

Welcome to another edition of

AIR FLOW

The newsletter of the NEW ZEALAND SPEAK EASY ASSOCIATION
(A self-help support group for people who stutter)

Newsletter number 1, March 2009

Edited by Bruce Whitfield, Canterbury Branch Member.

Welcome to the very first edition of this newsletter, which will, at least in the foreseeable future, replace the very fine production of the AIR FLOW magazine, which was under the editorship of Warren Brown.

However, if any member does have the enthusiasm & skills to resurrect the AIR FLOW to its former status, I am quite willing to stand aside.

Having a newsletter produced every three months means that I will be seeking contributions of articles, & suggestions of what could be included in each issue.

The NZ Speak Easy Assn mission statement is:
“ACHIEVING FLUENCY WITH CONFIDENCE & SUPPORT”.

Ask yourself:

Is my fluency continuing to improve? How am I measuring this?

Is my confidence rising? Am I seeking out & facing my feared speaking situations? Is my fear of speaking & using the telephone decreasing?

Am I supporting other people who stutter, by keeping in regular contact with them by making phone calls to them, & encouraging them to attend support group meetings?

I was somewhat saddened to learn that a recent planned booster weekend organised by S.T.A.R.T. in Auckland did not come to fruition because of lack of numbers. Perhaps it was because of the course fee in these economically difficult times. Maybe Branches & the National Body could apply for grants to pay for, or subsidise the fees of people who are keen to attend intensive & booster courses, but find it not possible financially.

Talking about courses; I will be running a rigorous 2-day refresher for New Zealand McGuire Programme graduates in Paraparaumu on Saturday 28th & Sunday 29th March 09. All people with an interest in

stuttering are welcome to come along at any time. Please contact me for venue details etc.

There is still time to get an ESSAY COMPETITION entry in, but be quick! Good luck to all for the upcoming ORATORY COMPETITION. The secret of success is to be fully prepared & practised.

I hope to see many of you at the NZSEA National Conference & AGM in Dunedin on the 1st & 2nd May 09.

Please email contributions for the next Newsletter to Bruce Whitfield at brucepw@slingshot.co.nz by the 1st June 09. Phone (03) 343-0053

President's Report

The **NZSEA executive** met by Audio Conference on March 9th. Amongst the issues discussed, was the future of Air Flow that has been discussed on several occasions since the last **AGM**.

The executive recognize the importance of regular communication between members and branches to keep informed of activities within New Zealand and overseas.

We have discussed the various formats that the replacement of Air Flow could take. The electronic dissemination of Air Flow on the Website is an attractive proposition but this is not simple and requires further investigation and will take further time.

In an effort to re instate a newsletter, the Vice President, **Bruce Whitfield** has agreed to edit and transmit electronically a **quarterly newsletter** to members and interested parties. This will be distributed by email to members. Branches will need to distribute copies of the newsletter for those without a computer.

Bruce will require support from all of us. Particularly news items and branch activities as well as individual contributions. I'm sure Bruce will inform us of the format required and the dates for material to be received for inclusion in each Newsletter.

On a personal note after 5 years on the NZSEA Executive and the last 3 years as President, I feel it is time to step down and I will not be seeking to offer myself for re election. I feel it is time for me to move on. Thank you all for your support.

Warm wishes to you all.

Ian Taylor

NZSEA 20/03/09

WAIKATO SPEAKEASY BRANCH NEWS

The Tauranga group is the only active group in the Waikato- Bay of Plenty Region.

The Group started 2009, with a shared Pot Luck dinner at Stephen Mc Dowell's home in Waihi Road, Judea.

Sunday night was agreed by all as the most convenient evening to meet, starting fortnightly at 7:30 pm and finishing at 9pm with supper at Stephen's home.

There are eight members of our Tauranga Group. Leadership is rotated for each meeting. We welcome Ron Stanwell to the Group this year. Ron has a long and active association with the Auckland Branch, more recently with the Whangaporoa Group. He has moved to Tauranga with his wife June to live.

Ken Gore who has been a Group member for 5 years has indicated his wish to stand down from active membership but would like to maintain contact. Ken supported by his wife Heather has been an active contributor to our Group. He feels that his speech has improved considerably since he first started attending Group meetings.

We had one enquiry from our Community Newspaper Publicity for Stuttering Awareness Day last October. But it's taking a little time encouraging this person to attend our meeting to find out if we can help her in her journey to eloquence.

Two members are going to the conference and AGM in Dunedin. Both are intending to enter the Oratory Competition. The branch is subsidizing travel if members enter the Competition.

That is all from Tauranga for this Newsletter. More news in June.

Ian Taylor

CANTERBURY BRANCH NEWS

Hi Bruce, Sorry I haven't sent a report through before, as I'm still coming to grips with these demons called computers. Our group has lost the use of Cebus 3 for the mean time and possibly for good. But we are using Room 220 in the tower block, which is directly opposite the Cebus block, on the second level. If you stand on the drive outside the Cebus block and face north, there is a walkway opposite. Walk along the path and then go left keeping the tower block on the left, you will come to a walkway leading to front doors of the tower block. Go inside and enter the lift. Then go to level 2 and turn left, go

through the doors and turn left and Room 220 is the first room on the right. Late last year we had a booster course with Dean Sutherland and all who attended enjoyed the day. Dean is keen to attend our meetings with a student. The branch oratory competition is being held on the 2 April. The subject is: "the colour of my parachute". Our annual general meeting is on the 16 April.

Barry Hay

CONVERGENCE OF NEW ZEALAND SPEAKEASY AND THE MC GUIRE PROGRAMME

As a member of Speakeasy, and having been assisted by Speech Language Therapy and the McGuire Programme (MGP), I wonder whether the two organisations can work more closely together. The MGP runs fee-paying courses to deal with stuttering using a variety of approaches (in my experience) such as psychology and the 12-step programme of Alcoholics Anonymous. Their disciplined programme has helped many of their attendees. Speakeasy is a support group for people who stutter and has been focused on encouraging people to practise the techniques they have learnt after doing Speech Language Therapy intensive courses – although members may have tried other techniques to improve their speech fluency.

Attending the 2008 NZ Speakeasy AGM in Tauranga I met Geoff Johnson, the President of Australian Speakeasy, who is also involved with the MGP Australia. He told us how both organisations were involved in organising the Australian Speakeasy Annual Conference. There are some differences between Speech Language Therapy and the MGP, but there does appear to be an opportunity for NZ Speakeasy to welcome MGP members to its meetings, at a branch level initially, and act as an umbrella organisation for all stutterers. In Christchurch the two support groups meet separately, although close to each other geographically. Perhaps an arrangement where MGP members can practise their technique within a separate group of a Speakeasy meeting is a possibility?

The MGP offers intensive courses that only its graduates can attend, and combining meetings may require the approval of the leadership of both national organisations. Speakeasy is a formally recognised incorporated society at local and national levels which takes effort to administer, but is committed to representing all stutterers in the country. If the two organisations can combine their talents (as some individuals have gained

from both organisations), the convergence may result in a stronger body and a better voice for stutterers nationally.

Stephen Hoare-Vance, Christchurch.