. Younger generations may not be familiar with him. He not only created the late night talk show format that has been copied by his "Tonight Show" successors Johnny Carson and Jay Leno as well as so many others, but he continues to give hope and inspiration, as well as a sense of pride to the stuttering community. □

Tools for Success!



Videographer Bob O'Brien films Frances Cook and Willie Botterill in November at the ASHA Convention in Chicago.

The Stuttering Foundation in 2009 will release a new DVD, *Tools for Success*, a “taster” on cognitive behavior therapy and how it may be used in stuttering therapy. □



Jane Fraser, Matt Murphy, Katherine Preston and Bob Wellington after their interviews on December 14th.

Katherine's Myths

Katherine Preston is traveling the United States, interviewing people who stutter and gathering information for her book.

“The book will be a compilation of interviews with people who stutter around America. It will be aimed at debunking the myths that many ‘fluent’ people have about stuttering and stop stuttering from being such a taboo subject. The stutterers I am talking to are different ages and have varying backgrounds and personalities,” shares Katherine.

She has already interviewed 35 people from all walks of life. Some are well known like Jack Welch of GE, conservationist Alan Rabinowitz, and geneticist Dennis Drayna and others are not so famous but just as important to her.

Katherine adds, “I would be very interested in hearing from anyone who would like to be interviewed. My email address is k.e.l.preston@hotmail.com.”

Reaching Out to School-based therapists!

October 10-11, 2008: Two-day conference at Cal. State - Fullerton



Carol Ecke at the booth.



All the SFA resources on display.

Bravo to the Rileys for starting the 2-day event in Fullerton and kudos to Gary Montooth, Sherri Wolff and the local NSSLHA Chapter for keeping it alive.



Sherri Wolff and Drs. Jeanna and Glyndon Riley.



David Daly and Walter Manning hold their awards.

July 2008

ASHA School Conference in Orlando reaches hundreds of school-based SLPs too!



Renee Shepherd and Carol Ecke answer questions.



Carol Ecke discusses an SFA DVD with Ellen Estomin, the director of special education for the Pittsburgh Schools, and Wendy Wingard-Gay.

Ads Strike a Chord

Public service ads have appeared in many magazines this year – everything from *Good Housekeeping* and *Newsweek* to *The National Hog Farmer*!

Delta Sky Magazine, which reaches millions of travelers each month, has donated space for PSAs several times this year. If you spot a PSA, be sure to thank the magazine for donating space to charity. Their generosity is making a difference.



17th Annual Media Awards Competition

The Stuttering Foundation announces that it will recognize journalists for the thirteenth consecutive year for excellence in reporting that furthers the understanding of this complex disorder.



"We are happy to announce these awards to further public awareness of stuttering," said Jane Fraser. "Media coverage has grown substantially in volume and sensitivity in recent years. We want to continue recognizing outstanding reporters."

The seventeenth annual Stuttering Foundation Awards will be given to journalists in two categories: print and electronic media. They will recognize news stories over the last year that:

- Advanced the public's understanding of stuttering;
- Introduced information on stuttering to a significant new audience.

Print and electronic journalists are invited to submit copies or DVDs of their news items to the Stuttering Foundation, 3100 Walnut Grove Road, Suite 603, P.O. Box 11749, Memphis, TN 38111-0749. All entries must have been published or aired between Jan. 1, 2008, and April 20, 2009.

In addition to a public announcement of the Award recipients, each honoree will receive a cash award of \$250.00 from the Foundation. □

The Stuttering Foundation of America is a tax-exempt organization under section 501(c)(3) of the Internal Revenue Code and is classified as a private operating foundation as defined in section 4942(j)(3). Charitable contributions and bequests to the Foundation are tax-deductible, subject to limitations under the Code.

Hip Hop Rap Artist Finds His Voice

Interview with Travis Kruck

Q What inspired you to become a rap artist?

A I wasn't able to express myself any other way at the time and found joy and great satisfaction in doing something well, vocally. Performances are amazing! Being on stage, under the lights, doing my thing is probably the only time I feel like a free spirit where thoughts don't control me; my spirit and heart do.



Travis Kruck

Q Is there any specific childhood memory that stands out regarding your speech?

A One story that sticks in my head was auditioning for a school play. I had to walk up on stage, in front of a cafeteria full of classmates and first say my full name, followed by the song I was going to sing for the play. When my turn came up, of course I was nervous and undeniably expecting to stutter, but as I was waiting in line for my turn to speak I tried to focus and block those thoughts out. Sure enough as the pressure I was holding back came thundering in, I couldn't even say my first name, only the first letter of my name about a thousand times. And to make it worse, the instructor had thought the mic was turned off or not working properly, so he instructed me to say "mic check" and when I couldn't say that, I desperately resorted to tapping the mic head to show him the mic was in fact working. But I guess I wasn't supposed to do that, he yelled at me pretty bad for that move!

Q What is your greatest obstacle, and how do you deal with it?

A My greatest obstacle is to not focus on trying not to stutter, but speak freely and learn to control my speech as I go along. Lately I've been doing rather well on this, but when all eyes are on me I tend to be as choppy as the sea below the storm and my control goes out the window. I'm learning to block all distractions out though and just try to focus on the subject I'm speaking on.

Q What is your biggest dream?

A You always dream about that big break, that hit single, followed by your prize work of an album and just making a living doing what I love to do. If you would have asked me this a couple years ago, I probably would have said to speak fluently and not stutter. But I've realized I will never speak perfectly nor can anyone else. I shouldn't take it so seriously, but just live and have faith in myself that I can do what I want to do and in turn say what I want to say.

Q If you could give a simple message to teenagers who stutter, what would it be?

A Running away is not the answer. Hiding from the problem and letting frustration and anger build up inside will only hurt you more. Building confidence is the key in learning to cope with your stutter. Find out what it is you like to do and makes you feel worth something more than your stutter. Soon you'll have left your negative stuttering thoughts and judgments far behind, and you'll be on your way to a future of your own choosing.

If you would like to hear Kruck's music, visit www.myspace.com/dapoetking. □

Newsbriefs

The Eastern Workshop: Diagnosis and Treatment of Preschool and School-Age Children Who Stutter

June 10-14, 2009

at Boston University

Speakers include Diane Parris, M.S., Boston University; Edward G.



Conture, Ph.D., Vanderbilt University; Sheryl

Gottwald, Ph.D., University of New Hampshire; and Adriana DiGrande, M.A., Boston University.

The Midwestern Workshop: Diagnosis and Treatment of Children Who Stutter

June 22-26, 2009

at the University of Iowa

Speakers include Patricia M. Zebrowski, Ph.D., University of Iowa; Toni Cilek, M.A., University of Iowa; and Lisa Scott, Ph.D., Florida State University.



The Western Workshop: Diagnosis and Treatment of Children Who Stutter

July 15-19, 2009

at Portland State University

Directed by Susan Hamilton, M.A., University Way Speech Services;

Jennifer Watson, Ph.D., Texas Christian University; and Ellen Reuler, M.A., Portland State University.



Fellowships cover tuition, room and board, and CEUs are available. Download application at www.stutteringhelp.org or call 800-992-9392.

The Sixth IFA World Congress on Fluency Disorders

will be held August 5 – 8, 2009 at the Veiga de Almeida University located in Rio de Janeiro, Brazil. For more information, visit www.theifa.org.



The 9th World Congress of the International Stuttering Association

will be August 1st - 7th, 2010 in Beijing, China. For an overview of the theme - *Benefit the People Who Stutter, Benefit the Society*, and a list of speakers, as well as fees, visit www.bj2010isc.cn/index.ph.



You can donate to the Stuttering Foundation directly through the United Way.



Chinese celebrate 2008 International Stuttering Awareness Day.



Happy new year from...

Renee Shepherd, Joan Warner, Roberta Brugge, Terri Jones, Lisa Hinton, Anne Edwards, Jane Fraser and Pat Hamm, Susie Hall, Patty Reed, Scot Squires, John Bell and Carol Ecke.

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