QUE PASA

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Quarterly newsletter of the National Federation of the Blind of New Mexico

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Adelmo Vigil, President

E-mail: Avigil74@gmail.com

(575) 921-5422

James Babb, Editor

E-mail: jim.babb@mysero.net.

(505) 291-3112

Tonia Trapp, Assistant Editor

E-mail: tltrapp.7.467@gmail.com

(505) 856-5346

ARTICLE SUBMISSIONS

To submit an article or recipe for possible inclusion in this newsletter, please email it to jim.babb@mysero.net. By submitting your article or other material, you are agreeing to the following:

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# PREAMBLE

The National Federation of the Blind of New Mexico (NFBNM) is a 501 (c) 3 consumer organization comprised of blind and sighted people committed to changing what it means to be blind. Though blindness is still all too often a tragedy to those who face it, we know from our own personal experience that with training and opportunity, it can be reduced to the level of a physical nuisance. We work to see that blind people receive services and training to which they are entitled and that parents of blind children receive the advice and support they need to help their youngsters grow up to be happy, productive adults. We believe that first-class citizenship means that people have both rights and responsibilities, and we are determined to see that blind people become first-class citizens of these United States, enjoying their rights and fulfilling their responsibilities. The most serious problems we face have less to do with our lack of vision than with discrimination based on the public’s ignorance and misinformation about blindness. Join us in educating New Mexicans about the abilities and aspirations of New Mexico’s blind citizens.

(Adapted from NFB of Ohio newsletter.)

# EDITOR’S NOTE

by Jim Babb, Editor

Hello Fellow Federationists and Newsletter Readers,

I hope you enjoy this edition of Que Pasa, the newsletter of the National Federation of the Blind of New Mexico. The articles you contribute help make this newsletter possible, and they are much appreciated. I wish to thank Assistant Editor, Tonia Trapp, who helps put this newsletter in an organized fashion and also reads it onto New Mexico Newsline.

Have a great holiday season,

Jim Babb

# PRESIDENT’S MESSAGE

by Adelmo Vigil, President, NFB of New Mexico

Greetings Federation Family:

We are fast approaching the holidays, so this is a great time to reflect on all that we have accomplished in 2016. I want to take this opportunity to wish everyone blessings through the holidays and a happy new year.

In October and November, we conducted our leadership training and the parent and student seminars. I want to thank everyone who participated in and helped plan the seminars. The New Mexico Affiliate believes that through love, hope, and determination, we can transform dreams into reality in our state.

Students and children can live the life they want, if they receive proper instruction in the blindness skills necessary for them to read, write, and travel independently.

I remember growing up in Northern New Mexico asking myself, "What will I do when I become an adult?" I was not looking forward to living on a small farm for the rest of my life. Back then, I did not know about the National Federation of the Blind and the hard work its members were doing to change attitudes about blindness so that I could live the life I wanted. I joined the National Federation of the Blind in 1982, and my life has been enriched ever since. I have found strength, encouragement, and a wonderful family in the National Federation of the Blind. I encourage everyone to join our Federation Family in New Mexico.

It is not too early to begin planning for our state convention in 2017. The convention will be held at the Sheraton Albuquerque Uptown on March 30 through April 2, 2017.

Again we will continue to call on members of each local chapter and division to help us move forward and grow as an affiliate. We can change what it means to be blind for children, youth and adults of all ages in New Mexico.

The National Federation of the Blind of New Mexico knows that blindness is not the characteristic that defines you or your future. Every day we raise the expectations of blind people, because low expectations create obstacles between blind people and our dreams. We can live the life we want; blindness is not what holds us back.

# FORMER NMSBVI STUDENT WINS PARALYMPIC MEDAL

On September 10, 2016, Christella Garcia won a bronze medal at the 2016 Rio Paralympics in Women's Judo in the +70 kg event. Christella graduated from the New Mexico School for the Blind and Visually Impaired (NMSBVI) in 1997. We are all very proud of Christella and what she has accomplished. Here is a link to a news story about Christella from KCRA-TV in Sacramento, titled "Sacramento Judo Paralympian: I Feel So Proud Of My Country," that ran on September 8, 2016, just a few days before she won the bronze:

**Sacramento judo paralympian: I feel so proud of my country**

<http://www.kcra.com/article/sacramento-judo-paralympian-i-feel-so-proud-of-my-country/6286632>

# NEW ADAPTIVE SPORTS PROGRAM IN NEW MEXICO

by Christine Fila

I am leading the effort to start an adaptive sports and recreation program in New Mexico for visually impaired and blind persons. I have participated in similar organizations in New England, and I found them to be a great avenue both for meeting others with similar interests and for continuing to live a healthy lifestyle. Many sports and other activities that promote physical fitness can be easily adapted to promote participation by people who are blind, including hiking, camping, water sports, cross country skiing, and tandem bicycling, to name a few.

To get involved, please contact me by calling

617-750-3346 or E-mail me at chris.fila@hotmail.com.

# DO YOU KNOW THE WAY TO SANTA FE?

by Nancy Burns

The members of the West Mesa Chapter thought long and hard before deciding on a plan for the 2016 Meet the Blind Month project. This event is always taken seriously, and the chapter wanted to spread the NFB message but also desired to create a new approach. A short leaflet was created with contact information attached. In previous years, literature had been handed out in various locations throughout the city. After much discussion, it was decided to take a page from a popular 60's song with a slight change to the title. The Rail Runner runs daily, and it is only about an hour trip from Albuquerque to Santa Fe. Anyone was welcome to join the group, and since White Cane Safety Day, October 15, was on Saturday, it wasn't necessary for anyone to take off from work (several blind teachers were interested in participating).

Early that morning, eight enthusiastic chapter members boarded the Rail Runner at various locations. To make life a little more exciting, one of the participants missed the train, and her mom drove to catch up with it further along the route.

During a chapter meeting prior to the trip, each person reflected on the meaning of the White Cane Law and told how the law had impacted their lives. New Mexico holds the honor of passing the first White Cane Law in 1967 while Governor David Cargo was in office. Each year since, along with most other states, this law has been celebrated with emphasis on bringing the message to the public. With all of this in mind, these Federationists carried around bundles of the NFB flyer. On arriving in Santa Fe, everyone gathered at the Rail-yard and walked the short distance to Tomasita's Restaurant, well known for its delicious Southwest cuisine. After enjoying a tasty meal and discussing plans for the day, we then walked as a group to the Plaza area where we separated and went in different directions to talk with vendors, make purchases, and hand out leaflets. The weather was beautiful and unusually warm for the month of October.

The residents of Santa Fe plus many out-of-town tourists were able to observe blind adults riding the train, walking independently with a white cane, making purchases, and handing out brochures. We saturated the Plaza area with blind individuals living the life we want.

At the end of the day, we boarded the Rail Runner once again and made our way back home. We were pleased and happy with the thought that perhaps we had made a difference in the belief systems of those present in Santa Fe. We all felt good about the trip and chatted excitedly all the way back to Albuquerque.

# HONORING OUR VETERANS

The NFB of New Mexico issued the following press release in early November in honor of Veterans Day:

FOR IMMEDIATE RELEASE CONTACT:

Adelmo Vigil, President

National Federation of the Blind of New Mexico

700 New York Avenue Alamogordo, NM 88310

(575) 921-5422

E-mail: avigil74@gmail.com

<http://www.nfbnm.org>

NATIONAL FEDERATION OF THE BLIND OF NEW MEXICO HONORS BLIND NEW MEXICANS WHO GAVE THEIR EYES FOR OUR COUNTRY.

Alamogordo NM (11-08-2016) The National Federation of the Blind of New Mexico (NFBNM) joins our country in celebrating Veterans Day on November 11, 2016 with a special focus on the blind men and women of New Mexico who lost their sight while in service to our country.

"A number of our New Mexican soldiers became blind while participating in this country's conflicts; when they returned to New Mexico, they helped to make our state a much better place to live," said Adelmo Vigil, NFBNM President. "Thanks to our resident historian, Peggy Chong, The Blind History Lady, this year we will highlight three men who have helped to make our state what it is today," Vigil added.

Monroe Fox was blinded during World War II at Iwo Jima. After receiving blindness training from the Veterans Administration, he came back home, attended the University of New Mexico, and then served as the Assistant District Attorney for Rio Arriba County for more than a decade. For decades, he was the only attorney for the community of Chama.

Paul Lees, also blinded during World War II, went to Hollywood, after blindness training through the Veterans Administration, to break into the film industry. He appeared in such 1940's and '50's films as "United States Mail," "Copper Canyon," and "Beyond Glory." Returning to Albuquerque, he continued to act at the "Little Theater" and went into business with his brother-in-law, Dale Bellamah, as his sales and promotions manager. Together they built up many new neighborhoods such as the Princess Jeanne Park and Kirkland neighborhoods of Albuquerque.

During the Vietnam war, Michael Naranjo was blinded by a grenade blast that not only cost him his eyesight but the use of one hand as well.

While recovering in the hospital, he asked for clay, a familiar, calming outlet from his childhood on the Santa Clara Pueblo. In 1971, Naranjo presented to then President Nixon his bronze statue, "Dance of the Eagles." Today, Naranjo's contributions can be found throughout the best galleries in the country.

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create obstacles between blind people and our dreams. You can live the life you want; blindness is not what holds you back.

# SERVANT OF THE HEART LIFE SKILL CENTER FOR PEOPLE LIVING WITH DISABILITIES

Do you have any family members or friends with disabilities and struggle to know what to say or how to act around them? People with disabilities are considered one of the world's largest under-represented groups. The church and Ecumenical Communities are largely unprepared for this ever-growing population of people with disabilities. One of the primary goals of this ministry is to reach out to individuals who are living with disabilities and their families and caregivers. The Life Skill Center is designed not only to teach life skills but also to help form individuals to become ministers and productive members of their community in their parishes throughout our Archdiocese and our Ecumenical Communities.

St. John the Baptist Catholic Church in Santa Fe, New Mexico has undertaken a new endeavor in their Parish Community by opening this Life Skill Center for individuals living with disabilities. This pastoral ministry is under the direction of Martin A. Gallegos. He would like for you to help to bless this new ministry with your prayers as we reach out in service to the people of the Archdioceses and Ecumenical Communities.

For more information or to refer individuals to the Servant of the Heart Life Skill Center, you may contact Martin A. Gallegos at 505.690.3216 or the Parish Office at 505.983.5034 Monday thru Friday 9:00 a.m. to noon and 1:00 p.m. to 5:00 p.m.

Or send an email to

servant.heart@sjtbcc.net.

# GOOD EATING

## BREAKFAST POPOVER MUFFINS

by Veronica Smith

These muffins are simple, easy to make, and very tasty on a cold chilly morning with your favorite breakfast!

1 cup flour

1/2 teaspoons salt

3 teaspoons baking powder

4 tablespoons sugar

3 tablespoons melted butter

1/2 cup milk

1 egg, slightly beaten

Sift flour, salt, baking powder and sugar together. Add milk and butter. Mix well. Add egg and mix again. Pour into greased muffin rings or into a cupcake pan. Bake at 450°F for about 7 minutes. Makes 8 popover muffins. Enjoy!

## EASY APPLE CRISP WITH OATMEAL STREUSEL

by Tonia Trapp

Note: Slicing the apples into small, thin pieces is essential for this recipe to come out well. I have found that if the apples are too thick or the pieces are too large, they won't acquire the desired texture during the cooking process (i.e., they don't come out soft and mushy like they should). I typically use 3 Granny Smith and 3 Golden Delicious apples because I like the combination of tart with sweetness, but you can adjust the proportions and types of apples to suit your tastes.

6 total Granny Smith and Golden Delicious apples, sliced thinly

3 tablespoons regular sugar

3/4 teaspoons cinnamon

1/8 & 1/4 teaspoons salt

1 cup brown sugar

1 cup Quaker Quick Oats

2/3 cups flour

1 stick unsalted butter, cut into small pieces

Core and slice the apples into quarters. Then take each quarter-apple and slice it lengthwise into strips approximately 1/4-inch thick. Chop each strip in half to make them shorter. Now the apples are ready for cooking.

Lightly coat a 9-by-13-inch pan with Pam or other cooking spray. Place the sliced apples in the pan. In a small bowl, combine the regular sugar, cinnamon, and 1/8 teaspoon of salt. Sprinkle the mixture over the apples, then toss the apples to coat them evenly.

To create the topping, mix the brown sugar, oats, flour, and 1/4 teaspoon of salt. With your fingertips, blend the butter pieces into the dry mixture until small clumps form and the butter is well-incorporated (about 2 minutes). Sprinkle the topping over the apples.

Preheat the oven to 350 degrees. Bake the apple crisp for 50-60 minutes. Let it cool for 30 minutes before serving.

# USEFUL WEBSITES, APPS, AND TELEPHONE NUMBERS

[www.nmlegis.org](http://www.nmlegis.org) or call 1-505-986-4300

Use these resources to contact your state Representative or Senator regarding legislation in the upcoming session in January 2017.

[www.charitywatch.org](http://www.charitywatch.org)

This is the charitable giving season. Check out the proposed charity to see if they are legitimate and to make sure that most of the gift goes to the intended purpose.

[www.nomorobo.com](http://www.nomorobo.com)

Go here to sign up to stop those annoying robo-calls. Check it out, it’s free.

Google app: Duo

Duo is a simple 1-to-1 video calling app available for Android and iOS. Duo takes the complexity out of video calling, so that you can be together in the moment wherever you are. This app is encrypted so even Google can’t view or listen in on your chat. The app is free.

App: Hiya

Hiya is a free app for your iPhone which is supposed to block unwanted robo-calls to your phone. Go to the iTunes website to download it.

# MEETINGS AND ANNOUNCEMENTS

January 30-February 3 Washington Seminar, Capitol Holiday Inn, Washington, D.C.

January 4-11 Braille Literacy Week

March 30-April 2 NFB State convention, Sheraton Uptown, Albuquerque

July 10-15 National Federation of the Blind Annual Convention, Orlando, Florida

College scholarships from $3,000 to $12,000 will be awarded during the convention.