



REACHING OUT

Publication of Friends: The National Association of Young People Who Stutter

Nov-Dec 2008

Happy New Year from Friends!!



Fast Fact:

January 20, 2009 will be an historic day for our country. The United States will inaugurate an African-American man as President and a person who stutters as Vice President. We have shown that we are really ready to move forward to embrace and respect diversity in all its forms. Anybody with a dream can do anything we want.

Don't Miss the Twelfth Annual Friends Convention

July 23-25, 2009

Tampa, Florida at Embassy Suites, near Busch Gardens

Plenty of activities for everyone:

Workshops for kids, teens, parents and adults who stutter.

Exciting Keynote speakers. CEU events for SLPs.

New activities on tap, including innovative projects using technology, just for kids and teens

Saturday Family night of fun, music and dancing

A special weekend of support, caring and Friends!

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If You Stutter, You Have Friends!

Just Like Everyone Else

Hi my name is Aileen Quattlander. I am the oldest of 3 children and I have a dog named Maggie who is almost 3 years old. Maggie gets treated like she is the fourth child. Sometimes I think she gets more attention than I do. Being the oldest means I am the one who has to do everything first. Sometimes this is a good thing, though sometimes I wish I had someone older than me to go through everything first.

As I was writing this, at first I couldn't think of anything I am extraordinarily at, but then something hit me. I usually don't like to bring this up to people, ever, because I am still embarrassed by it. That thing is stuttering. I know it seems like an odd thing to be good at, but since I've been stuttering since I could talk, I figured I must have mastered it by now. And that's an ok thing to be good at. Lots of people are good at stuttering!

Stuttering is a big part of me. Did you know that a lot of famous people stutter? Winston Churchill, Marilyn Monroe, and Bruce Willis to name just a few. I figured that if these people could do the great things they did, the least I could do was step out of my comfort zone and not only make this speech, but mention to you that I also happen to stutter. As opposed to pretending it's not there and panic every time I'm called on because I don't want people to judge me when they hear me stutter.

Some parts of stuttering stink, but some aren't so bad. Sure, it gets frustrating not being able to say things fluently or having to struggle some days when my stuttering gets rough. But I have met some amazing people who also stutter and their stories have inspired me to try to be more comfortable with it. But enough about stuttering. Although stuttering is a big part of me, that is not the only part. I also enjoy going to the beach and hanging out with friends. I love going on vacations and someday want to travel Europe.

I hope that you remember me as someone who doesn't want to be judged because of my stuttering and instead someone who is a normal teenager. Just like you and everyone else.

Written by: Aileen Quattlander

Friends: The National Association for Young People Who Stutter and

Wake County Public School Speech and Language Department

Presents:

CHILDREN, TEENS AND ADULTS

WHO STUTTER:

Families, Professionals and Friends Working Together

March 21, 2009

9:30 a.m. - 4:30 p.m.

Location:

Wake County Public Schools

110 Corning Road

Cary, NC 27518



Call the toll free number for more information: (866) 866-8335

War Eagle, Arkansas—Excellent Movie To Look For



War Eagle, Arkansas is a drama about a young man's choice of whether to leave his family and friends for a career in baseball or stay and redeem his struggling community. The story takes place over a few pivotal weeks in the summer after Enoch Cass's senior year, and is set against the backdrop of Arkansas' beautiful Ozark Mountains.

Enoch Cass has two gifts; the first is baseball, and the second is the innate goodness he possesses as he holds his family, members of his community, and most of all, his friendship with Samuel "Wheels" Macon, together. However, Enoch's Achilles heel is the fact that he has a debilitating stutter and can rarely manage a complete sentence.

Wheels is Enoch's best friend and has cerebral palsy. He has been confined to a wheelchair since early childhood, which is how long these two have been inseparable. Wheels' spirit knows no bounds, and combined with Enoch's inability to articulate, the two have relied on one another to make themselves one completely functional human being...though without each other, they are nothing. However, the story finds these two at the crossroads of childhood and independence, the moment where Enoch has to decide if he will put away the things of his youth to pursue his own interests, or remain shackled to his hometown and its people.

Enoch's domineering grandfather wants nothing more than for his grandson to get a baseball scholarship to a major school and get out of the town he feels he himself was sentenced to forty years before after being forced to abandon his own minor league career. After Enoch performs well in the All-Star game, he is quickly seduced by the new-found attention he's being given both by interested colleges and Abby, a girl Enoch has had a crush on for quite some time. As all this happens, Enoch's friendship with Wheels becomes more and more distant and finally begins to dissolve. As the film reaches its dramatic climax, Enoch must choose between his best friend, a baseball career, his girlfriend, and the inherent love he feels for his community.

War Eagle, Arkansas poses important questions that face all young people in rural America. The answers we find could touch us all. (See <http://www.wareaglethemovie.com/main.htm> for more information about the movie).

Other family friendly movies that realistically portray stuttering and young people include **Rocket Science**, written and directed by Jeffrey Blitz, a person who stutters, and **The Express: The Ernie Davis Story**, about the first African American to win the Heisman trophy award for football. Annie Bradbury, former NSA Executive Director and a person who stutters, helped coach the young actor who plays Ernie, who stuttered as a child. Annie's job was to make sure the stuttering was realistic and positively portrayed.

Matching Funds: Many companies have a "Matching Funds" program direct where they give to the places where their employees give. It helps direct their funds to worthy causes and also supports their employees. It's a win-win practice that is spreading in popularity. Whenever FRIENDS receives a matching gift (as we did this past week), we are reminded that it is a valuable boost to our programs.

So, please remember that you can double your donation to FRIENDS without dipping into your own pocket. To find out if your company has an employee match program, contact your Human Resources representative or office manager. Typically you will be asked to fill out a simple form documenting your donation. The FRIENDS web site www.friendswhostutter.org The FRIENDS tax ID number is 94-3295898. Your company's accounting department will then provide a check to FRIENDS for the same amount.

Thanks for supporting FRIENDS!



Holiday Wishes For Our Children



1. I wish that he will grow up confident in himself regardless of his stuttering.
2. I wish that he never lets stuttering stop him from pursuing his dreams
3. I wish that he will always be the happy boy he is now.

Kevin and Kimberly McKenna , Parents of Kevin James, 4

1. I want Cole to grow up self-confident enough to do anything he wants in life.
2. I want Cole to be able to accept his stuttering enough to discuss it with others and one day help another child who stutters feel good about himself or herself.
3. I wish for Cole to always be loved as a child and adult and to know his parents love and support him

Melissa Bennett, mother of the wonderful Cole Bennett.

1. To be able to speak and have everyone understand him.
2. To have him realize his full potential; not allow his speech to deter him from activities, events or people.
3. To always be happy with himself!

Trudy, Terrence's mom

1. I wish my daughter realizes as a child and as an adult that there are no limits to what she can accomplish.
2. I wish that her stuttering will only be a minor bump in her road in life that will be able to be dealt with.
3. I wish that my daughter all other children who stutter will not let their stuttering define or limit them.

Mom of Riley, 4

1. I wish for Gianna the gift of self-acceptance, which will result in an inner peace that all people should have.
2. I want her to love and appreciate the world, no matter what gets thrown at her.
3. I want her to realize that relationships will enhance her life, but true happiness comes from within.

Susan and John Parisi

The proud and grateful parents of the sweetest girl we know.



"Wishes for Kristen" by Proud Mom Cindy Amato

I wish you could see
the you others see
the sun shines on your face, freckles illuminated;
eyes glisten (like those lips you insist on applying too much lip gloss to)
Sparkly your personality, but I wish you could see the you others see;
the you that you are growing to be;
the you I wish I could be.
you are a hero
you charge through life
like it was created just for you.
I cannot shield you from pain, sorrow
Those things help you be
more you
experiencing life fully
means to feel everything to the utmost
so feeling pain so deeply
means you feel the ultimate in happiness, too

Then, when the kids make fun of the teacher
when he is speaking
you are flooded with empathy
like the others never will be.

I don't know what to wish for you
for every up there is a down
for every good there a bad
ying and yang; two sides of a coin
If I wish you happiness, I have to wish you sadness because one doesn't know joy
unless grief is there to compare it to
So, I wish you rainy days
that you can appreciate the sun
disappointment
that success will taste sweet

They will ask
What about her stuttering?
And I will reply
What about her stuttering?
I was so busy
loving her and all she is
it really never mattered

I wish you could see
the you others see;
the you that you are growing to be;
the you I wish I could be.



FRIENDS News & Notes:

Our newsletter will be offered both in print and electronically. You will receive both versions, unless you tell us otherwise.

This will allow us to reach a wider audience, and make use of technology. Our goal is to eventually post both versions on the Friends webpage.

Please email Lee and tell her your preferences.

Stepping Up Program (S.U.P.)

This is a teen mentoring program. If you would like to have a teen to talk to, or are a teen to befriend and help someone younger who stutters, contact Lee at LCaggiano@aol.com

Visit www.stuttertalk.com for new episodes about stuttering!



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Reaching Out is published eight times a year. Articles should be sent to: jahlbach@sbcglobal.net and pmertz2@yahoo.com

The annual subscription rate is \$35. You can subscribe or order our books, posters, and other materials online at:

Website: www.friendswhostutter.org

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Things I Look For In Therapy by Pamela Mertz

Pam Mertz is an adult who stutters, who had speech therapy as a kid for one year only in 3rd grade, and did not find it very useful. As an adult, she has been engaged in therapy for two years now. These are some of the things that are very helpful to a person who stutters involved in successful therapy.

- Person-centered therapy: the clinician sees me as a person first, and not just a source of data collection.
 - Acceptance: the clinician makes it clear that stuttering is OK, and is as comfortable letting me stutter, and listening to me stutter as she is with teaching fluency shaping or stuttering modification techniques.
 - My clinician and I work together to come up with goals that are meaningful to my life. The things that we work on have relevance to my life, such as workplace presentations, interpersonal communication, reducing anxiety.
 - My clinician will not ask me to do anything she herself is not comfortable doing. For example, when we worked on voluntary stuttering, the best clinician did it with me, even when she felt really weird doing it, so she got a good sense of how it feels to really stutter.
 - My clinician and I recognize that life is a work in progress. Sometimes a therapy may change, or something may come up that becomes more of a priority. That is ok. I should be getting out of therapy exactly what I need.
 - My clinician looks for opportunities that will help me push outside of my comfort zone.
 - I look for innovative ways to engage in therapy and my clinician goes along with it. For example, I have recorded presentations I have done at work and we have reviewed them together to come up with ideas as to what I might want to work on next time. My clinicians have also listened to pod casts I have done and looked at my You Tubes.
 - I need to work with a clinician who is comfortable with stuttering and is not afraid of it. That is the most important thing to me—you can get a sense of how the therapeutic relationship will go based on clinician's comfort level.
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