



# THE STUTTERING FOUNDATION®

A Nonprofit Organization

FALL 2014

Since 1947 ... Helping Those Who Stutter

## Scoring for Stuttering James Rodriguez the Soccer Star

The breakout star of 2014 FIFA World Cup hands down was Colombia's sensation James Rodriguez, known affectionately as "James" (pronounced "HAHM-ez"). Only 22 years old and in his first World Cup, some pro soccer commen-



tators mentioned Rodriguez' performance in the same regard with Pele's heroics in 1958 when, as an unknown 17 year-old, the future superstar lead Brazil to its first World Cup. The June 30 issue of *USA Today* published a major article entitled

"7 Reasons James Rodriguez is the breakout star of the World Cup," with the first reason being "He's been absolutely brilliant," highlighting his then Cup-leading five goals and two assists in only four games. However, what was not widely covered in the international media is that James Rodriguez is a person who stutters.

Despite only playing until the quarterfinal round when Colombia was eliminated, Rodriguez won the coveted Golden Boot award as the tournament's

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### Fast Facts

- Born July 12, 1991, in Cúcuta, Colombia.
- Jersey #10.
- Position is wing or attacking midfield.
- He and his wife, Daniela, have a daughter named Salome.
- Recently signed 6-year, \$108 million deal with Real Madrid.

- Ranked as one of the best players in the world.
- 2,381,824 people read the Stuttering Foundation's Facebook posting about James.

### Other Athletes

*Did you know these stars also stutter?*

- NFL running back Darren Sproles
- Basketball star Kenyon Martin
- Legendary Bulls star Bob Love
- LPGA member Sophie Gustafson
- NBA All Hall of Famer Bill Walton
- Golf champ Tiger Woods
- Outfielder George Springer

For more news on James Rodriguez, visit [www.StutteringHelp.org](http://www.StutteringHelp.org)

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# Foundation Honors Quality Journalism

The Stuttering Foundation announced in May the winners of its 2014 Awards for Excellence in Journalism.

“Journalists are an important part of our effort to spread the word about stuttering. It is critical that we take a moment each year to thank them for their good work,” said Foundation President Jane Fraser. “This year, we are honoring a number of outstanding writers, reporters, producers and editors for their work, which has a lasting impact on the stuttering community.”

The 2014 awardees are:

## National Newspaper

**First Place:** Kim Painter of *USA Today* for her article “Early Treatment for Stuttering Has Value,” which ran Sept. 18, 2013. In the article she writes that while most preschoolers



Painter

who stutter will recover, therapy still makes sense for high-risk kids.

## Syndicated Columnist

**First Place:** Miss Manners wrote about the “Proper Protocol When Speaking with Someone Who Has a Stutter” on Feb. 21, 2014.



Miss Manners

## Radio

**First Place:** Deborah Gordon of WWFS-FM/CBS Radio for her May 7, 2013, interview with Dr. Lisa A. Scott of The Florida State University and Jane Fraser, president of the Stuttering Foundation. The radio program discussed the im-



Gordon

portance of early treatment for stuttering.

## TV

**First Place:** C-Span for airing U.S. Rep. Frank Wolf’s speech “Support of Those Who Stutter,” on March 6, 2014.



## Daily Newspapers

**First Place (tie):** Dennis Yohnka of *The Daily Journal* (Kankakee, IL) for the articles “Student Solving His Stuttering” and “How Do You React to Stuttering?” May 13 and 16, 2013.



Yohnka

**First Place (tie):** Jerrilyn Zavada of MyWebTimes.com for the article “Finding Her Voice: Ottawa Teen Lives with Stuttering,” on Oct. 28, 2013.



Zavada

**Second Place (tie):** Maryann Batlle of the *Naples Daily News* for the article “Lazaro Arbos’ American Idol Run Inspires Others Who Stutter,” which ran April 12, 2013.



Batlle

**Second Place (tie):** Krista Midgley of *The Edwardsville Intelligencer* for the article “Helping a Child with Speech Issues,” which was published Sept. 10, 2013.



Midgley

## Third Place:

Kaylyn Christopher of *The Register-Herald* and *The Times-West Virginian* for the article

“Helping Students Face Challenges that Often Come with Stuttering,” which ran Nov. 18, 2013.



Christopher

## Blog/Web site

**First Place:** Madeline Wahl of the *Huffington Post* for the blog titled “What It Actually Feels Like to Stutter,” which was first posted Nov. 15, 2013.



Wahl

**Second Place:** Christine Bilger of Zing! Blog/Quicken

Loans for the blog titled “Childhood Stuttering: When to Get Help and What You Can Do,” which was posted online Aug. 8, 2013.



Bilger

## Third Place:

Mary Mejia of *The Killeen Daily Herald’s* Let’s Talk Blog for “Stuttering – It Just Happens,” on Jan. 22, 2014.



Mejia

## Magazine

**First Place:** Nan Bauer of *Ann Arbor Family* for the ar-

ticle “Help for Children Who Stutter,” which ran August 2013.



Bauer

If you would like to submit an entry for next year’s competition, please e-mail it before March 1, 2015, to [info@stutteringhelp.org](mailto:info@stutteringhelp.org). Also, please encourage your local media outlets to increase awareness of stuttering.

*You can find links to the full text of these award-winning entries at [www.StutteringHelp.org](http://www.StutteringHelp.org).*

# Courageous, Inspirational Authors Honored

To celebrate National Stuttering Awareness Week, May 12-18, the Stuttering Foundation on May 13th honored four authors whose recent books are widely acclaimed by both critics and readers alike.



In a reception at The Lotos Club, a gathering place for writers, journalists and critics since 1870, Foundation

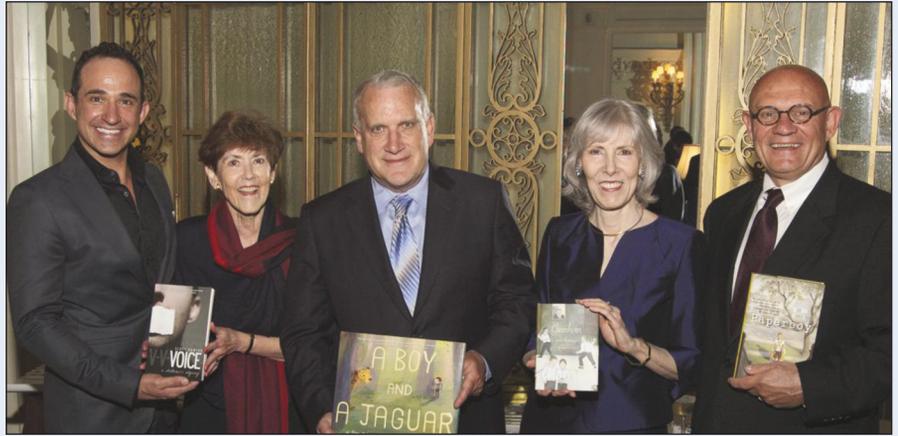
President Jane Fraser noted, "Authors with the courage to share their stories and inspire others hold a special place in the hearts of the 70 million people worldwide who struggle to speak.

"An intimate look into the world of stuttering makes these four books so very special. These authors have truly captured the very essence of stuttering.

"Because books have played such an important role in our organization for seven decades, we are pleased to recognize these shining stars," added Fraser.

Those honored at the event include:

- Dr. Alan Rabinowitz, for *A Boy and A Jaguar*.
- Vince Vawter, for *Paperboy*.
- Scott Damian, for *V-V-Voice: A Stutterer's Odyssey*.
- Anna Olswanger, for *Greenhorn*.



Stuttering Foundation President Jane Fraser (second from left) honors authors Scott Damian, Dr. Alan Rabinowitz, Anna Olswanger and Vince Vawter during its National Stuttering Awareness Week gala at the Lotos Club in New York City.





# Finding the Perfect Fit

By Riley McBride Smith

**N**ick Weaver is a proud army brat born in Germany and raised primarily in the Mississippi Delta. He's the COO of a custom made jean company called Blue Delta Jeans, an entrepreneur, an app developer, and a baseball fan. Nick Weaver is also one of 70 million people worldwide who stutter.

While Nick's stutter could easily have been an excuse to hold him back professionally, Nick has an impressive confidence in his talents and a refreshing openness about his stutter. Recently, Nick gained recognition for appearing in a documentary about the company he co-founded, Blue Delta Jeans. In the documentary, Nick visibly stuttered in several scenes. Nick insisted on keeping the original takes of those segments to remain authentic and show the world that you can be confident, successful, and a person who stutters.

Blue Delta Jeans was started on a napkin over dinner by Nick and his high school pal, Josh West. They wanted to make jeans using only simple, raw, high quality materials, made in America. Their raw denim is

processed into fabric right here in the United States, differentiating them from many of their competitors. For Nick, Blue Delta Jeans was also about embracing his southern roots and putting a spin on the traditional Weaver work, "Four generations of my family have all hand picked cotton. I'm the first one not to hand pick cotton in my family. With Blue Delta

Jeans I'm still in a way sticking to tradition and returning to cotton to make my living."

The duo takes pride in their return to traditional high quality products. Whether it's using an old fashioned button contraption, traditional sewing machines, or custom fitting every jean to each individual, Blue Delta Jeans guarantees they will use the best quality materials and make the perfect fit. Finding the perfect fit has not only become a company mantra but also has been a bit of a metaphor for Nick's life.

As his mother recalls, Nick stuttered from his first word. Nick's mother and father were both determined to never let Nick's speech impediment hold him back or make him feel different or less confident than other children. They kept Nick involved in activities and encouraged him to explore all his talents including his aptitude for baseball. It may sound hard to believe, but for Nick, his stutter actually has become a source of his confidence. Overcoming stuttering has given him more confidence in who he is – much more than most might expect. Nick chose to see his stutter as a gift, not a burden.

"Through years of sports, I learned how



## Fast Facts

- Founded in 2010
- Based in Verona, Miss.
- [BlueDeltaJeans.com](http://BlueDeltaJeans.com)
- 888-963-7879
- Facebook: /BlueDeltaJeans
- Twitter: @bluedeltajeans



hard work yields rewards. Everything worked out the way it was supposed to. Despite my youthful insecurities with my speech impediment, I never let stuttering define me. It helped me find myself and express myself in ways that could help me grow stronger. I now think of my stuttering as a blessing.”

Nick’s next journey will be helping other people who stutter find a way to overcome stuttering, as he has done. Nick is incredibly proud of his Blue Delta Jeans Company but believes his greatest accomplishment will come next year when his anti-stuttering app will be available on iTunes.

Nick has taken a highly effective anti-stuttering technique that has worked wonders for his own stuttering and developed an app to help people who stutter regain confidence so they can express themselves, explore their talents, and never feel held back by their disability.

“People should remember you for your success and not your stutter,” he added.



Blue Delta Jeans CEO Josh West, left, and COO Nick Weaver.

“ I never let stuttering define me. It helped me find myself and express myself in ways that could help me grow stronger. I now think of my stuttering as a blessing. ”



# Clinicians Travel from Around the Globe



Back row, from left to right: Robert Reichardt, Erin Wilson, Maggie Tshule, Julia Rademacher, Yuliya Leokumovich, Megan Riesgaard, Janine Baker, Karin Routamo-Jaatela, Keeley Griffith, Laura Johnson, Alison Dauray Speich. Middle row: Sandip Bains, Lena Roberts, Caryn Herring, Brooke Leiman, Silvia Chavez Caceres, Sinikka Hannus, Jelena Bartolovic, Andrea Malenica, Ana Rendulic, Jennifer Nyentap. Front row: Alison Nicholas, Elaine Kelman, Jane Fraser and Diane Parris.



## Comments from workshoppers...

**“I am completely rethinking how to present information about stuttering and how to facilitate client/families in identifying and changing unhelpful thoughts associated with communication.”**



**“Not only did I gain invaluable skills training, but I gained many personal and professional relationships that will extend beyond this workshop!”**



The five-day Eastern Workshop, Using Cognitive Approaches with People Who Stutter, was held in Boston from June 16–20. Co-sponsored by the Stuttering Foundation and Boston University, this was the sixth year this course was offered, attracting clinicians worldwide to train with Elaine Kelman and Alison Nicholas of the Michael Palin Centre for Stammering Children.

“This year we had 21 very experienced participants coming from Canada, Croatia, Peru, Finland, South Africa, and 10 states in the US,” said Diane Constantino, M.S., of Boston University, coordinator of the workshop.

“Discussions were rich with case examples and new ways to utilize cognitive approaches with clients of all ages.”



to talk about developing a course in fluency disorders and how to become a Board Certified Specialist.



This workshop provides specific skill training in Cognitive Behavioral Therapy, Solution Focused Brief Therapy, and the MPC Parent-Child Interaction Program.

This year’s workshop included a new Lunch N’ Learn component to discuss topics of interest as a group, which gathered informally



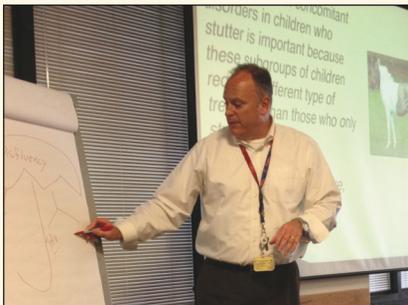
From left to right in back: Carrie Van Soest, Alice Johnson, Mary-Pat Talnack, Melanie Hostetter, Bridget Chapman, Michelle Cieslek, Sheila Cina, Robyn Powell, Kemal Colay, Chrissy VanNocker, Tricia Hedinger, Risa Battino and Jamie Lynn Griffith. Front row: Lisa Scott, Joe Donaher, Vivian Sisskin and Jane Fraser.

## Workshoppers Share the Love in Philly

In July, The Children’s Hospital of Philadelphia, The Florida State University, and the Stuttering Foundation co-sponsored the fifth Mid-Atlantic Workshop in Philadelphia. Thirteen speech-language pathologists from Arizona, Louisiana, Minnesota, New Jersey, New York, Ohio, Pennsylvania, Tennessee, Virginia, and Turkey met July 7-11 on the CHOP campus to learn how to assess and treat school-age children and adolescents who stutter. The workshop was led by co-instructors Joe Donaher, Children’s Hospital of Philadelphia; Vivian Sisskin, University of Maryland; and Lisa Scott, The Florida State University.

The goals of the workshop were to increase participants’ skills and confidence in communicating effectively with children, diagnosing the extent and severity of the fluency disorder, developing appropriate treatment plans, designing meaningful therapy activities, and learning to model various speech modification tools. Emphasis was placed on creating relationships with children, families, and teachers that would facilitate the greatest success for children who are working to improve their communication skills. Throughout the workshop, a variety of learning opportunities were used including traditional lectures, guided case planning, small-group practice of the various clinical and relationship skills, and watching videos of therapy sessions.

The participants and instructors all agreed that the workshop was a great success. “We were so thrilled to have so many clinicians from a variety of work settings devote a week of their summer to learning more about stuttering,” said Lisa Scott. Vivian Sisskin agreed, and added “The dynamics of the group were wonderful, and we know we learned as much from these clinicians as they did from us.” Joe Donaher was especially enthused about hosting the workshop at CHOP, saying that “The dedication of these SLPs to helping kids is inspirational. Many children will benefit from the talents and interest these individuals have.”



### Comments from workshoppers...

**“I have learned a different way of thinking about each client individually. I will be better able to analyze the needs of children and families individually to problem-solve about where to start in therapy.”**



**“I’m encouraged to go back and try to implement strategies I have learned and to teach my colleagues some new information. It is good to know that the presenters are out there to offer support as I continue through this learning process. I hope that the connections I have developed with the presenters and participants will continue to be a source of support.”**



# Renowned Experts Lead 2-Day Conference

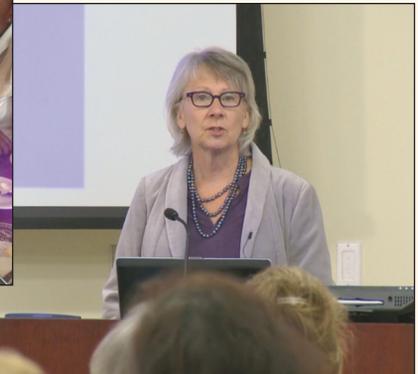
More than 70 people attended the Stuttering Foundation's 2-day conference on May 16 and 17 at Montclair State University in Montclair, N.J.

Attendees came from Peru, Finland, Canada and several states, including Pennsylvania, New York, North Carolina, New Jersey, Washington, Minnesota, Florida, California, and Maryland.

Conference leaders included Joe Donaher, Ph.D., Children's Hospital of Philadelphia; Patricia Zebrowski, Ph.D., University of Iowa; Ellen Kelly, Ph.D., Vanderbilt University; Lee Caggiano, M.A., Stuttering Therapy and Resource Center; Kia Johnson, Ph.D., James Madison University; Laura Johnson, M.S., Madison, WI, Metro School District; Elise Kaufman, M.S., private practice in Baton Rouge, LA; Diane Polledri, M.A., Montclair State University; Vivian Sisskin, M.S., University of Maryland; and Jim Tsiamtsiouris, Ph.D., William Paterson University. The conference coordinators were Diane Polledri, M.A., Montclair State University, and Lisa A. Scott, Ph.D., The Florida State University.



*Leaders during a dinner the night before the start of the conference.*



*Patricia Zebrowski, Ph.D.*



*Joe Donaher, Ph.D.*



*Vivian Sisskin, M.S.*

**“Very useful information on working with parents.”**

**“Great energy! I learned a lot!”**



## Comments from attendees...

**“Suggestions were so real and practical!”**

**“Excellent information, very motivating!”**

**“Great job explaining the content and modeling techniques.”**

**“Information was thought-provoking and useful.”**

**“I learned so many techniques that I WILL implement.”**

**Stay tuned for 2015 workshops!**

**“Helped me to understand how important the counseling of students and parents is in therapy.”**

**“Very good summary of research. Up to date. Very dynamic. I have loved it.”**

# MSHA Gift Shows it Cares

The Missouri Speech-Language-Hearing Association (MSHA) supported the Stuttering Foundation this year with their MSHA Cares campaign, which raised \$864.88.

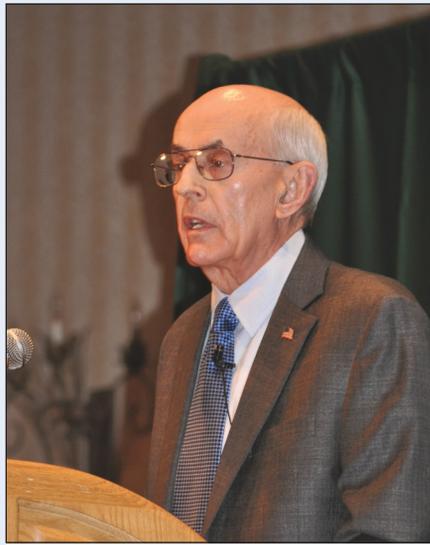
The money was primarily raised through T-shirt sales. For a \$10 donation, participants received a shirt. Other folks simply donated because they wanted to support the Stuttering Foundation.

Leon “Jigger” Sirois was a keynote speaker at this year’s MSHA Convention in April. Jigger is a longtime supporter of the Stuttering Foundation. He often purchases materials from the Foundation at his own expense and distributes them to local libraries.

Jigger, however, is best known for being a race car driver. It was his failed attempt to qualify his car at the Indy 500 in 1969 that ironically gave him his claim to fame. He was mistakenly waved off a lap early in a run that would have been fast enough to qualify and win him the pole position.

The “Jigger Award” — one that no driver really wants to win — is given annually before the Indy 500 to the driver with the worst luck that season.

The theme of this year’s MSHA Convention was *Mission Possible: Together Towards Tomorrow*. To go along with the “spy” theme, participants could dress in costumes and have their pictures taken.



Leon “Jigger” Sirois speaks during the MSHA Convention.



Jigger and his wife, Juanita.



# Stress & Stuttering

By Nan Bernstein Ratner, Ed.D.  
University of Maryland

“But, my child was fine until that bad experience with a new babysitter,” is what a parent might say. Although stress does not cause stuttering, stress can aggravate it.

Parents often seek an explanation for the onset of stuttering since the child has been, in all documented cases, speaking fluently before the stuttering began. Freud himself observed this unique pattern of onset. He originally hypothesized that stuttering represented a reaction to childhood trauma of some sort, which could be remedied by psychoanalysis, although he was not successful in helping his one adult stuttering patient.



In this regard, although he has become somewhat demonized for “blaming” environmental influences for stuttering onset, his goal was to provide a more therapeutically hopeful approach to stuttering, which until then had been viewed as physically-based, and therefore less amenable to treatment. (Notice that science has, as it often does, now come full circle with our current emphasis on genetic and brain imaging studies.) Other psychoanalysts, too many to mention here, but summarized well by Van Riper in *The Nature of Stuttering* (1982), pursued this approach in more detail, spurred by stuttering’s unique onset timing.

In our experience, parents often do try to identify something

*Continued on page 16*



# Frank Dimitri Has the World on a String

By Greg Wilson

Within the stuttering community, the ability of persons who stutter to sing fluently is quite well documented. Famous singers Ed Sheeran, Mel Tillis, Carly Simon, Bill Withers, B.B. King, John Lee Hooker, Scatman John, Jason Gray, Kendrick Lamar and Ann Wilson all struggled with fluency despite having award-winning singing voices.

Their story is all too familiar for Frank Dimitri.

On June 22, 2014, Frank had the opportunity to appear on NBC's *America's Got Talent* show, and blew away the judges with his version of Frank Sinatra's "I've Got the World on a String" – earning him a standing ovation from the crowd and the judges.

Judge Howie Mandel praised Frank for his performance, quizzing him on why it took so long to be discovered.

Frank responded, "Well, I always wanted to be a singer but I stutter a lot. It's an emotional thing, there are times I can talk and talk and talk and I won't stutter ... When I was a kid, I stuttered a lot, so I never had the confidence to really do it." The four judges unanimously voted in favor of Frank!

But things weren't always so rosy for Frank. He told us his story during an email interview shortly after his performance on television.

Frank was born in Niagara Falls, New York, and makes his



**"My stuttering never affected my singing. In fact, singing is the only time I could express my feelings and how I felt in words."**

*Frank Dimitri*

home in Black Canyon City, Arizona, now that he is retired. He was a bartender by trade, but his passion was to be a singer. Frank is 74 years old, and he has struggled with a stutter since he was seven.

When he was younger, his stutter stopped him from making friends. Like so many, he vividly recalls how other children made fun of him. "It hurt me. I got into fights," Frank remembers.

Nevertheless, Frank was always a pretty good singer. "My stuttering never affected my singing. In fact, singing is the only time I could express my feelings and how I felt in words," he added.

Frank says his appearance on

*America's Got Talent* is his second biggest accomplishment. "My greatest accomplishment is learning that sometimes you have to make fun of yourself and have the drive to do what you want even if you fail sometimes along the way." He also says he was a pretty good bartender!

"I want the children who stutter to never, never, never give up. Find what you like to do and find your God-given talent and go after it. And to all the parents of children who stutter, never make fun of a stuttering child, always show them your unconditional love, and be on the lookout for your child's special talent."

Right now, Frank Dimitri has the world on a string!

## \$2,726 Donation To Help Children

The Toby Banks Benefit Foundation donated \$2,726 to the Stuttering Foundation in June.

The donation will be used to help children and teens who stutter.

"We are grateful for this very

generous and unexpected gift," said Jane Fraser. "We will certainly put this donation to good use in helping kids and teenagers who stutter in 2014 and beyond."

 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.

# Marathon Golfer Raises \$2,600



*Matthew Sander at the Ballyneal Golf Club in Holyoke, Colo., during the Hundred Hole Hike.*

## Fast Facts

**First tee shot:** 4:50 a.m. MT  
**Last holed putt:** 7:15 p.m. MT  
**Holes played:** 126  
**Scores:** 81, 86, 78, 86, 87, 82, 79  
**Birdies:** 10  
**Eagles:** 1  
**Pars:** a lot  
**Bogeys:** also a lot  
**Double Bogeys or worse:** way too many!  
**Clubs carried:** 7  
**Gloves used:** 6  
**Changes of clothes:** 3  
**Pairs of shoes:** 3  
**Pairs of socks:** 4  
**Snakes seen:** 1

## Golfed 126 Holes in Support of the Stuttering Foundation

For the third year, Matthew Sander supported the Stuttering Foundation by raising more than \$2,600 in pledges during this year's Hundred Hole Hike, a national golf marathon held each June at Ballyneal Golf Club in Holyoke, Colo. Matt golfed and hiked for more than 14 hours in support of the stuttering community, setting a new personal record of 126 holes.

"Being able to support the Stuttering Foundation through my participation in the Hundred Hole Hike is one of the highlights of my year. It's a grueling and emotional day, but I'm so inspired by all the hikers who go above and beyond to raise money and awareness for their worthwhile causes," said Sander.

Sander's support of the Stuttering Foundation stems from

his own experience as a lifelong stutterer, as well as his experience with his son Liam, who also stutters. "I know how scary it can be to deal with stuttering," said Sander. "Many people stutter and their families don't know where to turn for information and support. That is where the Stuttering Foundation is so helpful. Their guidance and materials can get families on the path toward improved speech and a better quality of life. I am honored to contribute in a small way to this mission."



Sander plans to continue participating annually in the Hundred Hole Hike, and is already counting down the days to his 2015 hike. "We are happy to receive any and all support that folks are willing to give," said Sander. "Pledges in any amount can be made at [www.hundredholehike.com](http://www.hundredholehike.com) and it is always wonderful to receive support for

the Stuttering Foundation via word of mouth, social media or email."

The Hundred Hole Hike is a worldwide network of golf marathons where participants plan to walk and play 100 or more holes of golf in one day in order to raise money for various charitable causes. This year 93 hikers participated in the golf marathon, a record high for participation. So far the 2014 Hundred Hole Hike has raised more than \$250,000 in donations for various causes, and pledges are still being accepted.

"The Stuttering Foundation is able to support and provide resources to people who stutter and their families because of people like Matt. We are so grateful to him for his generosity and commitment to our cause," said SFA's Jane Fraser. "The money raised through his participation in the Hundred Hole Hike will help the Stuttering Foundation continue to support the stuttering community."

## Carol Remembered for Helping Those Who Stutter

Carol Ann Cervenka Ecke, 64, of Great Falls, MT, passed away in June from complications after undergoing what was planned to be a routine heart valve replacement in Mesa, Ariz.

Carol, a speech-language pathologist, worked for the Great Falls Public Schools for 26 years, then retired and became a consultant, working with cooperatives and school districts, including the Malta schools. In Malta, she made many friends in the community and cared deeply about her students. She also traveled as a representative of the Stuttering Foundation, and was for an extended period the only speech-language pathologist in Montana who was board-certified in fluency by the American Speech-Language-Hearing Association.

A memorial service was held at the Episcopal Church of the Incarnation in Great Falls, with internment in the church columbarium.

People at the service were encouraged to wear bright clothing to celebrate her life, and to bring

photos of Carol, as well as seashells and heart-shaped stones, in honor of her favorite collectibles. A Dixieland jazz band played.

Carol went west from New Jersey in 1977, securing a job setting up a new speech and language program on the Crow Indian Reservation in southeast Montana for the U.S. Indian Health Service.

In Hardin, she met weekly newspaper reporter Richard Ecke. Both moved to Great Falls in 1978, where Carol took a posi-



tion with Great Falls Public Schools. The couple married June 23, 1979, at St. Francis Episcopal Church in Great Falls. Rich and Carol were perfect for each other. Each complemented the other in ways that made them both whole.

Carol gave birth to her first child, Johanna, in April of 1983, and to another daughter, Meredith, in June of 1985. She was a wonderful mother to them. She cared for her mother,

Helen, who moved to Montana in the mid-1990s, until Helen's passing in 2000.

A New Jersey girl to the core, Carol was a big fan of the "Jersey Boys" Broadway musical and of rocker Bruce Springsteen. She was skilled in the arts of sewing, weaving and chair caning. She was an early member of the Historic Preservation Commission in Great Falls, and was chairwoman of the Friends of the Library group. She liked to call herself an old hippie from the 1960s.

She and her family spent years renovating the former Anaconda Co. manager's house after moving the structure to the Lower North Side from Black Eagle in 1983. Carol had an eye for décor, and maintained a beautiful home in which she loved hosting guests.

Carol lit up a room when she entered it, showing enthusiasm for life and a joy in meeting people and making new friends. She loved visiting the beach, and could be found picking up seashells at the shore until the sun went down. She also loved visiting her daughter, Johanna, and her son-in-law Eric in New Orleans. She enjoyed walking around the French Quarter, listening to New Orleans jazz music and eating beignets with coffee and chicory. She was a master shopper and always found great deals. Her favorite store on trips was Anthropologie, where she could be found shopping the sale section. She loved antiques and finding bargains.

Carol was tremendously devoted to her family and friends and will be greatly missed every single day. She adored her grandchild, Eira, Meredith's daughter, and was blessed to have been part of her first two years.



*Carol working at a Stuttering Foundation booth.*



*Carol was featured in this newsletter over the years. The Summer 2006 Newsletter had an in-depth article on her. You can view it at <http://tinyurl.com/oyl7885>.*

# 10th Oxford Dysfluency Conference

By Ellen Kelly, Ph.D.  
Vanderbilt University

One hundred ninety-two delegates from 32 countries met in Oxford, UK, marking 30 years since the first Oxford Dysfluency Conference (ODC) in 1984. Several age-defying attendees of this year's conference also were present at the inaugural conference. Co-chairs, Sharon Millard, The Michael Palin Centre for Stammering Children, UK, and Dave Rowley, De Montfort University, UK, and their scientific committee, provided a varied program on topics pertaining to dysfluency assessment, treatment, and including both basic and applied research findings.

The conference venue provided opportunities for learning and lively discussion in both formal and informal settings. Clinicians and researchers alike feasted on information that will enhance their work.

Keynote speakers included Soo-Eun Chang, U. of Michigan, USA, Jan McAllister, U. of East Anglia, UK, Henny-Annie Bijleveld, U. Libre de Bruxelles, Belgium, Brenda Carey, U. of Sydney, and La Trobe, U. Australia, Marie-Christine Franken, Caroline de Sonnevile-Koedoot and their colleagues (Netherlands), and an international panel seeking a consensus approach to evaluating treatment outcomes from Croatia, Australia, Germany, the UK, and Iran.

Topics ranged from brain network connectivity in children who stutter to treatment methods – those for Adults Who Stutter (AWS) incorporating behavioral, cognitive and emotional factors, and, at the other end of the age range, a comparison of two seemingly contradictory approaches to early intervention with Children Who Stutter (CWS).



*Freda Walters and Travers Reid pose for pictures after Freda received the Travers Reid Award.*



◀ *Martin Sommer and Per Alm*



▲ *Rosalee Shenker and Celia Gruss.*



◀ *Kay Russell and Chris Tancock.*

Delegates were treated to an intriguing diagnostic journey with an AWS suffering Posttraumatic Stress Disorder (PTSD) that rivaled any Sherlock Holmes mystery and exposed to new frontiers in technology to enhance intervention. The conference concluded with presentation and discussion of a proposed one-item measure of communication effectiveness with potential application across every type of treatment for People Who Stutter (PWS) of all ages.

As a first-time attendee, I was particularly struck by the unified desire of the attendees, sometimes with disparate points of view, to work together and learn from one another to advance our knowledge and the quality of our

services to those who stutter.

Master's and doctoral students from around the world presented their research, with some competing for the coveted Travers Reid Award. The judges selected Freda Walters, U. of Cape Town, South Africa, in recognition of her ambitious and impactful study, "Classroom-based intervention to change peers' attitudes toward children who stutter: A feasibility study."

One of the many highlights was a Stuttering Foundation T-shirt that was signed by a variety of delegates and presented to the conference organizers as a token of remembrance and appreciation. Unspoken, of course, but perhaps a not-so-subtle invitation to shoulder the task, once more, in 2017!

**Rodriguez** *Continued from the front page*  
 leading scorer with six goals and two assists, beating out stars from Brazil, Germany, Argentina and the Netherlands who played one or two more games than he did. He was even among those considered for the Golden Ball award as the World Cup's most valuable player, which is unheard of for a player who only played through the quarter-final round.

There was mention of his struggles with stuttering in the Latin American media, both recently and in his early career when he played in the Argentine league in his teenage years. The prestigious Chilean daily *La Tercera* ran the article on July 29 "James Rodriguez, the Colombian hero that overcame stuttering" (translation), which stated, "The soccer player, who was born in Cúcuta 22 years ago, had to fight for several years against his stuttering that affected his youth. In fact, early in his pro career he refused to give interviews because of his stutter."

*Expreso*, the Ecuadorian daily, on June 30 ran the article "James conquered stuttering" (translation), conveying to readers what Rodriguez has had to struggle with during his life: "He has the talent to easily control the ball, but few people know the speech problem that this star for AS Monaco had in his childhood. Rodriguez was victorious in overcoming his stutter – which on various occasions has created difficulty when giving interviews, even as a professional soccer star."

Commentators called Rodriguez' six goals and two assists in five games as being nothing short of amazing, especially for a 22-year-old in his first World Cup. Colombia scored twelve goals in its five games, and Rodriguez was involved in eight of them. The afore-

mentioned *USA Today* article put forth, "Rodriguez scores goals and provides assists, but he also dictates the play for Colombia, sets the attacking tone and gets his teammates to play the game he wants to play. He is their workhorse as well as their artist."

Right before the game with Brazil on July 4, a few English-language media reports on the Colombian sensation briefly men-



tioned that he had struggled with stuttering in the past. However, the Stuttering Foundation website posted the story of "James" a week in advance of the English-language media mention of his stuttering.

Rodriguez, received major coverage in the worldwide media after his second goal against Uruguay, which was set up by his teammate Cuadrado. Instead of reacting with joy, he ran over to Cuadrado and repeatedly pointed his finger at him and shouted "That was your goal. You made it happen!" to let the whole world know that Cuadrado was really the one responsible for the goal on account

of his brilliant assist. His first goal against Uruguay was deemed by many observers to be "one of the greatest goals the World Cup has ever seen."

In Colombia's semi-final match against Brazil, Rodriguez scored Colombia's only goal, and the last goal of the tournament, on a penalty kick in a 2-1 loss. He received a standing ovation from the crowd when he walked off the field.

There has been widespread international media glorification of James Rodriguez after his spectacular performance in the World Cup. What is now called "the James effect" can be seen on YouTube as his spectacular plays in the 2014 World Cup are all over that social media channel, along with the special "dance" that the Colombians players do in unison after a teammate scores a goal. On July 29, the *Huffington Post* published an article with accompanying videos entitled, "Colombia Still Dancing at World Cup Because James Rodriguez Won't Stop Scoring." While Colombia exited the World Cup sooner than they had hoped, many people who stutter

around the world, regardless of their favorite team in the tournament, cheered on James. His example of not letting stuttering hold him back makes him a role model for all the people, soccer fans and non-fans alike, who also stutter.

His fans can continue to follow his career and watch his spectacular plays. Recently, he signed a 6-year, \$108 million deal with Real Madrid.

Of course, his dazzling heroics at the 2014 World Cup will live on forever on YouTube, making his worldwide fans, especially people who stutter, wish that the 2018 World Cup in Russia was just around the corner.

# Speak Your Beauty Inspires Generous Lessons

By Kendra Joyce

I graduated from Big Sky High School in Missoula, Montana, last June. Each year the graduating class is required to do a Senior Project with an activity component and a written research paper that relates to the activity field work.

The process of this project was a year long journey that I will never forget. I began brain storming what I would do the summer before. I knew I wanted it to be special and to help someone out in a tremendous way. Because my mom has stuttered her whole life I wanted to help people with speaking disorders. I decided an exciting benefit opportunity would be to hold a poetry reading and call it *Speak Your Beauty*.

I thought about my experiences reading poetry in front of people, and public speaking in general, and how scary and hard it can be to speak in front of people. People with speaking disorders go through this almost every time they speak. I think it is important for everyone to know that anything that they have to say, no matter what sound, shape, form, or speed it comes out, is beautiful if it means something to them.

For the project, students are required to perform 15 hours of service related to their activity field. The research paper requirements include three to five pages, referencing a minimum of five sources, and including three direct quotes.

Students are also required to document the whole process and, on Senior Project Presentation



Kendra Joyce, left, with other students who read.

Day, make a visual presentation and speak to community panel members about their project. The panel, consisting of three members of the Missoula community and one Big Sky High School teacher, score the presentations.

My mom has always supported me in everything I have done, and the amount of support she gave me in this was very familiar. This project was not only special to me, but also very special to my mom. She was there any time I had questions about anything and

listened to me present my project countless times, as practice for presentation day. My mom and I have always been very close, but we became even closer through this project. The main support that my mom gave me was being my inspiration. I have seen her struggles and the ignorance people often

have towards those with speech impediments, so my main goal was to eliminate as much of that ignorance as I could.

I learned so much through

writing my paper and enjoyed every minute, but the poetry reading was by far the highlight of my experience. We had a smaller turnout but a very generous group at the reading. In addition to being able to make a contribution to the Foundation through the "Speak Your Beauty" benefit, everyone involved also learned about communication and giving on many levels. This experience is one of the things I will remember most about high school and I can hardly explain how incredibly special it was to me. I am looking forward to attending Montana State University this fall, deciding on a major, and competing on the MSU rodeo team. I know this project will benefit me in school and in life in general.

My mom and I, and everyone involved in this project, appreciate what the Stuttering Foundation does. We plan to continue to spread the word about the generosity and help people can find there. Thanks again for what you do and I hope that through my project I have made a difference in someone's life.

**Editor: Kendra's school project raised \$453 for the Stuttering Foundation. Thank you Kendra!**

## Stress

*Continued from page 9*

that they might have done to “cause” stuttering (or other developmental problems). However, if we step back and consider the broad concept – that some form of experience or trauma has produced a physical malady, we would need to view stuttering as a conversion or somaticizing disorder. How well does stuttering fit this diagnostic category? Very, very poorly. As we discussed in Bloodstein & Bernstein Ratner (2008, pp 201-2), stuttering’s known demographic features stand in stark contrast to the well-documented characteristics of somatic or conversion disorders. These differences include the following:

*Types of somatic distress seen in conversion disorder:* In recent studies of conversion disorder and the older literature they reference, stuttering or other speech disorders are completely absent. The majority of somatic disorders involve gross motor ability (e.g., walking), perceptual systems (e.g., vision), overall well-being (e.g., chronic pain or weakness), headache/stomach ache or unexplained seizure-like disorder. Thus, psychiatry does not currently entertain the idea that stuttering is triggered by events or experiences. We shouldn’t do that, either.

*Age of onset:* conversion disorders are not seen in very young children, and are undocumented before later childhood and the teen years. In recent studies (e.g., Sar, Islam & Öztürk (2009)), patients were, on average, over 30 years of age, with a lower bound of 18 years. Brown & Lewis-Fernandez’s (2011) review states that, “The limited data available from countries outside the North Atlantic area concur with the DSM-IV-TR suggestion that the onset of conversion disorder is typically between 10 and 35 years of age.”

*Gender distribution:* conversion reactions tend to affect women more than men, a profile in direct

contrast to the typical gender distribution in stuttering. Brown & Lewis-Fernandez (2011) note that, “the statement in DSM-IV-TR that patients with conversion disorder are significantly more likely to be female has been confirmed in several countries.” Sar et al. found that 27 out of 32 of their conversion cases were female.

*General psychiatric status:* Brown & Lewis-Fernandez note that many conversion patients also report multiple somatic symptoms in other bodily systems (e.g., motor, perception, weakness, seizures).

*Available symptom models:* one notable feature of stuttering is that early stuttering often does not resemble advanced stuttering, even that seen in the child’s family. In contrast, Brown & Lewis-Fernandez (2011) note that a “significant proportion of conversion disorder patients have recently encountered similar symptoms in their local environment.”

To summarize, Creed & Gureje (2012) observe that “somatization disorder is associated with female gender, few years of education, low socio-economic status, a general medical illness, a psychiatric disorder (especially anxiety and depressive disorders) (as well as) recent stressful life events” – this doesn’t sound much like children who stutter.

Finally, but very importantly, psychotherapy has been conspicuously unsuccessful in treating stuttering in both children and adults, as the *Handbook* notes.

Despite this, I have had parents of children who stutter insist that stuttering was “caused” by experiences such as the birth of a sibling, a bad experience away from home, etc. What might be the most helpful approach to this set of beliefs?

Medicine has now started to distinguish between “causes” and “triggers” in disease onset. A cause is just what it sounds like, the underlying basis for the dysfunction or disorder. The cause of stuttering is

currently unknown, but appears to involve a heritable dysfunction with increasingly obvious bases in brain anatomy and activity. “A trigger is something that either sets off a disease in people who are genetically predisposed to developing the disease, or that causes a certain symptom to occur in a person who has a disease. For example, sunlight can trigger rashes in people with lupus. A trigger is a predisposing event” (MedicineNet.com). A number of disorders are now known to appear after a person’s system has been weakened by a viral infection, for instance – this would be an example of a trigger that allows an underlying condition to emerge. We could view some family reports of stress just prior to the onset of stuttering as quite analogous to this, and view that stress as a possible trigger for the stuttering. An important concept to remember here is that triggers may vary, but if an underlying condition is susceptible to triggering, it will eventually emerge. Thus, there would be no way for parents to “protect” their child against all known (or unknown) stressors, either medical or experiential that could trigger the onset of stuttering. Finally, although many parents (and people who stutter) might want to understand what causes stuttering, the major goal is to treat its behavioral, affective and cognitive features effectively. Second-guessing as to what “might have been” serves little scientific - or therapeutic - purpose.

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# Dear SFA: Reader Response



Send letters to SFA, P.O. Box 11749, Memphis, TN 38111-0749 or e-mail [info@StutteringHelp.org](mailto:info@StutteringHelp.org).

## Tools That Help

My name is Clint. I am 7 years old. On December 9, 2013 I started speech at home. And, the real date I started stuttering was November 18, 2013. The stuttering got so bad that I had to spell the words. Each time I spelled a word I got MAD!

Now I am doing very good! Now I will tell you what helps me. The tools are: 1. Slow, 2. Breathe in, talk out. If bullies bully, you just put up your finger and keep stuttering.

Clint, 7  
Atlanta, GA

## Strategies Work

Hi! My name is Maxwell. I am 10 years old and I stutter a ton. I don't like it when people make fun of me. I may stutter, but I am a strong, kind, and intelligent boy. I've been going to Jefferson Elementary for four months and I like it when people don't interrupt me and wait patiently. Stuttering makes me feel embarrassed and angry because it sounds different and nobody knows how it feels. Now I go to speech therapy and I think it is very helpful because you get to sit with your Speech Therapy Teacher and talk about how it feels and how to improve your speaking. I have learned the "stretch it out" strategy, which means you can say any type of sound for a period of seconds. I also learned the "air bag" strategy, which means you can take a breath and let the air out before speaking. These do help me a LOT. Thank you for



Hello, my name is Wyatt and I am in 3rd grade and nine years old. My favorite sport is baseball. I have trouble talking because I stutter. Stuttering does not mean there is something wrong with you. Stuttering is something all people do; I just do it more often. In speech therapy I learn about different speech tools to help me relax my muscles so talking is easier. My favorite speech tool to use is wait time. I use wait time when I am called on to answer a question but I need time to think and relax before I answer.

Wyatt, 9, Holmen, WI

reading my story.  
Maxwell, 10  
Wauwatosa, WI

## Therapists Help Me

My name is Dalton and I bounce. I don't know when I started bouncing, but now I have a good speech therapist at school and at the university clinic. I am in 3rd grade right now. I like to

play soccer, football, and basketball. I like to read and do math. I use a technique called sliding out or cancellations.

Dalton, 8  
Wisconsin Rapids, WI

## Here Are My Tips

My name is Alize. I am 11 years old and I have some stuttering problems. My parents first noticed that I started stuttering when I was in the first grade. I have had stuttering problems for five years now. My stuttering went away for like a month or two, but then it started coming back. I stutter when I am nervous or get excited. I have been going to speech therapy. When I get nervous I start talking fast, and whenever I get excited, that's when I start stuttering. Sometimes when I stutter I tell myself, breathe and talk slow. To other kids that stutter, they feel embarrassed that they stutter and other kids make fun of them. So if they start stuttering they should start over what they are going to say, they should breathe in and out, and talk slow and calmly.

Alize, 11  
Los Angeles, CA

## Not the Only Kid in the World

My name is Kenny and I am from Campbell, California. I am eight and a half years old and in the 2nd grade. I love to play soccer, baseball and basketball. I also love to swim. Sometimes I try to talk to people, but I get stuck on my words and keep on repeating

Continued on page 18

**Letters** *Continued from page 17*

them, and sometimes people tease me about it. It makes me feel sad and frustrated. My stutter stops me from talking. I won't always speak up because I am afraid I'll get teased. I am trying to learn how to stop my stutter by having Speech Therapy with my Speech Teacher, Hannah T. I love going to Speech because it helps me with stuttering. Before going to speech it was really hard for me to talk and I barely spoke. I am trying to get my stutter to go away or at least under control.

I really like reading the letters from the other kids because it lets me know that I am not the only kid who stutters in the world.

*Kenny, 8½  
Campbell, CA*

*Editor's Note: The book, Sometimes I Just Stutter (<http://tinyurl.com/pewf44c>) talks about what it takes to stutter, feeling sad and frustrated, and what to do when others tease you. Also, Kenny, please see what Reign from Spokane, WA, has to say about not "getting rid" of stuttering. You are not alone!*

**Pauses are Important**

My name is Aiden. I'm 9 years old and in the 4th grade. I like to play baseball. Stuttering has affected me because it is hard for me to speak when I am nervous. I've been going to speech therapy for 2 months. Some things that have been helpful to me are pausing and easy beginnings. I think it's important to remember to use pausing and speak at a slower rate.

*Aiden, 9,  
Mechanicsville, VA*

**Stuttering Isn't Always Bad**

My name is Jordan. I am 10 years old. I am in the 4th grade



I started stuttering when I was about nine years old. I stuttered until I was about 10 years old. I was repeating the beginning of words and sentences, and it was really annoying. I went to speech therapy and my speech teacher helped me a lot. We made up strategies that were useful and inspired me to work hard. Some of them are: "take a deep breath" or "stop and think about what you are going to say before you speak." These are things that changed my speech a lot. I hope they can help you in the same way.

*Vinn, 10, New York*

and live in Spokane, Washington. I love to play on my X Box 360. I am very experienced in Call of Duty games, Lego games and more. I also like Super Heroes and riding my bike. Do you stutter? Are you in speech therapy? How long have you stuttered? I have a brother who is 18 years old. Stuttering is not a bad thing.

*Jordan, 10  
Spokane, WA*

**Here's Some Advice**

Advice for teens who stutter:

- Don't quit trying to use strategies.
- Teach other people about stuttering.
- Don't be scared to talk to someone about stuttering.
- Don't think about stuttering that

much – it will get easier if you practice.

What I have learned from stuttering:

- That people are different and it is fine to be different.

*Duron, 14  
Worcester, MA*

**You're Not Alone**

My name is Megan. I am 10 years old. I go to Meadow Ridge Elementary in Mead, Washington. I first noticed that I stuttered when I was in 1st grade. I then started going to speech therapy. When I was in 3rd or 4th grade we had an assembly and at the end a kid asked me, "How come every time you talk you always have the hiccups?" The next day I had speech so I told my group and my speech teacher and they just laughed!! Do you have any pets? Do you know anybody who stutters? Just know that you are not alone. If you fight with your stuttering it will just get worse. In my many years of stuttering I have learned that you should become friends with your stuttering. If some-

body teases you about your stuttering just don't let it bother you and give a little smile and they will stop and think it doesn't bother you.

*Megan, 10  
Spokane, WA*

**Do You Like Stuttering?**

I am 9 years old. My name is Jocelyn. I go to Meadow Ridge Elementary. Do you like stuttering? Are you a boy or a girl? How many people are in your family? You are not alone. Don't start over when you get stuck. Do try, try again. I like pink. There are many people in my family who stutter. Thank you for reading my letter.

*Jocelyn, 9  
Spokane, WA*



This is a picture of me at karate.

I am the age of 10 and I live in Wallingford, CT. I go to Harvest Park Elementary School and I hate my stuttering because when I stutter other kids think I'm done talking and they start talking. I mainly stutter when I get nervous, when I'm really excited, and when I'm talking out loud in front of my class. Sometimes I stutter in Karate. I am in 5th grade.

*Connor, 10, Wallingford, CT*

### Positive Attitude

My name is Thomas. I'm 11 years old. I live in Spokane, Washington. I go to Jaguar Elementary School. I stutter. The most important thing I learned about stuttering is you don't have to love it; you just need to know that stuttering can be fun. My speech teacher is Ms. K. She taught me a lot of stuff about stuttering and to control my stuttering. I like to play video games, ride my bike and write. I am a Webelo Scout.

*Thomas, 11  
Spokane, WA*

### Here's What I Do...

My name is Reign and I am 10 years old. I have been stuttering

since I was 3. I really don't care about my stuttering. It's just annoying. I don't want it gone though. I want to keep it, and wear it down. Do you, The Reader, stutter? Are you a speech therapist? Don't try and get rid of it because you can't. Whenever I stutter I always use "pull-outs." I like to read, draw, and play video games.

*Reign, 10  
Spokane, WA*

### Excited About Camp

Hi. My name is Drew. I am in the 7th grade. I have been stuttering since I was three years old. I have learned a lot of stuff about stuttering. I learned to calm down by breathing and

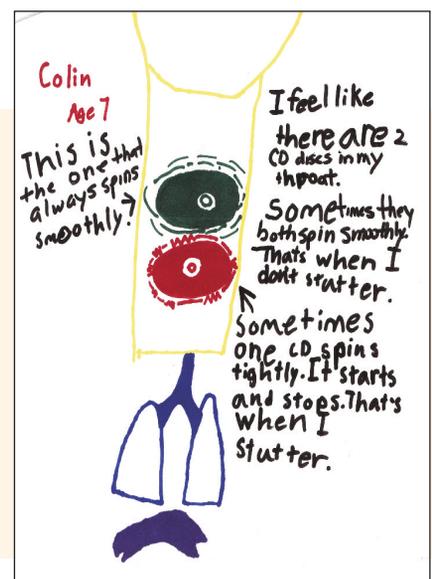
taking a different breath. I had two speech therapists. They told me to take a deep breath, make your shoulders relax and pretend like you are riding a wave in the ocean. I like surfing so that was easy for me to do. I got the hang of it. One day my mom said, "Go in your room and talk to yourself in the mirror." That has helped me a lot.

I am going to a special summer camp for stutterers in South Carolina for two weeks. I am excited to go there and I know I will learn a lot and have fun!!!

*Drew, 7th grade  
Brigantine, NJ*

I am in second grade at Prairie View Elementary School in Holmen, Wisconsin. I go to speech three times a week with Mrs. H. I am fine with my stuttering and it doesn't stop me from talking at all. My favorite part about speech is learning facts about stuttering. I love facts about anything! I like looking at the kids' pictures in this newsletter, that's why I drew one.

*Colin, 7, Holmen, WI*



## Class Fluency Quiz by 3rd and 4th Grade Florida Students

**1. If someone asks you a question, how long should you wait or pause before you answer? (pause time is a great tool to use to stay smooth and fluent!)**

- A. 3 to 5 seconds
- B. 30 seconds
- C. 1 hour
- D. 15 seconds

**2. What should you do when you want to join in on a conversation?**

- A. Wait until everyone is looking at each other
- B. Yell out, "It's my turn!"
- C. Wait until you want to talk and the others are not talking
- D. Sing the "ABC" song to get everyone's attention

**3. When you are about to talk to a person and the person is not looking at you, what should you do?**

- A. Never talk to that person again
- B. Shout out, "Look at me!"
- C. Wait until the person is looking at you and use a pause before speaking
- D. Walk away

**4. When you are asked to talk in front of the class/group, what should you do?**

- A. Go for it
- B. Tell the teacher or group leader you're afraid
- C. Never speak in front of a group

**5. If you stutter in school and a bully makes fun of you, what should you do?**

- A. Slap the bully
- B. Tell your teacher
- C. Run into the bathroom and cry
- D. Don't do anything

**6. Where should you place your hand to feel the movement of the muscles that help you to use full breaths when you speak?**

- A. On your stomach
- B. On your head
- C. Under your rib cage
- D. On your neck

**7. What should you do if you stutter on a word?**

- A. Ask the teacher to finish your sentence for you
- B. Give up talking
- C. Use cancellation

*Answers: 1. A; 2. C; 3. C; 4. A; 5. B; 6. C; 7. C*

## Speak the Speech... *By Milton Horowitz*

My stuttering is often in total remission for long periods of time. Then without warning, the tendency to stutter returns, to stay for a while. During times of speech blocks, to keep myself "fluid," to ease speech, I relied on poems and other lyrics to keep me speaking—not with contemporary free-verse poetry but with "old fashioned" verse of rhyme and rhythm. They kept my speech "mechanisms," so to speak, oiled, when reciting to myself or out loud to others. Many listeners enjoy poetry even if they don't read it. Here are some of my favorite lines:

I've made for you a song,  
And it may be right or wrong,  
But only you can tell me if it's true.  
(Rudyard Kipling talking to Tommy Atkins, his GI Joe.)

Grow old along with me!  
The best is yet to be,  
The last of life, for which the first was made.  
(Robert Browning, "Rabbi Ben Ezra")



*Illustration by John Tenniel from the poem "You Are Old, Father William" in the book Alice's Adventures in Wonderland.*

You are old, Father William, the young man said,  
And your hair has turned very white.  
Yet you incessantly stand on your head.  
Do you think at your age that it's right?

(Folk verse)

By the old Moulmein Pagoda, lookin' eastward to the sea,

There's a Burma girl a-settin', and I know she thinks of me.

(Rudyard Kipling, "Mandalay")

Rhyme and rhythm helped me, as Shakespeare wrote, to "Speak the speech trippingly on the tongue." Memorizing poetry is a worthwhile activity in itself, even for the speaker to "show off" to friends and family while reciting with confidence.

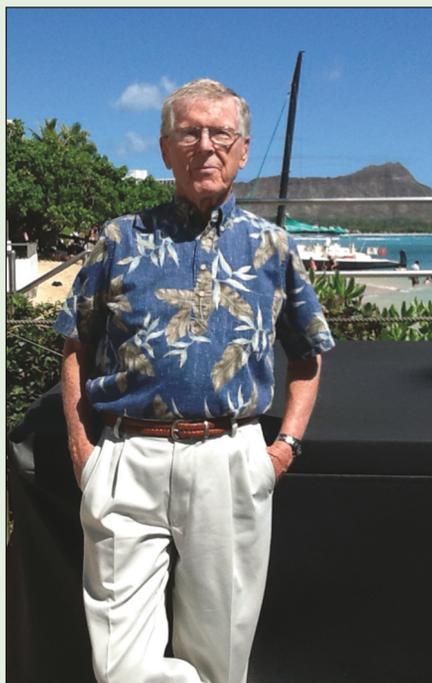
## 91-Year-Old Encourages Others to Face Fears

Terror accompanied by waves of nausea occurred when John Gleeson was called to present his five minute speech in Basic English, 7th Grade at Jefferson Junior High School, Long Beach California. You see I am a stutterer. It was in the time of the Great Depression (nothing great about it), my family was dysfunctional, we were on welfare often, and life was very difficult. My wonderful mother provided the strength to keep our family unit together, for my sister and me. But I became a high school dropout.

While I was in elementary school a concerned neighbor took me to a University Speech Clinic but, regrettably, they did not see any short term solution. This neighbor apparently saw the unwarranted, self imposed humiliation that accompanied me as a stutterer. My life during elementary school was not the joyous occasion it should have been. While in the 4th or 5th grade a school yard bully would chase me and on occasion beat me. A kind lady saw it happen and encouraged me to fight back. I did, and the harassment stopped. My other recollection of teasing (now known as bullying) was being called a Stutter Dope by the girl at the desk in front of me. Many, many years have passed but I can vividly remember those segments of my life.

I am a World War II aviation combat veteran having flown both combat and covert missions. As I recall my speech impediment did not affect me on the Aircraft Intercom System even during stressful combat conditions. I have no idea as to the reason for that phenomenon.

When I returned from the Korean War (my speech was bad during this period) I enrolled in Sacramento Community



*John Gleeson at the Halekulani Hotel on the beach in Waikiki, Hawaii, on his 90th birthday in August 2013.*

College and graduated. This decision completely changed the direction of my life; I now had a specialized career skill. Air Conditioning/Refrigeration remains a much sought after profession.

Early in my career I was given a position as a sales manager with a large mechanical construction firm in Reno, Nevada. I gathered all of the sales personnel together for a little instructional session and I was having some difficulty speaking. One of the sales men interrupted me and said, "Come on John spit it out." My reply was "Joe, I cannot help the way I talk any more than you can help being homely." Everyone in the meeting laughed and the subject was never brought up again.

During that time I was appointed to the Regional Planning Commission and soon elected Vice Chairman. This was acceptable as the job was strictly a

symbolic position. It came as a shock when the Chairman stepped down and I was appointed as his replacement. At Commission meetings the Chairman would read aloud the upcoming zoning change request, case number and a brief outline applying to the applicant. I was nauseous and terror stricken once again, as reading aloud was still a terrorizing event for me. Our meetings were held in the City Council Chambers, which generally had an audience of about 200 attendees, including bankers, attorneys, architects and developers, etc. - a very professional audience. This was my first experience at being In-Front and In-Charge. It took me several meetings until I gained the confidence needed to portray the leadership role required. I was elected by my peers to a 2nd term as Chairman.

Joining Toastmasters made a great difference in my sales engineering professional career. This outstanding group provided me with many opportunities to polish my public speaking skills and be critiqued with constructive humor. I highly recommend Toastmasters.

I am a retired very successful entrepreneur in Honolulu, Hawaii. My company John Gleeson Ltd. specialized in Engineering and Marine Sales/Consulting, seemingly an unattainable career for a stutterer named John Gleeson.

As a stutterer it was necessary to face my fears.

It is my pleasure to report that I am married (very happily) 68 years, with three daughters, six grandchildren and nine great-grandchildren. My life is a blessing and a joy. This year I will be 91 years young.

*John Gleeson, 91 years young  
Honolulu, HI*

[www.StutteringHelp.org](http://www.StutteringHelp.org) • 800-992-9392 • [www.tartamudez.org](http://www.tartamudez.org)

The Stuttering Foundation now offers speech-language pathologists the opportunity to earn CEUs online. The courses, developed and led by world-renowned experts in the field, are available at [www.StutteringCEUs.org](http://www.StutteringCEUs.org). These CEUs, which focus 100% on stuttering, can be accessed on a computer and mobile device such as an iPad.

A public service ad designed by **Nino Ilievski** selected as the best pick of the week by Michael Canning, managing partner and executive creative director of Leo Burnett, New York. It beat out print ads by Ford and Netflix. To view some of our PSAs, visit [www.stutteringhelp.org/public-service-ads](http://www.stutteringhelp.org/public-service-ads).



**Dieudonne Nsabimana** of Kigali, Rwanda, has translated the book *Stuttering and Your Child: Questions and Answers* and the flyers *8 Tips for Teachers* and *7 Tips for Talking with Your Child* into Swahili, which is the most widely spoken African language. Swahili

is spoken in 11 African countries by more than 120 million people. In addition, Nsabimana is launching the African Stuttering Research Centre, which will focus on providing stuttering resources for Africa and starting a program where therapists and student clinicians from developed countries will deliver treatment for stuttering to areas in Africa that currently do not have access to these services.

**UMAMUJI SABA ZA KIJAZUNGUA NA WOTO WAKO**

1. Zingatia kuwa mtoto wako hivi ndiye mtoto wa familia, unagombea kwake kwa moyo, kuja mwanzoni wakati wa mtoto wako kutafuta kujiunga na dunia ya watoto. Ikiwa mtoto unagombea kujiunga na dunia ya watoto, unagombea kujiunga na dunia ya watoto. Ikiwa mtoto unagombea kujiunga na dunia ya watoto, unagombea kujiunga na dunia ya watoto.
2. Pong'aa mtoto wa mwanao unagombea kwake wakati wa mtoto wako. Ikiwa mtoto unagombea kwake wakati wa mtoto wako, unagombea kwake wakati wa mtoto wako. Ikiwa mtoto unagombea kwake wakati wa mtoto wako, unagombea kwake wakati wa mtoto wako.
3. Tume kizazi saba za watoto na kujiunga na dunia ya watoto. Ikiwa mtoto unagombea kwake wakati wa mtoto wako, unagombea kwake wakati wa mtoto wako. Ikiwa mtoto unagombea kwake wakati wa mtoto wako, unagombea kwake wakati wa mtoto wako.
4. Pong'aa mtoto wa mwanao unagombea kwake wakati wa mtoto wako. Ikiwa mtoto unagombea kwake wakati wa mtoto wako, unagombea kwake wakati wa mtoto wako. Ikiwa mtoto unagombea kwake wakati wa mtoto wako, unagombea kwake wakati wa mtoto wako.
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**Claire Cahoon**, a speech-language therapist in Rwanda who is working with a hospital to develop its first speech-language services, writes, "A big THANK YOU for the abundance of resources you sent. They are absolutely fantastic and will be so beneficial."



**8th World Congress on Fluency Disorders** will be July 6-8, 2015, in Lisbon, Portugal.

For more information, visit [www.theifa.org/Legacy/IFA2015/Announcement/index.html](http://www.theifa.org/Legacy/IFA2015/Announcement/index.html).

**International Stuttering Awareness Day** is October 22.

This day is intended to raise public awareness of stuttering, which affects one percent of the world's population.



Students work at the Stuttering Foundation booth during the North Carolina Speech-Language-Hearing Association convention.

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The Stuttering Foundation was founded in 1947 by Malcolm Fraser, 1903-1994  
Scott Squires . . . Editor/Designer

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