



REACHING OUT

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

May/June 2010

Reasons To Go To A FRIENDS Convention

FRIENDS...Yikes here we are 13 years later!



So, when asked what FRIENDS means to me I had to step back and really think about it. FRIENDS has affected my life in so many ways that I felt the need to segregate my feelings.

Because of FRIENDS, I get a lump in my throat when my daughter Val talks about stuttering and how much FRIENDS has meant to her.

Because of FRIENDS, I am incredibly proud that Val has chosen to be a Speech Therapist and give back to the community that has helped shape her life.

Because of FRIENDS, I have been given the opportunity to talk with and ask questions to some of the most respected experts in the field of fluency.

Because of FRIENDS, I have special people in my life that are as important to my family as any friend can be. Is there a word for people who affect your life so profoundly that friend just doesn't convey the relationship?

Because of FRIENDS, I have learned how courageous and amazing kids who stutter can be!

Because of FRIENDS, I am certain that I'm a better person than I would have been.

Thank you to all who have attended a FRIENDS convention, whether you've attended one convention or many more, know that the life that changes at the convention - may be your own!

Hope to see you at this years convention in Chicago: July 22-24, 2010.

By Ro Ostergaard—proud Friend's Parent (pictured with her daughter Val)

Fast Facts:

Attending Friends events, such as One Day workshops and the annual convention, is a proven way to help kids, teens, and parents effectively manage the stuttering journey. Self help promotes support and acceptance. Plus, the relationships you build are available year round and most often, you have made Friends for life. See for your self why we say If You Stutter, You Have Friends. No kidding!

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If You Stutter, You Have Friends!



2010 Friends Workshop in Philadelphia, PA

On May 22, the **2010 Friends workshop in Philadelphia** welcomed more new families than ever before. Special thanks to Sarah Vogel and Dr. Joseph Donaher from Children's Hospital for hosting a memorable day for all.

Thanks to Steffi Schopick, Kristel Kubart, Michael Caggiano and Jessie Caggiano for helping with all your hard work. As always, Joseph Donaher enlightened speech pathologists and parents, as well as leading the kids and teens in role plays about teasing, Steffi Schopick for enthusiastically facilitating the kids and teens workshops and skillfully engaging all the kids and teens and Dan Hudock for providing such an inspiring role model for our families.

The day began with an inspiring panel of young adults sharing their stories and insights with the audience. Thanks to the panelists : Michael Caggiano, John D'Amelio, Kristel Kubart , Aileen Quattlander Muhammad Saleh and Mike Wilson. For a few panelists, this was their first experience at speaking on a panel, and certainly will not be their last.

Here are a few of the e-mails received following the workshop.

Hey Lee. I would like to sincerely thank you for inviting me down to Philly for the Conference. It was truly amazing. Not only did I enjoy working with the teens and just talking to other teens who stutter, it was a pleasure to talk to the concerned parents as well. Because this was my first Friends conference, I felt a little concerned as what to expect but it was nothing like i imagined. Just the fact of having parents and SLPs come up to me and telling me that they would never forget me and they were very thankful for me to be able to share my knowledge is an amazing feeling. I am very happy that I can help just one person and with out an amazing group like Friends, this would not have been possible. Thank you so much for all you have done with the stuttering community and hope you keep up the amazing work. What you are doing is surely needed by people who stutter. If you need anything, please feel free to contact me at anytime. Thank you, Muhammad Saleh

Thanks for providing us with such an interesting and informative workshop at such an affordable price. I have been in the field for thirty years and have attended one of the 5 day workshops that the Stuttering Foundation conducts and I feel like I learned a lot.

Hi! This is Cathy! The one who wants to be on a panel! It was an absolute pleasure and honor meeting you and Lee. You guys are awesome - THANK YOU for all you do for kids and adults like myself who live feeling like we never have a voice, but we do. I can't even begin to put into words what it meant to be a part of your workshop so I won't even try. I have a strong feeling you will be seeing me again.

It was a pleasure spending the day with you and we look forward to seeing you next year, Lee





Dear Friends,

The FRIENDS 13th annual convention is being held July 22-24, 2010, at the Embassy Suites Hotel in Chicago, Illinois! Hopefully, you have already registered... or will be soon. For complete convention information, visit our web site at www.friendswhostutter.org.

Please also take few moments to view the new "My First FRIENDS Convention" video.

As you know, FRIENDS is a national non-profit, volunteer organization created to provide a network of love and support for children and teenagers who stutter, their families, and the professionals who work with them. Since 1997, FRIENDS has touched the lives of thousands of people. When possible, we offer financial assistance in the form of grants, to help families with registration and hotel costs. Without this assistance, specific families would be unable to attend. In one case, our assistance allowed a family to stay in the hotel rather than sleep in the family car (which shows how much the FRIENDS experience is valued).

We need your help! Given the challenging economic times, we have worked and negotiated to keep hotel rates, meals, and registration fees as low as possible. If you are able, please consider a donation to help another family attend our convention. Any amount is greatly appreciated. Every \$400 pays for a family to stay at the hotel. Every \$200 pays for the registration for a family of two (one parent and one child). You can donate by sending a check made payable to FRIENDS.

Please support us at one of the following levels:

- Friend for Life- \$1,000+
- Friend of the Family- \$500
- Best Friend- \$100
- Friend- \$50
- Other \$_____

Thank you very much for your generosity. I look forward to seeing you in Chicago, Illinois at the **Friends 13th convention**.

With much appreciation and thanks in advance!

Lee Caggiano

Director and Co-Founder

Mail checks to: **FRIENDS**

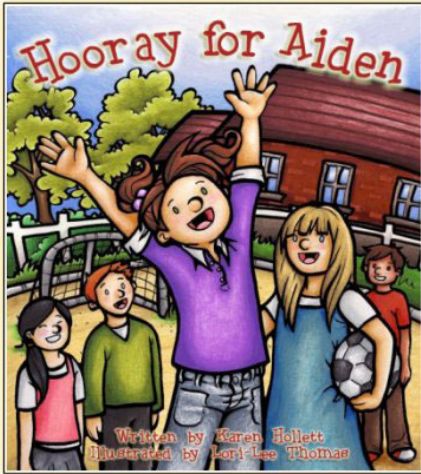
c/o Lee Caggiano

38 South Oyster Bay Road

Syosset, NY 11791

FRIENDS is a non-profit, tax exempt charitable organization under section 501 (C) (3); all donations are used only to sponsor programs

New Kid's Book - Hooray For Aiden



A new friend to the stuttering community has self-published her very first book. Karen Hollett has written [Hooray For Aiden](#), a story book for children ages 4-9.

It is a touching story of self-discovery as young Aiden moves to a new town and worries about how her second-grade classmates will react to her stuttering.

At first, Aiden tries to hide her stutter from her classmates, which makes her sad. She has a caring teacher who helps her learn that it is OK to stutter and OK to be herself.

Karen is a person who stutters herself and knows how challenging it can be for a young person in school dealing with any kind of difference. Karen lives in the Canadian Arctic, and is already working on ideas for her second book about bullying and stuttering.

Karen sought advice and guidance from members of the stuttering community to make sure the book would help children, and parents and everyone else, get the message that stuttering doesn't have to hold you back.

[Hooray For Aiden](#) has received positive reviews from professionals in the stuttering community and is sure to be a wonderful resource for kids who stutter. [See some of the reviews here!](#)

I am looking forward to hearing more about Karen's journey with her stuttering. She will join me on an upcoming episode of the podcast "Women Who Stutter: Our Stories" . She will, of course, tell her story.

For more information about [Karen](#) and to buy the book, visit [Hooray Publishing](#).

Review written by: Pamela Mertz (first published on the blog Make Room For The Stuttering May 27, 2010)

Congratulations! Congratulations! Congratulations!



Jackson Hunter recently celebrated a milestone. He graduated from 8th grade, so is now an official alumnus of his school. High School, here he comes. Jackson also received a very special honor at his graduation. He received the Stephan G. Waters award. The award is for persistence, resiliency and self-advocacy. Wow! Way to go! Congratulations!

Enrique Wycklendt, age 9 had the courage to share this with us:

I live in Cave Creek, Arizona. I am smart and good at soccer and basketball. I was scared to talk to my teacher, but I faced my fears and did it anyway. I asked if she knew I stuttered and she said " yes". We kept talking about my stuttering. I told her I stuttered for a very long time These are my tools I use to help me get my stuttering out smoothly; they are light touches, stretching and bouncing

Thanks to Dr. Lynne Hebert Remson for helping Enrique share his courageous act with us!! Good Job!

More Reasons Why To Attend FRIENDS 2010



My name is Ashlee Walsh. Let me tell you how Friends has changed my life.

My family and I have been a part of Friends for the last six years and it has become my second family. Going to the conventions every year has changed my life. I have learned not to let stuttering inhibit me from doing the things I love and enjoy most in my life. Friends has taught me that stuttering is not something that I should be ashamed of but that I should embrace it and see it as an opportunity to educate others about it.

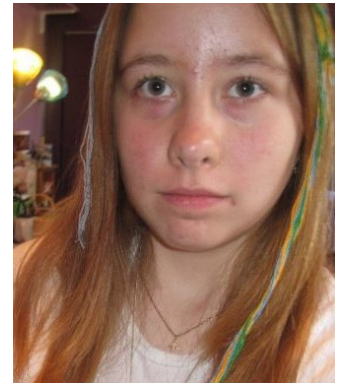
Friends has given me an amazing support system that I can always count on, year round. No matter where in the country they are, they are just a phone call away. The people you meet at a Friends convention will automatically feel like family and you will be able to connect and be honest with them on a personal level that you never thought possible. There is a magical feeling about being a part of such a wonderful group of individuals that you will always want to come back year after year. Friends has helped shape the person that I am today.

Congratulations needs to be extended to Ashlee as well. She has completed a milestone this year. She graduated from East Meadow High School and will attend Montclair State University in the fall. Ashlee will be studying Speech Language Pathology and Law! Way to go Ashlee! We are so proud!

This is a letter Lee received from Danni Zinn's mom, expressing her feelings about their first Friends Convention last year in Tampa, Florida.

Dear Lee,

I wish we had known about Friends years ago. During the first night of the Friends conference in Tampa, I watched my daughter, who rarely spoke to anyone other than her family, speak in a microphone to a room full of people she didn't know. Because of the acceptance and support that she felt in Tampa, her confidence continued to grow during the remaining 3 days. I really believe Friends has helped her be herself during her 1st year of public high school. She actually has been raising her hands and speaking in class.



Danni has stuttered for about 11 years and I thought that I knew all there was to know about stuttering. But I left the conference with a much greater knowledge of how the kids feel.

Danni met lots of great kids who she remains in contact with on an almost daily basis. In fact, they are on a daily countdown to Chicago.

Danni and I are planning on coming to Chicago and we plan on bringing the rest of our family and her speech therapist. Everyone can benefit from the Friends experience. We did! It changed our lives!

Thank you so much Friends! (Pictured above is Danni!)

"Remember, it only takes a small spark to light a big fire".

I was a little scared . . .

and I did it anyway



We will introduce these young people in our newsletter and let others know that there are many cool kids who are doing what they want to do ...and stuttering.

If you would like to send in a photograph with your submission, please do so. We would love to print it.

Mail to:
Lee Caggiano
38 South Oyster Bay Rd.
Syosset, NY 11791

Name _____

Age _____

Where do you live? _____

Three things you want us to know about you

1. _____

2. _____

3. _____

I was a little scared and

My name is Zachary

I am 7 years old and live in Iowa.

I really love football. My favorite player is . .

I stutter and talked to my class about stuttering so they would know why it takes me a longer time to talk sometimes.

I was a little scared and I did it anyway!

My name is Kristen.

I am 11 years old and live in Tampa.

I have two sisters

I love acting.

I stutter and wrote a letter to all my teachers telling them about my stuttering.

I was a little scared and I did it anyway!

My name is Michael.

I am 9 years old and live on Long Island.

I love baseball. My favorite player is . .

I stutter and I ran for student council at my school. I won!

I was a little scared and I did it anyway!

My name is Ashlee.

I am 13 years old and live in St. Louis.

I love playing soccer.

My favorite band is . .

I stutter and volunteered for a part in my class play.

I was a little scared and I did it anyway!

FRIENDS, The Association of Young People who Stutter
www.friendswhostutter.org Toll Free: 866-866-8335

FRIENDS News & Notes:

Our newsletter is offered both in print and electronically. You will receive both versions, unless you tell us otherwise. The e-version allows us to reach a wider audience, and make use of technology. E-RO can be found linked on the Friends webpage. Check it out.

If you know someone who could benefit from Friends, make an extra copy of the newsletter for them, or give them a copy of the Mentor program application form.

Parents—leave newsletters in your doctors or dentist's office and at your child's school. Good old fashioned word-of-mouth really does work. Spread the news!



The National Association of Young People Who Stutter

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Friends Face book Page

Hey Kids, Teens, Adults, Parents, Professionals and Anyone who cares about people who stutter, Friends has their own Facebook page:

www.facebook.com/youngpeoplewhostutter

Friends Convention 2010

Thursday, July 22 - Saturday, July 24, 2010

Embassy Suites Chicago - O'Hare/Rosemont

5500 North River Road, Rosemont, Illinois

(847-678-4000)

CEUs offered for Speech Language Pathologists * Educational Grants Available * Discounts for Speech Language Pathologists who attend with a client.

For more information: Online: www.friendswhostutter.org or Toll-free: 866-866-8335

