

THE MEDIATOR

A publication of the New Jersey Registry of Interpreters for the Deaf, Inc.

NJRID, INC.

JANUARY, 2014



YOU AND YOUR VICARIOUS TRAUMA SPONGE (VTS)

by

Daniel B. Swartz, Ph.D., CI, CT, SC:L

INSIDE THIS ISSUE

NJRID ID Badge Information	5
President's Message	6
Resources	7
Interpreter Chats	7

Before writing this article, I asked Diane Lynch if the NJRID newsletter staff would be interested, and what the deadline was. Diane said most definitely, and if I could have it to her/them by Christmas, all the better to make the next issue. That was fine with me, and the timing couldn't be better. I say that because I am "going under the knife" on December 30 for carpal tunnel release surgery (second time, first time on left), and cubital tunnel release surgery (first time), both on the left arm. Thankfully, this is not my throwing arm, but it still would make it difficult to type since I am going to be out of the business of moving my hands for a month, maybe more. Cubital tunnel is the issue, as the elbow takes a little longer to heal and doesn't handle our kind of work very well unless we are without stitches and in reasonably good health. That's the point of this article – good health, and why this might be increasingly in danger considering the mentally and physically taxing work we do. I might just be a prime example of what NOT to do; if I could only adhere to what I sermonize to others, maybe I would not be having this surgery. I am learning, and it's never too late to start.

Those who know me probably know that my doctoral research/dissertation concerned job satisfaction and burnout among sign language interpreters. While I have done numerous papers and presentations on the subject, both collaboratively and flying solo, my interest has morphed more into the field of vicarious trauma. This doesn't mean that I've jumped ship when it comes to burn out and satisfaction, as vicarious trauma is a logical component of both of these important areas. What fascinates me about vicarious trauma is that it encompasses what we as interpreters do, and the effects it has upon us, both mentally/emotionally and physically.

Some may say that the actual work itself is what brings out the physical changes in us, in a general sense, such as overuse syndrome, repetitive motion injury (RMI), and such. I won't argue that the physical work, the sheer mechanics of what we do, contributes to these physical ailments. But I believe it is important to note that our very work, that of an intermediary or "link" in the communication chain, brings with it psychological and physiological changes before we even bring up our hands to produce output; not to mention – in down times and long after any given exchange has taken place (sleeping, eating, playing – you get the picture – it's always there). We are a communication sponge, and we suck it all in just like a high-quality sponge at a trendy kitchen gadget store. We carry it with us. We live with it. We may or may not divulge what's sucked up in those pores, but sometimes even the smallest release of what ails us brings with it the possible guilt of going too far, having said too much, or dare I say: that we have crossed a boundary of the sacred Code of Professional Conduct.

I, just like the next interpreter, am ever-cognizant of the CPC. If not, I have my spouse and son (both deaf), to remind me. But somehow, many of us have been inculcated to believe that the omnipotent CPC governs all words that escape from our mouths (or sponge, if you will) no matter the situation. I am here to tell you bull-hockey. If it were in my power, I would decree from this point hence: You have a right to be human and to divulge to your significant others (and even others) that which helps to keep you sane!! There, I said it. Now go do it. And spread the good news. Ah, some say, "if you dare". I know who you are. You are the same ones who champion the greatness of the CPC, yet go into closets and dark places and

(continued on page 3)



Please check
Our
NEW
Website
www.nj-rid.org



MISSION STATEMENT

*NJRID
is a non-profit organization
designed to fulfill the functions of
The Registry Of
Interpreters for the Deaf, Inc.
(RID)
on a statewide basis.
The principal purposes of this organization are to
initiate, sponsor, promote, and execute
activities that will further the profession
of the
Interpretation / Transliteration
of
American Sign Language and English.*

BOARD OF DIRECTORS

- | | |
|--|------------------------|
| Cynthia Piana, CI, CT
cpiana.njrid@yahoo.com | <i>President</i> |
| Sharon Ferraro, CI, CT
sharonferraro@comcast.net | <i>Vice President</i> |
| Laura Sansalone, NIC
ljsterp@yahoo.com | <i>Secretary</i> |
| Kymme Van Kleef, CSC
kvccsc@gmail.com | <i>Treasurer</i> |
| Kelli Pomphrey, NIC, Ed: K-12
kellipomphrey@gmail.com | <i>Member-at-Large</i> |
| Shari Walton
sharisign@yahoo.com | <i>Member-at-Large</i> |

Contributors To
THE MEDIATOR
Cynthia Piana Grace Samis
Daniel B. Swartz



NEWSLETTER COMMITTEE

- | | |
|------------------------------|----------------------|
| Diane Lynch, CI, CT, ED:K-12 | <i>Chair</i> |
| Liza McCombs | <i>Layout Editor</i> |
| MaryEllen Moench | <i>Copy Editor</i> |

PROOFREADERS

- | | |
|-------------------|---------------------------|
| Dianne Fannell | Eileen O'Neill-Parker |
| April Huda | Mariann Jacobson, CSC |
| Rachel Owens, NIC | Jessica Stebnisky-Mendoza |
| Uneeda Williams | |



THE MEDIATOR
is published quarterly
and is mailed to members of the
New Jersey Registry
of
Interpreters for the Deaf.

THE MEDIATOR
invites contributions of
articles or news items.

Views and opinions expressed
are not those of NJRID
unless so stated.

NJRID
Box 213, Eatontown
NJ 07724

Copyright @ 2014 Printed in the USA

SUBMISSIONS

Submissions may be edited for space if published.
Please include your name and contact information,
such as e-mail address or phone number.

Letters to the editor regarding articles in
THE MEDIATOR
are welcome.

Send articles, notices or news items by e-mail to:
lynchinterpreting@charter.net

VTS*(continued from page 1)*

share your secrets, your traumas, your battle scars. Alas, I say, COME OUT! No longer hide in your CPC-proof bunkers. It brings to mind Glenda (Good Witch of the North) reassuring the Munchkins to "Come out, Come out, wherever you are!" as they hide from the newly-landed "witch" and trust in what she, Glenda, has to say. Not that RID or the CPC are wicked by any means, but I do believe that some interpreters see them as "the enemy". Hopefully, we can from this point forth look at the RID as our professional organization, and the CPC as guiding principles for what we do about our work when it comes to ethical behavior. I will come back to this later – don't let me forget.

My own research has found that interpreters are incredibly sensitive people (Luciano & Swartz, 1997). We are caring, sometimes to a fault (if that's possible), and never like to see the underdog lose. We become the underdog, and their fight becomes our fight. Harvey (2003) found that interpreters often empathize with the Deaf participants in an interpreting exchange, mostly due to witnessing oppression (intentional and unintentional) at the hands of the hearing participants. Interpreters, being the compassionate souls that they are (see, there it is again – we are COMPASSIONATE), often internalize this negative fallout and carry it with them, unable to resolve the paradoxes witnessed and helpless, given their role of benign interaction, to effect change or satisfactory resolution. This is a part of the vicarious trauma I alluded to before. It is best thought of as the absorbing (the sponge again) of another person's trauma. In turn, the interpreters' physical, psychological, emotional and spiritual health responds and reacts to someone else's traumatic history (Anderson, 2011). This phenomenon can create undue stress and lessened job satisfaction (Bontempo & Malcolm, 2012; Larbarger, 2013). You don't say. As if it isn't enough that we carry around our own trauma and drama, now we are carrying around that of many others in what I will now call our Vicarious Trauma Sponge (VTS). It's the same sponge as before, it just got a lot heavier and more worrisome.

There you go - we have leading researchers in our field telling us that we are a mess. Like you needed a leading researcher to tell you that, right? You've known it all along. You could write books on it, I'm sure. Then again, there's that pesky CPC saying you'd better not. Okay, I get it. But let's move forward. And don't forget to bring your VTS – as if you had a choice.

In earlier research (1999, 2006), I found that many interpreters reported being overwhelmed and underappreciated in their jobs, frustrated by the unrealistic expectations placed upon them, and confusion by others regarding the expectations of a sign language interpreter.

Like I just said, or someone else said, we are a mess. No revelation there, but the overriding theme here of vicarious trauma should have us asking WHY ... ? Why are we overwhelmed, underappreciated, frustrated, and confused? I get it that in everyone's life these are common characteristics.

The New Jersey
Registry of Interpreters for the Deaf (NJRID)
is a non-profit
membership-driven professional association.
The members span the entire state
and
include professional
American Sign Language (ASL) / English
interpreters, transliterators,
Deaf and hard-of-hearing consumers,
students currently enrolled in
interpreter training programs
and others who have
a personal interest in the field.



Shall I say that in our profession they are all too common? Oh, they are all too common with us. Way over-the-top common. Statistically speaking, they are very significantly common (my 1999 research, cited below, bears that out).

Okay, here's some heady stuff for you, some of it is comparatively old, but it still applies. Interpreters often find themselves immersed in two cultures: one grounded in hearing and the other in deafness. The art of interpreting between cultures, and mediating the differences while meeting the needs of both, leads to stressors that lessen satisfaction and increase the likelihood of burnout (Lockmiller, 1982; Watson, 1987; Anderson & Stauffer, 1991; Maslach, C., Jackson, S., & Leiter, M., 1996; Swartz, 2001a, Swartz, 2001b, Swartz, 2004; Schwenke, 2012). (See, it all goes back to satisfaction and burnout – there's no escaping it!). Interpreters are under a great deal of pressure, rarely enjoying the satisfaction that they have been involved in, resolving any problems that have arisen during the interpretation process, often feeling worthless, meaningless, and never recognized for their hard work (Lockmiller, 1982). Dean and Pollard, (2001, see demand control schema) also suggest that, if the interpreter were better able to control the variables impacting any interpreting situation, the more effective the outcome, and by inference, the greater the satisfaction of that interpreter.

But you know we just can't control everything, hence the saturating of our VTS.

Okay, let's break it down. You know the ASL sign for straddling the fence, indicative of indecisiveness, an ability to go either way on a given issue, topic, etc. Well you, my fellow sign language interpreter, live on the fence. You straddle it day and night. And the minions on either side are pulling on your appendages to drag you over to their way of thinking, as if it's the only way. It's just not quite fair. But pull they will

(continued on page 4)

VTS

(continued from page 3)

while you straddle that fence. A better thought would be to hop off the fence and find some common ground, albeit some firm footing for your feet, your psyche, and your well-being. And like I said before, vicarious trauma is not just emotional or mental stressors you bring to the game. It's not just these things that can give you a bad day (mind you, I am writing this article while in a spa on a cruise ship that is docked at St. Thomas, U.S. Virgin Islands, on the cusp of winter). I don't tell you this to make you jealous but rather to give you pause to think about how YOU take care of YOURSELF.

Be it a given that we deal with crap every day in our work, here is a more eloquent way I put it recently: While burnout, vicarious trauma, and job constraints are considered the psychological and emotional causes of decreased satisfaction, physical injury (or lack thereof) is an important component to the interpreter's overall well-being and satisfaction. Repetitive Motion Injury (RMI) and Overuse Syndrome are of major concern to interpreters, considering the continuing shortage of interpreters, as well as financial constraints in a recessed economy that lead to using interpreters beyond their margin of physical comfort in order to cut costs (Peper and Gibney, 1999; Sanderson et al, 1999). Fischer (2008) surveyed Canadian sign language interpreters and found that 38% of those responding had been medically diagnosed with work-induced pain and musculoskeletal disorders including carpal tunnel syndrome, arthritis, bursitis, thoracic outlet syndrome or tendonitis. That's more than 1 in 3 interpreters who are injured on the job. In no job sector that I know of would that be considered an acceptable occupational safety standard, yet we continue to work injured.

Okay, I told you the physical was a part of it. Besides the very body mechanics, I contend that it is the mentally and emotionally saturated VTS bleeding into the physical. If I am uptight, upset, wanting to punch out someone in the communication chain while interpreting, then it is not only going to affect the message, it is also going to do a number on me both mentally AND physically. Sure, warm up exercises help in lowering the chances of muscle strain and fatigue, but mental work is key to everything, and I can't emphasize that enough. We say when we are done with a long, strenuous, and taxing day that we need to decompress. Or we are going to give ourselves off one day next week as a "mental health day". But do we really? And what is a mental health day? One where we veg out at home with a good book? Shop till we drop? Hit the beach? But what else are we doing to relieve our VTS? Compartmentalizing our lives with easily triggered doors and windows is no way to cleanse the sponge. Talk therapy and other avenues of venting are valuable releases for toxins in your VTS. Remember that professional counseling is not only a safe haven due to rules governing privileged information, it should in most cases be deductible as a business expense. As should massage therapy, gym membership, acupuncture, meditation therapy, etc. – just get a prescription for said treatment from you family doctor for IRS



We would like to thank and acknowledge those members who have contributed articles to *The Mediator* by issuing each writer a \$5.00 coupon towards an NJRID workshop. We hope that implementing this incentive will entice more members to participate in shaping the organization's newsletter.

JANUARY, 2014

GRACE SAMIS ~ DANIEL SWARTZ

Print this coupon & send it with your registration form for any NJRID workshop

purposes (easily done).

Taking care of ourselves extends beyond cleansing our sponge. It is a process from the moment you wake up until you turn out the light at night. Healthy eating, time management, selective scheduling, and healthy professional and social interactions are just a few of the influences under our control that we need to critically examine. And why are you teaming with people you don't particularly get along with? I long ago told myself that no amount of money was worth working with a co-interpreter who was not a pleasure to be around. Toxic people will not cleanse your sponge but only further saturate it and in turn clog the cellular walls. Be good to yourself – the work that you need will come your way, it really will.

As for me, I get a massage once a week, or as close to that as possible. But I am late to the game. I didn't really catch onto the workings of my VTS until I was halfway through a six-year stint as a VRS interpreter, working roughly 25-30 hours per week. VRS gives Vicarious Trauma new depth and meaning. It wasn't until I nearly had a mental breakdown that I sought counseling through the company's Employee Assistance Program (EAP). It set me on the path to healing, and to eventually realize that VRS was not a healthy work environment for me. VRS is a tough gig, and interpreters there, as in most interpreting environs, need their VTS cleansed often.

Our VTS does not self-cleanse. In some it metastasizes and consumes an interpreter's very life. Regardless of its spread and reach into our lives, it only requires a trigger to release the gate and rain on our work. The required trigger varies from person to person, but no one is immune, and a drizzle can turn into a monsoon without warning. A few scenarios in case you doubt me:

VRS Call

Hearing Person: This is Rainbow Bridge Vet Clinic, and I'm Dr. Peterson. I'd like to call blah blah.

Deaf Person: Yes, did the test results come back on Trixie?

HP: Yes, I'm afraid she has liver cancer and there's not much we can do except make her last days as comfortable as possible.

(continued on page 5)

VTS*(continued from page 4)*

VTS RELEASE: Just when you least expected! What are the odds?!? Your dog died last month of cancer. No way you're over that yet. This call isn't going to help, is it? Better hand it off - or do you have the guts to stick it out??? And you know how your stats at the center are not so great as of late. Need I say more?

Courtroom

Judge: Mrs. Jones, you may cross.

Jones (via you, the interpreter, to witness): Miss Vickerson, please explain to the court the nature of your injuries resulting from the car accident.

VTS RELEASE: You knew you said you could do this, even though your mom died at the hands of a drunk driver. You said you were over it. Liar. This is going to downright suck, and it's going to dredge up all the crap that you thought you dealt with. Okay – deal with it now!

Hospital

You are part of a team of interpreters providing 24-hour access to a terminally ill patient in an area medical center.

VTS RELEASE: Well, you needed the hours and now you've got them. Not too much of a price to pay, watching a person wither away to nothing. Not to mention the family dropping in all the time, crying in the hallway, just where you happen to be sitting. It's not so bad – not all of the hospital staff thinks you're a lazy slob milking the system – some even let you use the staff bathroom.

Elementary School

Deaf student you interpret for gets back his math test, and he failed – again.

VTS TRIGGER: Okay, you can try to convince yourself as much as you want that you did an awesome job interpreting. But he did fail. And his parents are known to physically lay into him when he does poorly. But who are you to worry, you did your job. Or did you? Could you have done more? Let's get real – you know you dropped the ball.

Name your own situation. You have a million of them, no doubt. Yes, we are conduits of information, or whatever the latest thinking is on the latest interpreting model. But we are there, in the trenches, and our sponge is just sopping it up, isn't it?

Oh, thank you for reminding me to get back to the CPC and how to keep our VTS in check while still honoring the tenets of the CPC. Keeping sane and being CPC-compliant are not mutually exclusive states of being. Aside from all of the aforementioned therapies (massage, talk, etc.), we do have the ability, and permission, to debrief with our colleagues, our agency, and our family, with discretion. We are not ironclad vessels – our dripping sponge should be an ever-present reminder of that. What leaks in must surely have an exit point for the sake of equilibrium. Don't laugh it off. Don't say, "I'm

**LOOKING FOR A SAFE AND SECURE WAY
TO HAVE YOUR IDENTIFICATION
PROMINENTLY DISPLAYED?**

We have your answer!

NJRID SPONSORED ID BADGES

The badge will be made with your name, photo, & credentials, and can identify you as a certified or associate interpreter, student intern, or whatever title you have.

You don't need to be a member of NJRID to order a badge. The badge can be customized to have your agency name, school name, etc. printed right on the badge.

Visit NJ-RID.org and fill out the order form to buy your ID online and print it out at your convenience.

You can access it from your member area on our website.

COST

**\$18 for Interpreters
and Other Professionals**

just the interpreter". You are indeed the interpreter, a caring and sensitive, intelligent, multi-talented person. Others are in awe of what we do. We should, at the very least, give ourselves a break, some TLC, and a healthy squeeze of the sponge on a regular basis.

References

Anderson, A. (2011) *Peer support and consultation project for interpreters: A model for supporting the well-being of interpreters who practice in mental health settings.* *Journal of Interpretation.* 21 (1). pp. 8-20.

Anderson, G. & Stauffer, L. (1991) *Identifying standards for the training of interpreters for deaf people.* *Journal of the American Deafness and Rehabilitation Association.* 25 (3). pp. 35-46.

Bontempo, K. & Malcolm, K. (2012). *An ounce of prevention is worth a pound of cure: Educating interpreters about the risk of vicarious trauma in healthcare settings.* In Malcolm, K & Swabey, L (eds). *In our hands: Educating healthcare interpreters.* Washington, DC: Gallaudet University Press.

Dean, R. & Pollard, R. (2001) *Application of demand-control theory to sign language interpreting: Implications for stress and interpreter training.* *Journal of Deaf Studies and Deaf Education,* 6(1). pp. 1-14.

Fischer, S. (2008) *Cross-sectional survey of reported musculoskeletal pain, disorders, work volume and employment situation among sign language interpreters.* *International Journal of Industrial Ergonomics.* 42 (4). pp. 335-340.

Lockmiller, C. (1982) *Interpreter burnout.* In *Proceedings of the Third National Conference of Interpreter Trainers.* Tucson, Arizona, 17-21 February 1982. pp. 34-40.

Luciano, J., & Swartz, D. B. (1997) *An examination of interpreter personality using the California Personality Inventory.* Symposium conducted at the National Convention of the Registry of Interpreters for the Deaf. Long Beach, CA.

(continued on page 6)

VTS

(continued from page 5)

Lybarger, R. (n.d.) *Resiliency resources for sign language interpreters.* [Online] Available from: <http://resiliencyresources.com>. [Accessed: 27th October 2013]

Maslach, C., Jackson, S. & Leiter, M. (1996) *Burnout Inventory manual.* (3rd ed.). Palo Alto, California: Consulting Psychologists Press, Inc..

Peper, E. & Gibney, K. (1999) *Psychophysiological basis for discomfort during sign language interpreting.* *Journal of Interpretation.* pp. 11-18.

Sanderson, G., Siple, L. & Lyons, B. (1999) *Interpreting for postsecondary deaf students.* In *Report of the National Task Force on Quality of Services in the Postsecondary Education of Deaf and Hard of Hearing Students.* Rochester, New York: Northeast Technical Assistance Center, Rochester Institute of Technology.

Schwenke, T. (2012) *The relationships between perfectionism, stress, coping resources, and burnout among sign language interpreters.* *Counseling and Psychological Services Dissertations.* Paper 80.

Swartz, D. (1999) *Job satisfaction of interpreters for the deaf.* *Doctoral Dissertation, Capella University, Minneapolis, Minnesota.*

Swartz, D. (2001a) *I love interpreting but I'm burning out – help!* In *Tapestry of our worlds: Proceedings of the 17th National Conference of the Registry of Interpreters for the Deaf.* 6-11 August, 2001, Orlando, Florida

Swartz, D. (2001b) *Job burnout a real concern for interpreters.* *AVLIC News, Edmonton, Alberta.* Spring/Summer.

Swartz, D. (2004) *Burnout: Issue of concern facing interpreters for the deaf.* Paper presented at meeting of Rochester Institute of Technology, Rochester, NY. 20th May.

Swartz, D. (2006) *Job satisfaction among interpreters for the deaf.* *Journal of Interpretation.* pp. 47-78.

Watson, J. (1987) *Interpreter burnout.* *Journal of Interpretation.* pp. 79-86.

Standing Committee Chairs

Archives	Benay Quadrel, CI, CT
Bylaws	Cheryl Vail CI, CT
Continuing Education	
Maintenance Program	Meg Ellis, CI, CT
Fundraising	Audrey Rosenberg, CI
ID Badge	Alicia Jones, CI, CT
Membership	Benay Quadrel, CI, CT
Mentorship Program	Mary Bacheller, CSC
Newsletter	Diane Lynch, CI, CT, ED: K-12
Nominating	Marianne Cardini, CT
Professional Development	Chair - open
Stipend	Pam Coverdale, CT
Web Site Chair	Terry Safay, CI, CT
Web Site Webmaster	Torquato Tasso

Ad Hoc Committees

2014 Real ASL Weekend	Chair - open
2015 Biennial Conference	Chair - open
NJ State Licensure	Cindy Williams, CI



PRESIDENT'S MESSAGE

Welcome to 2014, members! I am looking forward to serving as President of NJRID. Along with the other members of the board and the support of the membership, I believe we can accomplish great things.

Since the recent general meeting, we have been busy trying to fill vacant committee positions. The following appointments have been made:

- By-laws: Cheryl Vail
- CMP Coordinator: Meg Ellis
- Membership and Archives: Benay Quadrel
- Fundraising: Audrey Rosenberg
- Website: Terry Safay

We are still in need of one or two members to take on the Professional Development Committee. If you want to continue to see quality and pertinent workshops provided, please consider volunteering. We are also in need of chairs for the ASL Weekend and the next Biennial Conference. There are many challenges facing the interpreting profession. If we are to survive as an organization and continue to support the needs of the profession, we need your time and talents. The time to act is NOW. Send an email to contact@nj-rid.org to offer to volunteer your time and talents.

An ad hoc committee has been set up to explore the process of requiring a state license to work as an interpreter in the state of New Jersey. Cindy Williams will be chairing this committee. Those interested in helping in this important endeavor please contact Cindy at clwterp@aol.com.

At the November NJAD Biennial, Chris Wagner, NAD President, spoke to the need for organizations to work more closely together on a local and national level. I want to assure you that this board has all intentions of working with NJAD, NWJAD, and the Deaf community to tackle the issues that we face in New Jersey.

Finally, stay in touch with the membership and learn more of NJRID activities through our new website NJ-RID.org and NJRID's Facebook page.

Cynthia Piana, CI/CT
cpiana.njrid@yahoo.com



ONLINE RESOURCES THEY'RE AT YOUR FINGERTIPS

By
Grace Samis

As someone who genuinely loves her job, it is not a hardship for me to sit for an hour or two (or three) on the computer researching new sites where I can proactively hone my interpreting skills. I do understand that there are those who can't spare the time to browse the websites, so I thought maybe I would lend my list of what I found to others.

Understand, being an educational interpreter, many of my resources tend to relate to education ... but ... for fun (and to deepen vocabulary, of course), I do delve into other sites.

So – enjoy!

1. www.oicmovies.com.

The site is free, sort-of. If you become a 'regular' member (redefined as 'free'), you can access the OIC News clips, but not the special programming. OIC Movies does have a paid subscription service which is the membership I currently have because, at this level, they have captions that you can toggle on and off. Fees can be found on the website. A feature I really like is that the news clips are current, which means that I can easily research content (or discourse map) before I attempt to voice interpret.

2. www.deafmd.org

Two hundred forty-one diseases/health issues are discussed and they are constantly adding more. This is a medical information site that is for Deaf or Hard-of-Hearing and it is free. I don't do medical interpreting, but as an interpreter, I like to have at least a surface knowledge of issues. This site is user-friendly with categories like "What is it (the disease/issue)?", "What are the Symptoms?", "How is it Diagnosed & Treated?" and "Care & Prevention". I can get the full concept. Although it does not have captioning, it does have a transcript of what is being signed. Practicing can occur one of two ways – I can try to voice first without reading the transcript – and then check myself. Or do my research first (read the transcript) one day and then attempt to voice interpret another day. An added benefit for me is that I am actually learning about health issues and concerns while improving my skills.

3. <http://www.youtube.com/user/awti/videos>

Awti Productions is a great site. I love just about anything this interpreter posts. Some of you might remember him from "The Deaf Ninja" clip that made the rounds in 2007. But I especially love this CODA for his "KnowThat?!" series on YouTube. Yes, this is one of my educational interpreter sites. Although he appears to have only three actual titles in the series: "How Heavy Are Clouds?", "How Far Are The Stars?" and "Peanut Butter Diamonds!", he presents his message in a clear, concise (and somewhat funny) manner – all goals of mine! This series does have voice-overs, but for practice – I turn the sound down. Simple ... then to check myself, I turn the sound up! The other clips posted are just as interesting.

OK – these are three of my on-line video resources, not

necessarily in order and not necessarily my top three. There are many others that I use on a daily basis, these are just three of them.

One online BLOG resource is that I highly recommend is www.streetleverage.com. This is "a community blog that offers sign language interpreters context and insight on industry related topics and events" (taken from www.streetleverage.com/about/). This site is full of articles written by "our own" talking about issues and ideas that we talk about (or ought to be talking about). I tried to do a quick count of the articles on the site and quite honestly, I lost count. Some of the titles that I have printed out and kept in my "Interpreting Folder" are "Sign Language interpreters: Embody the Change You Want to See", "K-12: A Call to Arms for Sign Language Interpreter Training Programs", "It Takes a Village to Raise a Sign Language Interpreter" and the most current that I found was one written by our own Diane Lynch, "5 Surefire Steps to Overcoming Skill Plateau for Sign Language Interpreters" - (thanks Diane!)

So – here it is ... some of the resources that I use. I hope you find them equally helpful. If any of you out there have resources you would like to share ... I would love to see them! Send to grace_samis@mac.com.



INTERPRETER CHATS

PANERA BREAD

Hamilton Marketplace ~ Hamilton, NJ

Every 3rd Wednesday from 5-8 pm

For More Information Contact
trogfamily@comcast.net or grace_samis@mac.com

~

PANERA BREAD

15 Bloomfield Avenue ~ Montclair, NJ

Every 1st Wednesday at 6 pm

For More Information Visit
<http://www.facebook.com/InterpreterChat>

MARK YOUR CALENDAR

StreetLeverage - Live 2014

May 1 - 4, 2014

Austin, Texas

Register now at:

www.streetleverage.com



THE MEDIATOR

c/o Liza McCombs
344 River Avenue
Pt. Pleasant Beach
New Jersey
08742