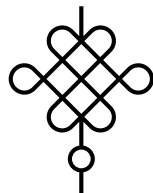


**Newsline**

**50<sup>th</sup>**

**Anniversary Edition**  
*All that Glitters is Gold*

**Winter 2022**





# WASHINGTON COUNCIL OF THE BLIND

Opportunity, Equality, Independence  
Founded 1935

## WCB NEWSLINE Winter 2022

Julie Brannon, President

Phone: 206-478-3164    Email: [jbrannon0612@gmail.com](mailto:jbrannon0612@gmail.com)

Heather Meares, Content Editor

Phone: 720-519-9104    Email: [hdmeares@gmail.com](mailto:hdmeares@gmail.com)

Reginald George, Technical Editor

Phone: 816-721-3145    Email: [theWCBNewsline@gmail.com](mailto:theWCBNewsline@gmail.com)

WCB Newsline is the 2011 and 2020 winner of the Hollis Liggett Braille Free Press Award, presented annually by American Council of the Blind to the top publication in the nation for promoting best journalistic practices and excellence in writing.

WCB is a 501(c)(3) organization, which means your generous contributions are tax deductible. To make a donation electronically, please send PayPal payments to [TreasurerWCB@gmail.com](mailto:TreasurerWCB@gmail.com).

Checks made payable to **Washington Council of the Blind** may be mailed to the attention of our treasurer, Lisa George, at PO Box 675, Yakima, WA 98907-0675. Call us toll-free at 800-255-1147 or visit our website for more information at <http://www.WCBinfo.org>.

**Calling All Members**  
**We will publish the next full WCB Newsline in April**  
**and are anxious to read your quality content.**

**Please send all submissions by February 28.**

**Digital cartridges must also be returned to**  
**Audiobook Ministries by this date**  
**for re-use in the following issue.**

### **Publication Guidelines**

- All submissions will be edited for brevity and clarity.
- We reserve the right to publish or refuse submitted content, including author contact information, unless you explicitly tell us not to.
- All opinions expressed are those of the authors, not Washington Council of the Blind or WCB Newsline staff.
- We do not accept anonymous letters.
- Articles may be up to 1,000 words.
- Chapter updates may be up to 350 words.
- Please submit in Microsoft Word format when possible.
- Send all submissions to:

**[theWCBNewsline@gmail.com](mailto:theWCBNewsline@gmail.com)**

The WCB Newsline is available in large print, digital audio cartridge, and email versions, and can also be accessed through our website.

To receive this publication and other important WCB announcements, send a blank email to:

**[Newsline-I-subscribe@WCBinfo.org](mailto:Newsline-I-subscribe@WCBinfo.org)**

Send other subscription requests and address changes to  
**[theWCBNewsline@gmail.com](mailto:theWCBNewsline@gmail.com)**, or call 800-255-1147.

## Table of Contents

President's Message by Julie Brannon.....	6
Letter from the Editors.....	7
It's Your Newline... Just Say It! Compiled by Reginald George .....	8
<b>FEATURES</b> .....	11
Cheshire Cat Interviews #14 Glittering Gems from the Pirate's Chest by Heather Meares.....	11
Ah, Sweet Memories by Carl Jarvis.....	15
A Half Century Ago by Holly Turri .....	18
Remembering the Good Old Days by Kim L. Moberg.....	20
The Great Archival Revival by Frank Cuta.....	21
Gold Newline Nuggets Compiled by Reginald George with Lisa George.....	23
Retro Recipes: To Eat or Not to Eat ... That Really is the Question by Heather Meares.....	36
<b>LIFESTYLE</b> .....	43
Book Chat, Only Fifty Years Ago by Allen Bentson, Reader's Advisor, Washington Talking Book and Braille Library .....	43
Too Hot to Handle by Frank Cuta .....	45
The Benefits of Dark Chocolate by Leonore H. Dvorkin.....	49
Have Cane Will Travel by Alco Canfield.....	52
<b>SCIENCE &amp; TECHNOLOGY</b> .....	53
Technically Speaking, A Primer on Listening to Podcasts by Frank Cuta .....	53
Space Camp – It's More Than Roasting Marshmallows by Holly Turri.....	56
<b>HISTORY</b> .....	57
Voices: Our Untold Story A Brief Autobiography by Chris Coulter .	57
History Quiz by Carl Jarvis.....	60
<b>ADVOCACY AND LEGISLATION</b> .....	61
Chronicles of a Happy Warrior #10 Still Mining on Golden Anniversary by Mark Adreon .....	61
A Strategic Equal Rights Amendment by William Kinyon .....	65
<b>BRAIN FOOD</b> .....	67
Noteworthy Blogs An Exploration of the Blinded Veterans Association by Beth Greenberg .....	67
Podtastic Casts Our Golden Eggs, and Some Silly Questions from the Editors by Reginald George .....	69

**Bits and Pieces Compiled by Denise Colley ..... 71**  
**AGENCY UPDATES ..... 73**  
**Skills, Tools, and Confidence An Introduction to the Independent Living Program by Kim Canaan Washington State IL Program Manager ..... 73**  
**A Department of Services for the Blind 2021 Review by Michael MacKillop and LaDell Lockwood ..... 75**  
**WCB HAPPENINGS ..... 77**  
**WCB 2021 Convention Highlights by Reginald George ..... 77**  
**WCB Members At-Large Affiliate Now Forming by Doug Payne ..... 81**  
**Scholarship Winners 2021 by Kim L. Moberg ..... 81**  
**Awards Committee Convention Wrap-up by Jessamyn Landby ..... 83**  
**The Senior Vision Loss Committee Presents: Tips and Tricks to Make Life Easier by Alco Canfield ..... 84**  
**Why WCB? by Nathan Brannon ..... 85**  
**Hats Off Compiled by Linda Wilder ..... 87**  
**AROUND THE STATE ..... 89**  
**2021 WCB In Memoriam ..... 97**  
**2022 WCB Officers and Board of Directors ..... 97**  
**2022 WCB Calendar of Deadlines and Events ..... 98**

**President's Message**  
**by Julie Brannon**  
**[jbrannon0612@gmail.com](mailto:jbrannon0612@gmail.com)**

What an honor it is to be WCB's president during this very special time in our history. Our WCB Newsline publication's golden anniversary is being celebrated in this year, 2022. The Newsline theme for this issue, "All That Glitters is Gold!" could not be more appropriate when thinking of all that has happened and our 50 years of accomplishments.

We did it, another virtual convention. The good news is we learn a little more each time we do something. Often, small glitches occur that aren't visible to the viewing audience, but the behind-the-scenes and program convention committees handled them all with flare and ease.

I heard from several people how much they enjoyed the diversity offered within this year's convention programming – everything from food resources to learning about the life and journey of AFB's CEO Kirk Adams. The WCB Families Committee had a record attendance of youth and parents with such an interesting and relevant program. Many comments were heard about Deb Lewis's excellent keynote and banquet speeches, and as with every year, the breadth and accomplishments shown by both the scholarship and award winners couldn't be beat.

The auction was fun as always. Thank you, Lisa George, and those who assisted her for its success.

Hospitality brimmed with variety and excitement with the Newlywed game, trivia and karaoke. Thank you, Cindy Hollis, for organizing these events.

I must say, even though vote counters were poised to note incoming votes, there wasn't anything for them to count since all the position recommendations put forth from the Nominating Committee were accepted by acclamation. Most positions are filled with ongoing people in them; welcome to a new board member Linda Wilder. Positions filled will begin in January 2022, and they include:

- President: Julie Brannon
- First Vice President: Andy Arvidson

- Treasurer: Lisa George
- Board Director: Nathan Brannon
- Board Director: Kim Moberg
- Board Director: Linda Wilder

It's time for some annual events to begin, which will take time, energy, and input from many members.

Lisa George is working with chapter membership representatives to make sure accurate and inclusive membership data is received.

It's time for committee development for the upcoming year to begin. Julie Brannon will be connecting with committee chairs and vice chairs to ascertain how committees plan to continue regarding former and new committee membership. Please take time to check out committee descriptions on our website, [www.wcbinfo.org](http://www.wcbinfo.org), under publications and bylaws. With 19 WCB committees, there really is something of interest for every member.

So, looking back, we have remained a strong affiliate, propelling forward, staying in step with whatever the current issues and needs bring for our members. We plan to do the same for the next 50 years.

## **Letter from the Editors**

Greetings gentle readers,

This year, we celebrate with you 50 incredible years of your Newsline publication. We dedicate this issue to Carl Jarvis, who created, edited, published, and distributed the Newsline in 1972 and began what is now a huge part of our legacy. Without his foresight and efforts, we would not be the award-winning publication we are today and hope to be in years to come. We would also like to honor every editor and committee member throughout the years who has put countless hours into this labor of love. In particular, to Peggy Shoel, who served as editor for 15 years. We thank each and every author who has contributed and, of course, the readers who make it all worth it.

In this issue, we feature some of our history, much ado about today, and a bit of imagining what may be our future, as well as a few laughs and surprises along the way. Enjoy the journey with us.

Your faithful editors,  
Heather Meares and Reginald George

## **It's Your Newsline... Just Say It!** **Compiled by Reginald George**

Here is your opportunity to speak out, express your thoughts, voice your valued opinions of our articles, inspire us with your grandest ideas, and share your honest concerns as we continue to evolve our publication into the Newsline you can't wait to read.

Thanks to everyone who voted in our Readers' Choice contest. The winner of both the Readers' Choice Award and Editors' Choice Award (along with Alan Bentson) for 2021 is Zack Hurtz for his outstanding piece, "Oreo," about his parrot. The deadline to cast your vote for your favorite article in this issue is Feb. 28, so don't delay.

As we begin this new year with hope, I will take a moment to indulge myself in this space by thanking you, our readers, once again. You are the reason we strive so hard to get it right. We will continue to do our best to put out a quality magazine on deadline every quarter.

As always, we appreciate and thank our authors for your contributions. We could not continue to do this work without the gift of your writing and ongoing support. Please share it with a friend.

Our "WCB Newsline Unleashed" podcast continues to grow. Episodes posted since our last issue include Frank Cuta learning how to handle hot glass, and the Readers' Choice Award, including readings of the top articles of 2021. Read the Podtastic Casts column for details on our latest endeavors. You can ask your phone or smart speaker to play it, or go to the direct feed at <https://wcb-newsline-unleashed.pinecast.co>



## Reader Feedback

### From Frank Cuta:

“There is so much rich material in the fall issue it is a bit overwhelming. I particularly enjoyed Alan's very creative ‘Book Chat,’ Hayley's musings on bringing things into focus, Joleen's tribute to Judy Sorter, and Holly's recollection of taking her son to the movie, ‘Apollo 13.’ Marilee's ‘Swinging Bridge’ paints an extremely vivid picture.

“I love history, and I was really tempted to give my vote to Carl's historical piece on the early years of orientation and mobility training in Washington state, but Zack's article, ‘Oreo,’ came out on top.”

### From Janice Squires:

“My best article selection for the fall Newline is ‘Oreo,’ by Zack Hurtz. The article definitely pulled at my heartstrings. It was so well written, with special touches of precious and sweet. It also brought a few teardrops, as I could just see that little one-legged parrot being held so close to Zach's heart. Very well done!”

### From Holly Turri:

“What a thrill it was to read ‘Artificial Divide.’ It should be the article of the quarter. I liked it because as a strong evangelical believer, I still must part company with many churches on the cruel and dismissive way they treat the issue of homosexuality. That's another topic for a different day.

“The author wrote with humaneness about his life and situations. Also, I totally agree with him about the blind person as fictional protagonist. Whenever we write about our disability, all sense of humor, and dare I say imagination, flies out the window. Way to go, sir! Put your money where your mouth is and write us something we can buy.”

### The Editors Respond:

“Artificial Divide” is actually an anthology of stories, written by blind and visually-impaired authors, featuring blind and visually-impaired protagonists, that you, indeed, can buy. This particular article is the introduction to the book.

**From Carl Jarvis:**

“My vote goes to Andy Arvidson for his article, ‘Do You Hear What I Hear?’ I’ve known Andy for many years, first as a student in the Orientation and Training Center, then as the Department of Services for the Blind handyman, and finally as a man who has found his place in life.”

Note: Opinions expressed in this publication are those of the authors, and do not necessarily reflect those of Newslite staff or Washington Council of the Blind.

# FEATURES

## **Cheshire Cat Interviews #14** **Glittering Gems from the Pirate's Chest** **by Heather Meares** [hdmeares@gmail.com](mailto:hdmeares@gmail.com)

Fifty years...what an accomplishment for this publication! I am so honored to be one of the present editors. Thinking about the evolution of how the Newsline became what it is today is a bit overwhelming and humbling to me. So, let's take a moment to hear about how it was born, from the creator and original editor.

Carl Jarvis: "I began the Newsline, under the name WSAB Newsline (Washington State Association of the Blind), back in the spring of 1972, after the old White Cane Magazine folded. The White Cane Magazine was established back in the mid-50s by the Washington State Association of the Blind, now the WCB. It was seen as a fundraiser, selling \$5 and \$10 ads, held together with articles about and concerning the blind. When Al Fisher became editor, the magazine began to include critical issues, along with actions taken or proposed by WSAB. At its peak, I believe the White Cane circulation was over 2,500 issues. It was a monthly publication, and went to every state legislator, as well as to any organization or agency remotely related to the blind.

"My goal, when the board voted to shut down the magazine, was to have a print record of our activities for future reference, as well as a means of connecting all our members to the state organization. We were associated with the National Federation of the Blind (NFB) back then, so the name NFBW Newsline became the name we used following our name change from WSAB, in 1975...I think. So, our first couple of years or so, we were calling the publication "WSAB Newsline." At first, we published every month. My family and I had moved to Spokane, where I began operating a snack bar under the Business Enterprise Program.

"Eventually, we had both James and Renae, and Jennifer had come to live with us. Working, establishing a home and raising a family, being state

president, and gathering the articles, publishing, addressing and mailing over 500 Newslines each month became a heavy load. At some point, we became a quarterly publication, and once Ken Hopkins became Chief of Services for the Blind, and Mary Hopkins joined our Newline board, we began to strive for quality.

“Back in the mid to late 70s, we produced a quality magazine... Not quite as fine as today’s product, but darn fine. So, this year is our 50th year in circulation. Who coulda believed it?”

Today, one of the things that is a major focus for us is hearing the stories of our readers. Yes, we still discuss relevant issues we are facing as blind and visually-impaired people in the world today, but we also want to hear the things we all experience as humans, regardless of our disability status, and how we handle life in general. Finding a good balance of a variety of topics, themes, and broadening the spectrum of our authors and readership is how the Newline is remaining relevant in an ever-changing world. Now, let’s hear from some of those readers who answered our question, “What were you doing in 1972, when the Newline was born?”

Julie Brannon: “In 1972, I was midway through my freshman year of college at Whitworth (then College), in Spokane, Washington. In October of 1971, I was asked to join a small, 7-person singing group as their first soprano. I sang higher and better in those days. We called ourselves Glorious Day. We practiced diligently for three months, singing some covers and original music, to ready ourselves for a monthlong Northwest touring stint in various churches. This month counted as class credit for us all. It was very exciting, allowing for long-term friendships to be developed among the group members.”

Randy Tedrow: “As for 1972, I was 13, and this time of year was right after Richard Nixon was elected president. We all know how that turned out. However, for all his “activities,” he did start working on bringing our men and women home from Vietnam.

“I do remember my dad getting a small, portable black and white TV and watching the debates in the lake cabin we’d rented for a week. Dad was on vacation from the fire department. Actually, he may have been the driver.

The neat thing about being an officer on a run was that the officer on the truck got to run the siren.

“We were a strict, churchgoing family. If the church was open, our butts were planted in the pews. I think I was terrified I’d screw up and go straight to hell. Thankfully, I’ve learned much more of God’s grace since then.

“Let’s see, I would have been in seventh grade ... I think ... the walk to North Pines Junior High School on, of all places, North Pines Street was about 30-40 minutes (hated the bus). However, at this time of year in Spokane Valley, it was snowing and the snow in our field would be knee to hip on a scrawny 13-year-old boy, and cold, too.

“We still had our chickens, rabbits, milk goat and horse. I must not forget our mommy kitty and her latest litter and, of course, Thunder, our English Setter. Thankfully, I didn’t need to weed the garden in the winter.”

Danette Dixon: “In 1972, I was a child living in Stanwood, Washington, on a farm. I lived in a very small, two-bedroom house with my parents and four sisters, doing everything my sisters did: milking goats, feeding all the animals, collecting eggs, and picking the vegetables from the garden. I also found time to play hide-and-seek in the back acres and ride my bike.”

Chris Coulter: “During the summer of 1972, I went through the obligatory course that most young, blind people took right out of high school, or maybe a little later. I must confess that I didn’t make it through my first pass at going through the Orientation and Training Center. On my second time around the block, I learned a lot and I got through the program quite well. By then, I was 22 years old instead of 18, and I had matured enough to see the value of mobility and learning to use the slate and stylus. I tried my best at cooking, but I never really acquired good cooking skills. My favorite teachers were John Olsen, a genius mobility instructor, and Alice Olson, (no relation to John Olson). Ms. Olson was a very good Braille teacher, and she was actually able to teach me how to use the slate and stylus, which no other Braille teacher had ever been able to do. I grew up quickly during that summer and made a lot of friends living in the Incite Center apartments during my stay there.”

Annee Hartzell: “In 1972, I was learning to walk. I was only 2 years old.”

Joleen Ferguson: "I was working like mad as a physical therapist at St. Mary's, probably stressed. I was living in an apartment, I was not married yet, and did not have a guide dog yet."

Vivian Conger: "In 1972, I graduated from high school and said, goodbye, see ya, sayonara, farewell. I never went back, not even to pick up my diploma or yearbook, which I had someone else get for me."

Lucy Linker: "I was in college in Cheney, Washington, living in an apartment with a friend from high school. I was just switching from being a music major to a psychology major, I think because I knew so many musicians."

Carla Brinkley: "I was a senior in high school, getting ready to graduate, and pondering the future of my life. I just knew there were great and wonderful things that were going to come my way. I was looking forward to becoming! I'm still doing that."

Heather Meares: "I received my new baby sister, Holly, that year. Apparently, the way I decided to deal with this was to taste the dog food. I only did it once, but I literally remember being curious about it and giving it a try. That's the only thing I remember about 1972, as I was 2 1/2 years old. I loved my sister and my dog but did not care for the dog chow. Still just as curious as ever, though."

Frank Cuta: "Well, 50 years ago, in March of 1972, Judy and I were married. No ceremony, just the basics. I graduated from Montana State that year with my EE degree, but Judy still had two years to go. We had a little basement flat in Bozeman, drove a \$35 Nash Rambler, and lived on tuna-fish salads. That year was the winter that I changed a flat on that Nash, with the mercury hovering around 27 below. We washed dishes in the dorm cafeteria for \$1.33 an hour, and Judy taught ceramics for the Montana Association of the Blind summer school, which was held in one of the dorms. Judy still cannot stand the thought of tuna fish, but I still like it once in a while."

Linda Wilder: "Fifty years ago, on May 9, 1972, Allen Starkey was born to Linda Starkey, now Linda Wilder. Allen was the first baby to be born on Mother's Day that year. What a wonderful day in my life. The Grant County

Cow Bells gave me 12 long-stem, red roses, and a beef cookbook. I still use the cookbook. Allen celebrated his 50th birthday this year.”

Alco Canfield: “In 1972, I was teaching at a mission school, in Prince George, BC, Canada, surrounded by 134 inches of snow.”

Holly Turri: “In 1972, I was in 9th grade. I loved that year and thought I could do anything.”

Reginald George: “In 1972, I was a precocious, young 9-year-old, attending Kansas State School for the Blind, going home on weekends. My parents brought me, as an adopted baby, from Brazil to Mexico City, then to Kansas City for a better education. In that year, I remember I became a naturalized American citizen. I proudly marched around the campus with my friends.”

Thank you all for sharing your memories with us. Cheers to another 50 years of Newsline and all the people who make it great.

**Ah, Sweet Memories**  
**by Carl Jarvis**  
**[Carjar82@gmail.com](mailto:Carjar82@gmail.com)**

Fifty years. Looking ahead, it is forever. Looking back, yesterday. Many of you may smile, but just wait. It will happen to you, too.

It was just about this time back in 1971 when we tucked our last box into the U-Haul truck, strapped in an extra five-gallon container of gas, and pulled away from our apartment in Rainier Valley with my brother-in-law, Glen, at the wheel, headed for Spokane, where I had successfully bid on a Business Enterprise Program (BEP) snack bar in the downtown Post Office.

Following my graduation from the BEP training, I whiled away the time waiting for a location to become available by volunteering to run the Braille and Taping Service, later relocated at the Washington Talking Book & Braille Library, assisting college students in obtaining textbooks in Braille, along with recruiting readers to tape textbooks.

We had arranged to stay with my great uncle and aunt, but we had the truck for only three days, and I was counting on finding an apartment so Glen could assist in unloading the truck. Our first surprise came when we discovered that Spokane had almost a 90 percent occupancy rate in apartment rentals.

"We have a waiting list that will take us well into next year," the real estate agent told us with a sad shake of his head. But he was won over by our long tale (whining) and said that he would move us to the head of the list so long as we never told anyone. Do you think 50 years is long enough?

And the second surprise was when he called us the next day and said he had an apartment in downtown Spokane, just a three-block walk to my work. To make a long, hectic story short, we settled into our new life. A new town and a new job, along with having been elected president of the Washington State Association of the Blind (WSAB) and serving on the Rehab Council for the Office of Services for the Blind.

Then, just to make things a bit crazier, the WSAB committee that oversaw the White Cane Magazine notified the WSAB board that after meeting with Al Fisher, editor of the White Cane Magazine, they had concluded that the magazine was no longer supporting itself, much less serving as a fundraiser. They recommended discontinuing the magazine. Following closure of the publication, Fisher took a job with the Iowa Commission for the Blind, and we were suddenly without a statewide newsletter.

Fifty years ago we did not have computers at everyone's fingertips. I reported to the board that in order to grow as an organization, we needed to keep our members informed on what we were doing as a statewide entity. We agreed to fund a newsletter, agreeing that it would be an internal newsletter with circulation primarily among members. Receiving the go-ahead, I rolled up my sleeves and began gathering articles for the new WSAB Newslines. Over the years, it was also known briefly as the NFBW Newslines, the UBWS Newslines and, finally, the WCB Newslines.

In order to stay within our budget, which was pitiful, we cut corners twice over. We had an old, large-type typewriter with 18-pt font on which we cut our stencils. My dad contributed an old, hand-cranked copy machine. When



all pages were typed, the copy machine was set up. The stencils were fastened to the outside of the barrel, and the ink was spread on the inside. Each page was cranked until the desired number of copies were ready. Then on to the next page, repeating until the entire Newsline was ready to be assembled. We fanned the pages out all over the furniture to dry. Then my wife Trish and I collated and stapled each copy, folded them, put on address labels that we had typed up, and bundled them with other Newslines going to the same part of the state. We then hauled the entire load to the local Post Office. This was the method used to produce the Newsline until 1981.

Of course, that all happened after we gathered the articles to be published. For the first couple of years, I would call each chapter president and discuss what was going on in their area. A few of them were willing and able to write the local news down and send it to me. Most articles in those early days were written by me as ghostwriter. The Red Cross provided volunteers who assisted with doing the reading and address labels. One such volunteer was Mary Lorenz, later a staff member in the Orientation and Training Center.

During those first ten years I remained the Newsline Editor. We moved back to Seattle in 1975, and to Skyway in 1976, and finally to Renton in 1981. With each move we packed up the Newsline and relocated our Production Center in our new home.

By mid-1981 we had gathered a full Newsline Committee, committed to raising the quality of our official publication. Mary Hopkins and Cathy Jarvis oversaw the improvement in the appearance.

Also, Peggy Scholl became the Editor of the Newsline. There were a couple of editors between myself and Peggy Scholl's appointment, but the one thing we shared was that we each served as editor for ten years.

As we found new sources of revenue, we came out of our cave and entered the modern world. My folks had retired and moved to Spokane. Dad found that there was a service on the campus of Eastern State College (now Eastern Washington University) that could print our Newsline cheaper than through our antiquated method, and with far less mess. Although the publication was a bit suspect, nonetheless, it got the word out. By the time

Peggy Scholl had applied her magic touch, and we had a real Newsline Committee, the WCB Newsline could hold its own with any newsletter.

I edited the Newsline for 10 years, knowing that one day it would rise to become the finest newsletter that it now is.

So, there you have a few of my memories. It wears me out just writing them down – which reminds me that it is also the 50th anniversary of Lilac Blind Services, which I was also involved in establishing. But that's another story for another day.

## **A Half Century Ago**

**by Holly Turri**

[Holly.turri9@gmail.com](mailto:Holly.turri9@gmail.com)

Fifty years ago seems like ancient history. When I read the topic for this Newsline, I thought, “My gracious, I wasn’t even alive then.”

Oh boy howdy, you can imagine my surprise when I looked at the calendar and discovered that I was a high school freshman. Thanks a lot, guys. It made my day to have my mortality walking around in my life. Even more amazing is realizing there were people I know who actually thought up the idea, wrote articles for this publication, and edited it.

Ninth grade was the best year of my public-school education. My junior high was an excellent school. It was big enough to find people with whom I could relate, but not huge, as are so many high schools.

My teachers were outstanding. Especially enjoyable were English and lab science. Thank heavens that unlike eighth grade, where we studied grammar, ninth grade featured American literature. We learned about the ballad and planned and executed a pioneer fair. There was singing, soapmaking, storytelling, and food that some of us made. We could even dress in period fashions.

The best part was that the festivities were open to all the other ninth graders who had English at that time. Several of us girls planned it and presented our ideas to our teacher, who was very supportive.

As for lab science, I loved learning about chemistry, physics, and geology. Our teacher was Mr. Levandowski. He did an excellent job of explaining visual parts of experiments and concepts to this undereducated teen. Honestly, I had a mad man-crush on the guy.

Outside of school hours, for the first time, I had girlfriends whose houses I could visit. These were different than the ones I knew from childhood days. Although Ann and Christine were two years younger, as I grew older, I learned that the age difference lessens. Julie's mom was divorced and worked outside her home. You can imagine how much fun we had with no adult supervision.

On the weekends, I hung out with a bunch of friends who were blind. Our moms got together and started a Saturday morning group for us "women in training." We learned about cooking, makeup, fashion, exercise, and I can't remember what else.

On the downside, after that we all went bowling with some of our dads. This is where I learned that even with those special rails, throwing a ball down a lane and having it roll off into a gutter is equivalent to having teeth drilled, cleaning the bathroom, or completing algebra homework. My apologies to all you blind bowlers. If they let me into your fraternity, it would be a dark and stormy day for all of us.

Oh, good heavens, I almost forgot. My friend Katie had the first boy/girl party I ever attended. It was for her sweet 16<sup>th</sup> birthday. Believe it or not, I danced with my future husband. He was so suave and handsome. Again, as we mature, ages shrink. When I was a ninth grader, he was five years older and attending college. I thought he hung the moon and lit the stars. He probably was being nice to a teenybopper. In our 20s, we met again, and sparks flew. Almost 37 years of marriage still prove to me that my youthful observations were correct.

**Remembering the Good Old Days**  
**by Kim L. Moberg**  
**mobergproductions@me.com**

I was 12 years old, and my mom and dad and brother and sisters lived in Juneau, AK. I was attending the Idaho School for the Blind and Deaf in Gooding, ID. It is interesting to note here that Alaska did not have a school for blind children at that time, nor do they have one today. The Washington and Oregon schools for the blind were both contacted. They turned me down, saying that they had too many out-of-state students. Fortunately, the school in Idaho, where I had been going for the past several years when we lived in various towns across the state, was willing to have me return.

I loved living in Alaska. I was home during the summers and at Christmas. I lived at the school during the school year. I would go home on some weekends and holidays with some of the kids. Everyone was willing to have me come visit their family. We had done the same when we lived in Idaho. Kids who lived too far to travel home for the weekend or holidays often spent weekends at my home. Everyone was family.

I loved the fact that to go to school each fall I would get to fly there on a jumbo jet all by myself. There would always be a friendly face to meet me at the airport. I would always get so excited, no matter if I was flying back to school after a wonderful summer of family time, or back to school for another year of learning and seeing my very best friends.

1972 was a time of fun, adventure, growing and learning. This was such a happy time in my childhood. We only lived in Alaska for two years. Life was good back then.

In the summer, you would have found me babysitting my nephew. And when I was not doing that, I was probably trying to convince my parents to let me and my friend go to the movies. Really, that was not hard because my dad was a big kid at heart and a Disney fan. You could also find me playing in Salmon Creek, forbidden by my mother, but I did it anyway.

I don't listen to the radio much anymore, but living in Juneau, listening to the radio was a big part of my day. Life on the radio, even today, is so integrated into one's daily life in Alaska no matter what your age.

During the Christmas holiday while at home in Alaska you could find me making snowmen in the nice fluffy snow, or Christmas caroling with kids at Salmon Creek trailer park where we lived.

During that school year in 1972, you would have found me struggling to learn Braille. Convincing me that I would need to know Braille in years to come was not a concept I grasped at the time. Learning to play the piano was something else you could find me kind of doing. I did not want to learn to play the piano. I always felt I had better things to do with my time.

I was more interested in learning to sign. That was real, and I could see the purpose. I loved to chat with my friends who were deaf. I loved to ride bikes and play basketball.

Back then, you could also find me in a classroom hungry to learn, just so long as the lesson was not Braille or piano. Girls of all ages wore dresses to school no matter what the weather was like. I believe that is the year we finally got to start wearing pants to school.

Yes, 1972 was a good year. It was a great time to be alive.

## **The Great Archival Revival**

**by Frank Cuta**

**[frank@cuta.net](mailto:frank@cuta.net)**

The Newline archive, a 50-year record of our progress, is a true organizational treasure. Compiled in these volumes are all of our trials and tribulations as we strived through the years to improve the lives of the blind and visually impaired in this state. In these pages, a reader can review year by year our steady advancement in technology, opportunities, disability rights, and state services. Soon, due to the efforts of Nathan Brannon's History Committee, this treasure trove of historical material will be available to all readers.

So, what was it like 50 years ago? In the early seventies, our country was embroiled in an unfortunate military operation in Vietnam. We had no home microwave ovens, internet, or electronic social media. The Apple watch was just a fictional fantasy, employed regularly only by Dick Tracy. If you traveled, you did not expect to see any Braille signage on elevators or in hotel rooms, and wheelchair users had to be physically carried up and down their stairs. The cassette tape recorder had just been introduced in 1963 by Phillips, and it had quickly been adopted by students and young professionals. But most personal communication between blind users was still performed with a Braillewriter or a slate and stylus. In those years, hard copy Braille books were regularly sent through the mail. The Library for the Blind was in the process of phasing out the flexible talking book phonograph record. Soon, the preferred audio format would be cassette tapes.

In the seventies, our state services for the blind were very restricted and unresponsive to our requests for change. This was due largely to the fact that it was buried in a huge cumbersome bureaucracy, insulated from any attempts at consumer advocacy. This was about to change, and our successful campaign is recorded in the pages of the Newsline.

Our organization's previous publication, The White Cane Magazine, was directed at the general public and was used by our organization as a fundraiser. In 1971, we switched to a more internally focused topical newsletter, and the Newsline was born. Two prominent editors in those years were Carl Jarvis and Peggy Shoel. Over the years, the Newsline and its writers have earned many national awards.

All major advances in programs and services to the blind are recorded in the Newsline archives, including insurance reform, the White Cane Law, the right to serve on juries, improvements in hotel accessibility, the birth of Braille signage, and the emancipation of our state office providing training and employment services.

For many years, the most recent two decades of digitized Newsline archives have been available through the [wcbinfo.org](http://wcbinfo.org) website. Now, the History Committee is completing this process by having the first 30 years scanned

in and digitized, as well. Scanning has been initiated, and as this work advances, you can follow our progress in these pages.

## **Gold Newline Nuggets**

### **Compiled by Reginald George with Lisa George**

Our deepest gratitude goes out to the History Committee who worked tirelessly to locate the original content featured here and allowed us unrestricted access to create this Newline retrospective for our 50th anniversary issue.

As you can imagine, this is only a small selection from the bounty to come once this material has been digitized and uploaded to the WCB website.

Let's throw Carl Jarvis under the bus. If an article does not have an author listed, it is probably by Carl. As he states elsewhere in this issue, "Most articles in those early days were written by me as the ghostwriter." The events needed to be documented, and there was no one else to do it.

As you read these excerpts, it's worth remembering that the Newline publication pre-dates the organization's affiliation with WCB. Our magazine cover says we were founded in 1935, but that was Washington State Association for the Blind. In 1972, when Newline was founded, we were strong, loyal members of the National Federation of the Blind of Washington (NFBW). By not giving up on passing a bill for a separate Commission for the Blind after many setbacks, bringing in national support, and taking decisive action through education and advocacy, they created the world of services that we now take for granted. The Newline was their publication of record for these events. It's not only our history, it's the story of our shared legacy with the NFBW and what can happen when everyone stands together and works tirelessly over a period of years to bring about needed change. In that sense, it is a tribute to NFBW just as much as to WCB, and we honor you.

Many of the original members of WSAB who participated in these events eventually created what is now a much larger WCB.

As stated in the June 1977 commemorative issue of the Newsline, “Celebrating the victory of the commission for the blind bill: Frank Stewart, representing the Washington Council of the Blind, stood with us.”

Both organizations did exist in parallel in some form at that time and participated in getting that bill passed. This was a surprise to me, so I spoke with Carl Jarvis, our unofficial official resident historian and Newsline founder, to get a few more details. I learned that WCB was organized in Seattle at the Roosevelt Hotel in 1974. This is a topic that could be explored in more detail in a future issue. It does not alter the fact that this is a story of courage that does credit to both organizations and all the individuals who gave of their time and energy and stepped up to help.

We look forward to your reader memories and comments, which will appear in our April issue. Please send them by our submission deadline of Feb. 28 to [TheWCBNewsline@Gmail.com](mailto:TheWCBNewsline@Gmail.com).

When hearing stories of the men and women who have maintained and sustained WCB and NFBW through the years, I feel pride, and it brings all of them to life. It inspires us to rededicate ourselves and our organization to seeking out potential problems, joining with others to take a position and change things for the better, so we do not lose the victories we fought for so diligently, and that we still believe in. Thank you once more to those who work to find and preserve these historical documents for future generations. Now, we bring you this small taste of the original Newsline of the NFBW.

**From the January-February 1976 Issue of the  
“Newsline of the National Federation of the Blind of Washington”  
Sue Ammeter, president  
Carl Jarvis, editor**

“Ain’t no way to reach L.A.  
‘cept with us on our charter bus.  
Oou wah, doo wah,  
Mmmm, oh yeah ...”

So went the song sung by Bob at the January 24th NFBW Board meeting. No, it was not Bob Dylan, it was our own super star, Bob Sellers! Bob is so



enthused that he says this new ditty of his, called “Charter Bus, L.A. Bound,” is going to put our NFBW affiliate right up there in the Top Ten.

All of this is just Bob’s way of getting us tuned up and humming for this year’s biggest ever NFB National Convention in Los Angeles. With the national convention almost in our backyard, Washington State will have its biggest delegation ever to attend. We already have more than 40 people planning to be there. The trouble is, only twelve are planning to take the charter bus so far. That still leaves 31 seats to fill!

Bob keeps on strummin’ and hummin’ and in the next several verses he tells us that if we fill up that ol’ charter bus, we may well find our state up among the top ten states in attendance.

Moving into a grand finale, Bob blows a bit on the harmonica, laughs, and tells us that the rates are super low. Only fifteen bucks per night at the Biltmore Hotel ... providing you got your reservations in early ... and a mere sixteen dollars a night for a double, suggestin’ that you sure oughta chum up with someone and cut the cost.

While we’re all startin’ to clap and stomp and yell, Bob is strummin’ hard and croaks out that right now it is only sixty-eight dollars for the round trip charter bus, and if we all work together and raise some dough we can cut that down to around forty-three dollars.

“We leave Seattle, July third,  
Six-thirty in the morn ...  
And the very next day, we make L.A.,  
In time for the breakfast horn.”

As Bob leaps into the wings and the curtain comes rolling down, he can be heard yelling over the screams, “Get those reservation cards in at once ... so I can stop these silly puns!” (rhymes with ‘once’)

From July-August 1976:

### **"Stumbling Block Before the Blind: The Airline Industry"**

After hearings held by the FAA during 1974, at which the NFB provided testimony, wrote letters, held discussions with officials, and after being

assured that any new regulations issued by the FAA would not apply to the blind, the blind are still having trouble with air travel.

During the past several months there have been an alarming number of incidents in which blind persons have been treated in an insulting, demeaning manner by airline personnel, in some cases to the point of being refused the right to travel.

As the song says, "this could happen to you!" Six Washington Federationists, Bill Gannon, Ed Grant, John and Sue Ammeter, and Ken and Mary Hopkins, traveled together to national convention in LA on United Airlines flight #421. All six are experienced air travelers, and Ken is a member of United's 100,000 Mile Club. Seldom had any of the six experienced or witnessed any more than a casual question about the white canes by airline personnel. White canes are used as are dog guides: as alternatives to visual information needed to get about – on board aircraft as well as on city streets. Normally the long white cane is stowed during take-off and landing beside the seat next to the wall of the plane – which is usually such a tight fit that the cane cannot move.

However, on this particular flight, there was not even a question from the stewardess, one Ms. Cornell, who summarily attempted to grab the canes from our blind Federationists before they arrived at their assigned seats. She explained in an arrogant tone that "FAA regulations required the removal of white canes from blind passengers and storage in a forward closet." Politely, they attempted to explain the need for easy access to the canes during flight and how they could be safely stowed during take-off, landing, and any in-flight turbulence. Her response to this was a snippy reiteration that she was only acting in compliance with the FAA regulations. Patiently, it was explained to her that there was no such FAA requirement, that she might be mistaking "proposed" regulation for actual regulation. That made her angry. Passengers are not supposed to know more than stewardesses about FAA regulations. With great indignation, she, and by that point all the other stewardesses, announced that they would report it to the captain – because they had to report the presence of blind persons on board, anyway. (Why "report" the presence of blind passengers any more that the presence of Black passengers, or female passengers?)

Ms. Cornell returned shortly, and with elaborate rudeness, announced that while the captain had decided to “allow” the blind passengers to keep the white canes at their seats, they had to be stowed – you guessed it, right where they had already told her the canes were usually stowed! Her arrogance was such that she made it clear that she felt she was doing all of them a “favor” by allowing them to remain on the plane. During the remainder of the flight, the demeaning attitude of the stewardesses toward the six Federationists was such that nearby passengers, who had witnessed the entire incident, expressed their own shock and outrage.

Upon arrival at national convention, we learned that these Washingtonians were not the only ones subjected to such treatment at the hands of airline personnel. Similar horror stories came from all over the country and United was not the only airline to have so sinned. Two strongly-worded resolutions dealing with this situation were adopted by the convention.

Returning from convention, Mr. Gannon, the Ammeters, the Grants and the Hopkins sent letters of protest to United Airlines’ President Ed Carlson. NFBW contacted the Seattle office of the Federal Aviation Administration, the Civil Aeronautics Board, and United Airlines administrative and training offices. The response from all three was incredulity that such an incident could have occurred at all and a flat denial that any regulation or policy existed that could have allowed such a thing to have happened. The Seattle offices of United Airlines were most apologetic on behalf of the company, double-checking with headquarters in Chicago that United had no policy regarding white canes and anticipated none. It should be noted that the crew of flight #421 were based in Denver, Colorado, not Seattle, and therefore received their instructions from the Denver office. In particular, Ms. Jean Sweet – who is ‘sweet,’ Operation Manager of Inflight Services of Seattle’s United office, indicated deep concern that such an incident not occur with Seattle-based crews. She was cooperative and agreeable to NFBW’s brief participation in the next regularly scheduled training sessions for both pilots and crews in early 1977. Furthermore, she agreed to include NFB literature in the crew’s training materials, just as she is presently using Seeing Eye, Inc.’s pamphlet concerning blind passengers using dog guides.

Responses to the letters written to United President Edward Carlson were made by the Western Division Vice President, Joseph Byerwalter, and were similar to the one received by Ken Hopkins:

July 30, 1976

Dear Mr. Hopkins:

Since Mr. Carlson is no longer active in the day-to-day operation of our airline, Dick Ferris has forwarded your recent letter to my attention and requested that I investigate and reply to you.

As I read your letter, it became obvious to me that a serious disservice had been done to not only yourself, but to the other members of the party traveling with you. It must have been very embarrassing to have to endure such rude and demeaning treatment from the flight attendants aboard and especially Ms. Cornell. Although words cannot make up for the situation which you encountered, I do offer you my sincere apologies and assure you that this is not the level of service we strive to maintain aboard our airlines. This entire situation has been reviewed with the flight attendants involved and action has been taken to ensure that this behavior will not arise again.

Mr. Hopkins, let me assure you that United Airlines is entirely committed to the needs of the traveling public. This, of course, includes our recognition that blind individuals have the very same rights that sighted do. We have long attempted to provide in a courteous and diplomatic way the little extra service required by blind people. Our experiences have indicated that a person who has been blind for some time can move about with some confidence, so we advise our employees to be alert to any special needs that may be required but also advise them to let the passenger determine the extent of assistance needed.

In regard to the storage of canes, it is, as you pointed out, very permissible for canes to be stored either cross-wise under the seats in front of the passenger or along the aircraft wall. Only in rare circumstances when this is not possible do we advise flight attendants to store canes in the closet for take-offs and landings. I am sorry that Ms. Cornell did not understand this.

In light of your previous experience with United Airlines, I sincerely hope that you will consider Flight 421 as an isolated incident. United is in a people business, and we are very aware that the public demands good and courteous service. It is our aim to provide this to all passengers regardless

of their race, color, creed, or physical limitations. As a result of your letter, a reminder to all flight attendants concerning the procedures to be followed in the handling of unsighted individuals will be published this coming Monday.

I appreciate your taking the time to share this incident with us, and I hope that you will continue to fly with us in the future.

Sincerely,

Joseph R. Byerwalter, Senior Vice President and General Manager

### **From October-November 1976:**

Election '76: NFB of Washington Reaffirms Ammeter Leadership.  
Sue Ammeter, first elected to the presidency of NFB of Washington in 1974, was elected to another two-year term by acclamation of the convention on October 17, 1976. Sue, newly promoted by the Human Rights Commission to State Handicapped Specialist and a member of our national executive committee, received overwhelming affirmation of her leadership of Washington's NFB.

Others elected to NFBW leadership for the next two years include E.S. Foscue as first vice president; Maria Bradford as second vice president; Alco Canfield as secretary; and Berl Colley as treasurer.

Elected to positions on the board of directors of the National Federation of the Blind of Washington are Pete Zevenbergen, president of our Evergreen Chapter in Everett who was elected last year to a one-year board position; and Frank Cuta, president of our newest affiliate, NFB of Benton-Franklin Counties. Frank, an electrical engineer at Battelle in Richland, was a recipient of the Howard Brown Rickard scholarship in 1971.

Directors Carl Jarvis and Ralph Solburg, elected to two-year terms at last year's convention, remain in office. The president and first vice president were also elected delegate and alternate delegate, respectively, to next year's national convention in New Orleans.

NOTE: Then it lists the contact info for officers and board of directors. It's interesting that Alco has come full circle, back to Spokane, and Frank still has the same phone number.

From the Same Issue:

**Victory in Seattle Community College Discrimination Case!  
by Sue Ammeter**

At the 1974 NFBW convention in Seattle, Mr. Dean Spencer gave a speech on behalf of the program for the visually impaired at Seattle Community College. Mr. Spencer stated that it was his belief that blind students needed a specialized pre-college orientation program which would offer special testing procedures to prepare the student for adult life. The convention unanimously passed a strongly worded resolution opposing programs which segregate blind students in orientation and housing and reaffirming the Federation's philosophy that blind college students have the right to succeed or fail on the same basis as their sighted peers.

Since that time there has been increasing concern about the relevancy and value of the program as it is now structured.

The foregoing will give some background for the latest developments which have occurred in the program for the visually impaired. In September of 1975, a job announcement for 'program manager' was circulated by Seattle Community College. This announcement contained some unusual requirements: "The applicant must be able to 'sight read' braille" and "relate to blind persons." The job was to be with the program for the visually impaired.

Alco Canfield, NFBW secretary, made application for the position and was interviewed by Mr. Spencer. Although she was more than qualified for the job, the position was filled by a sighted person. Alco subsequently filed a complaint of discrimination with the Washington State Human Rights Commission.

Investigation of the complaint revealed some very interesting facts: Spencer stated that it would take "three weeks, 18 hours per day" to train a blind person, while it would only take 4 days to train a sighted applicant. Ms. Canfield had not taken a 13-week course in 'blindness.' The job announcement contained qualifications that automatically tend to disqualify a blind applicant -- such as "sight read braille." The program was structured

so as to engage in a pattern and practice of discrimination by excluding those blind persons whom the staff would feel might fail, to such extent that one college staff person stated that it was “the job of the program to protect the blind student from a failure experience.” One wonders how, under such a philosophy, anyone could succeed?!!

The Washington State Human Rights Commission found that discrimination had occurred, and Alco was awarded \$2,400 in lieu of back wages. The program and the college will be monitored to ensure their compliance with the law against discrimination.

(Editor's note: We are pleased to report that Mr. Spencer is no longer associated with the college's “program for the visually impaired.”)

The finding of discrimination is significant since it accomplishes two things: first, such a decision forces a community college and its program coordinator whose program for the blind was custodial, condescending and of no value to the blind persons it purported to serve, to recognize the fact that the blind will not be denied equal treatment or first class citizenship; and second, with the resignation of Dean Spencer, the organized blind will have an opportunity to give our input to the goals and objectives of the program. The finding of discrimination is of importance to the blind of the State of Washington and throughout the country. It demonstrates that through cohesive action and effort, changes in programs can be made. Cooperative activities of the NFBW, State Services for the Blind, and the Human Rights Commission resulted in the termination of another program which fostered dependency and whose staff refused to recognize the normalcy and capabilities of blind students. Such a program could only serve as a deterrent to the success of the students and as a vehicle for reinforcing the negative stereotypes and misconceptions felt about blindness.

We are confident that the administrators of Seattle Community College will be willing to show good faith in restructuring the program so that it will be productive and truly meet the needs of the blind students. NFBW urges the college administrators to hire a person who believes that blindness is not a tragedy, but that with proper training and opportunity, the blind can compete on an equal basis in society.

This victory can only strengthen our resolve to move forward and build positive programs for the blind in this state and throughout the country. "We know who we are, and we will never go back!"

### **From a Legislative Bulletin**

November 14, 1976

E.S. Foscue, chairman, Legislative Education Committee

### **Take a Legislator to Dinner**

Just five dollars will bring you and your legislator to dinner, 6:30 p.m. December 4th at Magnolia Presbyterian Church in Seattle, for the First Annual NFBW Legislative Dinner. The dinner will be catered by one of our blind vendors, George West, and will be followed by a discussion of the legislative goals of the blind for 1977 with particular emphasis on the Washington Commission for the Blind bill. Our special guest speakers will be Aris A. Mallas of Austin, Texas, author of the "Mallas Report," and John Taylor, Assistant Director of the Iowa Commission.

All legislators and their spouses will be seated as will any Federationist who makes his/her reservation, stating the name of the legislator(s) he/she will bring. Because of our limited space, other NFB members will be given ticket priority according to the date their reservation is received. The only cost will be \$5 for NFB members, and all checks should be in by November 28th.

Invitations to the dinner were sent November 6th to all legislators. We also included "Commission information packs" with the invitations. Some responses have already been received. I regret that Governor-elect, Dixy Lee Ray, will be unable to attend, but she plans to send her sister, Marion Reid. US Congressman Joel Pritchard has agreed to join us.

This is the only opportunity we will have to bring our legislators together with you, the blind of our state, and the key, most knowledgeable people who can really help us sell the Washington Commission for the Blind in 1977.

From January-February 1977:

### **White Canes at the Governor's Ball**

By special invitation of Governor Dixy Lee Ray, several Federationists across the state attended the Balls. President Sue Ammeter and husband



John, handsomely 'tuxedoed,' were present at "the" Inaugural Ball in Olympia held on January 12, 1977. The Seattle Ball, held January 20th at the Olympic Hotel saw a great many white canes: Federationists Ed and Phyllis Foscue, Carl and Trish Jarvis, "Tim" Timmer, Bill Gannon, and Ken and Mary Hopkins. At the Spokane affair were Al and Myrna Fisher, Alden Gerling, Alco Canfield, Maria Bradford, Ed Rodriguez, Denise Garrity, Julie De Gues, Jim and Sally Dotson, Tom Swezea, Louise Gowanlock, and Maybelle Horton. Governor Ray was, of course, present at each Ball and personally greeted each one of us – and Marion Reid re-issued her invitation to all of us for a "Tea at the Governor's Mansion the day the Commission for the Blind is signed into law."

From June 1977:

### **A Special Commemorative Edition: Victory in Olympia!**

#### Governor Ray Keeps Her Promise

In an interview prior to her election as Governor, Dixy Lee Ray made a commitment to the blind and to the concept of a Commission for the Blind.

After her election, at our Legislative Dinner December 4, 1976, her special assistant, Marion Reid re-affirmed Governor Ray's commitment, adding an invitation to "tea at the Governor's Mansion the day the Commission for the Blind is signed into law."

And what a day that was! Friday, May 20, 1977, 9:30 a.m.

The sun was shining although clouds lined the horizon. It was warm and few of us wore coats. Parking close to the Capitol was, as usual, hard to find and not a few of us ended up with "commemorative" parking tickets.

Some of us left our homes the night before; others started the journey early in the day. But a lot of us really began this trip to Olympia and this occasion more than 7 years ago.

We had different memories and different reasons for being there, but we gathered together, over 40 of us, in the tapestry-lined office of the Governor.

We were happy, tired, excited, and in awe – some at being in the Governor’s Office for the first time in our lives and others at the work that now lies ahead.

As we filed into her office, Governor Ray greeted each of us: Sue Ammeter, NFBW president; our legislative committee chairman and 1st vice president, Ed Foscue and his wife Phyllis; NFBW legislative committee members Al Fisher, Carl Jarvis and Trish, Frank Cuta and Judy, Berl Colley and Cathy, Tim Timmer, Ed Grant and Jan.

Second vice president Maria Bradford was on hand as well as secretary Alco Canfield and board member Pete Zevenbergen and Freda.

Peggy Osborne, who with her late husband, Wes, started the legislative work for the Commission in 1970, stood behind the Governor. With her were Marion Kruger, Dorothy Inks, and Dale Cole.

Others included Ken and Mary Hopkins, Bill Gannon, Bob and Kathy Wilkes, Scott Lewis, John Caldwell, Bob and Penny Sellers (along with very small daughter, Autumn, aged 17 days), Bob Richey, Leonard Dawson, Bob Merrill, Dorothy Gill, Chuck and Bobbi McNeil, Corine and Bruce Barker.

Frank Stewart, representing the WA Council of the Blind, stood with us.

Sighted friends and supporters in attendance were Frederic and Lori Swauger of Spokane, Greta Murphy; “Ike” Johnson and Connie Hall from our Federal Region 10 office of Rehabilitation Services, who provided us with testimony and support of the need for compliance with federal regulations – a separate agency for the blind; Governor’s assistant, Marion Reid, Senators Barney Goltz, William Day, and former Senator Bob Bailey.

With due ceremony and appropriate remarks, Governor Ray signed the Washington State Commission for the Blind into law using six pens.

She also signed a Braille copy of the bill – after Sue assured her that it really was the same as the print copy.

The six 'magic' pens were given to Senators Day, Goltz and Bailey, special assistant, Marion Reid, and to Sue Ammeter and Ed Foscue.

(The ball point pens are green with the state seal and Governor Dixy Lee Ray's signature embossed in gold.)

With the formalities over, the second part of the 'promise' was kept. In several small groups we were given an extensive tour of our historic and elegant Governor's Mansion. But "Tea?"

At 10:30 in the morning in the state dining room we enjoyed coffee and pastries – and magnums of celebration Champagne! Amid sunshine and glory, this was the day of the Commission for the Blind!

P.S. Some of us proclaimed the 3rd Friday of May to be hereinafter an official holiday for the blind of Washington! Now, if we can just get our employers to agree.

### **NAC to Meet in Portland**

The Board of Directors of NAC (the National Accreditation Council for Agencies Serving the Blind) nemesis of the blind consumer of these services, will meet at the Hilton Hotel in Portland on Thursday, July 21st, from 8:30 to 11:30 a.m.

This meeting follows the biennial convention of the American Association of Workers for the Blind held at the same site. As with other meetings of the NAC Board, many west coast Federationists will be on hand to demonstrate our feelings about this outfit!

NFBW President, Sue Ammeter, and NFBO President, Patti Shreck, are co-chairpersons for organizing an appropriate demonstration. Two large buses with California Federationists will be arriving as will a bus from Spokane, going through the Tri-Cities. Room rates at the Hilton are \$28 for a triple. Patti will be making room reservations so notify her by July 11th if you plan to be on hand.

There's lots of work to be done to get our views of NAC before the west coast public. Join us!

**Retro Recipes: To Eat or Not to Eat ...**  
**That Really is the Question**  
**by Heather Meares**  
**hdmeares@gmail.com**

I would like to cordially invite you to a very special dinner party in honor of our Newslines 50th Anniversary Celebration. The menu and recipes are below. Did I mention they are all from the 1970s? Some of you will probably recognize at least one or two of these. I have to admit that a couple of them actually scare me, but I learned a lot about the food trends of this decade. Women were entering the workforce in record numbers, so quick, easy recipes and slow cookers were very popular. Entertaining involved a lot of finger foods. Pineapple was a big deal due to the Hawaiian influence on culture, travel, and the tiki bar trend. I also noticed that a lot of recipes were invented to feature name-brand products like Jell-O, Hamburger Helper, Cool Whip, Miracle Whip, and even liquors like Galliano. These recipes are excerpts from an article on allrecipes.com, "The Most Popular Recipes of the 1970s," by Sarra Sedghi. There were actually 38 gems to choose from, but here are the ones that made me either smile or cringe the most. So put on your favorite leisure suit, bell-bottoms or hippie dress, get out the disco ball, and let's get this party started!

**Cheese Fondue**

Fondue's popularity in the 1970s was the result of an intercontinental marketing ploy that spanned decades. The dish premiered on American soil at the 1964 New York World's Fair, and aggressive ad campaigns combined with fondue's extreme sociability helped its popularity quickly skyrocket. I've been making this fondue since the early 70s. Always so good!

By Sheila

Servings: 5

Ingredients

- 1 cup dry white wine
- ½ lb. shredded Swiss cheese
- ½ lb. shredded Gruyere cheese
- 2 tbsp. all-purpose flour
- ¼ tsp. salt

- ¼ tsp. ground nutmeg
- 1 (1 lb.) loaf French bread, cut into 1- inch cubes

#### Directions

- Simmer wine in fondue pot.
- Add Swiss cheese, Gruyere cheese, 1/4 lb. at a time. Stir after each addition of cheese until melted.
- Stir in flour.
- When all the cheese has melted, stir in salt and nutmeg.
- Serve with cut-up French bread.

\*Thoughts from Heather: I would make this recipe today. How can you go wrong with good cheese and wine in the same recipe? I give this one five cocktail weenies.

### **Watergate Salad**

In 1976, Jell-O released a pistachio-flavored pudding mix. It was quickly introduced to fluff salad, and a particular lime-pineapple salad became a hit. Its name has changed over time, likely because of its similarity to Watergate cake.

Prep: 10 mins. Cook: 1 hr.

Yield: 16 servings

#### Ingredients

- 2 (8 oz.) containers whipped topping (such as Cool Whip®)
- 1 (20 oz.) can crushed pineapple, most of juice drained
- ½ (16 oz.) package miniature marshmallows, or more as needed
- 1 (4 oz.) jar maraschino cherries, drained (optional)
- 2 (3 oz.) packages instant pistachio pudding mix

#### Directions

Gently combine whipped topping, pineapple with a little juice, marshmallows, cherries, and pudding mix in a large bowl until mixture is fluffy and thoroughly combined. Add more marshmallows if salad isn't fluffy enough. Chill in refrigerator for 1 hour before serving.

\*Thoughts from Heather: This, and every possible flavor and variation of this was served at all family gatherings in my upbringing. I am OK with it until unidentified, weird things or Miracle Whip start showing up in the fluff, and you all know this happens. For the mystery ingredient potential, I give this four maraschino cherries.

### **Frosted Sandwich Loaf**

Sandwich loaf may strike today's cooks as odd, but it was an iconic piece of mid-century Americana fare. Since you could slice it up like a cake, it was popular at parties, where sharable food reigned supreme. This recipe is very versatile as you can use many different fillings, including thin-sliced meats, seafood salad – or make up one of your own. You may use less salad dressing, if you like, in the spreads.

By EWEDIN31

Prep:

1 hr. Additional: 30 mins

Yield: 24 servings

#### **Ingredients**

- 2 cups fully cooked ground ham
- ½ cup creamy salad dressing (e.g. Miracle Whip)
- 3 tbsp. sweet pickle relish
- 1 tbsp. grated onion
- 2 cups ground bologna
- 3 tbsp. sweet pickle relish
- ½ cup creamy salad dressing (e.g. Miracle Whip)
- 1 (8 oz.) package cream cheese, softened
- ⅓ cup finely chopped walnuts
- 3 tbsp. pimento-stuffed green olives, chopped
- 2 tbsp. milk
- 2 cups shredded cheddar cheese
- 1 (8 oz.) package cream cheese, softened
- 3 tablespoons creamy salad dressing (e.g. Miracle Whip)
- ⅛ teaspoon onion salt
- ⅛ teaspoon garlic salt
- ⅛ teaspoon celery salt

- 2 (8 oz.) packages cream cheese, softened
- 3 tbsp. milk, or as needed
- 1 (1 pound) loaf white bread, sliced horizontally
- 4 medium sweet pickles, chopped
- 1 (2 oz.) bottle diced pimento, drained

## Directions

- Step 1: In a small bowl, mix together the ground ham, 1/2 cup of salad dressing, 3 tbsp. of relish, and onion. Set aside in the refrigerator.
- Step 2: In another bowl, mix together the ground bologna, 3 tbsp. of relish, and 1/2 cup of salad dressing. Set aside in the refrigerator.
- Step 3: In a third bowl, stir together 1 package of cream cheese, walnuts, green olives, and 2 tbsp. of milk. Set aside in the refrigerator.
- Step 4: In a fourth bowl, mix together the cheddar cheese, 1 package of cream cheese, 3 tbsp. of salad dressing, onion salt, garlic salt, and celery salt. Set aside in the refrigerator.
- Step 5: Spread the ham spread onto the bottom slice of bread, then top with another slice. Cover the next slice with bologna spread, and top with another slice. Spread the next slice with the nut spread, and then top with another slice of bread. Top this slice with the cheddar cheese spread. Top with one more slice of the bread. Smooth the sides with a large spatula or knife, and refrigerate for about 30 minutes before “frosting” to make it easier.
- Step 6: Mix together the two remaining packages of cream cheese, and enough milk to make it spreadable. Frost the sides of the loaf first, then the top. Decorate with sweet pickles and pimentos to your liking.

Cook's Notes: Your local bakery can often slice a loaf of bread horizontally for you on their bread slicer. If not, buy an unsliced loaf, and use a long serrated knife to slice. Trim or remove the top slice to make it flat.

Tips: Use a food processor or meat grinder to process the ham and bologna.

\*Thoughts from Heather: Baffled by this one. Has anyone actually made or eaten this? Inquiring minds want to know. To me, bologna is already awful, and the thought of ground bologna takes it to a whole new level of NO! I am frightened and cannot even rate this, but if I did, it would be in pimento-

stuffed green olives. Instead, I would suggest going to your local deli and having them create a nice fresh party sandwich without any kind of frosting.

### **Swedish Meatball Casserole**

The popularity of Swedish meatballs in the 1960s carried over to the subsequent decade. This recipe incorporates Hamburger Helper, which debuted in 1971 and exploded in popularity soon after. A rich and filling casserole that DOESN'T use chicken! A home-cooking favorite that's sure to please the whole family. Serve with your favorite vegetable side dish and enjoy.

By Kate Bluhm

Prep: 25 mins. Cook: 50 mins

Yield: 4 servings

#### **Ingredients**

- 3 cups hot water
- 1 (3 ounce) package cream cheese, softened
- 1 (5.6 ounce) box beef pasta skillet meal (such as Hamburger Helper®)
- ½ tsp. ground nutmeg
- 1 lb. ground beef
- ¼ cup bread crumbs
- 1 egg, lightly beaten
- 2 tbsp. Worcestershire sauce
- 1½ tsp. seasoned salt
- ½ tsp. garlic powder

#### **Directions**

- Step 1: Preheat oven to 400 degrees F (200 degrees C).
- Step 2: Pour the hot water into a 3-quart casserole dish. Stir the softened cream cheese into the water. Mix in the sauce mix from the packaged dinner, and the nutmeg. Add the uncooked noodles and stir until well combined. Cover and bake in a preheated oven for 30 minutes.



- Step 3: In a large bowl, combine ground beef, breadcrumbs, egg, Worcestershire sauce, seasoned salt, and garlic powder. Mix well and form into golf-ball sized meatballs. Place a cooling rack onto a cookie sheet and arrange the meatballs on the rack. Bake in the preheated oven until no longer pink in the center, about 15 minutes.
- Step 4: Stir the cooked meatballs into the noodles and return the casserole to the oven. Cook uncovered for 5 to 10 minutes.

\*Thoughts from Heather: In concept, the Swedish meatball part is good. However, the Hamburger Helper fake noodle part could vastly be improved by using fresh pasta or homemade noodles and a nice homemade sauce. I think I may take on the challenge of making a yummy version using real ingredients. I will let you know how that goes and give this three wet noodles.

### **Harvey Wallbanger Cake**

The Harvey Wallbanger was created in 1952 but didn't gain popularity until two decades later when it was one of the trendiest drinks around. The orange and Galliano cocktail was quickly incorporated into one of the 1970's trademark cakes. The cake you get from this delightfully easy recipe tastes just like the cocktail, thanks to the use of Galliano in the batter and glaze.

By Shawna Buffum

Servings: 12

Yield: 1-10 inch Bundt cake

#### **Ingredients**

- 1 (18.25 ounce) package yellow cake mix
- 1 (3.5 ounce) package instant vanilla pudding mix
- 4 eggs
- ½ cup vegetable oil
- 5 oz. Galliano liqueur
- 2 oz. vodka
- ½ cup orange juice
- 1 cup confectioners' sugar

## Directions

Step 1: Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10-inch tube pan.

Step 2: Combine cake mix and pudding mix in a large bowl. Blend in eggs, vegetable oil, 4 oz. Galliano, 1 oz. vodka, and 4 oz. orange juice. Mix batter until smooth and thick and pour into prepared pan.

Step 3: Bake at 350 degrees for 45 minutes. Let cake cool in pan for 10 minutes, then remove and place on cooling rack. Spoon glaze over cake while it is still warm.

Step 4: To make glaze, combine the remaining 1 oz. Galliano, 1 oz. vodka, and 1 oz. orange juice with the confectioner's sugar and blend until smooth. Spoon glaze over warm cake.

\*Thoughts from Heather: Heck yes, I will make this cake. Maybe it should be served at the beginning of the meal, and then the weird things will all seem really good. I would garnish it with orange slices and maraschino cherries, just like the cocktail. I wholeheartedly give this one five cocktail parasols, which you could also put in the cake as a fun extra garnish.

I would love to hear your nostalgic comments or contrary opinions of these recipes. Send your thoughts to [\*\*theWCBNewsline@gmail.com\*\*](mailto:theWCBNewsline@gmail.com) to be included in the next issue.

# LIFESTYLE

**Book Chat, Only Fifty Years Ago**  
**by Allen Bentson, Reader's Advisor,**  
**Washington Talking Book and Braille Library**  
**[a.bentson@comcast.net](mailto:a.bentson@comcast.net)**

Time is a funny thing. In a way, 50 years seems like nothing. I feel like the same kid I was in 1972, trying to figure out what I would like to be when I grow up, if that should ever happen. In another way, 50 years seems like an immensity of time. I live in a totally different universe. I think of WCB, an embryonic affiliate of ACB, which was itself a very young blindness consumer group, and where a newsletter must have seemed necessary to keep blind people over a large state in touch. I'm proud of WCB's survival, and the continuous publication of its Newsline, and proud to be a small part of both entities.

In 1972, I was in college, though not very far into it, as I had little idea why I was there. Some of the students around me were highly motivated to go into law or medicine, or to learn the skills to allow them to get into business. About as many were like me, drifting through the world. As sighted people, they seemed to have more options for recreational activities, but little idea what they should do with their lives.

At least in my reading life, 1972 was a great year. I discovered Shakespeare, for one thing. I was an English major because I was inclined that way, but also because the books were easier to get. I had just read in Braille Book Review how NLS had acquired a complete set of Shakespeare from the Royal National Institute for the Blind in the United Kingdom. So, when someone who was reading me the catalog came across a Shakespeare course in the English Department, I figured it would be doable. The professor was very good, the plays were interesting and so this was my first course in college I was able to take entirely with Braille books.

Braille is a great way to read Shakespeare. Even a fluent Braille reader is forced to go pretty slowly, and the British Braille format made me pay even better attention. To see all the unfamiliar names and words, to follow the

poetry, to get the sense of the Elizabethan prose, an audio book simply would not have sufficed. The first course I took was called "Histories and Comedies" and the second was called "Shakespeare, Tragedies and Romances" and this one I did not like so well. I haven't read a lot of Shakespeare for fun since, but I am no longer leery of classical literature.

1972 was the first year I heard Edward Blake, still one of my favorite narrators. He read for American Foundation for the Blind. Amazingly, I read six books narrated by him during the year. Usually, I only hear one or two by a given new narrator. They were:

"Time and Again," by Jack Finney, an absorbing time-travel yarn about a man transported without benefit of time machine back to New York City in 1882. Reissued on BARD as DB23888, read by James Delotel.

"In High Places," by Arthur Hailey, an early political thriller by the famous author of "Hotel," "Airport" and others. Main character is a Canadian prime minister, lots of good stuff about life in Canada, now only available from bookshare.org.

"The Jesus Factor," by Edwin Corley, an outrageous political thriller about a congressman convinced that the nuclear weapons don't actually work. Lots of people who don't want the world to know this are out to get him, of course. This book is not available in special media, as far as I know.

"Beyond This Point are Monsters," by Margaret Millar, (DB29318, narrated by Blake). This is a hair-raising, moody suspense story by a lady whose husband was Ross McDonald, a pretty famous writer himself.

"The Dark on the Other Side," by Barbara Michaels (db#48354), and "The Dead Sea Cipher," by Elizabeth Peters (db#31560), both pen names for the incredible Barbara Mertz. Both of these books are read by Mitzi Friedlander on BARD, but I think Mr. Blake did a great job of realizing these romantic suspense stories are aimed basically at women.

Judging narrators is a game of inches, and very subjective. But for my money, the very best new narrator I heard in 1972 was Gordon Gould. The book I read narrated by him was "The Beautiful and Damned," by F. Scott

Fitzgerald, (db#21332, still narrated by Gordon Gould). I have read a number of his books by now, but this is still my favorite. I love the title. I love the fact that it has more humor than most of his work. It could be that Gould just made it seem like a truly wonderful book. I had just ended a relationship. One theme of this novel from the 1920s is that sometimes the worst thing that can happen to a young person is to get everything they think they want, which I found consoling at the time.

For better or worse, this column was only possible because I've kept a book diary since junior high of the books I've read. It takes up less space and is just as good a memory aid as a real diary would be. I'm convinced that anyone who takes reading at all seriously as a hobby should keep a life list, just like the bird watchers do. It's never too late to get started.

Since 1972, I've changed states twice, changed religions, actually found a meaningful job and passed through friendships and romantic relationships. Without my diary, I could never have found that person from 50 years ago.

**Too Hot to Handle**  
**by Frank Cuta**  
**[frank@cuta.net](mailto:frank@cuta.net)**

Glass-blowing for many may bring to mind a handsome, young dude somewhere in a Mediterranean country, wearing thick leather gloves and blowing into existence a beautiful flask through a long tube that he constantly keeps rotating. The brilliant orange object on the end of the tube is so hot it singes his eyebrows. At 2,100 degrees, the liquid in a glass-blowing kiln pours like Karo syrup but avoid putting it on your pancakes. It would incinerate your breakfast, and the pyrotechnics would probably burn through your cookware and table. Even so, the hazards are over-blown. With safety gear, a little training, and the right tools, an average person can have a lot of fun and create impressive glass art.

I had previously heard about glass-blowing classes, and it was on my bucket list. Early in December, a window of opportunity opened, and I got a chance to give it a try. I confirmed that a blind person can leap through such

a window, and 30 minutes later walked away, proud to have fashioned a unique glass object.

We were in Lincoln City, OR, and visited a business called the Lincoln City Glass Center. Such facilities are a common tourist attraction on the Oregon Coast. The glass-blowing experience generally includes two principal production-approach choices, and then several additional choices of specific, possible formed objects. The production choices are to expand a blob of molten glass with air pressure, or to sculpt a glass form from a small piece of semi-solid glass, adding colors and shaping it with tools.

In these days of COVID-19 concerns, actual blowing glass with your lungs has been replaced by using an air compressor to do the blowing for you. Really!? How romantic is that? I signed up for the glass-sculpting option, and I believe it turned out to be the most interactive and engaging choice.

If you live in even a moderate-sized community, it probably has a glass-blowing business like the one in Lincoln City. Most such businesses have probably never had the opportunity to teach the art to a person who is blind. Therefore, you can imagine my great surprise and relief to find that my ability to take part in the Lincoln City class was never questioned. In fact, they just assumed that I would be able to complete the required tasks. Later, I learned that one of the teachers has a visually-impaired son, and this might have had something to do with it. All I know for sure is that I had no trouble and a wonderfully memorable experience.

In a glass-blowing workshop, several kilns are all fired up, with several people sharing them. At least one is used just for reheating, while some provide reservoirs of molten glass, and others hold the finished objects, which must cool off very slowly. People work in teams. One person may be keeping the piece hot and spinning, another may be adding more colored glass, while a third is using tools to modify its shape.

After I donned the required heavy leather gloves, my instructor Daniel Hogan gave me a solid steel rod about 5/8-inch in diameter and 5 feet long. As I pushed it into a kiln that held molten glass, he told me how far in to go, until I had succeeded in getting a small blob of glass stuck onto the end of the rod. I then pulled the rod out, carrying it as he guided me over to a

workbench, where I laid the rod across two steel support rails. Daniel then took the cool end of the rod, turning it in a constant slow spin to keep the glass on the hot end of the rod. The rod stuck out past the support rails, with the slowly spinning blob of near-molten glass available for me to work on.

At this point, the glass is still so soft that if the rod is not kept rotating the blob sags and the piece loses its symmetry. As he kept turning the rod, I used various tools to extrude the blob, transforming it into a long narrow cylinder that protruded from the end of the rod. Then, I took over the spinning chore while he fetched and added more colored material to our base cylinder. At the top end, he added yellow and red. Farther down, he added spots of black, blue, and green.

He then went back to the turning job, and I used a large crimping tool to make a deep impression close to the end of the piece, where we wanted it to eventually break off the rod. I used a sharp awl to pull each of the black, green, and blue spots into long streamers. At this point, the object had already cooled so much that the glass was of caramel consistency. It took a lot of force to move the point of the awl through the glass.



Left: Frank shows off his finished creation, posing with instructor Daniel Hogan by the furnace in the Lincoln City Glass Studio.

Now it was time to go back to another kiln, where I dipped the piece on the end of the rod into a huge reservoir of molten glass, to pick up a thick clear outer layer. Then, it was back to the workbench, where Daniel had me finish the forming and prepare it for removal. I used a large wooden tool with a

deep cylindrical cutout in the end, called a block, to smooth and contour the end of the piece while he continued to keep rotating it . It was now shaped like a bulbous bullet, about 3 inches in diameter and 4.5 inches long.

Finally, we stood the supporting rod up on end and Daniel handed me a blowtorch. He guided my hands to direct the torch at a specific location on the end of the rod. Heating it expanded the metal so that my piece popped off the rod. The glass was still soft enough for one last step. With the piece inverted and supported in some manner, he guided my hand to press a small steel stamp against the exposed end to flatten it and emboss it with the place of origin and the date. Daniel then moved the piece into the cooling kiln, where it was kept overnight, and I was able to pick up my work the next day.

My shiny new finished piece weighs two pounds and feels wonderfully smooth and substantial in my hands. It is clear glass with a three-dimensional representation of a jellyfish-like sea creature, with black, blue, and green tentacles hanging in delicate spirals from its center. The whole experience cost me about \$85.

One last comment: Over the years, all attempts on my part to be allowed to look at glass-blown art on display in the Tacoma and Seattle area have been very discouraging. I have consistently gotten the cold shoulder and very transparent "you are not welcome" messages. We had a completely different experience at the Lincoln City Glass Center. After we had disinfected our hands, we were actively encouraged to touch everything on display. This experience alone was worth the visit to this gallery, for they had shelves and shelves of glass-blown vessels, glass-blown floats of many colors and sizes, solid glass-formed animals, ocean waves, and abstract free-form art pieces that can only be felt to be appreciated.

If you have access to a similar glass-blowing business, you may want to put this experience on your personal bucket list. Or maybe even make an organized group outing out of it.



# **The Benefits of Dark Chocolate**

**by Leonore H. Dvorkin**

Website: <https://www.leonoredvorkin.com/>

(Note: This is a slightly revised version of an article that appeared in the August 2021 edition of The Consumer Vision Magazine, a monthly online newsletter published by Bob Branco of New Bedford, MA. You can find back issues at <https://www.consumervisionmagazine.com/> )

You may well have heard that dark chocolate has many benefits, including for the heart. If, like me, you are also trying to lose weight, you'll be glad to know that dark chocolate is also an effective appetite suppressant. Read on to learn about many additional benefits, some of which were pleasant surprises to me as I researched this topic.

It appears that non-alkalized chocolate (that is, not Dutch processed) is the healthier sort, as it provides more phytonutrients than alkalized chocolate does. So, every day, I'm now eating very small amounts of non-alkalized bar chocolate that contains at least 72 percent cocoa, plus about 1 tablespoon per day of plain, unsweetened cocoa powder. I add the cocoa powder to a morning smoothie that contains whey powder, collagen powder, and several other ingredients, all with no sugar.

Two good brands of non-alkalized bar chocolate are Ghirardelli and Endangered Species. The latter company sells several flavors of chocolate that are 72 percent cocoa and darker, and it really does help endangered animals. My favorite Endangered Species flavor is their Forest Mint Dark Chocolate. For the cocoa powder, we are currently using a brand we found online, Anthony's Organic Cocoa Powder. Ghirardelli also makes plain cocoa powder, but the Anthony's powder is delicious, highly rated, and less expensive than the Ghirardelli powder.

Online, you can find numerous articles about the benefits of dark chocolate. Below, I have summarized three of them.

One article is called "7 Proven Benefits of Dark Chocolate," by Kris Gunnars, BS, published June 25, 2018, on a site called Healthline.com. What the article says, in brief:

1. Dark chocolate contains fiber and numerous minerals, including iron, copper, magnesium, manganese, and more.
2. It is a powerful source of antioxidants, comparing favorably to even blueberries.
3. It may improve blood flow and lower blood pressure.
4. It raises HDL, the good cholesterol, and it lowers LDL, the bad cholesterol.
5. It may reduce the risk of heart disease. In studies, the most benefits were seen in subjects who ate some dark chocolate at least five times a week.
6. It may help protect the skin from sun damage. This interesting effect is from the flavanols in the chocolate.
7. It could improve brain function. (More on this below.)

A second article that I read is called “14 Health Benefits of Eating Dark Chocolate,” published March 12, 2017, on a site called AlterNet. The author’s name was not given. Compared to the article cited above, this second one mentioned some additional benefits or simply gave more details. Here are its most noteworthy points.

1. Dark chocolate can help prevent depression.
2. It can help prevent cardiovascular disease.
3. It can help against diabetes by bolstering insulin resistance.
4. It can help prevent stroke.
5. The theobromine in it can help control coughs, sometimes better than over-the-counter cough syrups.
6. It can help in pregnancy. It improves fetal growth and reduces the risk of preeclampsia by lowering blood pressure.
7. Its benefits for the brain include improved cognitive processing, abstract reasoning, and working memory. In studies, all types of intelligence were increased by chocolate consumption, along with spoken word recall. It also helps with doing mental math.
8. It can boost your immune system.

A much shorter piece I looked at, one by Lainey Younkin, a Boston-based weight-loss dietician, recommends adding plain cocoa powder to your daily diet by adding it to smoothies or oatmeal. She says that the cocoa can lead to positive changes in the gut that can increase the burning of fat and

suppress appetite. She says to have a little in the morning to help control cravings later in the day.

I should note that there are many online articles that express skepticism regarding these purported effects. Also, note how often words like “could” and “may” are used in the above lists of benefits. However, after just a couple of weeks of eating some chocolate every day, I started noticing many of the benefits listed above. It’s certainly an effective appetite suppressant, leading me to reduce my consumption of starchy carbohydrates, such as bread, crackers, and chips. I’ve also noticed improved mood, better concentration, and more motivation.

Every article I’ve looked at stresses that the darker the chocolate is, the better it is for you, and plain, unsweetened cocoa powder is the best. That last is not something you can just spoon down your throat, but it mixes fine in any type of smoothie, yogurt, or hot cereal. If you need any sweetener, just use a bit of stevia. My husband and I like the Stevita brand.

If you’re not currently a fan of dark chocolate, I would say to start with a bar in the 55 or 60 percent cocoa range and work your way up from there until you are used to chocolate in the 80 percent cocoa range or above. But remember that anything of 70 percent cocoa or above is good. Also, if you’re using one tablespoon of cocoa powder per day as well, you’ll probably find a couple of squares of bar chocolate per day to be plenty. If it’s not very sweet, you may well be surprised at how un-tempting it is compared to milk chocolate.

To be sure, chocolate is not for everyone. But if you like it and can eat it with no bad reactions, I hope you’re encouraged by what I’ve written here.

Note of caution: Chocolate is very bad for both dogs and cats. The components of chocolate that are toxic to them are theobromine and caffeine. So, keep the chocolate for yourself and the other humans in your home, and keep it away from your pets.

I wish all of you enjoyment of your favorite foods and improved health.

**Have Cane Will Travel**  
**by Alco Canfield**  
**alcocanfield@gmail.com**

I was given my first cane when I was 12. I didn't want it. It made me feel conspicuous. Up to that time, I had walked around my neighborhood with little effort. But I knew that if I wanted to cross streets safely and expand my horizons, I would have to use the cane. So, I did.

Sometime later, I got a longer cane. What a difference it made. I loved the freedom I enjoyed traveling rapidly down streets. I had to plan my trips to make home visits using the available bus routes. I felt so empowered!

I tamped down any apprehension I felt and charged ahead. I wonder how my younger self would do today? Would I be more prudent, understanding the dangers caused by distracted drivers and electric vehicles?

I have recently returned to Spokane from San Antonio, TX. My opportunities for independent travel there were limited. That was one of the reasons I decided to relocate. The less you do, the less you do. So, I am hoping to recover my confidence.

It has been 17 years since I have lived here. Much has changed. Streets are busier. The talking signals help, but it is still critical to listen to parallel traffic.

I am not as brash and bold as I used to be. Perhaps that is a good thing. But I love the joy I feel traveling independently. I am doing all I can to travel safely.

We have many options today: paratransit, ride share, and buses. I plan to use everything available to me. Otherwise, I will shrivel up and become frail and fearful.

Thank goodness I have friends who will show me safer ways to cross some busy intersections. Aira will also be a great help.

Maybe I will see you out there on one of my jaunts. I hope so. Safe travels.

# SCIENCE & TECHNOLOGY

## Technically Speaking A Primer on Listening to Podcasts by Frank Cuta [frank@cuta.net](mailto:frank@cuta.net)

This installment of Technically Speaking is a very basic introduction to podcast listening on the Victor Stream. Podcasts are a powerful, extremely accessible way to find and read periodic updates from your favorite information sources. It is one of my favorite resources because it is audio based (no video), it is free from advertising, and it is immune to viruses. Hey, what more could you want.

You do not need to understand how to create podcasts or know where they come from. Podcasts are simply recorded audio presentations that live out on the internet, which you can find and listen to at your convenience. There are hundreds of thousands of them, on every subject under the sun; if you have a favorite “special interest,” you can bet that there is a podcast on it.

To find and listen to a podcast, you use a podcast player. You do not need to use the Stream. It is just a very good choice. Podcast-playing apps for the iPhone are also very popular and accessible. They include Apple Podcast that comes with the iPhone, but I like both Downcast and Overcast better. You can also listen through Alexa or Google Home smart speakers, and there are many free choices for Android phones and tablets, or on your computer. These apps let you subscribe to your favorite podcasts and allow you to automatically stream or download shows so that you have them when you want them.

In my opinion, these phone-based apps are most powerful for finding and subscribing to podcasts, but are less powerful for reading and navigating. This is where the Stream really shines. The Stream is designed primarily to be an audio reader, and it provides you with dedicated hardware keys designed to give you powerful cursor-movement commands for reading, reviewing, and marking prerecorded material.

If you have a Victor Stream, you already know how to control your reading of the material. If you already use your Stream to download talking books through the library, or newspapers through NFB Newsline, then you already have the Wi-Fi connection required for podcast listening. If you cannot connect to Wi-Fi, you will need to resolve this issue before you can proceed. I am providing the basic steps to find and subscribe to a podcast. As an example, I am going to use “ACB Conference and Convention” recordings, but the steps could just as easily be used for something like the “WCB Newsline Unleashed” shows produced by our podcast team.

One of the most confusing keys on the Stream is the key used to access "online features." This is the top, center key. In order to bring up the “podcast” choice, you will need to hit the 1 key (the bookshelf key) multiple times, until it says “Podcasts.” If it cycles through and starts repeating choices, you then need to hit the “online features” key once again and go back to hitting the 1 key until “podcasts” comes up as a choice.

You can now cycle through your existing subscriptions, using the 4 (left arrow) and 6 (right arrow) keys. If you have no existing subscriptions, hitting the 6 (right arrow) once should select “add podcast feed.” Hit the pound key (enter) to select this choice. You are now on a list that you can review using your 2 (up arrow) and 8 (down arrow) keys. You should select “title search” and press “enter.” It will then prompt you to “enter text.”

The only way to enter text on the Stream is using the letter equivalents on the numeric pad. However, you do not need to enter the entire name of the podcast. In this example, we know that the podcast we are looking for starts with “ACB.” All three of these letters are accessed with the number 2 key. So, press the 2 key once and it will say “A.” Then tap it three times quickly and it will say “C.” Then hammer it quickly twice, and it will say “B.” If you make a mistake, erase it by hitting the rewind key (just to the left of the play/stop key in the lower left corner of the keyboard).

With ACB entered, you are now ready to search. Press “enter” to complete the string search. It should come back and report "Found results 32." Select a podcast feed and hit confirm or enter to subscribe.

Use your left and right arrow keys to move through the list of choices. “ACB Conference and Convention” is the 22nd choice in this list. Cursor to it (or to any other choice on the list), then hit “enter” to confirm. The Stream will give you “please wait” announcements for about a minute, then it will say “You are subscribed to a new podcast.”

From now on, whenever you hit the 1 key to select “podcasts,” your left and right arrow cursor movement can take you to this new “ACB Conference and Convention” choice. Hit “enter” on this choice to see any previously downloaded episodes that you can choose to play. Of course, the first time you open this podcast, you will not yet have downloaded any episodes.

You don't go out to the web to listen to podcast episodes. Instead, you first download them to the list on your Stream and listen to them on the device.

To download episodes, hit “enter” on the choice “get more episodes.”

Oh, my! Here is a list of all recorded convention programs, going all the way back to 2018. As I write this article, there are 362 of them.

Don't panic. Just use your left and right arrow keys to review the list and hit “enter” on each selection that you wish to download and listen to. You can download as many episodes as you want until you run out of internal memory.

When you have finished selecting, hit the “cancel” key (just to the left of the 0 key). This will put you back in your list of downloaded episodes. Select an episode with your left and right arrow keys and hit “play” to start playing.

Once you have gotten your feet wet, you will probably also want to subscribe to the “ACB Community” and our own “WCB Newsline Unleashed.” You can use the “title search” to find podcasts on all manner of technology, politics, news, poetry, music theory, history, philosophy, meditation, exercise, etc.

Happy podcasting.

## **Space Camp – It's More Than Roasting Marshmallows**

**by Holly Turri**

[Holly.turri9@gmail.com](mailto:Holly.turri9@gmail.com)

My husband celebrated his birthday on Sept. 26. A couple weeks previous, we were listening to a podcast from the American Council of the Blind convention, which discussed space camp. Suddenly, I had an epiphany. What a great birthday gift I could give Jim. Way back in the day, I'd heard of this program, but was unaware that blind people could participate.

The camp was held Oct 1-3. Since I am extremely conservative, I decided we'd go a day early and return a day afterward. Boy, am I glad we did this. The person who made our reservations was not cognizant of the size of Atlanta's airport. So, we missed our plane. Fortunately, the Delta Airlines people were very kind and gave us a voucher for a hotel and breakfast. Since we left at 4:30, we didn't eat food, but the room was nice.

All I can say about that airport is that it is the scariest place I've been in for many a year. It's extremely huge and very crowded. Our hotel was better than sleeping in the airport.

Our plane arrived in Huntsville, AL, early on Oct. 1. We got a Lyft driver who was so kind. We wanted to eat breakfast at a particular place, and she said she knew of a more delicious option that was cheaper and better. So, we took her advice and were glad we did. Believe it or not, she gave us her personal number and said we should call and she'd come get us and deliver us to the National Rocket Center.

The staff at the adult space camp were amazing. They were helpful without being condescending, kind without being icky, and generally a pleasure to work with.

Most of the other 12 people were buddies who knew one another. They were OK, but I wasn't there to make lifelong friends, so that was fine. I could talk about every activity we did, but that would use up way too much space. So, I'll talk about my two favorites.



During Saturday's breakfast, they had docents, who were folks who actually worked there back in Apollo days. Jim, another guy, and I ate with a gentleman named Mr. Zoler. He was fascinating and had had many interesting experiences, including working on the Saturn Five, which is the rocket that took us to the moon. Honestly, I could have talked with him all morning, but we had to do team-building stuff.

The other thing I loved was this machine that simulated lunar gravity. It came down on pulleys. It had two huge springs. When you sat on this bicycle seat and they lifted you up, you could bounce along like the astronauts did in one-sixth earth's gravity. For a woman who has been large all her life, being able to float around was totally thrilling.

My husband was so great at one of the Friday night activities. We had to make a heat shield to protect this little candle, which was shaped like an egg. Jim was the captain of our team, and we were the big winners and the only one to keep our "eggstronaut" safe. He used a bunch of spackle and other stuff from this humongous list they gave us. Ironically, spackle is made of the same material that is in the space shuttle's tiles.

If you have any questions, I'll be happy to talk with you. Please write to me at the email address on the top of this article.

## **HISTORY**

**Voices: Our Untold Story**  
**A Brief Autobiography**  
**by Chris Coulter**  
**[Forestelf2@icloud.com](mailto:Forestelf2@icloud.com)**

Editors' Note: What better way to start the next 50 years than by introducing a new history column? This column is not about dates and facts, as featured in other articles, but more about the people, places, and personal experiences as blind or visually-impaired individuals. Through these stories,

we unite as we create our one, ever-evolving story. We welcome Chris Coulter in her debut of this column as she tells us a bit of her own story.

I was born in 1950. My blindness was caused by too much oxygen, as was the case with many premature babies during the 1940s and 1950s. Our parents must have done a lot of research learning the ins and outs of how (or whether) we would be able to go to school. As it turned out, there were many avenues that would take us into preschool and beyond. Our preschool, which was referred to as a “nursery school” at that time, was called Crippled Children’s School. Yes, the wording is now politically incorrect, but in those days, no one thought about that very much. Because it was rare in those first years of school for blind children to attend public school, some of us ended up going to Crippled Children’s School. I attended that school for a year, and then went to kindergarten in a public school called Central School. After that, we learned about the resource room in Central School so that we could have intensive training in blindness skills and learning to read Braille. We continued supplementing our public-school education with blindness-specific learning that would stand us in good stead as we ascended up through all grades.

As time went by, I found that I loved to read, and I absolutely adored writing. I found many ways to communicate to people in my classes, both in elementary school and in high school, as well as my writing as an adult.

I never was what might be called a joiner in the years of my young adulthood, so I spent time with a few, close blind friends. Most of all, I enjoyed doing things with my sighted friends, my sisters, and parents.

At the age of 18, I began a course at what was then called State Services for the Blind. I didn’t make it through the 1968 version of the summer program, and went back a few years later and successfully completed all of my training. I went to college, and later worked as a singer, playing piano in hotels and cocktail lounges around Seattle, Bellevue, and Everett, with a couple of gigs in British Columbia.

I worked among sighted people and really didn’t pay much attention to what was going on among other blind people for 18 years. My first contacts with blind people after my long hiatus happened when I joined a bowling team in

Everett. My bowling wasn't all that good, but the friendship and fun were wonderful. My bowling buddies talked a lot about the Washington Council of the Blind (WCB). I knew about the National Federation of the Blind, but after learning about them, I realized that their philosophy was not really my cup of tea.

I began asking questions about WCB and my friends were glad to tell me about it. One of those friends was actually a shirttail relative who had only been blind for a few months and had already joined WCB. Some of you might have known Alan Pachett. Alan offered me his just-finished Newsline cassette and I thanked him, took it home, and listened to it all the way through. I was amazed at the number of people who wrote articles in the issue I read. I remember articles by Jim Eccles and Joleen Ferguson. They both went to the Washington State School for the Blind with me during my middle school and high school years.

I got brave and joined as a member at large. Then I got even braver and went to my first WCB convention. I met Shirley Taylor. I already knew Carl Jarvis and I got to know him better during that convention. I spent time in hospitality just about every night with the likes of Sue Ammeter, Carl Jarvis, and many other people who became good friends.

That Newsline magazine was the one I now know was edited by Peggy Shoel (who was editor for 15 years), along with a group of individuals who were her Newsline team. I loved the writing, and I was inspired by the enthusiasm and the talent of that magazine. Newsline has gone through some changes, but they are changes that have made it bigger and they are changes that have made it easier for our words and our activities to reach a wider world and even a bigger piece of the internet.

I am happy to be writing this history column for Newsline and hope you enjoy it. I'll do my best to keep our history interesting and fun.

**History Quiz**  
**by Carl Jarvis**  
**Carjar82@gmail.com**

Before the Washington State Department of Services for the Blind became a department, it was The Washington State Commission for the Blind. And prior to that, it was The Office of Services for the Blind, within the Department of Social and Health Services.

**Quiz Question:** When was the Commission for the Blind established?

**Answer:** In 1970, the King County White Cane Association passed a resolution calling for the establishment of a Commission for the Blind, to replace the Department of Social and Health Services (DSHS), Office of Services for the Blind. This was in response to concerns that DSHS was planning to parcel out programs and services for the blind to other offices within the department and then close the Office of Services for the Blind. The resolution was presented to the 1970 convention of the Washington State Association of the Blind held in Hoquiam, WA.

Dr. Jerome Dunham, chief of the office, told the convention that he would prefer keeping an Office for the Blind within DSHS, in part because this would provide staff members greater opportunities for career advancement.

After much lively debate, the resolution passed, launching a seven-year campaign. Gov. Dan Evans opposed any change in the makeup of DSHS, and the commission bill was locked up in the DSHS Legislative Committee year after year.

In 1976, after serving three terms, Gov. Evans declined to run for a fourth term. WSAB sent invitations to all candidates seeking the office of governor.

Dixie Lee Ray not only responded, but she toured the Seattle office and, in a meeting held in the agency conference room, declared that if she were elected governor, she would sign the commission bill.

Although labeled as a "dark horse candidate," Ray won the election, and in the spring of 1977, she signed the bill establishing the Commission for the Blind.

## **ADVOCACY AND LEGISLATION**

### **Chronicles of a Happy Warrior #10 Still Mining on Golden Anniversary by Mark Adreon [arosindigo@me.com](mailto:arosindigo@me.com)**

Fifty years of anything is an amazing achievement. For some of you, it may have been a birthday, for others their parents' birthdays. For some, the measure of a commitment with their chosen life partner.

I will leave the legacy of Newsline to those who know it and for those who created it. The value to Washington Council of the Blind and the blindness community is testimonial to the value Newsline has had for multiple generations.

When I think about the beginning of Newsline in 1972 and I consider that I had no knowledge or experience with blindness until 28 years later, I am humbled by the legacy of this community treasure.

In trying to remember 50 years ago, and yes, I was alive ... smile ... My instinct is to look forward and not back. So, I will follow my instincts and imagine what the state of blindness might look like in the year 2072. This is less challenging for me to do.

Here we are in the year 2072, it is a "go outside" day as the air quality and the UVA and UBB measures are low, and the climate report is good. These days are so special as they are becoming less frequent while the World Climate Consortium has helped reverse some of the climate change. Global warming is still one of the world's highest priorities.

Before I go outside to enjoy the day, I check my messages on my Universal Engagement System (UES) for any video or other messages. I do hear that

I am still under consideration for digital visual implants, and my application for funding is moving through the consideration process. Even though this has still not been approved by the FDA, it has shown promise for visual recovery. I am not a candidate for any of the stem cell trials.

As I put my sensory net on, my mind is racing to try and organize a full day outside. This is an enjoyable time to check out some of the updates to my net, to make sure all the sensors and feedback hubs are functioning as expected.

I go to my closet to find one of my brightest colored shirts. I hear “canary yellow” and I pick that shirt. I’m ready to go and as I leave, I speak loudly, “Ziggy, turn all off and lock and alarm door.”

The air smells impressive as I begin my walk to the local nutrition center for a taste of fresh, locally grown fruit and vegetables. So far, my sensory net is working well, and providing all the environmental information needed to feel quite confident as I navigate the pedestrian streets.

I have been told there was a time when it was not as easy to independently walk where you wanted to. I hear stories of people who were blind using long white canes, sight dogs and animals, and even other people to guide them in travel. I do believe the sensor net under my clothes is a very freeing technology device and provides me with amazing independence. I am very anxious to hear about the digital visual implants, as this appears to be the future. Even though it is experimental, it has great promise. If it works, I hope they can make it affordable to people who want the implants.

While I think about the past, I have also been told that the pedestrian pathways were not barrier-free or having any detectable way of finding cues. So, even if you could walk about, it could become a major trip of discovery that would have been stressful as you untangled your route to your desired destination. Now with barriers removed, advanced path-finding technology, and standardized key public infrastructure, travel is more efficient and safer for blind pedestrians. All and all, I am incredibly happy that universal access strategies won the battle of public opinion.

As I make my way, it seems like there are lots of people active today, and everyone is wearing their brightest colors. A woman stops to talk with me, and I am happy to know it is my neighbor, Lucia. “Lucia, you are looking well,” I say, as my readings indicate her physical presence. Facial expressions and voice tone are quickly compared to Lucia’s profile in my memory processors.

Lucia hands me her digital book, where she was collecting signatures for another justice initiative. She is continually active in social justice issues. I do a quick scan of the initiative and decide to sign it. I put my finger on the book and identify the line for my signature, using sensor recognition and feedback. We chat a bit, and then we go on our respective ways.

At the nutrition center, I step up to the ordering screen and connect to the interface to make my order: The protein smoothie with blueberries, kale, and flavor infusions with a vitamin spectrum. I scan my coin account and move to the window to pick up my meal. The place is abuzz with people enjoying a good day. I scan the room for a friend or acquaintance match to join up with. As I am moving toward a table with my friend Barton, I receive a text message from work on my communications hub, and I need to share some access information to a co-worker. I quickly dictate a response and send it as I approach Barton’s table. I sit down and enjoy catching up with the group as we share a meal.

As we finish our conversation, I message my transportation service to have a vehicle meet me outside in 5 minutes. I want to go to the matinee stage production located across town, and do not want to miss a minute of it. I say my goodbyes and go outside, where my vehicle signals me and I follow the signal to the door, seat myself, and off we go. The driverless vehicle already has my destination and information for the auto billing to my coin account.

When we arrive at the Razor Theatre, the door opens, and I step out and do a quick scan to hear the location of the theatre’s main entrance. On the way to the door, a teen on a hoverboard almost hits me. Thank goodness for my longer-range distance sensors giving me a heads-up to quickly move to the right a couple of feet.

As I enter the theatre, I pull up my ticket code on my communication screen, scan it and make my way to the seat section. Now seated, I pull up the play

bill and read some of the highlights in anticipation of this well-received play. I adjust my communications hub to connect to the audio description, and put my earbuds in my ears as I sense the lighting going down. The set sounds very innovative and the opening costumes are amazingly authentic to the period.

Evening is quickly approaching, and I do have some work I want to do before an especially important teams meeting the next day. Arriving home, I unlock and disarm the door, have Ziggy turn on the lights/heat adjustments and my favorite music playlist. I change clothes, hang my sensor net on the charger and decide to grab a quick bite before starting work. I go to the freezer and scan for an interesting dinner item. I hear a swordfish with a grape wine sauce, pilaf, and asparagus on the side. I scan the meal to the quick cooker, place in device and say "start." As I wait for my meal to be done, I consider how my space is well designed and provides the ability to trail, if necessary, with various sensors for way-finding information. My place is equipped with a number of smart devices that work with voice command, including vacuum, mopping devices, lighting controls, music and visual systems, feedback sensors and textures for information detail.

I hear my meal is done and so I gulp it down and head for my home office. The smart computer system is built into the wall, and I can use voice commands, screen touch, dictation, audio description, screen-reading functions and a keyboard if I need it. All the office is controlled from this one device, including voice communications and text-based tools. It is also my entertainment center. This equipment is awfully expensive, and I am very grateful for the Access Technology Affordability Act, passed several decades ago. The legislation was designed to remove an employment barrier commonly experienced by blind Americans who cannot afford the prohibitive cost of access technology by creating a refundable tax credit of \$2,000 to offset the cost of this technology. Again, the challenging work from previous generations of blind folks and their accomplices to change the employment future of people who are blind, has made a huge difference, currently at 93.5% employment.

After a couple of hours of work, it is time for bed. I do my evening routines of sonically cleaning my teeth, a sonic shower and off to bed. I ask that all



lights be turned off and listen to my go-to-sleep mosaic of sounds as my bed reaches the perfect firmness and heat.

Today was a wonderful day and I know I will be ready for the presentation I need to do tomorrow, and now it is time for some restful sleep and regeneration.

It will be interesting to read about all advancements for universal access and the realities of true independence in the Newsline third-quarter edition 2072.

Action Step: Contact your congresspersons and ask them to support the Access Technology Affordability Act (HR 431/S 212). There are currently 114 co-sponsors in the House and 32 in the Senate. You can contact your member of Congress by calling the capitol switchboard and asking for the office in question. The number is 202-224-3121. Or call directly if you have your representative's information.

**A Strategic Equal Rights Amendment**  
**by William Kinyon**  
**[william.kinyon@esd.wa.gov](mailto:william.kinyon@esd.wa.gov)**

As a person with disability, and a long-time direct service provider to workers with disabilities, I came to realize long ago that disability rights are key for the advancement of the civil rights movement today. The older I get, the more I realize that making a positive impact for the future in improving the lives of people is the primary contribution a human being can make during their short stay on earth. Because people with disabilities, on average, experience the highest degree of discrimination and economic hardship, I can see no better investment of my life, my talents, my energies, and the passion of my soul than to be a disability advocate. It is from this perspective that I want to share with you today.

We live in an era of strategic opportunity for Washingtonians with disabilities. It is an exciting time to be a disability advocate and to know that what you do will have long-lasting positive impacts on people's lives. There is no other opportunity that illustrates this more than the proposed "Nothing

About Us Without Us” legislation before this session of the Washington State Legislature. This legislation addressed the need to have people with lived disability experience at the table when policies and legislation directly impacting people with disabilities are being discussed.

For far too long, well-intended people who create legislation and state policies related to people with disabilities have made decisions for Washingtonians with disabilities without asking or hearing from the people with daily lived experience about how such changes would impact their lives. As a culture, it is time that we move away from the “we know what’s best for those people” attitude and to grasp the key principle that “those people” are the people who know what they need and, equally importantly, what they do not need.

“Nothing About Us Without Us,” if passed by the Legislature and signed into law by Gov. Inslee, will require that any advisory group making recommendations to the Legislature on legislation or policy directly related to people with disabilities will include people with such lived disability. Although this might seem like an obvious need and the best system for making informed decisions, it will be a significant change compared to how the state has made such legislation and policy decisions in the past. I, personally, fully support this legislation. Originally filed as House Bill 1566, “Nothing About Us Without Us” is likely to be combined with a legislative proposal to provide stipend support to help those appointed as disability representatives on these advisory groups, and who are not paid to be involved, to have the financial assistance to allow them to fully participate.

Your voice matters now, more than ever, in sharing your position and your beliefs about this proposal with the legislators in your district. They represent you, as a voter, and want to hear from you about “Nothing About Us Without Us.” You are their best chance to be informed about the need for such a change to be implemented into law. In order for our representative form of government to work effectively, we voters need to do more than just vote for people that we believe will represent our views and values. Our elected representatives need to hear from us on needs for legislative action and pending legislation. Each of us has a unique perspective and unique experiences that inform our values and our views. It is vital for our legislators to hear from all of us, not just from a few “loud” voices. A

democratic republic works best when all speak up. That empowers elected representatives in government to act on behalf of the people they represent.

Other legislative proposals are now in the works that would have significant impacts on the lives of Washingtonians with disabilities. Your voice is needed at the table now, as this legislative session is quite short. The Legislature is scheduled to convene Jan. 10 and adjourn March 10. There are other legislative initiatives of interest to Washingtonians with disabilities this legislative session, including proposed amendments to the Death with Dignity Act, training and funding proposals to address the crisis shortage of personal-care providers and employment providers, House Bill 1649 related to an advisory committee of people with disabilities for issues related to hunting and fishing regulations, and many other proposals.

Efforts are underway to shift the state's focus from institutionalization-based housing to community-based housing resources and supports, and from involuntary inpatient treatment to increasing support of effective outpatient programs. An emphasis on increasing safety in the interaction of law enforcement with people with disabilities continues. The disability-advocacy community in Washington is strongly advocating for remote attendance and remote testimony for legislative committees to be made a permanent feature to increase equity in representative government. None of this is guaranteed and could easily fail without your voice. So many strategic bills and proposals are on the table for this legislative session. Be informed and be impactful in 2022.

## **BRAIN FOOD**

### **Noteworthy Blogs**

#### **An Exploration of the Blinded Veterans Association**

**by Beth Greenberg**

**[merribethgreenberg@gmail.com](mailto:merribethgreenberg@gmail.com)**

As I was working on Veterans Day, I read my Mid-Atlantic ADA E-Bulletin. I found an article with the Blinded Veterans Association (BVA) and started reading more about them and their website **[www.bva.org](http://www.bva.org)**. The following

departs from my usual column and is an overview of some of the resources available through the BVA website. This is important because you or someone you know could benefit greatly from the programs available here.

On the website, after its logo, are 10 categories to choose from: Home, About Us, Our Team, Join Us, Support Us, Programs, Services, Media, Events, and Resources. If you enter one of the last nine, you will get a drop-down menu for more choices under that category. On the far right of the screen is a Donate button.

BVA is the only congressionally chartered veterans service for blind veterans and their families and is led by blind veterans focusing on advocacy and mentoring from all services of the armed forces.

BVA was started during World War II by 100 blind veterans. In July 1948, they opened a Rehabilitation Center for Blinded Veterans. There are now 13 of them in the Veterans Affairs health system.

When I enter on District 4, which contains Washington, it shows the groups for each of the regions. There are three blind orientation centers in Washington: Seattle, Spokane and American Lake. Oregon only has one, in Portland.

BVA is open to all visually-impaired/blind service members. You can join even if you lost your sight outside of battle.

Towards the bottom of the page, there are application links to a fillable PDF or a Word doc that you fill out and mail in, or there is an online form. They are requesting a \$25 payment.

Programs include Operation Peer Support, Care Review, and Scholarships and Awards, among others. There is a YouTube video under Operation Peer Support and a description of this program.

BVA gives out seven scholarships to grandchildren, children, or spouses, as well as to blind veterans; they must be related to a blind veteran.

The Veterans Benefits has links to help the veteran get benefits. Veterans Policy has their legislative center listed, along with the actions they are fighting for and what they helped get passed in 2020.

BVA media: The Bulletin, Around BVA, and News (Blog). The Bulletin is their newsletter. Around BVA has some YouTube videos. News is a list of blog posts, mostly from officers of BVA. For instance, the top two are about Thanksgiving and Veterans Day.

BVA resources: Women's Group, Guide Dog Committee, Employment, and Past Events.

I found this group to be intriguing and encourage you to do more investigating. I would also mention it to any blinded veterans you may know. Happy trails.

**Podtastic Casts**  
**Our Golden Eggs,**  
**and Some Silly Questions from the Editors**  
by Reginald George  
[reggeorge@gmail.com](mailto:reggeorge@gmail.com)

As I stood outside on a crisp wintry day waiting for a ride to work, I thought to myself, "Now what should I write about?"

I put my arm around the inflatable 8-foot Christmas penguin I had just set up next to our driveway and said to her, "Good morning, Big Bertha, you are looking good. You have lots of snow on you this morning. What do you think I should write about today?" She continued dancing in the wind without saying a word.

I began pondering the important question: Do penguins quack? I really did not know. I asked my friend, Heather, and she responded with another important question: Do penguins have feathers? But that's enough nonsense. A penguin is not a goose, so let's get to the golden eggs we've been hatching lately.

This being a new year, I thought it might be a good time to shine some more light on our own WCB Newsline Unleashed podcast and share with everyone how we started and where we are going. At this writing, we have 13 live episodes and many ideas. It started slowly, but as we built our team, it has continued to grow and improve. If you only look at some of the general topics we've covered, we have had podcasts on advocacy, art, sports and recreation, product reviews, a winery tour, hobbies, a virtual escape room, history, personal interviews with WCB members, and WCB itself. Variety and education through entertainment have been keys to our success. All of us are relatively new to podcasting. We are trying different things, learning what works best for us, what topics you want to hear, and what will be as interesting tomorrow as it was the day we recorded it.

Since our last Newsline issue, we covered glassblowing, getting to know our committee, and our Readers' Choice Award.

So how did it all start? I can tell you it was not planned. The thought had crossed our minds, but it all seemed pretty overwhelming. Then one day I got an offer we couldn't refuse. I would be remiss if I didn't thank WCB member and ACB Media Networks' own Jeff Bishop for providing us with the impetus and the tools we needed to make this happen. With a deep breath and a dash of creativity we were off. Jeff, we never could have done this without you and ACB. Now anyone in ACB can access episodes through their Victor Stream, smart speaker, computer, smart phone, and directly through the ACB Media Network. You can find us through Google's directory, and on Apple Podcasts, to name a few places.

I also want to thank our fantastic team, which includes myself, Heather Meares, Chris Coulter, Zack Hurtz our producer, and our newest addition, Viola Bentson. Viola joins us as a newly elected member of the Blind Information Technology Specialists (BITS) board of ACB, and an experienced Zoom host and personality in her own right.

Here is a number for you: We have been live for just over a year, and we have 4,976 total listens. Listens for this past week are 33. The ACB Media Network link is <https://www.acbmedia.org/category/wcb>

Here is a quick overview of our most popular episodes:

- “2021 Readers’ Choice Award Celebration and Readings”
- “Getting to Know Your Newsline Committee”
- “Newsline Committee Part Two, Biscuits and Gravy Edition”
- “A Tapestry of the Happy Warrior, an interview with Mark Adreon”
- “Valdemar Estates Winery: Part One, That All May Eat, Drink, and Be Merry”
- “Building the Accessible Snap Circuits FM Model 12 Radio Kit, Starring Reg George and Frank Cuta”
- “Virtual Escape Room Experience with Frank Cuta”
- “Learning to Fly, A visit to Leavenworth WA Ziplines”

As for what’s ahead for this year, that’s up to you. We certainly want to give our younger members the opportunity to show us what they can do. We want to continue to showcase the work of WCB on current issues affecting the blindness community and encourage change and activism. I would like to see someone demonstrate the various methods for accessing information on prescription medicines with script talk and other devices and talk to a pharmacist. We want to have fun and share with the world how we learn skills like bowling or indoor flying. We welcome everyone’s participation. Whether you have experience with creating good audio content, or you have an idea for something special that you think our members would be interested in and you want assistance with recording it, write to [TheWCBNewsline@Gmail.com](mailto:TheWCBNewsline@Gmail.com) or call me directly at 816-200-1064. We will be happy to work with you, as needed, to make it happen.

**Bits and Pieces**  
**Compiled by Denise Colley**  
[colleyd1952@gmail.com](mailto:colleyd1952@gmail.com)

This column is presented for your information and enjoyment. Inclusion of information, products, and/or services does not constitute endorsement by the Washington Council of the Blind. If you have items for inclusion, email [TheWCBNewsline@gmail.com](mailto:TheWCBNewsline@gmail.com) and put “Bits and Pieces” in the subject line.

## **New Aira for Android version brings improvements and bug fixes**

Many Android users reported that taking pictures while on a call would cause that call to freeze. Aira says it has solved this problem at last. Android users should experience greater stability throughout the app, especially when taking pictures or on a call with an agent. Additionally, your device should now vibrate when an agent sends a message. Searching the "free access offers" screen should no longer return incorrect results. Finally, Explorers who have an additional Partner Access account with their Employer or Sponsoring organization can review their usage and limits in the usage section of the app.

Aira has also mentioned that in upcoming releases, Explorers will be able to partner with agents versed in a particular field to complete tasks that require more specialized assistance.

## **Spoken Rx™ “Talking” prescription labels now available in all CVS Pharmacy locations**

Spoken Rx is the first in-app prescription reader to be developed by a national retail pharmacy. CVS Pharmacy, the retail division of CVS Health (NYSE: CVS), is now offering Spoken Rx™, its proprietary audio prescription-label solution, in all its nearly 10,000 pharmacy locations nationwide, including more than 1,700 CVS Pharmacy locations within Target.

Developed in collaboration with the American Council of the Blind, Spoken Rx is a technology that allows patients to have their prescription information read aloud, designed for those with visual impairments and those who cannot read standard print labels. It is available at no extra cost to patients.

For more information, visit [www.cvs.com/content/pharmacy/spoken-rx](http://www.cvs.com/content/pharmacy/spoken-rx) or call 1-888-287-5654.

## **Microsoft Support Engineers**

The Microsoft Customer Experience and Success (CEnS) organization is hiring support engineers and looking for candidates with screen-reader



experience (JAWS, NVDA, Narrator, etc.). If you have screen-reader experience and are interested in working with Microsoft customers, please visit <https://tinyurl.com/ye6ewjyx>.

## **Ask the AT Professional**

Need some help with your assistive technology? Wondering what's that JAWS or NVDA command? Puzzling about your Braille display? Having trouble with your iPhone? Googled or asked friends and still can't find the answer?

Register and get the Zoom link to Ask the AT Professional. Ask the AT Professional is available every Monday 3-5 p.m. and every Wednesday 1-3 p.m. (both Eastern time). Register for Ask the AT Professional at <https://tinyurl.com/2p82v3x2>.

© 2016 Our Space Our Place | Program Eligibility

## **AGENCY UPDATES**

**Skills, Tools, and Confidence**  
**An Introduction to the Independent Living Program**  
by Kim Canaan  
Washington State IL Program Manager  
[kimcan@uw.edu](mailto:kimcan@uw.edu)

The Department of Services for the Blind has several programs critical to its mission of inclusion, independence, and economic vitality for people with visual disabilities. The Independent Living program (or IL) is one of those programs. The IL program's clients have lost or are losing vision and are experiencing difficulty performing customary life activities due to their vision loss. The goal of the program is to provide the skills, tools, and confidence clients need to live independently in their homes or communities. The IL program utilizes a network of community service providers around the state to achieve this goal for hundreds of adults every year.

Providers accomplish this goal in four key ways. Providers offer a variety of low-vision or blindness skills training. Just a few skills include learning how to read with a magnifier, cook with alternative techniques, dial the telephone by touch, and/or walk safely around the client's home. Many clients experience grief, fear, or even anger as their vision changes, whether gradually or suddenly. Providers offer support through some brief adjustment counseling to help with this, leaving clients feeling more optimistic about future declines or current circumstances. Providers connect clients to other services they may qualify for and benefit from, including accessing services through the Washington Talking Book and Braille Library and signing up for paratransit services. Finally, clients often receive tools, called assistive technology, that make accomplishing day-to-day tasks possible or easier, including magnifiers, talking watches, canes, tactile dots for kitchen appliances, and so much more. Although clients usually participate in more than one element of the program, just one can lead to increased confidence, especially for clients new to vision loss.

The IL program is not a one-size-fits-all sort of program. Providers recognize that every client is unique. Some clients are vision-loss experts, knowing what they need before the provider arrives for their first home visit. Some clients are brand new to vision loss and terrified and have no idea what is possible (or if anything is possible at all). So, providers approach each client differently, offering to do whatever best fits the client's needs or capacity for tackling new challenges. Most clients just want to regain what was lost: the ability to call a friend on the phone, read the latest New York Time's bestseller, heat up leftovers in the microwave, know what time it is to get to a doctor's appointment on time, write checks to pay bills, look at pictures of loved ones, or take a walk in the fresh air. Together, the client and provider develop and agree on a plan to achieve those goals.

Once the plan is put into action, services are usually brief, lasting about 4 to 5 hours over a couple of different appointments. But, again, the IL program does not have a one-size-fits-all approach. If a client doesn't need or want something, then those services aren't provided. If a client's goals can be accomplished in a couple of hours of training, great. If a client needs more time to accomplish several goals and perhaps participate in some informal counseling, then that's fine, too.

In addition, sometimes IL program clients begin services in a state of shock or even denial. Providers recognize that these clients may need a non-intimidating entry point that opens the door to further services down the road. For these clients, often a talking book player to help them access reading materials, or a talking watch that tells the time on demand is all they are ready for. Regardless of what the client's goals are, the providers of the IL program are ready to help them achieve it.

To become an IL program client, an individual must be 24 years old or older and not working, seeking work, or attending school. (Clients who are younger than 24 are better served through the DSB's Pre-Employment Transition Services program.) If a client may at some point, even a long way down the road, have a vocational goal (be it work or school), then the IL program providers make every effort to have the client apply for DSB's Vocational Rehabilitation Services. IL program clients do not need to be eligible to work; this means that individuals here for extended visits from other countries or who are undocumented immigrants are eligible for IL program services.

If you or someone you know may benefit from the skills, tools, and increased confidence that the IL program provides, please call DSB at 800-552-7103 or email them at [info@dsb.wa.gov](mailto:info@dsb.wa.gov) and ask about the IL program today.

## **A Department of Services for the Blind 2021 Review by Michael MacKillop and LaDell Lockwood**

Yes, it is cliché, but we at the Washington State Department of Services for the Blind (DSB) find ourselves coming to the point of the year where we need to take a moment to look back at the year that was and reflect a bit.

In 2021, it felt that we learned to deal with one "new normal" only to move on to a next even-newer-normal. While we can argue that 2021 was measurably better than 2020, there continued to be challenges due to the pandemic. The focus in 2021 continued to be on health and safety of participants and staff, while regaining the all-important in-person services bit by bit.

The agency's pivot to providing services remotely continued into 2021. We are proud of the ability to keep things moving forward for agency participants, while recognizing that remote services aren't ideal for many of the services we provide. The agency's orientation and mobility specialists have been providing in-person services since September 2020, and other staff were able to meet in person in early 2021 to utilize the adaptive technology and low-vision labs in each office to get a clearer idea of the equipment and tools that work for an individual. The agency opened its office doors fully this past October, and we were able to bring Orientation and Training Center students back to the residential apartments this past November. In-person youth services are beginning to be planned. The Independent Living Program is providing services in person and has developed a new program for connecting participants to handheld CCTVs, smart phones, and tablets.

We will use the lessons learned over the past two years in providing remote services to create an environment that better serves our participants and stakeholders. We realized that we can meet with more people more frequently by identifying those types of services that work well through remote modes. We will keep and continue to refine those remote options open to participants who can't travel, and offer remote-hybrid options to staff, a good incentive for retention and recruiting in a time of labor shortages in all industries.

And recruiting is important to the agency. There were a number of retirements and staffing changes this past year. We also experienced the effects of the national "Great Resignation" that has been happening as a result of the pandemic. In the bittersweetness of longtime staff retiring, there is also a joy and excitement in welcoming so many new staffers who bring new energy and fresh ideas and perspectives to DSB.

Some big things are in the works for early 2022. The agency is working to host another Town Hall event to connect with you, our stakeholders, and hear your thoughts on our services and direction. The agency is in the process of a mid-term minor revision to the combined State Plan, which clarifies our vocational rehabilitation efforts in the state for our federal partners and grantees. We are excited to be offering more educational and recreational opportunities to Washington's young people. We are also

working to increase our outreach to businesses in Washington state to aid in providing more successful outcomes for our participants.

We look forward to the year to come, and wish each of you, your family and your friends continued health, joy and progress in all your endeavors. We can't predict how the recovery from the pandemic will proceed in the coming year, but – hopefully! – 2022 will see the continued recovery and increase in our in-person activities, both in the offices and throughout the community.

## **WCB HAPPENINGS**

### **WCB 2021 Convention Highlights by Reginald George**

The 2021 Washington Council of the Blind convention, held virtually for the second year in a row Oct. 28-30, undoubtedly had a big impact on all those who gave of their time to attend. These are my thoughts.

It was our most democratic convention ever because, for the second time, all members were given the opportunity to vote simply by registering and requesting a PIN, not just those who attended. The convention was also carried nationally on the American Council of the Blind (ACB) Media Network (formerly ACB Radio). Just like the national conventions, you could participate by listening whether you registered or not. This is now becoming a part of ACB and WCB culture. It is a needed change that has been a long time coming, and it would have taken much longer to happen if not for the pandemic. I remember the days when this was discussed in the past. It was felt by the majority at that time that it would not be practical to vote remotely. Some of us even expressed openly that being a member was not enough to give you the right to vote. You needed to actually find the time and the means to go to our yearly convention and participate, attend the meetings, do the work, listen to the candidates and learn the issues, and then you could cast a vote that would mean something. Makes sense, right? We were also accused of being elitist – in hindsight, with some justification. I don't think there was as much awareness of just how difficult it could be to attend a convention and how many folks with multiple disabilities and tight finances were excluded.

Technology finally has caught up with the possibilities of full participation. However, there is a cost and it won't be easy. Whether you choose to use that vote and how you educate yourself is your choice and your responsibility. Lots of work is being done already at the state and national level to determine the best procedures for fair and efficient voting. This change shatters the barriers of cost and travel that we were told kept so many from contributing their skills, ideas and votes and helping to build a strong organization. As one of the largest ACB affiliates, WCB has the opportunity to follow the lead of our parent organization and demonstrate to the rest of the country that we can be truly inclusive by giving to all of our members this level of access. It has now been affirmed by the board that a working group will be formed to create the processes that will be put in place to ensure that this practice will continue into the future. I have heard it argued that very few people will take advantage of these changes and choose to vote. At least when we return to a hybrid convention, hopefully this year, they will have the right to participate fully, simply by being a dues-paying member in good standing of WCB.

We asked our convention-goers to share some of the highlights from this year that brought them the most enjoyment. Here are four viewpoints from those who responded.

**From Linda Wilder:**

What a fabulous virtual 2021 convention. It was exhilarating, educational, entertaining, and downright fun. The convention theme of “WCB, Near or Far Together We Are” was a perfect fit.

We started on Thursday night with “first-timers” getting together to learn about each other and what to expect over the next two days. The Membership Committee hosted the “Welcome Lounge” where many WCB members met and renewed friendships. Several members at large joined us from all over the United States.

Later, Julie Brannon (WCB president) brought the pre-convention WCB board meeting to order, providing us with valuable information about the exciting work that is being done by not only the officers and board directors, but by all the 19 WCB committees.

Why do I love meetings? It is because I learn so many new things about WCB and all the new projects that are in the works, such as a new twist for our Leadership Summit where concentration will be on mentorship. The Membership Committee is working on forming a new affiliate to support our at-large members (see article in this section). The Advocacy Committee is working on prescription labelling in a variety of formats and exploring how to create more accessible transportation options.

The next two days were filled with interesting speakers such as Kirk Adams, PhD, president of American Foundation for the Blind. AFB is a national non-profit organization, whose purpose is to ensure the 10 million American blind and low-vision folks enjoy the same rights as other citizens.

We learned how our employment panel obtained and maintained their variety of jobs, ranging from manager of the Department of Transportation to an information technologist.

Our taste buds were tantalized by the presentation on Schwan's Food Delivery Service. I did not know they have hundreds of delicious and nutritious meals delivered fresh to your door.

One of my favorite presentations was done by VIP Online Toastmasters. Who knew that there is an accessible online Toastmasters for people who are blind and wanting to improve their communication skills? People who spoke after this presentation struggled with saying filler words such as "so," "ah," "um," and "you know." These are words that are to be avoided if you are striving for clear and concise speech. The listeners got a chuckle as we, too, are guilty of using the same filler words.

Two events that caused me to laugh until my sides hurt were the auction and the Newlywed Game. Our auctioneers were Cindy Hollis and Dan Spoon, who were funny and entertaining. They kept us laughing and encouraged us to bid like crazy, which hiked up the prices of the items to the point of a few exciting but friendly bidding wars that resulted in a successful fundraiser for WCB.

The Newlywed Game was as good, if not better than last year. Who comes up with the questions? I am fairly sure Cindy Hollis had a hand in it.

A few of the questions were so difficult that some contestants were totally stumped and could not guess their spouse's answer. The WCB 2021 convention was a grand success.

**From the outreach Committee by Janice Squires:**

One of the most interesting things I learned was that a mobile urgent care unit actually exists! What a great concept, for a blind person, to be able to call and have an urgent care van, entitled Dispatch Health, come right to your home. The cost is the same as if you went in person to the urgent care clinic.

Other ideas enjoyed by our committee was "Putting the Fun in Fund Raising." When a chapter enters the community with some type of fund raising, it is an excellent way to reach out and inform!

Another simple way to reach many people is with social media like Facebook, and one we learned about, Clubhouse.

Our youth is our future. Our Chairman, Andy Arvidson, truly enjoyed the youth track programs. Thanks to the WCB Families committee for working so hard in reaching out to the students and their families to bring them into the WCB organization.

**From Yvonne Thomas-Miller:**

A fascinating presentation I listened to was on Clubhouse, a new online tool that was described as a melding of audio conferencing and social networking. What an exciting tool – not just for individuals, but something chapters could consider. This online platform opens up the world with interesting possibilities.

Toastmasters is another resource that would improve my public speaking. I'm rather shy and this sounds like a very good way to challenge myself with (um) confidence (you know).

One aspect of our business meeting that went so smoothly and quickly was nominations. Congratulations to our newly elected officers and board members.



Unfortunately, I was unable to listen to all that was offered in this year's convention due to other obligations. Later, I learned that I won one of our chapter's door prizes of a gift card. What a surprise! Thank you WCB.

I look forward to next year's 2022 convention, hopefully in person – although it was awesome to listen in lounge clothing and relax at my computer to take it in on Zoom.

## **WCB Members At-Large Affiliate Now Forming by Doug Payne**

Would you like to be more involved in a WCB chapter or affiliate, but you hesitate because you don't live in an area served by one of our regional affiliates? Or, perhaps you want to feel more connected and show your support, but you don't live in Washington state at all? Well, WCB has good news for you.

The WCB Membership Committee is working with interested members to form the members at-large (MAL) affiliate. Thus far, 16 people have expressed interest, but we have plenty of room for more. We are in the early stages of planning. So, whether you want to help lead the effort in determining the direction of MAL, have your voice be heard, or simply show your support by participating in our meetings to organize MAL, we want and welcome your input. We meet on the fourth Monday of the month at 6 p.m. via Zoom. Come join us, be a part, and get involved.

For more information, send an email to Linda Wilder, WCB Membership Committee chair, at [lindasuewilder@msn.com](mailto:lindasuewilder@msn.com) or call her at 253-691-6860.

## **Scholarship Winners 2021 by Kim L. Moberg**

It is always a pleasure to award scholarships to deserving individuals who are blind or visually impaired. Each year, I am in awe of these individuals, and where their interests lie, not just in the academic world but also in the

world around them. All students that applied for a scholarship are positive reflections of who we are and who they represent. They represent themselves and also each of us in WCB. Let me give you an idea of the talents and interests these students are pursuing.

Isaac Heiman was awarded a \$4,000 scholarship. This is his third year to receive a scholarship from WCB. Isaac is majoring in behavioral neuroscience. He is attending Western Washington University in Bellingham and carries a 4.0 GPA.

Angel Dailey was also awarded a scholarship of \$4,000. Angel, like Isaac, will have a medical degree when he has completed his studies. Angel would like to be a child psychiatrist. Angel is attending Western Washington University in Tacoma and carries a 3.6 GPA.

Gabriel Olson was awarded a \$3,000 scholarship. Gabe is getting his master's in teaching from Evergreen State College in Olympia. Gabe carries a 4.0 GPA.

Cassandra Eden was awarded a scholarship of \$3,000. Cassandra will be attending Clark College in Vancouver, WA. She will be studying business administration. All her classes will be online. She is from Bremerton. She has a 3.49 GPA.

Steven McCray was awarded a \$2,000 scholarship. Steven would like to be a chemical-dependency counselor when he is finished with school. He is attending Spokane Community College.

David Malual was awarded a scholarship of \$2,000. David is attending Seattle Central College. His major area of study is in business/accounting. David is a refugee from Sudan.

These students are all amazing and they are all looking forward to connecting with their local chapter. Speaking of chapters, I personally want to thank each of the chapters that made donations to the scholarship program. Your donation is greatly appreciated and is a wise investment in our future. This year, \$950 was donated. The Scholarship Committee took those donations and awarded additional funds to each of the scholarship

winners. Angel and Isaac each received an additional \$75. Cassandra, David, Gabriel, and Steven each received an additional \$200.

Please welcome each of these scholarship winners and make them feel at home in your chapter when they attend.

## **Awards Committee Convention Wrap-up** **by Jessamyn Landby**

I want to thank my committee again. They are Danette Dixon vice chair, and Linda Wickersham, Sherry Dubbin, Jeanne Jacobs and Lane Pearson.

This year, the Awards Committee gave out six framed awards:

- The Certificate of Outstanding Service to WCB was given to Lisa George.
- The Chapter That Thinks Outside of the Box in 2021 was given to South King Council of the Blind on behalf of Meka White, who is president of that chapter.
- The Ammeter and Lieberg Outstanding Advocacy Award was given to Anna Zivarts for creating the Disability Mobility Initiative and for all her work with Rooted in Rights to raise awareness of the need to improve transportation for people with disabilities.
- The Business of the Year Award was given to Kirk's Pharmacy in Puyallup, WA, and was accepted by Kirk Heinz, who is a manager there.
- The One World Award was given to Marty Schultz.
- The Teacher of the Year Award was given to Al Yardley, and highlights his years of providing free and low-cost top-flight computer training at WCB conventions, and to all blind and low-vision individuals who ask.

This year, we had two Newsline Editors Awards that were chosen by the two Newsline editors. One award went to Alan Bentson for his "Book Chat" column entitled "What's Up Homes?" The second award went to Zack Hurtz for the piece "Oreo," about his parrot. These articles were featured in the fall 2021 issue of Newsline, and everyone should read them.

This year, we gave out seven chapter-growth awards. Our congratulations go out to the following chapters:

- Guide Dog Users of Washington State
- Pierce County Association of the Blind
- Peninsula Council of the Blind
- Snohomish County Council of the Blind
- South King Council of the Blind
- United Blind of Seattle
- Washington Council of the Blind Diabetics

There were six Official Service to WCB certificates given out to members of the board for their time of service. The Awards Committee thanks them for the hard work that they put into serving on the board:

- Andy Arvidson, first vice president
- Hayley Agers, director
- Julie Brannon, president
- Kim Moberg, director
- Lisa George, treasurer
- Nathan Brannon, director

Thank you for another great year of amazing awards. I look forward to doing this again next year.

**The Senior Vision Loss Committee Presents:  
Tips and Tricks to Make Life Easier  
by Alco Canfield**

From our Readers:

**Litter Box Blues**

“I am having a terrible time cleaning the cat box with a scoop. Any ideas?”

Dear Blues,

As you probably know, there are litter boxes that clean themselves automatically. I do not have experience with them. However, with a disposable latex glove in one hand and a ziplock bag in the other, cleaning the box is easily done. Your cat will thank you for it.

## **Scrambled Socks**

“I have different colored socks and don't want to label them. What would you suggest?”

Dear Scramble,

I purchase a number of mesh bags and put the different colors in them, with a card reminding me of the color. I have a black sock bag for clean, and another for the worn ones, and so on for each color. I make sure I wash them separately, remembering to remove the card. Initially, I had to have help with the organization of these. Good luck.

## **Don't Drop that Soap**

“When I'm in the kitchen and my hands need washing, I hate hunting for the soap. It's a hassle and I get other things dirty in the process. Suggestions would be welcome.” -- Greasy

Hi Greasy,

I put a rag in the sink and put some Dawn detergent and Clorox on it. Clorox keeps the rag from smelling sour. Squeezing the rag gets my hands clean, and a simple rinse leaves me ready to do what I need to do next. You can rinse the rag to clean it before the next job.

Questions? Suggestions? We welcome your responses. Send them to [TheWCBNewsline@gmail.com](mailto:TheWCBNewsline@gmail.com).

## **Why WCB?**

**by Nathan Brannon**

[nbrannonz@gmail.com](mailto:nbrannonz@gmail.com)

We all have our reasons for choosing to get involved in a group, church, political party, or local community of some sort. After the experience we all went through in 2020, I believe we all have a larger appreciation for the relationships we have with other people in our lives.

I am sure that some of you reading this article have been asked by your colleagues and friends, “What prompted you to get involved with Washington Council of the Blind and why should you remain engaged?”

Below is my answer to that question. Perhaps it will enhance your understanding and vision of the wonderful organization we are all a part of.

I have been a member of our national organization, American Council of the Blind, and our state affiliate WCB, for 16 years. I can say without hesitation that being a part of this fine organization has been a great benefit to me.

Like some of you, in my own life I have faced the challenges of adapting from life as a visually-impaired individual to one without any sight at all. Even though much has improved, it has been an interesting experience to see how society in general views a blind person vs. someone who has some functional vision. Like many of you, although I am now totally blind, I am no different than I was with some sight. I am just as capable. It is good to be part of a family that believes the same way I do.

I sincerely believe in our motto of bottom-up philosophy driving our national narrative. We all need each other. Change starts in the local community chapter, influencing the direction of the state affiliate, which in turn drives the decisions at the national organizational level.

Most of all, the quality that really stands out about WCB is the acceptance of everyone, no matter what their physical or mental challenges may be. Our organization is extremely inclusive. Everyone is welcome. We may come from different backgrounds and influences, but we as a whole can benefit from each other's experiences. We all need to be heard. Our differences are what unite us. WCB is proud of its members, and we are thankful for your ideas and contributions to our cause.

As you may know, WCB has an array of committees driving the concerns we, as blind people, face. Here are some examples of areas they cover:

- Advocacy, dealing with issues of discrimination against blind people.
- Government affairs, dealing with legislation affecting or benefiting people who are blind or visually impaired.
- The Crisis Committee, assisting blind people at large who are dealing with issues resulting in a financial or physical crisis.
- Scholarship, rewarding blind and visually-impaired students for their achievements with financial support towards their education.

My favorite is the History Committee. We are in charge of documenting and preserving the history of our organization. My life has been heightened by my active participation on this team of individuals. Through my participation on this committee, I have been able to see the powerful impact that our consumer organization has had on the lives of blind people and how the decisions of WCB have driven our movement forward.

I have especially enjoyed working on the oral interview project. This venture has gone on for many years. We have compiled some very interesting personal stories from our members throughout the state. Through their involvement with WCB, they have contributed much to improve and enhance the lives of blind people. Within this catalog of interviews, we have also included persons who are involved with various service providers, such as Department of Services for the Blind, and Washington State School for the Blind, among others.

It has been good to be a part of a team that is making an impact in the blind community.

Perhaps you, too, have a story you would like to share through an oral interview, or via an article in our fabulous Newsline. What has been your struggle? How has your life been enhanced by your involvement with WCB? If so, let your History Committee or Newsline Committee know. We want to hear from you.

## **Hats Off**

### **Compiled by Linda Wilder**

We extend congratulations to, and celebrate with, the following WCB members:

Julie Harlow for presenting her small-business plan to DSB, which was approved for her startup business called InnerVisions.

Steve Fiksdal on the launch of his new business, "Discover the Unique You," an innovative, yet time-tested approach to strengths identification and personal success.

Hayley Edick on her new position with the Tacoma School District as a para-educator for blind elementary students at Washington Elementary School in Tacoma.

Corey O'Connor on his recent hire by Best Buy in Lancaster, PA, where he currently lives.

Carla Brinkley on her appointment to the Resident Advisory Council for the Washington State Long Term Care Ombuds.

If you or someone you know has something for inclusion in Hats Off, email **[TheWCBNewsline@gmail.com](mailto:TheWCBNewsline@gmail.com)** with "Hats Off" in the subject line. Those items that may not meet the criteria listed below may still be very appropriate in your local chapter's "Around the State" article. The following are reasons for inclusion in this column:

Birth of a child, grandchild or great-grandchild

Birthdays 75 years and up, in 5-year increments (yearly after age 90)

Marriage or wedding anniversaries 25 years and more, in 5-year increments

Graduation from high school, college or vocational program

New job, career promotion or retirement

Partnering with a dog guide

Appointment to a city, county, statewide or national board or commission

Exceptional recognition or award



# **AROUND THE STATE**

## **Clark County Council of the Blind by Bob Cavanaugh**

So far, it's been kind of slow here in Clark County, but things are starting to pick up.

Our treasurer, Dan Ezell, resigned in September. Vaughn Brown was elected as our new treasurer at our September meeting. We already have some advocacy projects potentially in the works, and the fundraising session at convention proved to be valuable. As of this writing, Giving Tuesday hasn't happened yet, but I hope to say in my next update that we have raised lots of money through that platform. That was something I had wanted to be a part of from the beginning, but I got some other ideas, as well, from the convention session.

## **Guide Dog Users of Washington State by Vivian Conger**

Since our last update, we have held elections. Starting Jan. 1, our board consists of:

- Andy Arvidson, president
- Sheri Richardson, vice president
- Deb Cook Lewis, secretary
- Holly Kaczmarek, treasurer
- Haley Edict, director
- Josette Kernaghan, director
- Vivian Conger, immediate past president

For the first time, we held our business meeting separate from the WCB convention. It was held on the Monday night before convention. After the business meeting, we held an auction and had a lot of fun. Thank you, Josette, for the yummy Canadian goodies and shortbreads that we auctioned off.

The luncheon program that was held during the WCB convention was a pre-recorded presentation by Christy Bane that took place at the annual Guide Dog Users Inc., convention during the summer. It was a very interesting spot.

Starting in January, we will be holding Zoom events featuring guide dog schools.

Stay tuned for upcoming events.

## **Pierce County Association of the Blind by Julie Harlow**

The Tacoma Chapter of PCAB continues to meet monthly via Zoom with great guest speakers. Over the past three months, we have had Danielle Miller from the Talking Book & Braille Library, who gave us an update on their current happenings. We also had Denise, from Speak to Me Catalog. Our members were excited to learn about the different items offered at this store. Speak to Me Catalog had several items we were surprised to learn were offered. We also had a demonstration by Democracy Live, on accessible voting. It was so uplifting to know we can vote with independence and privacy.

We had an in-person gathering in September, where 13 members met at Sizzler. Our second gathering will be our annual holiday party Dec. 18. We are looking forward to seeing and meeting with old friends. Hope you all have a great start to the New Year.

PCAB also had their annual elections in November. Our vice president and secretary had to step down, and we thank them for their service. To continue these two terms, Linda Wilder has been elected as 1st vice president, and Mike Edwards to fill the secretary role. We also have new appointees to our board – Colleen Smith and Corey O’Conner. Welcome to our new board members, and we look forward to continuing serving our chapter.

## **South Kitsap Council of the Blind by Kim Moberg**

Like many of you, for our November meeting we held election of officers. I am happy to report that we had an exciting election just like we did at the 2021 WCB business meeting. All officers this time were voted in by acclamation. Jessamine Landby is our new president. Chris Brame will continue as our secretary. I am really looking forward to this year and all the exciting new things that will happen during Jesses' presidency.

At our meeting after elections, we talked about what we would do for our Christmas celebration. I had an idea that maybe we could all go out for a nice lunch/dinner meal together. We would combine the meeting along with a social event for our celebration. This event will be held on Saturday, Dec. 18. It should be a fun time of sharing. I know that by the time you all read this we will have had this party. Next time, I will be able to say that we had a grand time.

In August, our chapter started holding in-person meetings. In preparation, the board came up with some guidelines for staying safe during COVID. We decided that we would start having meetings once all members were vaccinated or could show medical cause why they were not vaccinated. So, we are wearing masks or face shields, and we are washing our hands with hand sanitizer. We are asking that if a member is feeling sick to please stay at home. So far, all has worked quite well with regards to in-person meetings.

Several of our members attended the virtual state convention of WCB this year. I won a door prize, as well as being elected as a director on the WCB board.

Happy New Year to you all in 2022. Happy 50th anniversary to this Newsline publication, and to those who work so diligently to bring us such a fabulous publication.

## **Spokane Council of the Blind** **by Debby Phillips**

It is now really and truly fall, but it seems like just yesterday when it was so hot and we were trying to keep cool with the overpowering heat we had this summer. We have had a busy summer and early fall, and we will slide into winter in December. Here's hoping that we won't literally slide.

In September, we were back at Golden Corral and beginning to think about the upcoming year and what we might want to be doing.

In October, we had Oktoberfest, where we were served brats, sauerkraut for those who enjoy that, warm potato salad, and some of the best cupcakes I have ever had. I chose the chocolate ones, and they were rich and yummy with lots of frosting.

Craig and I brought our iPad and a Bluetooth speaker and we listened to the banquet after a brief meeting. We enjoyed listening to all the awards that were given out. Unfortunately, the time for rental of the room we used ended and we had to leave before the banquet totally ended. But people did enjoy being able to listen to the banquet together.

In November, we had our elections. Debby Phillips was voted in for a second term as president, and Frank Federspiel was voted in for a second term as treasurer, Cindy Glidden as secretary, and Tracy Fejeran as corresponding secretary.

Here's wishing for a happy and prosperous 2022 for us all. May COVID-19 ride out on the horse she rode in on and be far, far away so that when it's time to write for the winter Newsline next year, we will be able to have all the gatherings we choose to have together.

## **United Blind of the Tri-Cities** **by Janice Squires**

The members of United Blind of the Tri-Cities are all grieving over the loss of three of our long-time members. Mel Dubbin, husband of our past President Sherry Dubbin, passed away on August 29. Mel was a true and giving servant, always so kind and helpful to anyone and everyone who needed his help.

Karyn Vandecar, UBTC past secretary, left this world on September 7. Karyn was a true volunteer, always helping and participating in so many of the United Blind and the Edith Bishel Center for the Blind activities.

Byron Kaczmarski, husband of our UBTC treasurer and dedicated member, Holly Kaczmarski, passed away December 19. He was a beloved and respected member, always there to lend a hand with a smile on his face. Our hearts are all so broken and our sympathies go to their families and friends. They will be so sorely missed!

This year we won our battle with the county commissioners who wanted to cut the funding for our awesome Para transit service. However, we lost the struggle to maintain a contract with the state to continue local independent living services. This is a tremendous loss. It is unfortunate that this truly wonderful program has never been funded adequately so that a visually impaired Rehap teacher can afford to do the necessary travel in a sparsely populated area like southeastern Washington.

UBTC is what we call almost back to normal! Our chapter meetings are all in person, but still offering participation via our conference call system. Our support group programs such as cards, books and tech group still meet once a month. Our deepest appreciation goes to Shanna Iarter, for taking over our monthly lunch bunch group. She is doing an excellent job of organizing this monthly activity and did a fabulous job of coordinating the annual December Christmas party.

Our big excitement is our audio described plays program is back in full force! We have already enjoyed two described plays entitled "White Bluffs, (a musical)," "The Last Five Years," and "A Merry Whimsical Christmas."

Another new program, started by our President Frank Cuta is a pottery class. It is held twice a month at the Edith Bishel Center. Our artistic members are truly enjoying creating beautiful pieces of work.

Hope all of our WCB family had a beautiful Holiday season!

## **United Blind of Whatcom County by Holly Turri**

The United Blind of Whatcom County had a productive quarter. The highlight was our white cane program. It was given in conjunction with the Snohomish County and Skagit County chapters.

We had a book club meeting and discussed the book "I Can't Walk so I'll Learn to Dance." Earlier, we discussed the book "Nomad Land."

## **United Blind of Walla Walla by Heather Meares**

Winter has arrived in all her extravagance and has been putting on quite a show in Walla Walla, with lots of snow and very cold temperatures. It has not stopped this chapter, by any means, as they have some very warm hearts. Once again, they decided to adopt three blind or visually-impaired children for the holiday season to donate gifts to. We started this tradition last year, and it was such a success, we wanted to continue and spread the joy. It must have been a good kind of contagious, because I know at least one other chapter did the same thing. We partnered with a local teacher of students with visual impairments, Grace Dostal, who helped us last year, as well. She located the children and their interests and needs, shopped for the gifts, separated them into three boxes for child A, B, and C, and brought them to our holiday wrapping party. One of our members, Lucy Linker, found all the wonderful gift-wrapping supplies, which were very fun and tactile. They included jingle bells, fuzzy puff balls, crinkly twine, thick yarn, and paper with raised designs and patterns. After having our own gift exchange, we split into three teams at different tables and wrapped all the gifts to send back home with Grace to distribute to the kids. She and her

husband attended our party, had pizza with us, met a few guide dogs, and had a great time socializing with our group. We learned that Grace is now studying to become an orientation and mobility instructor.

We are looking forward to a year of growth, with an emphasis on reaching out to our community and finding new ways to become visible to those who may not know about us.

Joleen Ferguson had a great meeting with some city planners regarding some accessibility needs in an up-and-coming pedestrian plaza being built this year. She really is a go-getter, and has asked them many important questions, along with giving her suggestions and input.

Our local newspaper, The Union Bulletin, reached out to me to do an op-ed regarding all the roundabouts being built here, and how they affect blind or visually-impaired pedestrians. I am not sure they knew what they were asking for, but they got an earful. We spent some time at one of our chapter meetings, each person giving their personal experiences and opinions, which were then compiled into my article that was published.

Carla Brinkley was appointed to the Resident Advisory Council for the Washington State Long Term Care Ombuds. We are very excited for her and her contributions to this fairly new council in our state.

From our winter wonderland to all of you, we wish you all a year full of joy.

## **Washington Council of the Blind Diabetics** **by Danette Dixon**

Mornings are beginning to be very cold, and this tells me winter is coming. I am overly excited with our progress of WCBD. We have only been a special-interest affiliate for a year and a half. I still would love to see more members because I know there are more diabetics out there. This month, I would like to spotlight our vice president, Andy Arvidson. A lot of you know Andy. But something you may not know is that he is a Type 1 diabetic and has been a diabetic for more than 60 years. Andy has his hand in many different pots, and I am very thankful he is the vice president of WCBD. His wisdom and experience are unbelievably valuable.

In October, we had the chance to get to know Isaac Heimen, a three-time WCB scholarship winner, and a two-time ACB scholarship winner. Isaac is attending Western Washington University. He is a senior, studying behavioral neuroscience, and he is also on the pre-med track. Isaac's passion for learning and enthusiasm for life is quite remarkable when conversing with him.

If any WCB chapter would like someone from WCBD to talk to their chapter, please do not hesitate to ask one of us.

## **Yakima Valley Council of the Blind** **by Lisa George**

**YAKITY YAK FROM YAKIMA**

New Year's greetings to everyone across the state from all the members of Yakima Valley Council of the Blind.

After our election last October, we are happy to announce our YVCB leadership team for 2022. Sally Mayo is our new president, Reg George continues as vice president, Howard Underwood maintains his position as treasurer, and Lisa George remains secretary. Our new board director is Lisa George.

We continue to have our monthly business meetings via conference call and search for a new location. Our bowling outreach keeps rolling on, proving to be our best way to reach new people.

Our wishes for you in 2022: stay safe, stay warm, and stay positive.



## **2021 WCB In Memoriam**

The following are members of the Washington Council of the Blind who have passed away since our 2020 convention, and who were fondly remembered with a moment of silence at the beginning of our 2021 annual business meeting.

Dolores Acosta, Yakima Valley Council of the Blind  
Terry Blankenship, South King Council of the Blind  
Dorothy Bryant, South Kitsap Council of the Blind  
Robyn Carlisle, South Kitsap Council of the Blind  
Mel Dubbin, United Blind of Tri-Cities  
Darla Hatfield, Yakima Valley Council of the Blind  
Philip Holdsworth, Skagit & Island Counties Council of the Blind  
Carol Jansky, Pierce County Association of the Blind  
Gloria Riley, United Blind of Whatcom County  
Bill Smedley, Yakima Valley Council of the Blind  
Karyn Vandecar, United Blind of Tri-Cities  
Michele White, Snohomish County Council of the Blind

## **2022 WCB Officers and Board of Directors**

President Julie Brannon, Puyallup  
First Vice President Andy Arvidson, Anacortes  
Second Vice President Sheri Richardson, Seattle  
Secretary Alco Canfield, Spokane  
Treasurer Lisa George, Yakima  
Immediate Past President Denise Colley, Rosenberg, TX  
Board Director Nathan Brannon, Puyallup  
Board Director Frank Cuta, Benton City  
Board Director Reg George, Yakima  
Board Director Heather Meares, Walla Walla  
Board Director Kim Moberg, Silverdale  
Board Director Linda Wilder, Tacoma

## **2022 WCB Calendar of Deadlines and Events**

For more details on events listed,  
please subscribe to the wcb-l list or call 800-255-1147.

Join the WCB Coffee and Conversation Zoom call at 10 a.m. Saturdays.

### List of Abbreviations:

DSB	Department of Services for the Blind
WASILC	Washington State Independent Living Council
WCB	Washington Council of the Blind
WSSB	Washington State School for the Blind
WTBBL	Washington Talking Book & Braille Library

### **JANUARY**

- 10** – WCB Diabetics call at 7 p.m.
- 12** – WSSB Board of Trustees meeting
- 16** – WCB Tech Chat with Reg and Frank at 7 p.m.
- 18** – WCB committee leaders call at 7 p.m.
- 20** – WASILC meeting Zoom call from 10 a.m. to 2 p.m.
- 24** – President's call at 7 p.m.

### **FEBRUARY**

- 5** – WTBBL Patron Advisory Council call from 9 a.m. to noon
- 5** – WCB board meeting from 1 to 3 p.m.
- 7** – Treasurer's call at 7 p.m.
- 14** – WCB Diabetics call at 7 p.m.
- 20** – WCB Tech Chat with Reg and Frank at 7 p.m.
- 28** – President's call at 7 p.m.
- 28** – Deadline to submit articles for the WCB Newsline Spring 2022 issue

### **MARCH**

- 11** – DSB State Rehab Council meeting at 9 a.m.
- 11** – WSSB Board of Trustees meeting
- 14** – WCB Diabetics call at 7 p.m.
- 15** – WCB committee leaders call at 7 p.m.
- 20** – WCB Tech Chat with Reg and Frank at 7 p.m.
- 28** – President's call at 7 p.m.

## **APRIL**

- 4** – Last day for chapters to sign up to participate in GiveBIG
- 4** – Treasurer's call at 7 p.m.
- 11** – WCB Diabetics call at 7 p.m.
- 14-15** – Washington State Independent Living Council meeting at 10 a.m., Seattle
- 17** – WCB Tech Chat with Reg and Frank at 7 p.m.
- 19** – Early giving begins for GiveBIG online fundraiser  
<https://www.givebigwa.org/washingtoncounciloftheblind>
- 25** – President's call at 7 p.m.

# **Washington Council of the Blind**

is pleased to acknowledge donors who have generously supported our programs in the fourth quarter of 2021.

## *Thank You!*

**Johanna Rodman Foundation**

(designated for the WCB Scholarship Endowment Fund)

Anonymous donations in memory of  
**Marlaina Lieberg and William Barnes**

**the Cavanaugh family**

**Edmonds Lions Club**

**Guidelights and Gadgets, Inc.**

**Francesca Nelson**

**Stuart Russell**

**Schoenfeld-Gardner Foundation**

**Yuki Tamura**

**Linda Wilder**

And other contributions through various programs:  
ACB Monthly Monetary Support Program, AmazonSmiles,  
Benevity Fund, Network for Good, and PayPal Giving Fund

WCB would also like to welcome the following  
people who became new *Life Members* in 2021!

**Bob Cavanaugh**, Clark County Council of the Blind

**Tim Downie**, Snohomish County Council of the Blind

**Josette Kernaghan**, Guide Dog Users of Washington State

**Kayla King**, WCB member at large

**Yuki Tamura**, WCB member at large