**National Federation of the Blind**

**San Diego Chapter**

**October 8, 2015**

**NFBC San Diego Quarterly Fall 2015 Newsletter**

**Hello Chapter Members and Friends,**

**Welcome to the fall 2015 issue of the National Federation of the Blind of California, San Diego Chapter Newsletter! In this issue you will learn about upcoming meetings, special events and social gatherings. You will gain understanding about some of the work of the National Federation of the Blind. You will be introduced to some books and two publications by the National Federation of the Blind. Throughout the newsletter you will be invited to take advantage of new opportunities, receive mentoring and, most of all, you will be reminded that with “Love, Hope and Determination”, you can live the life you want; blindness is not what holds you back.**

## Upcoming Chapter Meetings and Events

### Tuesday October 13, 6:00 PM to 8:00 PM:

**Chapter Phone in Meeting**

**Please join your friends from the comfort of your home.**

**Meeting highlights include: greetings from our state president, convention update, meet the Blind activities and much more! Below you will find call-in instructions.**

**\*Please go through the call-in steps in advance of the call-in meeting. Contact Kyle Woodard if you encounter any problems as we are using his chat room. Kyle’s phone number is (512) 992-6346.**

**Call-in Instructions**

**Dial (712) 432-6499.**

**Listen for “bypass announcement” and press the number symbol.**

**Press #1 and enter code: 2665. You will hear the room name, National Federation of the Blind San Diego Chapter conference room”.**

**Upon entering the room, state your name so everyone will know who has joined the meeting.**

### Tentative Meet the Blind Month activities

### Friday October 16, 11:00 AM to 3:00 PM

### 6235 El Cajon Blvd.

**NOTE: I am waiting for the go-a-head from Interim Chapter President, Kyle Woodard.**

**Would you like to help with a low-key outreach and event? Besides sharing information about the NFB, we will hopefully have opportunities to share how we live the life we want. You are invited to volunteer for a two-hour shift or help out for the duration of the Meet the Blind event. Call Lisa at (619) 884-0189 if you have questions or would like to help.**

### Saturday October 24,

### 11:00 AM to 4:00 PM

### Tentative Meet the Blind Chapter Members and Friends scavenger Hunt

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**Possible media coverage for Meet the Blind Chapter Scavenger Hunt**

**Due to very short notice we have a nominal chance to secure media coverage. . If you have a media contact and would like to talk to the individual about covering our event please let Lisa know as soon as possible. Also, if you would like to help plan this exciting activity please call Lisa.**

### Saturday October 24, 4:00-7:00 PM

### Plymouth Congregational Monthly Meal Ministry

### 2717 University Avenue.

### Volunteers Needed

**NOTE: The NFBC, San Diego Chapter members and friends volunteer in conjunction with a church that gives us meeting space. The NFB is a secular organization and does not promote or discourage an individual’s religious affiliation with this church or any faith based organization. Please call or E-mail Lisa if you would like to help all or part of the time. E-mail, nfbcaliforniasd@gmail.com**

**Have you read the recent chapter Facebook posting about Lyn Gwizdak’s volunteer experience with Plymouth’s dinner distribution? View these photos, read his story and see what else has been happening! Please go to the Facebook page and type our FB link, nationalfederationoftheblindsandiegochapter@facebook.com.**

**If you have difficulties locating our Facebook page please call Kyle Woodard, Social Media Committee Coordinator, at (512) 992-6346, or send Kyle an E-mail at,** [**nfbcaliforniasd@gmail.com**](mailto:nfbcaliforniasd@gmail.com)**. Enter, “Social Media” in the subject line.**

### Thursday, October 29 through Sunday November 1st

### National Federation of the Blind of California

### Annual State Convention

**Celebrate 75 years of freedom and independence at this year’s annual NFB State Convention.**

**Chartered Bus**

**Bus transportation is paid for by our state affiliate. The bus is scheduled to depart on Thursday October 29, from Denny’s restaurant located at 4365 University Avenue. \*Call Kyle Woodard for details and to sign up to ride the bus. (512) 992-6346.**

**Convention Registration Information**

**Please note that the deadline to pre-register has passed. However, it is my understanding that late registrations will be accepted. You will incur higher registration and banquet ticket costs for late registration. Please visit** [**www.nfbc.org**](http://www.nfbc.org) **and complete the request for information form. Note: You must first register for the convention in order to receive the group rate for a hotel room.**

**Hotel Reservations Information**

**For hotel reservations, call: (510) 490-8390. Press 2 on the option menu to make your reservation with staff at the front desk. Group code: NFC. Room rates: $109.00 + tax – without breakfast buffet $129.00 x – with breakfast buffet for two guest**s. **Please make your reservations as soon as possible as the block of rooms is almost full. You will need to reserve a room for October 29 and check out on November 1st.**

**Need aRoommate?**

**If you need a roommate I suggest that you post a notice to the NFBC list serve. Please visit** [**www.nfbc.org**](http://www.nfbc.org) **to learn more about signing up for the NFBC list serve**.

**If you need additional assistance please E-mail questions to** [**nfbcaliforniasd@gmail.com**](mailto:nfbcaliforniasd@gmail.com)**. Please be concise and specific about what you need. Enter in the subject line, “convention question”**

### Tuesday November 10, 2015

**monthly chapter meeting, 6:00 PM to 8:00 PM**

**We will meet at Plymouth Congregational Church located at 2717 University Avenue. You can ride either the bus route #7 and get off at Utah, or ride the bus route #10 and exit at 30th and University Avenue. Please call Bus Information at (619) 223-3004 for scheduling information.**

**If you would like to learn the route from the bus stop to the church, please call Lyn Gwizdak no later than Monday October 12th.**

**Call Lyn at (619) 405-5554.**

**November Chapter Meeting Details**

**The first half of the meeting will be dedicated to chapter business. The second half of the meeting will feature a 75th NFB Birthday Bash! This celebration is open to the blind community, sighted friends and family and fellow students, co-workers, neighbors and anyone else who enjoys birthday cake.**

**Yes, there will be a couple of games. Would you like to help? There will be a NFB Birthday Party Committee call-in meeting, time and date to be announced. This is a very short-term commitment.**

**Every birthday celebration needs food and fun! Do you know the manager of your favorite restaurant? Would you be willing to request a donation of sandwiches, pizza, chicken, drinks or cake? Please call Lisa if you or someone you know would like to contribute food or party supplies.**

### Saturday, November 14

### marriage of Wallace Kyle Woodard and Tiffany Thomas!

**If you haven’t heard, Kyle and his sweetheart, Tiffany is getting married in Northern California! If you and a group of friends would like to pitch in and get the couple a wedding gift, you may visit the Bed, Bath and Beyond web site or the Target web site. They have set up a gift registry. You may also visit these stores.**

**I have a hunch our chapter will celebrate the marriage of Kyle and Tiffany in December.**

### November Social Gathering

### Date to be Announced

**What would you like to do for fun with members and friends of our chapter? How about giving it a go to plan something simple. Mentoring is available if you are unsure about how to plan an activity. Please call or E-mail Lisa.**

### Tuesday November 24 Plymouth Congregational Community Thanksgiving Dinner and monthly volunteer opportunity

**This annual Thanksgiving community dinner affords us many volunteer opportunities including: make Thanksgiving decorations, create thoughtful and encouraging messages on cards, talk to dinner guests, set up, clean up, work in the kitchen or donate any of the following items: gently used jackets, hats and mittens or a blanket. Give personal hygiene items. Contribute new socks, underwear or other clothing items. (Items you would accept from someone else). Lisa will request chapter approval to purchase a turkey. There’s one more way to help! Join Lisa for an afternoon of baking at her place. If you have questions about helping with this event please send an E-mail to,** [**nfbcaliforniasd@gmail.com**](mailto:nfbcaliforniasd@gmail.com)**. Enter in the subject line, Thanksgiving Dinner”. You can also call Lisa at, (619) 884-0189.**

### Tuesday December 8, 6:00 PM to 8:00 PM

### Monthly Chapter Meeting

### Plymouth Congregational Church,

**2717 University Avenue**

**Our meeting will be brief. We will take time to fill out a short, 8 to 10 question survey. Large print surveys will be available as well as limited sighted assistance. If you wish, the survey can be mailed to you in a word document. Your feedback will help the Chapter Board members to create the 2016 goals for the chapter. We will also recognize the decades of leadership demonstrated by one of our members.**

**Vacant Position: Volunteer Manager**

**Are you a caring person? Do you like to help? Would you like to share or increase your leadership skills, ability to inspire others and connect our members to volunteer opportunities within the chapter and with designated community service projects? Mentoring will be provided. For more information please send an E-mail to,** [**nfbcaliforniasd@gmail.com**](mailto:nfbcaliforniasd@gmail.com)**. Enter in the subject line, “Volunteer Manager”. Thank you.**

### Tentative December Christmas/Holiday Party

### Date to be Announced

**Did you have a great time at last year’s holiday party? For those of you who were not involved with our chapter or were unable to join us, we had a blast! Great friends, fantastic food, and games made the party complete. Three Southern California NFB chapters met up in Carlsbad last year.**

**There are many small and big ways you can help plan another awesome holiday party. Joseph and Lisa invite you to join the Holiday Party Committee. All we ask is that you follow through with your committee responsibilities. If you have never joined a committee we are here to mentor you. More information will be shared within the next couple of weeks.**

**If you would like to help with planning the party please send an E-mail inquiry to nfbcaliforniasd@gmail.com Enter in the subject line “Holiday Party Committee.” Either Joseph or Lisa will get back to you.**

## Announcements and News

### Cudos To Lisa and Lyn for Their Advocacy for Change!!!

**Below is information provided by Lisa Irving about a recent meeting she and Lyn Gwizdak had with Congress Woman Susan Davis. The meeting addressed abill that calls for the illimination of sub minimum wage work programs for the the disabled. Lisa and Lyn’s success earned them praise from our state president, Mary Willows. The text below is taken directly from Lisa’s e mail messages to the NFBC E Mail list.**

**I am pleased to say that congresswoman Susan Davis has agreed to cosponsor HR 188!**

**Before we met with Congress woman Susan Davis we were first invited to meet with one of her local staff members. The staff member had reservations about recommending that Congress woman Davis sign on with HR 188. Between last month's meeting and this afternoon's meeting Lyn and I did some homework. We took the time to learn about some of the organizations who oppose HR 188. I thought that we were more compelling because we dismantled NYSRA's and ACCSES's points of opposition. We learned a little about the Vermont Conversion Institute and what they're doing to help other out-of-state agencies to eliminate the traditional sheltered workshop model in favor of customized employment.**

**Lyn and I also learned something else this afternoon. According to Congress woman Susan Davis, congress members see a lot of bills. They want to know why the bill matters to their constituents. She and other congressional members want to be asked to support such bills, including the TIME Act. Please share your stories.**

**Upon learning of this successful meeting, mary Willows had this to write. “Everyone should take an example from the San Diego Chapter and follow up with your Representative. Let's hear from more Californians.”**

### In the Works

Very Tentative Low-key Peaceful Demonstration \*Pending **the approval and guidance from the State affiliate leadership**

**As you may know, the National Federation of the Blind and numerous organizations are working to abolish the antiquated practice of sub-minimum wages for persons with disabilities. Many of us have met with our congressional representatives and their staff locally and on Capitol Hill to garner their support. Please visit** [**www.nfb.org**](http://www.nfb.org)**. Enter in the search box, TIME Act or, HR 188, or SB 2001.**

**Did you know that there are eight agencies within San Diego County who hold Special Wage Certificates? These certificates, first issued in 1938, enable organizations to pay disabled workers pennies on the dollar. You will receive updates as they become available.**

### Used Canes Needed

### From President Willows;

**Hello All:**

**I, (President Mary Willows), trust that all of you saw my message with an appeal for unwanted useable canes for foreign countries.  I have now been contacted by an organization also in Los Angeles asking for canes for blind people in Mexico.  So now there will be two boxes in the registration area at the convention for your donated canes.  Every time you donate a cane for foreign countries, your name will go into a drawing.  The drawing prize will be drawn at the banquet on Saturday, October 31.  The Pathfinders Chapter members will take the boxes back to Los Angeles on the bus and deliver them to these organizations after the convention.**

**If you are unable to attend the upcoming convention and wish to contribute an unwanted cane please make arrangements to get your cane to Lisa or to Allison. Send an E-mail to,** [**nfbcaliforniasd@gmail.com.Enter**](mailto:nfbcaliforniasd@gmail.com.Enter) **in the subject line, “Unwanted canes”.**

**If you plan to attend the state convention please bring your old canes so that blind people in both Mexico and South Africa can begin to learn independent travel skills.  This is a great way to show that we live the life we want and others can do it too.**

### Accessible Information… from the NFBC **list serve.**

**The best way to improve the state of accessibility for consumers who are blind, deaf-blind or partially sighted at North American companies is to gain insight and then get the word out to the people who can either make improvements themselves (the companies) or be catalysts for change (the consumers).**

**My name is Sharlyn Ayotte, and I am the Founder of and Consumer Engagement Officer for T-Base Communications, a full-service accessible communications company that specializes in producing accessible statements and bills on behalf of North America's largest corporations and education providers. The large volume of accessibility-related questions we receive from our customers tells us businesses are interested in learning about and improving the user experience.**

**Because there are few, if any, up-to-date stats from consumers who are blind, deaf-blind or partially sighted and because your feedback is the most valuable, we've put together a few questionnaires, each taking less than 5 minutes to complete, asking about experiences obtaining accessible statements and bills from call centers, in-branch/in-store and online.**

**In the end, we'll have a data-packed final report to share with our customers and with end-user consumers across North America, in an effort to help calibrate the user experience.**

**If you or someone you know is blind, deaf-blind or partially sighted, we need your help. We need to reach as many people as possible; with sufficient participation we'll have statistically sound results. We anticipate these results will not only increase awareness of accessibility in North America, but also influence future policies.**

**Begin the**

**questionnaire<http://tbase.com/accessible-communications-calibrating-user-ex**

**perience> and see below for two other ways you can support us.**

**1. Share our initiative on social media with your followers. You can do**

**so by simply going to our social media properties and sharing our tweets and status updates on the following properties:**

**Facebook<**[**https://www.facebook.com/TBaseCommunity/posts/1598768563679059**](https://www.facebook.com/TBaseCommunity/posts/1598768563679059)**>**

**Twitter<**[**https://twitter.com/TBaseComm/status/646346611132489728**](https://twitter.com/TBaseComm/status/646346611132489728)**>**

**2. Invite friends and colleagues in the blind, deaf-blind and partially sighted community to participate. Simply copy and paste the text below in an email, and include the link to the questionnaire.**

**If you are a member of the blind, deaf-blind or partially sighted community, T-Base Communications would like to learn more about your experience receiving accessible information formats. Completing the questionnaire takes approximately 5 minutes. Access the questionnaire <http://tbase.com/accessible-communications-**calibrating-user-experience> or call

1-800-563-0668 Ext. 1229. to receive the questionnaire **in**

**an alternate format of your choice.**

**Thank you in advance. Please don't hesitate to contact me at** [**sharlyn@tbase.com<mailto:sharlyn@tbase.com**](mailto:sharlyn@tbase.com%3cmailto:sharlyn@tbase.com)**> if you have any questions or would like to chat further.**

**Have a great day!**

**Sharlyn Ayotte**

**Consumer Engagement Officer**

**T-Base Communications**

**Phone: 613-236-0866 | Toll free: 1-800-563-0668**

### NFB Blind Wheel Chair Users E Mail List

### **(reprinted from the** NFBC List serve for Blind Wheel Chair Users)

**We have a list on the nfbnet.org server called blind rollers, which are made up of blind wheelchair users.**

**To subscribe go**

**To:** [**http://www.nfbnet.org/mailman/listinfo/blind-rollers\_nfbnet.org**](http://www.nfbnet.org/mailman/listinfo/blind-rollers_nfbnet.org)

**or send e-mail to** [**blind-rollers-request@nfbnet.org**](mailto:blind-rollers-request@nfbnet.org) **and put the word subscribe on the subject line.**

### New NFB E-Book

### (reprinted from the NFBC List serve)

**The new, free ebook; (Building the Lives We**

**Want: The Seventy-Fifth Anniversary History of the National Federation**

**of the Blind)  is now available. Use the link below to access options**

**for reading the book including iBooks, Voice Dream Reader, computer,**

**Kindle and hardware book readers. The page contains instructions on how**

**to read the ebook via all of these formats. As the Acknowledgements and**

**Appreciations section says, in part; "It is not the work of an**

**Individual setting forth alone to record our struggles and**

**Achievements. Instead, it came into being through the collective effort**

**of a dedicated authors, researchers, and technology wizards. It brings**

**together the knowledge and reflections of men and women who have played**

**active roles in the National Federation of the Blind."**

[**https://nfb.org/pubs/building-the-lives-we-want**](https://nfb.org/pubs/building-the-lives-we-want)

**<https://nfb.org/pubs/building-the-lives-we-want**

### Books of Interest

**“The Fortunate Ones”, a historical novel about a group of blind individuals in Philadelphia during the 1700s, by, Fredrick W. Noesner.**

**The author responded to my E-mail and said the following, “I believe that the characters that I drew could well have lived then and walked those streets. The ads for stores were all taken from the newspapers of that time. I made it a point to find each location and visited it. Sadly there are very little actual written records of blind people living at that time. We did not leave many notes. The explosion is taken from actual historic records, but I did adapt it and move it by a few years and changed the location.”**

“**Who Lost” by, Dale Shelton.**

**Shelton tells of his life in Montana before and after going blind; his professional and personal accomplishments as well as his childhood and adult family life.**

**How to Subscribe to the Braille Monitor**

**I highly recommend that everyone download or subscribe to the Braille Monitor, the monthly magazine of the National Federation of the Blind.** **[The Braille Monitor has been the voice of the nation's blind since 1957.](https://nfb.org/pub-history-bm) Learn about other blind people, advocacy efforts, and other interesting and informative articles.**

**PLEASE**

**NOTE: Subscriptions are available in large print (14-point), in Braille, USB drive (see information on USB drive below), via**[**email**](http://nfbcal.org/listserv-signup.html) **(see "Email Subscriptions" below), or online at our website nfb.org. The Braille Monitor is also available on our NFB-NEWSLINE® service.**

**To subscribe, change your format, or change your mailing address, please contact the NFB by mail; by phone at 410-659-9314, ext. 2344; or by email** [**nfbpublications@nfb.org**](mailto:nfbpublications@nfb.org?subject=Subscribe%20to%20Braille%20Monitor)**.**

KNFB Reader Mobile App reprinted from www.nfb.org

**KNFB Reader**

**Fast, Accurate, Efficient**

**By harnessing the power of digital photography coupled with state of the art Apple hardware, this highly praised app, tailored to the specific needs of people who are blind or visually impaired, makes access to print materials much faster and more efficient than ever. New version 2 for iOS available; Android version coming soon! For more information please visit www.nfb.org**

**Final Thoughts**

**Thank you for taking time to read this newsletter. I hope you learned something new! In the past Allison Depner has worked hard to put together interesting and meaningful newsletters. In the future, we hope and believe that other talented chapter members will take part in creating a quarterly newsletter. It is a lot of work for one person. Admittedly, my mechanics of writing leave something to be desired.**

**If you would like to volunteer as the Quarterly Newsletter Committee Coordinator or if you would like to contribute an article or a resource to future newsletters please contact Allison and Lisa via E-mail at, nfbcaliforniasd@gmail.com.**

**“The National Federation of the Blind 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. You can have the life you want; blindness is not what holds you back”.**

**Lisa M. Irving, NFBC San Diego Chapter, Interim Vice President**