

# FROM THE PRESIDENT

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## President's E-Message



*John M. Lovett, President*

Hello again!

Last month, Melbourne put on a perfectly warm and pleasant climate while hosting the CISS Regional Confederations seminar. All Presidents and Secretaries of four Regional Confederations flew down to attend a week-long seminar. The setting of Novotel St. Kilda overlooking the beach was very ideal in the pleasant balmy weather. Some delegates commented favorably about location and quality of this hotel and hope to return to the same hotel in their future visits "Down Under".

Tiffany Granfors, the CISS Administrator flew down to Melbourne to work with me in planning and coordinating of the seminar. Her assistance has been most valuable and helped to make the seminar successful.

The seminar was funded in majority by a grant from the Olympic Solidarity Fund with support from CISS, VSDC Services for Deaf Children, Novotel St. Kilda, and Victorian Deaf Society.

A summarized report of the seminar is printed somewhere in this e-News. A full report of the seminar is being prepared and will be distributed firstly to the CISS Executive, Regional Confederations and International Olympic Committee. Later the report will be posted on the CISS' website for those who wish to have full information of the seminar.

Next month, our friends in Europe Deaf Sports Organization will conduct its Congress in Amsterdam. To Lennart and his team, we wish you all well and we would like to take this opportunity to acknowledge good work done by EDSO in its excellent organizations of European championships.

At this stage, I believe that Werner Kliever, the EDSO Secretary-General will retire at this Congress. Werner held this office since February 1987 and will be very difficult to replace! To Werner, we extend our sincere best wishes and healthy life in "retirement".

We know that even in retirement, Werner will be as busy as ever with many little projects!

Well done Werner!

It is just 10 months before the 15th Winter Deaflympics in Sundsvall, and the poster promoting this event arrived this morning, a very attractive and eye-catching poster! I urge you all to go to [www.deaflympics.org](http://www.deaflympics.org) for more information on Sundsvall.

Cheerio!

### URGENT:

**Deadline** to send bidding proposal for 2009 Summer Deaflympics to CISS Secretariat at:

814 Thayer Avenue, #350  
Silver Spring, MD 20910  
USA

**By JUNE 1, 2002!**

### Immediate Attention:

PLEASE mail NEW audiograms to CISS Secretariat. We have a database in place to maintain all audiogram information.

# NEWS FLASH

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## Playing a Sound Game Former Gallaudet Star Miller Tries Out for Mystics

*From www.washingtonpost.com*

*By Kathy Orton*

*Special to The Washington Post*

*Thursday, May 9, 2002; Page D01*

In so many ways, Ronda Jo Miller is the same as every other free agent hoping to land a job with the Washington Mystics. She battles hard in practices, hoping to impress coaches and earn a roster spot on the WNBA team.

However, Miller is not like most other free agents. A standout at Gallaudet University, Miller, a 6-foot-2 forward, has been deaf since birth and is the first deaf player to try out for a WNBA team (Indiana forward Tamika Catchings is hearing-impaired, but is able to use hearing aids).

"I've learned so much within a few days," Miller said of training camp. "I'm looking forward to improving myself as a player. It's been really fun playing with all of the talented players."

Miller said camp has been going well. Mystics Coach Marianne Stanley, who has watched Miller progress after graduating from Gallaudet, has been pleased with Miller's performance so far.

"I'm just real impressed with who she is as a basketball player and as a person to be pursuing this," Stanley said. "She's earned the right to be here. . . . No one is making a big deal of anything, least of all her. She's helped everyone else to be comfortable."

When she was at Gallaudet, Miller dominated the competition. She finished her career as the NCAA Division III career rebounding leader with 1,545. She also ranks third in Division III in career scoring (2,656 points) and third in career blocks (373).

Stanley first became aware of Miller at last year's WNBA combine. She noticed Miller's athletic abilities

right away, but thought she needed more experience.

"I just kind of put her in the back of my mind," Stanley said. "I was going to keep an eye out and see what she was doing."

At the WNBA combine, Miller met Michael Abraham, who became her agent. Abraham contacted several overseas teams on her behalf, eventually securing a spot on a team in Denmark. Many teams were reluctant to take a deaf player.

"That was the hard part, trying to convince [teams] that her deafness was not an issue," Abraham said. "The coach in Denmark perceived it as a positive."

Miller flourished in Denmark. Playing for Herlev, she led the league in rebounding and helped her team win the championship and was voted the best foreign player in the Denmark Elite Series league. Abraham said the team is negotiating to bring her back.

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### Australian Swimming Coach is Inducted into the International Swimming Hall of Fame

Anne Green, who previously worked at Australian Swimming, Inc. and was Team Coach for the Australian Team on two occasions at 1993 and 1997 Deaflympic Games, had a shock of her life of being inducted into the International Swimming Hall of Fame. She reported that she was speechless when she heard the news. Anne will be travelling to Fort Lauderdale, USA to accept the award. Anne is still involved in the IPC Swimming (International Paralympic Committee).

Congratulations Anne!

# NEWS FLASH

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## Former Gallaudet Star Miller Tries Out for Mystics

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"The deaf community there is really good, and I made a lot of deaf friends," Miller said. "At first I wasn't used to being far away from family and friends, but after a few months I got used to it."

While she was in Denmark, Miller did not use an interpreter. Instead, she relied on lip reading.

"There was no American sign language interpreter, so thank God that my coaches and teammates spoke English," Miller said. "I learned how to sign in Danish. It was fun, challenging for me. When I came back to America, I wasn't used to using [American sign language]. I can see that I mix both languages in signing."

Because she had already participated in the WNBA combine, she was not eligible to attend it this year. Instead, she went to the Northwest Exposure camp in Portland, Ore., where she and other free agent players tried to catch on with a WNBA team.

"When I got the list of players who were going to participate, I said, 'Okay, let's see where Ronda Jo is,'" Stanley said. "She looked real good. Physically, she looked stronger. Her skills looked better. She looked real comfortable in that environment."

Miller flew back to Denmark to finish her season immediately after the camp. Stanley told her that when she returned to the United States to contact her. If the Mystics had any openings, they would bring her in as a free agent.

After joining the Mystics on May 3, Miller assimilated quickly. Washington does not have an interpreter at practice. Instead, Miller taught the players and coaches a few letters in American sign language. Mostly, she relies on lip reading and the help of assistant coach Linda Hill-MacDonald.

"She helps me with the names of the plays," Miller

said. "She is always making sure I understood everything. I think I don't have a problem."

When Stanley wants to communicate with Miller, she signs the letter R to let her know she is speaking to her. Then she faces her directly so that Miller can better read her lips.

"The players -- I didn't even have to ask them -- they are very helpful in making sure that Ronda is in the loop, that Ronda is included in everything," Stanley said.

"Her hearing impairment does make it more difficult for her. Sometimes it impacts her significantly in a negative way, but I think our players have done a great job of being supportive of her."

Forward Maren Walseth, another free agent trying to make the roster, remembers playing against Miller when they were growing up in Minnesota.

"I don't know how she can do it," Walseth said. "I'm very impressed with her. . . . You don't know how to react, but you don't want to treat her any differently so you keep calling out screens. You keep talking to her, saying 'good shot' or 'nice job' because you never know when she's looking at you and could read your lips."

Miller has a gift for putting everyone around her at ease. Because she adapts so easily with the hearing community, people often overlook her deafness.

"In Denmark, my teammates sometimes tried to talk in my ear," Miller said. "They forgot that I'm deaf."

If she plays as well for Washington as she did in Denmark, Mystics fans might also forget.

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# NEWS FLASH

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## Courage award to Bradley Deaf Guard led South Carolina

By Steve Wieberg and Jack Carey



Bradley

ATLANTA- South Carolina's Jamel Bradley, the deaf senior guard who led the Gamecocks in scoring this season and became the school's all-time leading three-point shooter, was awarded the U.S. Basketball Writers Association's Most Courageous Award on Monday.

Bradley, who lost most of his hearing by age 2 because of illness, hit 40.4% of his three-point attempts and averaged 13.2 points and 2.4 assists a game as the Gamecocks played at the National Invitation Tournament championship game. They lost to

Memphis.

"I learned more from him," coach Dave Odom said, "than anything I could ever teach him."

Former South Carolina coach Eddie Fogler, who recruited Bradley out of high school in West Virginia, also was present for the presentation, made annually to a college player, coach or official who has overcome adversity.

"You are an inspiration," he told him. "Coaching a player like that, a kid like that, makes coaching a very worthwhile experience."

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## News From Around the World

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### Estonia: New E-mail Address

To contact the Estonian Deaf Sport Union, please e-mail President Riina Kuusk via [kurtide.spordiliit@mail.ee](mailto:kurtide.spordiliit@mail.ee).

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### Portugal: New Address

LIGA PORTUGUESA DE DESPORTO PARA  
SURDOS

Av de Ceuta-Sul, lote6, loja3  
1350 Lisboa  
Portugal

email: [lpds@netc.pt](mailto:lpds@netc.pt)

### Spain: New Address

The Spanish Federation of Sports for Deaf has moved to the following address:

C/ Libertad 14 1ºB

33206 – Gijón

and

Apartado de Correo

137 33200 – Gijón

Tel and fax 985.17.26.09

Electronic mail: [feds@hotmail.com](mailto:feds@hotmail.com)

# CISS IN THE NEWS

## Summary of CISS Regional Confederation Seminar



*Front Row: Tiffany Granfors, John Lovett, President; Kevan Gosper, IOC Vice-President, Gosper's assistant. Back row: Peter Kalae, Mohamad Sazali, John Yusuf, Kuo-Tung Chou, Oscar Balmaseda, Larry Fleischer, Lennart Edwall, Werner Kliever.*

The President and Secretary-General from each of the four Regions within CISS were invited to attend the first Regional Confederation Seminar in Melbourne, Australia for 5 days from 15-19 April 2002.

The representatives were:

Lennart Edwall, EDSO President,  
Werner Kliever, EDSO Secretary-General,  
Kuo-Tung Chou, APDSC President,  
Mohamad Sazali, APDSC Secretary-General,  
Larry Fleischer, PANAMDES President,  
Oscar Balmaseda, PANAMDES Secretary-General,  
Peter Kalae, CADS President,  
John Yusuf, CADS Secretary-General.

The purposes of the seminar were to bring all 4 regions together to develop networking opportunities and to gather information to bring back to their regions, as well to develop a collective list of proposals for the CISS Executive.

This was a working seminar and each region developed its own mission statements and goals for the next 4 years as well as budget planning. At the end of the seminar they developed a number of proposals for

CISS Executive.

The following topics were discussed at the seminar coordinated by John Lovett and Tiffany Granfors.

- Historical Background Briefings on each Regions
- Sports Awards
- Communication Access
- Financial Planning & Sponsorship
- CISS and Regional Technical Directors
- Event Planning and Management
- Review Sports Calendar
- IOC Solidarity Fund
- Budget Planning and proposals



*Hard at work.*

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# ARTICLE

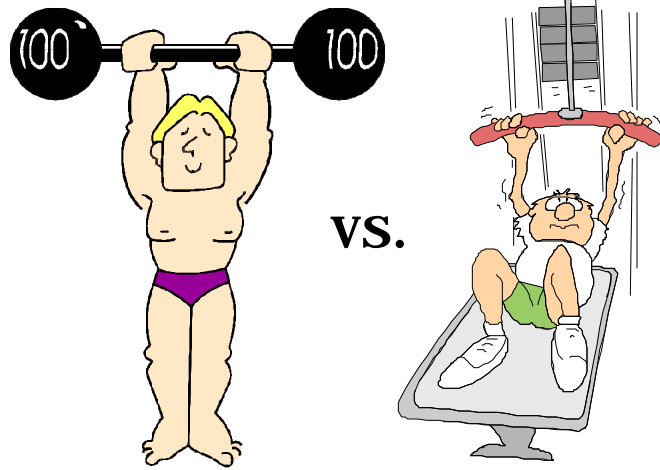
## Free Weights vs. Machines

by Anton Maartens  
[www.fitnesszone.co.za](http://www.fitnesszone.co.za)

Should you do your strength workouts using free weights or machines or both? This is probably the question that is most often asked in the world of fitness.

Many articles have been written about the topic and it continues to be controversial issue among fitness enthusiasts and experts alike. Some believe that free weights are superior to machines, while others will bet their bottom dollar that training on a machine is the only way to go!

Actually, I don't see what all the fuss is about. The fact is that both free weights and machines have a lot to offer, but each also has its disadvantages. I believe any strength training workout should include exercises using both machines and free weights.



Machines isolate the target muscles much better and are safer to use when you want to experiment with new or different techniques. Furthermore a machine provides you with much better control and stability and requires less co-ordination and skill. It also saves a lot of time, because you don't have to go around stacking plates and carrying dumbbells all the time.

The disadvantage of using machines is that they do not offer you much variety and can become boring after a while. Another problem is that machines are often designed for the average person, and may be uncomfortable to use for a very tall or very short person.

Free weights, on the other hand, allow you to use your body in a more 'natural' way, simulating real-life movements more accurately. It encourages you to employ your stabilizer muscles properly and to use correct body alignment. Free weights also offer you much more variety and can be used in lots of different ways to target different muscle groups.

Free weight exercises are normally suitable for most exercisers, but often beginners need a lot of guidance to ensure they are using proper form and technique. People who do not have the necessary skills may develop serious injuries by training incorrectly.

Training with free weights is also a very time-consuming process.

As you can see there is no reason to exclude free weight or machines. Both have a place in any strength workout, depending on your goals, fitness level, skill and time constraints. To put it simply, a chef does not debate whether pots are better than pans. He uses both in his cooking. To him it

is more important that the end result is a success. Maybe the fitness industry should start thinking the same way.

Note that free weight and machines are not the only option you have when doing strength training. Using your own, natural body weight can be just as effective in resistance exercise. In fact, those traditional, 'old-fashioned' push-ups, pull-up, dips and sit-ups remain some of the best strength exercises one can do. You don't need expensive, state-of-the-art gym equipment to get results!

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# IOC NEWS

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## IOC donates its share of surplus from Salt Lake City Olympic Winter Games to Utah Athletic Foundation

24 April 2002

LAUSANNE, Switzerland (24 April 2002) - The President of the International Olympic Committee (IOC), Dr Jacques Rogge, has announced today that the IOC will donate its share of the surplus from the XIX Olympic Winter Games in Salt Lake City to the Utah Athletic Foundation, as a gesture of gratitude to all the people of Utah, and as an encouragement to the youth of the State of Utah. The Utah Athletic Foundation's mission is, "in order to preserve the commitment the citizens of Utah have made to sport and the 2002 Olympic Winter Games, to endeavour to manage the legacy facilities and provide opportunity for young and old alike to participate, excel, and revel

in the lifestyle of sport". Its primary charter is "to own, maintain, and operate the Olympic Park and assist in the operations of the Olympic Oval".

"We have just been informed that SLOC will declare a surplus from the Salt Lake City Olympic Winter Games", said Dr Rogge. "The IOC is contractually entitled to a 10% share of this surplus. However, in order to express our gratitude to the wonderful people of Utah, to contribute to the legacy of the Salt Lake City Games and thus to encourage the development of sport and further promote Olympism in the state of Utah, the IOC has decided to donate its entire share of the surplus to the Utah Athletic Foundation."

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## IOC 2002 Women & Sport Trophy Winners

26 April 2002

LAUSANNE, Switzerland (26 April 2002) - The President of the International Olympic Committee (IOC), Dr Jacques Rogge, today awarded the 2002 Women & Sport Trophies to the winners during a ceremony held at the IOC headquarters. The trophy, created in 2000, is awarded annually to a woman or man (athlete, coach, administrator or journalist) or to an institution or organisation in recognition of their outstanding contribution to developing, encouraging and strengthening the participation of women and girls in physical and sports activities, in coaching, and in sports administration and leadership structures, as well as promoting female journalists and women's sport in the media. Five continental trophies and one trophy at world level are awarded.

The winners were picked by the IOC Women and Sport Working Group, chaired by Ms Anita L. DeFrantz, from the 44 candidates submitted by National Olympic Committees and International Olympic Sports Federations. The Working Group selected: Ms Tsigie Gebre-Mesih (Ethiopia), for Africa; Ms Rafaela

Gonzalez Ferrer (Cuba), for the Americas; the Myanmar Women's Sport Association (represented by Ms Kyu and Ms Yee), for Asia; Ms Lale Orta (Turkey), for Europe; and Ms Billie Jean King (USA), for the World Trophy.

### **Trophy for Africa:**

Ms Tsigie Gebre-Mesih (ETH) is one of the few devoted athletes who have contributed to the development of sport among women in Ethiopia. From a young age, she won many awards for her ability as a short distance runner, and became the first Ethiopian woman to participate in the Olympic Games. Her achievements inspired her to become a coach of the men's and women's national short distance teams. Since 1984 she has devoted much of her time to organising coaching and refereeing courses in the different regions of her country.

### **Trophy for the Americas:**

Ms Rafaela Gonzalez Ferrer (CUB) has been involved in the gradual development of women of her country

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## IOC 2002 Women & Sport Trophy Winners

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and region in all areas of sport, notably in fencing, at both national and international level. She introduced women's fencing in 1985, which has since been developed into a national discipline, and Cuba is now the permanent venue for this sport's World Cup. She has proved to be an advocate for the promotion of women in sport as the first woman from the Americas to become an Honour Member of the International Fencing Federation (FIE), and has been a member of the FIE Executive Committee since 1996.

### **Trophy for Asia:**

Founded in 1991, the Myanmar Women's Sports Federation strives to promote the participation of girls and women in sport and physical education activities, and encourages equal opportunities for men and women. Under the aegis of the Myanmar National Olympic Committee, the Federation follows the policy guidelines provided by both the NOC and the Ministry of Sport. Currently headed by Dr May May Yi, Vice-Chair of the Myanmar National Working

Committee for Women's Affairs, it has developed several national sport and advocacy programmes with the aims of facilitating the development of women both physically and mentally, and encouraging the advancement of female athletes to international level.

### **Trophy for Europe:**

Ms Lale Orta (TUR) has been a role model and a leader for Turkish women in field sports, as an athlete, coach, commentator and referee. In addition to her many accomplishments as an athlete, she helped to create the first women's football team in Turkey and became the first Turkish female football coach in 1985. During this time, she also officiated as a referee for over 1,500 football matches. She was hired by Turkish National Television as its first female football commentator, making other television stations consider the importance of this and encouraging them to hire women. Now a sports missionary travelling to different parts of her country, she continues to motivate and

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## Summary of CISS Regional Confederation Seminar

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### •Proposals for CISS EC

During the seminar, CISS made sure that the representatives not only came for the seminar but also came to experience the Australian culture. The seminar was held in the morning period then after lunch we all went on several tours. Examples of places we went:

- Victorian Deaf Society
- Victorian College of the Deaf
- VSDC Services for Deaf Children
- Chisholm College (Auslan Dept)
- Melbourne City tour (including tram rides)
- Melbourne 2005 tours (visit possible venues)
- Philips Island (koalas, kangaroos, penguin parade, etc)

We were also very honored to have a very special guest who stopped by during the seminar. Mr. Kevan Gosper, Vice President of IOC who is also a good friend of John Lovett came by to greet all the participants. We



*Oscar feeds a kangaroo.*

all had an opportunity to do a photo shoot with him while he presented each participant with a "Certificate of Attendance". Mr. Gosper spoke with us and was very supportive of CISS and was very excited that the 2005 Deaflympic Games is coming to Melbourne.

The seminar concluded on Friday 19th of April and this gave the participants a chance to do additional sight seeing or shopping on Saturday before departing for home.

# EVENTS

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## 4th World Deaf Golf Championship 2002

Cead Mile Failte Na Eirean Bodhar Galf Cumman  
(A Thousand Welcome To The Irish Deaf Golf Community)

From Sunday 28th July to Friday, 2nd August 2002 Ireland will host the biggest Deaf golf event ever to be hosted in Ireland. It is estimated that up to 150 Deaf golfers, with minimum hearing loss of 55 decibels in their better ear, from 15 nations will participate in the 2002 World Deaf Golf Championship. The 4th World Deaf Golf Championship will be four-rounds of Medal Play from Tuesday 30th July to Friday 2nd August 2001. Practice round will be held on Monday 29th July. Tee off times is booked from 8am until 12pm each day. We will also have the first ever World Deaf Ladies' Golf Championship, as well as the Inaugural World Deaf Seniors' Golf Championship.

This tournament is open to all deaf and hard of hearing male and female golfers, who must have a hearing loss of at least 55 decibels in the better ear. A copy of an audiogram is a necessary requirement to enter the competition. Hearing aids are not allowed during the competition as per WDFG rules. Reference shall be made to the Golf rules of the Royal and Ancient of St.

Andrews. Men's golfers must have official handicap of 18 or under (score 90 or less) and have handicap records that is not more than a year old. The maximum handicap for Ladies' golfers is 24, for Seniors it is 18 and age limit is 55 or over. Interested individuals should contact their country's National Deaf Golf Organisation.

According to the World Deaf Golf Federation's team event rules, up to ten golfers from each country are allowed to play. Six of these golfers will be selected to the team by their national captain before the start of the tournament, while the other four can compete as individuals. The team's total score will be based on the four-day lowest total scores of four players for the Team Trophy.

In the Ladies' Team Event, the minimum requirement is up to four ladies from each country, of which two of the best four scores will be counted towards the team's

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## IOC 2002 Women & Sport Trophy Winners

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encourage girls and women to participate in sport.

### **Trophy for Oceania:**

Ms Helen Brownlee (AUS) has played a key role in increasing female participation in the Olympic canoeing events and in the inclusion of Slalom Canoe events at the Games of the XXVII Olympiad in Sydney in 2000, where we witnessed the highest level of female athletes' participation ever. She has also worked for many years on Olympic education, particularly in relation to school children, and established state-wide programmes for girls at the same level of participation as boys. As an efficient national and international sports administrator in canoeing and in several organs of the Olympic Movement and the government, as well as a dedicated educator, she has set an example and provided encouragement, direction and support for the

increased participation of girls and women in sport at all levels.

### **World Trophy:**

Ms Billie Jean King (USA) is a world-renowned tennis player who has won 71 career singles titles including 12 Grand Slam tournaments. In 1974, she became the first woman to coach a co-educational professional sports team when she served as player-coach of the Philadelphia Freedoms of World Team Tennis. She is a founder and ex-president of the Women's Tennis Association and has also created her own foundation to promote equal opportunities for all, regardless of gender, race or creed. In addition, Ms King has long been an advocate for women's rights, within and outside sport.

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## 4th World Deaf Golf Championship 2002

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total score. There will be no team event in the Seniors. Depending on the success of the Inaugural event, hopefully, the team event will be held at the next WDGC.

The 4th World Deaf Golf Championship is a celebration of courage and conviction in the true spirit of Deaf golf competition. During the event, Deaf golfers will participate at St. Margaret's Golf and Country Club and will be accommodated in the Swords vicinity. It will be a memorable time for everyone involved as golfers, caddies, volunteers and family members, and friends from around the world to have the opportunity to play together and share the feeling of optimism, hope and joy that the event will bring. Ireland's Deaf community will open its heart to the World Deaf community to this global celebration.

Since the first World Deaf Golf Championship was staged at Forest of Arden in England in 1995, the second and third tournaments have been staged outside Europe. The events were held in the United States of America in 1997 and the 1999 event in Sun City, South Africa in 1999. Now for the very first time, the 4th World Deaf Golf Championship will be staged in Ireland. One of many highlights of the event will be the Opening Ceremony that will take place in St. Margaret Golf and Country Club on 28th July, culminating with the Golf Banquet at the reputable The Shelbourne Hotel at the Closing night on 2nd August. Golfers and friends will parade in front of spectators, entertained

by well known Sports and Deaf celebrities as we prepare for a week full of excitement, fun and achievement.

Through the generosity of countless people, sports organisations and companies, the 2002 event will give the Worldwide Deaf golfers the opportunity of a lifetime to play in such a small beautiful country like Ireland. They will certainly enjoy in discovering the Irish way of life by playing at various reputable golf courses, friendly people, the relaxed pace of life with plenty of Irish's tasty food and well known drinks such as Guinness and Bailey's Irish cream! Special Deaf Golf Oath: Let me win. But if I cannot win. Let me be brave in the attempt.

Submitted by: Mr Niall Fearon Honorary Secretary Irish Deaf Golf Union.

For information about the World Deaf Golf Championships in Ireland, please do click on [www.deafsports.org.uk](http://www.deafsports.org.uk)

### Upcoming Events

To view further upcoming events, check out Calenderlive at CISS' Events page at <http://www.ciss.org/events.html>

Do you have an announcement to make? Upcoming competition information? Competition results? News about an athlete's success? News and information about Deaf people in the sports world?

Contact Us!

### Contact Us!

E-mail: [info@ciss.org](mailto:info@ciss.org)  
Website: [www.ciss.org](http://www.ciss.org)  
Fax: 1.301.650.6595  
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Silver Spring, Maryland 20910  
USA



# CISS e-News

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