

To: International Stuttering Association Family  
From: Michael Sugarman, MBA, Chair ISA  
Regarding: February 2011

I hope everyone has a compassionate, healthy and safe year. 'The King's Speech' has generated a positive image for people who stutter as well as an opportunity to raise awareness. I just sent an email to the east bay self help National Stuttering Association chapter asking them to watch the Academy Awards at my home. Please consider any activities you may want to do in anticipation of raising stuttering awareness in your community.

The World Congress in Argentina will take the ISA into a new decade with vigor and inspiration and lay ground work in delivering hope and change to millions of people who stutter around the world.

The ISA needs your talent. Specifically in having "free time", access to the internet or skills in fund raising, accountancy or any skills you can share with the stuttering community. If you are considering 'standing' for the ISA Board of Director please let me know by April 10th, 2011. Also, if you want to help us in our work around the world, as a Special Friend, and have free time as well as computer and internet access, please let me know.

### **What is the ISA Membership Meeting? Who should attend? When is it?**

The International Stuttering Association (ISA) is an association for stuttering associations for people who stutter. Anyone interested may attend. A membership meeting is held, the day before the start of the World Congress. However, only one designated representative from each ISA member association is entitled to vote. The meeting will be held from 10:00 A.M. to 4:00 P.M. on Tuesday May 17th at:

Koh Lanta Bar

located on Gorriti St., 4647

Palermo neighborhood in Buenos Aires.

After the ISA meeting, please plan to stay for some social time and possibly dinner at a local restaurant or remain at the Koh Lanta Bar.

### **The 8th ELSA Youth Meeting, at Giggleswick, near Settle United Kingdom, 16-22 July 2011.**

The European League of Stuttering Associations (ELSA) is holding a Youth Meeting in July 2011 at a location in the north of England. This is ELSA's 8th Youth Meeting, the first being

in Linköping at the time the World Congress in 1995, the second in Nijmegen in 1997, the third in Mullsjö, Sweden in 2000 and the fourth, fifth, and sixth again in Nijmegen in 2003, 2005 and 2007, the seventh was at Giggleswick in 2009.

This letter is addressed to the Boards/Committees and offices of every European National Stuttering Association inviting you to nominate up to four people between 18 and 26 years old who stutter to participate in the Youth Meeting.

The meeting will be 6 days starting Saturday evening 16 July and finishing Friday morning 22 July. The Meeting will consist of workshops, lectures, presentations, social outings and many other activities. The title of the Youth Meeting is:

## **“The Right to be Heard” Social Inclusion and Human Rights starts online**

For more information go

to: <http://www.stuttering.ws/index.php/ym>

If you have any questions, do not hesitate to contact me at [anita@stuttering.ws](mailto:anita@stuttering.ws)

### **The King's Speech**

review by Keith Boss, BSA

#### **General**

1. I spoke to a few non-stammering people before and after the film. Their attitude of mind confirmed what I learned in 2006. Normal caring people do not think about stammering more than they think about any other disability of any kind. If they meet a disabled person, they tend to ignore the disability, unless they can help. If they meet a person who stammers, the stammer is unimportant to them. They went to see the film, not to see the Prince / King stammering.
2. This film will attract people who lived in those times. The cinema was packed (180+). The majority were 50+.

#### **Specifics**

1. George V, Bertie's father behaved like many fathers (My own as well). They had no knowledge of the disability, so did what they could, which often made things worse. Neither Father nor Mother would show affection or love. The British in that period, especially the monarchy, just did not do that kind of thing. Notice however the love and affection from the George VI and wife to their two daughters. This was very good to see.

2. Church, as well as some on the BBC, gave the same kind of useless advice as George V gave. They did not know any better. One quote 'Let the mike do the work'.
3. Teasing / Bullying. The brother showed this well at a time he was under stress. He did this as a defence mechanism. I suppose many of the bullying experiences we had would be similar.
4. Much of the Australian's work has modern relevance. It is almost as if he pioneered things.

**Belly breathing** (cannot be tense and belly breathe). His techniques were very funny. He did not know there are simpler ways to retrain yourself to belly breathe.

**Relaxing the vocal chords.** Again his techniques were very funny, but quite a few people when stammering speak in higher octaves and vocal chords are very tight. Singing lessons / training, which included breathing properly, can be of benefit and lower the tone of speech.

**Sliding into words.** Modern technique

**Getting a rhythm.** Same kind of thing as syllabic speaking, one syllable at a time in a strict rhythm. Although I have not heard of this technique, maybe speaking in rap would be of some use to some of us. This is also a little like changing the way you speak. Different Brain paths (See Per Alm.)

**Self confidence and self worth.** Massive current relevance. This tackles the hidden part of the Iceberg. We talk about a stammering Iceberg. In fact, there is an Iceberg that everyone in the world can have. Only a tiny part of the Iceberg is stammering related. Self-esteem and self-confidence need lifting up to tackle these debilitating emotions. Note, any, and everyone, can have these debilitating emotions.

**Swearing.** I found this unnecessary. Although it did release some of his patient's tensions, so could be therapeutic. There are other ways to release tensions - meditation.

Please take a look

at <http://www.cbsnews.com/video/watch/?id=7299297n&tag=contentBody;featuredPost-PE>

Kindly,  
Michael Sugarman