

To: ISA Stuttering Family

From: Michael Sugarman, MBA

Date: September 2011

Regarding: September 2011 E newsflash

Creativity is maximized when you're living in the moment

Short Message from Chair:

The ISA is comprised of People who Stutter from around the world---Central to ISA theme is to be culturally and linguistically appropriate and sensitive and provide encouragement to those who stutter. The ISA is dedicated to providing information to all people who stutter to attain optimal management of his or her stuttering and thereby building healthier stuttering community. Please take a moment a email me your thoughts on how to build a healthier stuttering community: msugarman1@sbcglobal.net

Activities

Take a look at ISA's Face book <http://www.facebook.com/pages/International-Stuttering-Association/275220359162065>

A new video on YouTube write Moi,Begue (English Version). The film lasts 7 minutes 03 seconds. By Adrien Pasquier

Outreach: A response to someone who stutters:

My name is Mike Mabika and I am the founder member of the Stuttering Association of Zambia and also a special friend of ISA. Like you I have also stuttered since birth and basically went through the same nightmares of life every stammerer experiences. The good news is that you are **not alone** and please do not allow your stammer to hinder you from attaining or achieving something that you really want to do in your life. ISA is a great network for people who stutter, full of lovely people to share our problems with. I also suggest that you join a stutteringgroup@google.com and meet and interact with loads of people who stutter, speech language therapists speech clinicians etc. It feels really nice to relate to people who understand stuttering because nobody understands stuttering

or stammering than a person who stutters. So whatever the magnitude of your stammering issues, someone out there understands exactly what you are going through.

ISA will definitely help provide you with information regarding stammering but I do not think **ISA** can tell you how to overcome stuttering or cure your stammering. What may work for you to mitigate your stutter may not work for me. I am sure Ghana like Zambia does not have trained speech therapists so we have to rely on self-therapy to ease our stammering problems. I have just started reading a book by **Malcolm Fraser** on **Self-therapy for the Stutterer**. Please try to google it and possibly download it. So far so good, there are a lot of ways and means in that book that may help stutterers like you and me to start stuttering with ease. I think that's a major step in our battle with stuttering. We have to learn to start stuttering with ease but I also do realize that it is easier said than done but it's not impossible. Formation of self help groups like my friend Moussa has suggested is also very important. Identify a few people who stutter and who are interested in joining self help groups and work on forming a group. It takes time to establish such groups but all in good time. We are working on getting in more members, process is slow, sometimes frustrating but we won't give up. You could also aim to sensitize the public by writing in the local newspapers, magazines, about stuttering. For instance **October 22 is stuttering awareness day** so you may take this opportunity to hold a small event or write something about this big auspicious occasion in Ghana. All the best my friend.

ON BEING A STAMMERING DAD by Leys Geddes (BSA Chair)

I was worried I would pass it on, and so I watched them like a hawk;
but both boys were fluent - never even pausing when they talked.
I read to them most nights, without any frustration,
using an especially dramatic, rhythmic intonation!
When I ask them now about my stammer, they say they hardly noticed it:
'Well, it's just like when your leg is not so good, you limp a bit'.

ISA Annual fees.

Our Treasurer, Keith Boss, is currently sending out the Annual Invoices. He has sent out about half, and the remainder will be sent shortly. (There is no need to wait for an invoice, if you do not need one.)

As always, if you cannot afford the fee, please contact Keith (keithmaxkb@yahoo.com). Some Associations may only be able to donate a small amount. Discuss this with Keith. Some Associations prefer to pay for several years when they attend the World Congress. Payment options are flexible.

Warmly, Michael ISA Chair