

To: ISA Stuttering Family

From: Michael Sugarman, MBA

Date: June 2011

“Not only do we have a voice...We have something to say”

Message from Buenos Aires:

HI ALL, AS THE PRESIDENT OF THE A.A.T (ARGENTINE STUTTERING ASSOCIATION) I WANT TO THANK YOU PEOPLE FOR COMING TO THE "9TH WORLD CONGRESS FOR PEOPLE WHO STUTTER"..... THIS WAS AN INCREDIBLE, EXCITING, EMOTIVE AND UNFORGETTABLE EXPERIENCE FOR ALL OF US. AFTER 2 YEARS OF CONSTANT AND HARD WORK, WE FINALLY SUCCEEDED IN MAKING THIS DREAM COME TRUE. I CAN HARDLY BELIEVE THIS CONGRESS TOOK PLACE IN ARGENTINA AND I THINK IT WAS AMAZING.

MORE THAN 350 PEOPLE WHO STUTTER, PROFESIONALS, STUDENTS AND PARENTS FROM ALL THE WORLD CAME TO OUR COUNTRY. THOGETER WE DANCE, SHARE KNOWLEDGE, LAUGHT, WE ALSO CRY (ANITA'S AND MICHAEL`S SPEECHS), BUT WHAT I THINK IS MORE IMPORTANT WE WHERE ABLE TO BUILT A SPACE WHERE EVERYONE WAS HEARD IN A CONFORTABLE AND HAPPY ATMOSPHERE. FRIENDSHIP WAS IN EVERY PLACE, DON'T YOU THINK SO.

IT WAS A PLEASURE FOR ME SPENDING THESE DAYS WITH YOU AND I AM SURE WE WILL BE MEETING AGAIN SOON.

THANKS AGAIN,

JULIETA CASTRO.

A.A.T. PRESIDENT

Check out World Congress photo gallery at <http://www.stutterisa.org/what-we-do/world-congress/9th-world-congress-argentina-2011/photos>

Results from ISA Membership Meeting:

World Congress 2013. Spain and Netherlands were candidates: The vote was **14 Netherlands, and 3 Spain.**

Netherlands won the vote.

Votes for each Candidate for Board of Directors from 17 member associations.

1 vote Thomas Krall

1 vote Adolfo Sanchez

2 votes Pedro Rodriguez

14 votes for Michael Sugarman, Keith Boss, Peter Dhu, Moussa Dao, Joseph Lukong, Maartje Borghuis, and Yoichi Tsutsumino.

A special thank you to those who attended a very spirited membership meeting and willing to let the process work. The Chair asked for candidates to sit or stand next to him. Thomas Krall sat next to Chair, and listed candidates he wanted on a sheet of paper on the wall. A vote was then taken:

The following candidates were elected to the New Board.

Michael Sugarman, Keith Boss, Peter Dhu, Moussa Dao, Joseph Lukong, Maartje Borghuis, and Yoichi Tsutsumino.

10th World congress for People Who Stutter – Netherlands

<http://www.facebook.com/l/df312aESj0mOYa9OM-MQXjcnc4g/www.stuttering2013.com>.

We would love to welcome you to join us at the 10th World congress for People Who Stutter. This site is brand new and will be the source of all information about the congress during the time. It will be updated on regular base.

On 17th of May, three delegates from the Netherlands Stuttering Association Demosthenes put out a bid in Buenos Aires for hosting the 10th congress in the Netherlands and we got it assigned to us.

We did not put out a bid just like that, it took a lot of investigating before we, and the rest of the board, allowed us to go for it.

Because we are perfectionists (aren't all stuttering people perfectionists?) we wanted to get things organized before going to Argentina and succeeded in that.

The present information on this website will expand in the next months.

With regards,

Maartje Borghuis,, Richard Bourgondiën and Ronald van Drunen.

ISA Board Meeting:A Quorum present Buenos Aires, Argentina

Four members of the Board of Directors met and voted yes on the following motions:

Motion # 48: Motion, seconded. 'Michael Sugarman to remain as Chair of the ISA'.

Motion # 49 Motion, seconded.. 'Request Benny Ravid to transfer Domain name to Michael Sugarman'.

Based on Motion # 49 I have contacted Benny, sending an official logo letter head asking him to transfer the Website domain name from him to myself or a Board Member. This is the property of the ISA and since Benny no longer has an active role in the ISA it is appropriate to return the domain name to the ISA.

A huge thank you goes to Judith Eckardt for being Secretary in the Membership Meeting and to Mel Hoffman for assisting her. The Membership Meeting notes will be on the ISA website soon. You will be notified.

Request from Chair to the ISA Board of Directors

I would like you to think about committees you would like to be involved in:

Website

WC 2013 in Netherlands

Outreach/youth

Treasurer and soliciting funds for scholarships

Secretary

Constitution

Look forward to hearing from you---We have a lot of activities that are underway:

1. Video conference between participants at Friends who Stutter conference and ELSA youth meeting. Respective conferences overlap in July 2011.

2. *Solicit membership dues*
3. *Expand website to include videos*
4. *Face book page for ISA*
5. *Strategic Planning for African Kenya 2012 and WC 2013 in Netherlands: such as scholarship development. For example, scholarships for youths who stutter to attend Netherlands*
6. *Recruit from membership PWS to assist on committees*
7. *A youth face book was developed: <http://www.facebook.com/pages/Voices-Across-Borders/159581778043>*

8. Living Life As It Unfolds – Episode 57 « Make Room For The Stuttering

www.stutterrockstar.wordpress.com

[stutterrockstar.wordpress.com](http://www.stutterrockstar.wordpress.com)

Episode 57 features Julia Ammon, who hails from Essex, England, which is about an hour from London. Julia is originally from Ormond-By-The Sea, Florida. She moved to the UK because she married a Brit and it was easier for her to move. Classic girl meets boy and moves far away! Julia works for the British Stammering Association (BSA) as a fundraiser.

9. Below is the link to the American Psychiatric Association and the approved changes for the stuttering definition that will be included in DSM V

<http://www.dsm5.org/ProposedRevisions/Pages/proposedrevision.aspx?rid=92>

If you are feeling tense or anxious try this: **Relaxation Breathing Guidelines**

Perform the following steps in sequence:

- **Deep breathing may be done in any position; sit, lie, or stand comfortably, with a straight spine.**
- **Exhale the air in your lungs.**
- **Inhale through your nose while counting slowly to four;**
 - ✓ **First, fill the lower section of your lungs by pushing your diaphragm/abdomen out (or breathe with your gut).**
 - ✓ **Second, fill the middle part of your lungs/chest.**
 - ✓ **Last fill the upper part of your lungs as you raise your chest and shoulders slightly.**
 - ✓ **With practice these 3 steps will be in one smooth, continuous inhalation.**
- **Hold your breath for a slow count of three.**
- **Exhale through your mouth, making a relaxing, whooshing sound like the wind, to a slow count of four.**
- **As you exhale, follow the same order as the inhalation, exhale first abdomen/gut, next middle chest and finally from your upper chest.**
- **Allow your shoulders to sink and relax.**
- **Imagine all the tension from your body being pulled into your lungs and being exhaled with your breath.**
- **Continue deep breathing for 5 - 10 minutes at a time. If you become lightheaded at any point, alternate six regular breaths with six deep breaths.**
- **When you have learned to relax yourself using deep breathing, practice it whenever and wherever you feel yourself getting tense.**

Guía de Respiración Para Relajarse

Siga los siguientes pasos en orden:

- **La respiración profunda se puede hacer en cualquier posición; ya sea sentado/a, acostado/a, o parado/a cómodamente con su espina dorsal recta.**
- **Espire el aire en sus pulmones.**
- **Aspire a través de su nariz mientras cuenta lentamente hasta cuatro;**
 - **Primero, llene de aire la sección inferior de sus pulmones empujando su diafragma/abdomen hacia afuera (o respire con su estómago).**
 - **Segundo, llene de aire la parte media de sus pulmones/pecho.**
 - **Por último, llene de aire la parte superior de sus pulmones mientras eleva ligeramente su pecho y hombros.**
 - **Con la práctica, podrá hacer estos 3 pasos en una inhalación uniforme y continua.**
- **Retenga el aire contando lentamente hasta tres.**
- **Espire a través de su boca, haciendo un sonido relajante como el sonido del viento y contando lentamente hasta cuatro.**
- **Mientras espira, observe el mismo orden que siguió en la aspiración, primero espire con su abdomen/estómago, luego con la parte media del pecho y finalmente con la parte superior del pecho.**
- **Deje caer sus hombros y relájelos.**
- **Imagínese que toda la tensión de su cuerpo está siendo halada hacia sus pulmones y está siendo espirada con su respiración.**
- **Continúe respirando profundamente por 5-10 minutos cada vez. Si en cualquier momento se sintiera mareado/a, alterne seis respiraciones regulares con seis respiraciones profundas.**
- **Cuando haya aprendido a relajarse usando las respiraciones profundas, practíquelo cuando pueda y donde quiera que sienta ponerse tenso/a.**

Kindly,
Michael,
ISA Chair