

Welcome to another edition of

AIR FLOW

Number BW8, December 2010

Edited by Bruce Whitfield, Canterbury Branch Member.

EDITOR'S COMMENTS

FIRSTLY: Below is a link to an excellent paper that explains the onset of stuttering behaviour well.

<http://www.mnsu.edu/comdis/isad13/papers/mackesey13.html>

SECONDLY: Mark your diary to go & see the movie called "The King's Speech" which is due to be released in NZ on 26th December 2010.

The trailer can be viewed at:

http://www.youtube.com/watch?v=92Cci_xB9M4

What about all the branches asking the movie theatre manager where it is being screened if they can display NZSEA brochures on the counter & posters in the foyer of the theatre. Good publicity for our group & a good transfer task for you. This is a golden opportunity to bring the subject of stuttering to the attention of the public at large.

THIRDLY: It could be time for you to start thinking about writing an essay for our annual essay competition. It must be about stuttering & a maximum 1,000 words & be emailed to me at brucepw@slingshot.co.nz no later than 31st March 2011. There is a trophy plus a gift voucher for the winner with the possibility of your essay being selected to represent NZ in the ISA essay competition to be run at the next World Conference for People Who Stutter in Argentina during May 2011.

TEACHING ENGLISH IN CHINA

**Stephen Hoare-Vance, Hebei Polytechnic University Tangshan,
Hebei province, People's Republic of China.**

Teaching English in a Chinese university has been both a rewarding and challenging experience. I had previously had phone interviews for teaching positions, and my fluency appeared to be a factor in them being unsuccessful. However, I was accepted for this position without a verbal interview by the school. Several influential people had indicated to me that in the job application process I should acknowledge my trouble with fluency and perhaps explain that I had strategies to cope with it. Nevertheless it appears that I met the many other qualifying requirements for the job - such as being willing to come to China, no small an undertaking in itself.

When you find yourself alone in a crowded railway station as big as an aircraft hanger, with announcements and signs in a foreign language, you can begin to understand why not every Westerner is keen on coming here. My anxiety about the travelling began to quiet down once I was met by my employer, and accommodated in a decent apartment. I was glowing in warm confidence and began to walk around the bustling streets in my neighbourhood.

I knew that my fluency would be one of the most important factors in whether or not my time here would be a success. It has helped that I have been treated very well; paid in advance, given plenty of spare time and politeness from fellow staff and students - they want to make it a success - all I have to do is be an example of a native speaker. As you would expect I have had some fluency difficulties - and I did acknowledge it to my employer at an early stage, however I want to do better and have been deploying whatever strategy I can. This has included solitary daily reading out aloud, attempts at disclosure and slow speech in class. Although I haven't managed to practice a complete lesson to myself, as Bruce Whitfield does with his competitive speeches. I would clarify my earlier view to say that the quality of connections one makes with other people around us has an important influence on our success.

Compared to my previous life in New Zealand, I have some ideal opportunities to improve my self-confidence and speech fluency. I can afford to make some mistakes, but when I saw a girl start to cry in my class, I know that if I make a hash of this, the consequences could be more serious. Chinese people don't want someone who is a poor example of an English speaker as a teacher, even if this is a developing country, so I want to do the best I can with both honesty and fluency - important aspects in any form of communication.



RECENTLY ENGAGED

Canterbury Branch member Karl Schumacher & his fiancée Jessica

At the branch Christmas meal 2010 held at the Papanui Club.

This outing was attended by 22 Speak Easy members & McGuire Programme graduates together with their partners & children.



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A PRAYER

Submitted by Pauline Lorenzen

Let us build a world together, as we tread the common way

Giving ourselves to others, as we live our lives today

Life is not for amassing fortunes, for they never bring us joy

But he who truly serves another, serves himself without alloy

We are truly God's own creatures; all we have is lent by him

Let us use each day in service, never let our light grow dim.

TECHNIQUE CORNER

Whatever technique you use to control your stutter, the main thing you must do is to practise using it. When you go to a fluency course you get taught a technique. This is not the end of the stuttering, but rather the beginning of you developing new physical habits to break down your speaking processes into understandable & controllable segments, so that you can re-coordinate all the units of speech production into a desirable form.

Understanding what is going on inside you physically goes a long way to taking mastery of the affliction. When you have done this you will be more able to master the skills needed for producing a smooth flow of speech. You can compare these new skills to the skills needed by an athlete to attain their optimum performance, or to that of a musician having to reach a certain level of proficiency to be confident enough to play in public. If you want to be a good cricketer you have to practise playing cricket. Not just swinging the bat either... you need to be competent in all the disciplines of the game... batting, bowling, throwing, catching, running etc... together with a general state of overall fitness. It's just the same for people who stutter. Also, we have to start from where we are now with our speech, & take a journey to where we want to be.

Once you accept there is no cure for stuttering, & that there will be no quick fix, then you can get on with the hard work required to tame the demon. After an intensive course you should know enough to make a good start. It will pay dividends to practise refining & discussing technique with other people who stutter, but who are further down the road to achieving their aim. Sooner rather than later you must then start using your technique in real life speaking situations. Practising to perfection only leads to perfect practice. It does not give you enough moral strength or physical coping skills for using in important speaking situations.

All mental & physical skills should be used in all speaking situations. They must be used until they become second nature. A new habit takes many many repetitions until this happens. Not only should one not avoid any speaking situations, but one should go seeking them out. Neither should one avoid using difficult words & sounds. Knowing a technique for controlling dysfluency is not enough. One should practise it in a comfortable & supportive environment, then challenge & push oneself to use it in the real world. It can be tough using technique out there, but not as tough as when you have a chest-freezing, day-destroying block. **DO IT!!** (Written by Bruce Whitfield)

ANOTHER OF ALLAN BADMINGTON'S WONDERFUL ARTICLES ABOUT HIS STRUGGLES AND EVENTUAL RECOVERY

Accustomed as I am... By Alan Badmington

Having stuttered since childhood, it was inevitable that speaking in front of groups figured prominently among my list of fears. A catalogue of painful experiences, accumulated throughout my life, had fuelled my belief that I could never successfully perform that role.

As I suffered the social consequences of malfunctioning speech, I developed strategies to protect myself from shame and embarrassment, together with tricks and avoidances for pushing through blocks and concealing 'difficult' words. When these changes began to influence and reinforce each other, the problem became self-perpetuating.

I was aware that merely working on my speech would be insufficient. I had to embrace and change the negative beliefs, perceptions and emotions that had become so engrained. The psychological framework that had supported my stutter needed to be dismantled. To achieve this, I would be required to revise my self-image and perform certain tasks, until they became so familiar that I accepted myself in those new roles. Until such changes occurred I realised that I would remain vulnerable.

When I acquired the McGuire technique to overcome the debilitating speech block, together with an array of tools for dealing with feared words, my entire outlook changed. I accepted myself as a recovering stutterer, and enjoyed a far greater understanding of the psychological and physiological aspects of the problem. I vowed that I would never again avoid any letter, syllable, word or situation. I knew that the only way to combat my fears was to confront them head-on.

Public speaking was one of the many areas with which I decided to do battle. In order to expand my comfort zones, I plucked up the courage to join the Association of Speakers Clubs (ASC). Since becoming a member 13 months ago, I have derived immense benefit and now attend three such clubs.

During that period, I have regularly given prepared and impromptu speeches, chaired meetings, competitions and topics sessions, while also presenting tutorials and providing oral evaluations of speeches made by other members. The past few months have proved particularly rewarding.

In October 2001 I secured first place at a speaking contest at the Cardiff Speakers Club, competing with fluent speakers. It was heartening to hear the



Sometimes pushing your neck out is the only way to move forward in life.

I knew that the only way to combat my fears was to confront them head-on.

evaluator recommend to everyone that they should model themselves on my performance - complimenting my voice projection, articulation and overall presentation. I then won the South Western District trophy - a very proud moment.

Further successes followed in another ASC competition and, as champion of the Severnvale Speakers Club (near Bristol), I have now progressed through to the south western district stage, just one step away from the national finals.

I also have speaking engagements with the Rotary Club, Probus Club (professional and business persons), with dates reserved up to February 2003. Just before Christmas, I was the guest speaker at the Christmas dinner of a local history society, and received a £20 donation. I presented it to BSA and expect that similar gratuities will be forthcoming in the future.

In addition, I have given television, radio and newspaper interviews, both in the UK and USA. At Arkansas State University I gave a series of talks to trainee speech and language pathologists. The professor of speech disorders felt it would be useful for me to provide them with an insight into what it is like to be a person who stutters. That proved to be an emotional visit when I was given a birthday cake after my final presentation, to celebrate the first year of my recovery. I also received a model turtle, the significance of which is that it can only move forward if it pushes its neck out. It was suggested that I had certainly pushed my neck out during the preceding twelve months.

Last September I was thrilled to give a presentation to the BSA annual conference in Liverpool. A transcript of my speech is available on the BSA website (below).

Every day, I set myself new goals as I continue to erode the negativity that affected my life and my speech, for half a century.

I have discarded the Edinburgh Masker, my mechanical crutch for two decades. That small electronic device emitted a buzzing noise in my ear each time I spoke, masking the sound of my own voice.

I thoroughly enjoy listening to the sound of my own voice now, having been denied the opportunity of hearing it for 20 years. Some claim that I talk too much - a charge to which I readily plead guilty. In mitigation, I argue that I have waited so long to acquire the courage and capability to indulge in all aspects of speaking, that I offer no excuse for making up for lost time

From the Winter/Spring 2002 edition of Speaking Out

Transcript of Alan Badmington's workshop at the 2001 BSA Conference in Liverpool:

▶ Workshop - Stuttering is not just a speech problem

The workshop deals with Alan's experiences as a police officer with a stammer and John Harrison's "Stuttering Hexagon".

PRESIDENT'S REPORT

By Bruce Whitfield

After some deliberation with the other members I was able to finally select a date for a NZSEA National Committee meeting, which turned out to be Tuesday evening 30th November 2010. We used a SKYPE group connection for the meeting which proved more than adequate, & at no cost. One member was unfortunately unable to join us due to a work commitment, but everything else went according to plan. I would like to thank the National Committee, all branch committees, & the NZSEA membership at large for participating in, & contributing to, all the activities that have been held throughout 2010.

Our focus in 2011 must once again concentrate on attracting new members. The National & Canterbury Committees are discussing this issue, & hope to apply for funding to pay for some extensive advertising about our group.

The topic for the 2011 oratory competition has been selected by the Canterbury Branch, & it is - "ONE DAY SOON". As always participants are required to speak for between 3½ and 4½mins & take whatever interpretation of the topic they wish. May I offer the advice of using good stance, good eye contact with the audience & judges, project the voice to fill the room, use good intonation & have a beginning, middle, & an end to the speech. Here is a golden opportunity to do your best. Good luck to all.

P.S. I have decided not compete in the 2011 oratory competition as I feel that I have had more than my fair share of success over the past 10yrs or so. I know there are a number of very committed people among our members who are itching to uplift the trophy, so I suggest you all put in the required preparation & practise for this prestigious event.

Just after International Stuttering Awareness Day on 22nd October, did you listen to the wonderful 32mins interview on National Radio with NZSEA Patron Judge Andrew Becroft? Judge Becroft really gave some great explanations & insights into stuttering & people who stutter. We would like to thank him for promoting our cause of advising the wider public about our impediment & how with the right work ethic it can be controlled. This interview was followed a few days later by one with Christian Wright who is a speech therapist who deals mainly with children. Hats off, not only to him, but to the interviewer Kathryn Ryan as well for taking the time & showing an interest!

Now for a little sobering news. I will be stepping down as editor of this publication after the March 2011 issue. The constant work on the computer keyboard is giving the nerves in my elbows some pain, & I do not want it to get any worse. Over the past 2yrs I have learn quite a lot about producing a newsletter. I had a big act to follow after Warren Brown's sterling work for many years, but now nature has decreed that it is time for me to move on as well. Hopefully we will be able to appoint a new AIR FLOW editor at the AGM in May 2011 to be held in Christchurch. Are there any willing volunteers in our midst?

Also, I have decided not to seek re-election as National President at the 2011 AGM. My days are always very full, & as my parents & several friends are now in their 80s, they are calling more & more upon my time. Plus which as most of you know, I do my best to keep the McGuire Programme support group ticking over in NZ. I will be doing a lot of study leading up to going to my 11th intensive course in Melbourne in July. I will however be offering my full support to whoever assumes the President's role.

All NZ Speak Easy Assn branches are eligible to submit a written entry for the "BEST GROUP" award at the 2011 AGM, for which I hope there will be a new trophy available, as the current trophy is looking a little worse for wear. All branches with new members are invited to submit a written document detailing why their nominee should receive the "BEST NEW MEMBER" award. Please hand me these entries early on the Friday evening of the conference. They will be judged by a person with no allegiance to any particular group or member.

It has come to my attention that Karl Schumacher, the treasurer of the Canterbury Branch, has recently become engaged to a most charming Korean lady called Jessica. I feel sure that all NZSEA members will join me in wishing them much joy in the years ahead. Karl will continue to teach music & Japanese at Oxford School, which is in a rural area about a 1hour drive NW of Christchurch. May they both enjoy good health, a long life & demonstrate understanding & tolerance.

Simon Angelo from SpeechSchool.TV has requested that the AIR FLOW newsletter print a reminder about the online speech programme for those who stutter. He can be emailed at sales@speechschool.tv

Their website is www.speechschool.tv

If anyone has any feedback about this programme & would like to share it with other AIR FLOW readers the editor will be happy to print it in forthcoming editions.

AUCKLAND BRANCH REPORT

By George Patterson

The Auckland group continues to meet at the START premises in Parnell, with group meeting attendance fluctuating between 5 and 10 members. I'd like to thank the SLTs at START for their continued support and belief in the role that Speak Easy plays within the lives of people who stutter.

One of the practical ways in which START has been involved, is the continuation of the group Practice Session. We decided to hold these sessions periodically on the same evening as our usual meetings (effectively replacing a normal SE meeting) from 6pm-8pm. Two SLTs (Roz & Rachel) facilitate these sessions and during these two hours we start off with the fundamentals of Smooth Speech, beginning with Naturalness 9, stuttering level 1 moving up to Naturalness 2 by the end of the evening. Among the various exercises, we also split up into smaller groups, some doing role plays some conducting telephone calls and others being videotaped.

All in all, these are very worthwhile and beneficial with each and every one of us citing the importance of going back to the basics, practising every day and the importance of us taking control of our speech... thanks again to Roz and Rachel.

I know that we have mentioned this before; however, I would like to reiterate the importance of "the way we think".

What we **believe** drives our **emotional state**, which in turns drives our **behaviours**, which ultimately drive the **Results / Outcomes in our lives**. Performance breakthroughs take place when we start to believe something new. It is the quality and quantity of our beliefs that impact our potential.

Think about the way you think and the world will open up in front of you.

We as a group of individuals continue to explore, share and challenge each other with thought provoking and personal accounts of what we believe we can and have attained verses what we initially thought was impossible.

The Auckland Branch recently held their Annual AGM and it is very exciting to announce that Prem has become the Branch President and Vicki the Vice President. Well done to them both and I know that they will continue to lead the group into the future.

The Auckland group will have its last get-together for 2010 on Tuesday 07th December. This will be a social evening at the Cock & Bull English Pub and Brewery in Newmarket.

Wishing you all a very happy Christmas and a wonderful New Year.

CANTERBURY BRANCH REPORT

By Barry Hay

In the past 3 months our meetings have been smaller in numbers, with the same regular faces attending. This leaves me wondering how the speech of members who do not attend is!

We have recently had 2 one-day booster courses. The first was run by Dean Sutherland, an eminent local speech therapist, and the second was convened by Janine Diehl who is a SLT Masters student from Germany. All who attended the gatherings enjoyed them and gained much benefit.

Well, another year is nearly over and we have got the mad Christmas rush to look forward to. The Canterbury Branch members are combining with the Christchurch McGuire Programme graduates to have a Christmas meal at the Papanui Club on Thursday 2nd December. Partners & other family members or friends are always welcome at these events, so we expecting a group of about 20 persons

Then on the 16th December we are having our last meeting for the year at Robbie's Bar & Bistro at Church Corner and once again we will have the Secret Santa and a convivial drink.

Our first meeting in 2011 is on the 20th January.

I would like to thank the committee for their support during the year and especially Monica Bennett and Bruce Whitfield. We have a big year in 2011 with the NZSEA National AGM & Conference being held in Christchurch in late May. We aim to rally all our branch members to help in running this exciting event.

ADVENTURES IN EUROPE

By Pauline Lorenzen, Canterbury Branch

Hi all,

I have now returned from 5 weeks holiday in the UK to visit my daughter, her husband and two kids. I really enjoyed my time. We went to Bury St. Edmonds in Norfolk and stayed at the Marriot Hotel...it is a posh hotel and it was very nice. The things that fascinated me were the swimming pools, gardens and antique furniture.

We went to Normandy and Brittany in France and stayed at a lovely old manor hotel. I went to the beach where the D- Day landings happened in World War 2. The young people in France stay up all night. They close the street off for a street party, dancing, bands and drinking.

I was also fortunate to go to Sham El Sheik in Egypt for 8 days at another posh hotel. The heat was 40 degrees constantly so as a result I spent a lot of time in the pool. The food was yummy. Much of the place reminded me of my time with my son Mark when I went to see him in Fujairah, UAE. I enjoyed my plane trips there and back. It was a good time all round.

Hope this finds you well,

Pauline Lorenzen.

September 2010



PAULINE LORENZEN

Calling in the heavy artillery for that next big speaking assignment.



“MISS SPEAK EASY NZ” 2010

Pauline Lorenzen

Shown here modelling the latest fashion in
swimwear at a luxury resort in Egypt.

OTAGO BRANCH REPORT

By John McMorran

Well, here we are at the end of another year, the older one gets the faster they seem to go.

As usual we have held most of our meetings on a 2-weekly basis, however over the past winter period we pushed it out to monthly meetings as Brian Lynn found the colder weather was getting to him at night-time. While we have not been able to add to our group we still have had full turnouts to all our meetings, most of which have been of benefit to all.

As I think I have mentioned before in previous Air Flows, we have had some of our meetings away from our base at George St School and have been to James Fox's house, Margaret Deuchrass' house and my house. These meetings have allowed those running the meeting the opportunity to try something different. An example being at our last meeting at James's place he used his home theatre system to show some YouTube items on stuttering.

Our last meeting for the year was our Christmas outing, when we went for a meal to Circadian Rhythm Restaurant where we enjoyed a very nice vegetarian meal. Unfortunately Brian was unable to come as his wife has not been too good of late and Ngaire Renton had an engagement she could not get out of.

We propose to start our meetings next year at the beginning of February.

I close by wishing all members of the NZ Speak Easy Assn a very Merry Christmas and a Happy New Year from all the members of the Otago Branch.

WAIKATO BRANCH REPORT

By Donald Welsh

Not much to report from the Tauranga region of Speak Easy. We are still meeting fortnightly at either the home of Ron Stanwell or Donald Welsh.

We are having four or five attend each meeting and welcome Gerrie into our group. Gerrie is from South Africa and has been here in NZ several years.

An early Christmas dinner was held at the local Chinese restaurant recently and we are now winding down for the summer holidays.

Meetings are expected to restart in February 2011.



PAULINE LORENZEN, Canterbury Branch member
Enjoying the fresh air & stunning views in the Arthur's Pass area.
September 2010

McGUIRE PROGRAMME NEWS

By Bruce Whitfield

I was privileged to once again convene a McGuire Programme refresher weekend at the home of Adie Campbell in Levin, New Zealand on the 9th & 10th October 2010. Numbers were down on a similar event held 11 months ago, but those who turned up were very committed; they worked hard & got the desired results.

Notable in our midst was Sebastian Ronnlund a recent graduate from Sweden, now on holiday & travelling though New Zealand having a great time. Sebastian has attended 3 intensive courses in Europe in the last 6 months, & is firmly on track to becoming an eloquent speaker. He is very good at SMC (strict mutual coaching).

Wellington based Alma Van Niekerk had just returned home from her 3rd intensive course in Melbourne. Her speech was impeccable & she talked us through the Auxiliary Checklist with good knowledge & good technique. Hayden Mischefski demonstrated his deep rich voice tone & Jamie Dusting rattled the windows when he spoke. Adie really got into some great flowing speech & kept it up when she had visitors calling. Michael Hood as always provided some amusing moments to keep us all entertained. Darren Frost could only manage 1 day but he was right on the ball with the costal breathing & revelled in doing his contacts.

The weather during the weekend was cold, very windy & sometimes wet. However, we braved the elements both days & went downtown to have lunch, do contacts & a public speech. Alas, the Levinians were not about in great numbers & even worse none were tough enough to stand around in bitter conditions to listen to our speeches. I managed to fulfil my goal of 25 contacts both days, so was very happy with that effort.

Some of the graduates expressed an interest in travelling to Australia next year to participate in another intensive course. The schedule as I know it now is:

Courses for 2011

Sydney – 24-27 March
Melbourne–14-17 July
Sydney – 6-9 October

I plan to be at the Melbourne course myself.



SEBASTIAN RONNLUND

McGuire Programme Graduate from Sweden

A welcome attendee at the recent LEVIN refresher weekend
and enthusiastic backpacker around New Zealand
(He never lets anyone get away with sloppy technique)



MELBOURNE intensive course, October 2010
Phil Jeffrey(one of the course instructors) in the white teeshirt
with a very happy looking band of recovering stutterers.

PIKE RIVER COALMINE DISASTER NOVEMBER 2010

These boys who will be forever known, as the Pike River twenty nine
Friends and family trying to cope, with tragedy deep within the mine
A loss that has brought the nation, collectively to its knees
Weeping tears of sorrow, along with all their families

It is no consolation.... in this consuming time of grief
And the ability to cope will test, everyone beyond belief
Your boys down there I'm sure, will want you to be strong
They would have done their best, to get back where they belong

What they certainly wouldn't want, is for you to be so sad
Celebrate their character, and the time with them you had
Try and bring all the good times, completely to the fore
Then as time passes... gently show your grief the door

Lean on friends and family, and remember in devastation
You have 4 million more supporters.. all around the nation
Whether you're religious... or even if that's not the case
it's not hard to imagine... there must be a higher place

Maybe these boys were needed, to mine together as a team
Carving miracles from rainbows, or some other divine seam
There is no other reason, these boys were taken in their prime
Than twenty nine top blokes, were needed for eternal overtime.

Written by a farmer on the trade me message board

Please direct any enquiries to:

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The editorial deadline for the next edition of AIR FLOW is: 28th February 2011

A sincere thank you to those people who submitted a contribution to this edition.

Bruce Whitfield, Editor.

Recent back issues of AIR FLOW can be viewed on the New Zealand Speak Easy Assn website at: <http://sites.google.com/site/nzspeakeasyassn/>

Some other websites relating to stuttering are:

www.stutterisa.org/

<http://www.mcguireprogramme.com/>

<http://www.stutteringinnovations.com/>

<http://www.mnsu.edu/comdis/kuster/stutter.html> (the stuttering home page)

<http://www.stuttering.co.nz/>

<http://www.speecheasy.com/>

<http://en.wikipedia.org/wiki/Stuttering>

<http://www.cmds.canterbury.ac.nz/>

<http://www.casafuturetech.com/>

<http://www.stutteringhelp.org/>

<http://www.stutteringdissolution.com/>