**The Kentucky Cardinal**

**Summer 2015**

**This is a Publication of the National Federation of the Blind of Kentucky.**

We invite and encourage your participation in this newsletter. Articles may be edited for length, and the editors reserve the right to judge suitability for this publication. Material must take the form of an attachment to an e-mail and may be submitted to any of the editors.

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A Message from our President: Cathy Jackson

The NFB of Kentucky

2015 State Convention

By Cathy Jackson, President

As the oppressive heat and humidity envelops us like a wool blanket it is time to begin making preparations for the 2015 National Federation of the Blind of Kentucky State convention. This is our 68th convention and I am proud to say we are still going strong. Once again we are in Louisville, Kentucky but at a different hotel. We will be guests at the Galt House Hotel, 104 N. 4th St in downtown Louisville, KY. We are booked for the weekend of September 25, 26, & 27th. Our room rates are $106 per night per room plus taxes. You should begin making your reservations by calling the 1-800-THE-GALT (1-800-843-4258). Reservations should be made no later than September 11th to guarantee the convention rate. Don’t forget to specify that you are with the NFBK when making your reservation.

Our NFBK divisions are sponsoring our Friday evening social this year. I believe it is only fair to let our divisions showcase their hosting abilities. As I understand, plans are underway for a big trivia night contest. The cost will be $5 per person to enter. Look for further details to be forthcoming, but in the meantime, brush up on your trivia knowledge. Also, as a part of the social, there will be a silent auction to off-set the cost of the social event. Lora Felty Stephens is in charge of organizing the silent auction. She asks individuals to look in their closets to find possible items to donate for the auction. Most of us have new items around the house that we aren’t using and could donate. Or, if you feel like heading into the kitchen, some homemade baked items or other yummy goodies would be a wonderful addition to the auction. We all get the munchies during state convention. Please email Lora at [lorafelty@windstream.net](mailto:lorafelty@windstream.net) to let her know what you plan to donate.

I know many of you started to panic when you saw the price for a hotel room. The board of directors is also painfully aware that this is going to be a more expensive convention than usual. We are going to go all out and help as many people as possible by offering $100 in financial assistance to every member who applies. First-timers and families attending convention may receive more financial assistance depending on individual circumstances. Please note that financial assistance will be in the form of a reimbursement. Our treasurer, Mike Freholm will have reimbursement checks included in the registration packets of those who have applied for assistance. We want to make every effort to keep everyone’s expenses to a minimum, so we hope this helps. George Stokes is chairing this committee and can be contacted for an application and additional information at [george4581@gmail.com](mailto:george4581@gmail.com) or 502-330-2344. The deadline for making an application is September 1st, 2015.

Pre-registration is once again available. I hope you will take advantage because not only do you save money but it also makes life considerably simpler for our treasurer, Mike Freholm. Mike is able to get name badges and meal tickets printed and put into packets before he gets to the convention. Pre-registration also provides us with a more exact count for the meals we must guarantee with the hotel. Your registration fee is $10. This charge helps us offset convention expenses. Once you register you are also eligible for door prizes that will be given away throughout the weekend. The registration fee is not your membership dues.

We are also planning our annual open board meeting and luncheon. Over the last several years this event seems to have continued to gain popularity. Saturday evenings are a special time at convention. The banquet brings us all together to share a meal, present scholarships and awards, not to mention the excitement of raffles and drawings. You don’t want to miss either the luncheon or the banquet. The cost of the luncheon is $27. The price for the banquet will be $37. If you choose to register at convention you should know in advance that registration will be $15, the luncheon $37 and banquet $47. There is a pre-registration form included in this issue of the Kentucky Cardinal. Complete the form and mail it along with your check or money order payable to NFB of Kentucky to: Mike Freholm, 2012 Harris Way, Russell, KY 41169. Mike needs your form and money no later than Monday, September 14th, 2015. Be sure to include the names and money for all persons for whom you are registering and purchasing meal tickets.

Those who have pre-registered should stop by the registration table between 5 PM and 7 PM on Friday afternoon to pick up their convention packet. The location of the registration table will be announced as soon as details have been completed. The table will open again on Saturday morning between 8 and 8:45. Those wishing to register at convention must do so during these scheduled times.

You will notice that there is information on the registration form regarding childcare. A safe, fun environment for our children is a top priority. We need ample time to find qualified caregivers and plan activities for the children. We have set a deadline of September 1st to enroll your child in childcare. If we do not have at least three (3) children signed up by this date, we will not be able to offer the service. There is a $10 non-refundable charge per child that must accompany your registration form. If, however, childcare is not offered the money will be refunded. Jayne Seif, who is a certified caregiver, will be coordinating our care attendants and the activities for the day. If you have questions please call Jayne at 502-500-7675. Child care will open at 8:30 Saturday morning and will remain open all day until fifteen minutes after the close of the banquet. Snacks, lunch, and dinner will be provided.

I am not exactly sure how many years we have been holding our reverse raffle, but it has indeed become a very successful fundraiser for our affiliate. Tickets are available for a $10 donation. We need everyone’s contribution. Since we are investing so much money in trying to boost attendance at this year’s convention, we must put forth an all-out effort to sell as many tickets as possible. You should contact me, any NFBK board member, or any local chapter or division president to obtain tickets. We grant the major prizes to the two lucky individuals whose names remain in the drawing at the conclusion of the banquet. Second place gets $250 and the grand prizewinner receives $500. But there’s more! In addition to the big prizes we draw for $25 amounts. The first name out of the hat wins $25. There’s still more! From that point on, the 25th, 50th, 75th, 100th name and so on, will also receive $25. Not only does our affiliate net a bigger profit the more tickets that are sold, but also there is a good possibility that we will have more $25 prizes to share. The National Federation of the Blind believes strongly in education. That’s why the NFB of Kentucky takes such pride in presenting deserving blind students here in the Commonwealth the opportunity of assistance in furthering their education. Scholarships range in amount from $500 to $1,000 and are given at the banquet. The selection process has closed for this year. We encourage those who are continuing their education to contact us in early spring of 2016 to learn more about the ––program. Lora Felty Stevens has chaired our scholarship committee for a number of years and I want to thank her for her hard work and dedication.

Katie Adkins will chair our resolutions committee. Anyone with an idea for a resolution can contact her for help with putting your thoughts to paper. Contact Katie at, [kcpenn01@louisvulle.edu](mailto:kcpenn01@louisvulle.edu), or by phone at 502-553-5933. Our resolutions are an important part of the inner workings of the organization. The resolutions that are passed at convention set the tone of business for the coming year.

Denise Franklin has graciously agreed to chair the awards committee again this year. Individuals are eligible to be nominated for one of three awards. They are the: Susan Be. Rarick Award, Harold L. Regan Award, and the T. V. Cranmer award. Chapters and Divisions can be nominated for the Robert E. Whitehead award. Keep in mind that awards do not have to be given annually. They should be given to someone who truly deserves the recognition. Denise can be reached at [kyfranks@yahoo.com](mailto:kyfranks@yahoo.com) or by phone at 502-499-0759. A description of each of the awards is given in this issue of the Cardinal.

Our Assistive Technology Division (TAD) did such a bang-up job at their first symposium last year that they are in the throes of putting together another one for this year. The event is scheduled to begin Friday morning, September 25th at 9:00 AM, and will run until 5:15 pm that afternoon. I know for a fact it will be very informative. Todd Stephens, president of the division has asked me to extend an invitation to all who might be interested.

Door prizes add a bit of an enthusiasm to our weekend. Nickie Pearl will chair the door prize committee for this year. It isn’t too early to start gathering items. We will accept new items for both men and women. I don’t know of anyone who doesn’t appreciate cash prizes.

I am working diligently on putting together an agenda that I believe will be both informative and enjoyable. I have had some really good suggestions to consider and I think they are worthy of implementing. Since this is the 75th anniversary of the National Federation of the Blind I believe this year’s convention should focus on the history of the NFB and the NFBK. The convention will officially be called to order on Saturday morning the 26th at 9:00 AM sharp. I am so excited to be able to announce that Mark Riccobono, the President of the National Federation of the Blind is going to be our national representative. President Riccobono was elected to this position at our 2014 national convention. I talked with President Riccobono back in late spring to see if his coming to Kentucky was even a possibility. I kept my fingers crossed, and wow! My wish was granted.

The afternoon session calls to order at 2:00 PM. The afternoon meeting is the business portion of the National Federation of the Blind of Kentucky convention. A major piece of business that we will be dealing with this year is the proposed changes to our constitution. The changes will be distributed on our list serve, our web site, through face book and twitter for your review. I hope you will take the time to read and consider these proposed changes. We will be reading the constitution in its entirety as it is currently written and with the changes. We need you to be present to discuss the changes and to vote on them. This is your organization too, and you need to play a role in how we conduct business. We will also deal with: legislation, resolutions, the election of officers and any further business that needs to come before the membership.

Our master of ceremonies for this year’s banquet will be none other than our very own Michael Freholm. I have a strong suspicion we are in for a really good time. President Mark Riccobono will deliver our keynote speech at the banquet. I first met Mark back in 2000 when he was here in Louisville attending the American Printing House for the Blind Annual Meeting. Since that first meeting we have had several occasions to work together. President Riccobono will certainly add flair to our convention.

The banquet has always been the perfect backdrop in my opinion to present our scholarships and awards. These men and women are the cream of the crop. And as such they should receive the accolades that they so richly deserve. I can’t say with certainty, but there are usually a few awards given to those among us who have supported the NFB and the NFBK throughout the years; those who are hard at work making a difference in the lives of the blind.

You will most definitely want to stay to the very end, because we will conclude the drawing for our reverse raffle grand prizes. Other chapters and divisions will also be doing their drawings at this time.

Michael Freholm is asking everyone to be in attendance at the NAPUB, National Association to Promote the Use of Braille in Kentucky meeting on Sunday morning at 9:00 PM. Circumstances prevented us from hosting our BELL program, but we aren’t giving up on the idea. We learned much this past year while trying to prepare for the two-week program. We believe we have a better idea of what to expect and what we need to do to achieve this goal. So, we are hoping you are still willing to help us out. Attend the NAPUB meeting and find out what is in the works.

I am also planning to conduct another President’s Treasurer’s seminar on Sunday Morning immediately following the NAPUB meeting at 10:30. I think it is a very good idea to bring these officers together every so often to discuss best practices for handling our finances. Our national office has given us guidance on how we should approach these matters. I am confident we can implement them here in Kentucky.

I can’t thank those of you who are helping me plan this convention enough. This is a job that is too big and overwhelming for one mere president. The convention weekend is really taking shape. I have been given a few hints as to what is happening, but I’ll have to wait to see the end result right along with all of you. Come join us, you won’t be disappointed.

## Our NFBK Awards

We are proud and pleased when we are able to award those among us who have dedicated their time and talents to promoting the National Federation of the Blind and the National Federation of the Blind of Kentucky. No one ever said it was easy being a member of this, the world’s oldest and largest membership organization of the blind. Yet, there are those whose work is exemplary and they never falter in their dedication toward making this organization what it is today.

We have three awards that can be presented to worthy individuals and one award that can be earned by a chapter or division in the affiliate. Although a committee is appointed each year just before our state convention to accept nominations there is absolutely nothing that says we must present any or all of them.

I thought this would be a good chance to share with all of you the criteria for each of the awards. By doing so I am hoping that everyone will have a better understanding of what qualities we are looking for in our candidates.

**SUSAN B. REARICK AWARD**

Susan B. Rarick was a first grade teacher at the Kentucky School for the Blind in the early to mid-1900s. She was a forward thinking individual who expected more from her blind students than did her peers at the school or the public in general. Because of her high expectations of her students she clearly represented the teachings and philosophy of the National Federation of the Blind.

The person who receives this award can be a blind or sighted Kentuckian.

**HAROLD L. REAGAN AWARD**

Harold L. Reagan was the first president of the National Federation of the Blind of Kentucky and a member of the National Board of Directors. As such the emphasis for receiving this award should be placed on the recipient’s leadership in the organization. This award can only be given to a blind Kentuckian.

**T.V. CRANMER AWARD**

The T. V. Cranmer award is a very special one. Tim; as he was known to all of us, served for many years as an officer of the NFBK. He also held the position as chairman on the Research and Development Committee at the national level. This award is given to a blind person who has served many years in the NFB and will continue to be a driving force in this organization. The Cranmer award is to a blind person, but it is not restricted to individuals living in Kentucky.

**ROBERT E. WHITEHEAD AWARD**

Our Robert E. Whitehead (Bob) was the second sitting president of the Kentucky Affiliate. This award is presented to an affiliate chapter or division that strives to build membership in the organization. The chapter or division is also actively changing the public’s perceptions about blindness through innovative projects and community outreach.

NFB of Kentucky State Convention

## Pre-Registration Application

September 25, 26 & 27 2015

This registration form should be completed and returned to Mike Freholm, 2012 Harris Way, Russell, KY 41169 no later than Monday, September 14, 2015. Make your check or money order payable to NFB of Kentucky.

REGISTRATION ($10.00) TOTAL

Number\_\_\_\_\_\_\_ $\_\_\_\_\_\_\_\_

Name(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_\_\_

\_\_

PHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LUNCHEON ($27)

Number­­­\_\_\_\_\_\_\_\_\_\_ $\_\_\_\_\_\_\_\_\_\_\_

Regular\_\_\_\_\_\_\_\_\_\_

Vegetarian\_\_\_\_\_\_\_\_

Banquet ($37)

Number\_\_\_\_\_\_\_\_\_ $\_\_\_\_\_\_\_\_\_\_\_

Regular \_\_\_\_\_\_\_\_\_

Vegetarian\_\_\_\_\_

## CHILDCARE

NOTE: You must enroll your child(ren) by September 1, 2015. If we do not have at least three (3) children committed to using childcare we will not be able to offer the service. A $10 non-refundable payment must accompany this form for each child you wish to register. Your money will be refunded if we do not sign up at least three children.

CHILDCARE ($10)

Number of Children $\_\_\_\_\_\_\_\_\_

Child(ren) Name-------------------------------------------------

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Parent’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

RAFFLE TICKETS ($10.00)

Number Sold\_\_\_\_\_\_\_\_\_ $\_\_\_\_\_\_\_\_\_\_

DONATION $\_\_\_\_\_\_\_\_\_\_

TOTAL ENCLOSED $\_\_\_\_\_\_\_\_\_\_

## NFB 75th Anniversary Convention

Orlando, Florida

Several Kentuckians had the opportunity to attend the 75th anniversary convention of the National Federation of the Blind in Orlando, Florida in July. Some of our members reflect on their experiences during the convention.

## Breaking a World Record: NFB Style

Karen Mayne of the NFB of Frankfort reflects on her experience as she participated in the attempt to break the world record for an umbrella mosaic On July 8, 2015 during the 75th anniversary convention of the National Federation of the Blind in Orlando, Florida.

Here is what Karen has to say…

We got up really early to get in line.  I was really excited, but a little anxious too.  I was afraid that we'd get close, but not break the record.  The line was really long, and it seemed as though there was no way we wouldn't break it, but I was still nervous.

We finally got outside at about eight o'clock, and were given a wrist band, that kind of reminded me of the bands that you get when you go in the hospital.  Then the line moved on, and we got our white umbrellas, and they showed us where to stand.  The parking lot was painted with dots, I was to learn later

It was really hot, and a few people passed out from the heat.

  Music was playing, and Scot LaBarre along with others entertained us until it was time to raise our umbrellas. The atmosphere was overwhelmingly exciting!

When the time came, we shouted N, F, B, and on B, we opened our umbrellas! We had to hold them up for five minutes, and I have to say my arm got a little tired, but I was able to keep it up the whole time.

We could hear the drone flying overhead, taking the picture of our message which was, LIVE THE LIFE YOU WANT!

Afterword, we waited for the news on whether we broke the record or not.  I held my breath, until we were given the news.

We were told, "as you know, you are trying to break the record", and my heart sunk, because I just knew that we came close, which was what I feared, but then she went on, " the old record was something like, 2170, and the new record is 2473!  Until then, I was still very hot, but when I heard that we did break the record, I got chills!  It is a day I will never forget!

I am not on face book, so to pass the message, I texted the picture to everyone in my contacts in my phone!  I showed everyone at work, and even showed my eye doctor in Lexington, and he had it put on his face book page.

It was a very proud day for me, and the NFB.  I was honored to be a part of it!

Being there at the 75th anniversary of the NFB was exciting as well! Not only for me, you could hear the smiles in everybody's voices!

I am very proud to be an NFB member!

Karen Mayne

Danielle Burton is a member of the NFB of Ashland, member of the Technology Assistance Division board of directors and newly elected secretary of the National Deaf-Blind Division. Here are some thoughts she had in regards to her 2015 convention experience.

## My National Convention Experience with my Guide Dog

By: Danielle Burton

This summer I attended my third National Convention of the National Federation of the Blind. Every Convention I have ever attended has all the usual aspects that we all have come to love and expect at an NFB Convention. Every Convention also has its own unique highlights and events that make each one special and different from the previous year.

This year's was in many ways very different for me than the two I have attended in the past.

My first two conventions I used a cane in order to navigate the hotel. Many of you may wonder why I found using a cane challenging at Convention, since the majority of Convention attendees use a cane in order to travel independently.

However, I am deaf-blind. I have no vision, along with mild to moderate hearing loss in both ears. This requires me to wear two hearing aids. Although, I wear hearing aids and they can and often, are helpful when I am traveling, they are almost completely useless at a National Convention. This means that I cannot use any visual, and in most cases, auditory information in order to navigate the Convention hotel.

Sometimes I can hear the people marshaling, and half the time I hear them, I am unable to tell in which direction the voices are coming from. This is also true when I am asking for help, and the persons assisting me assume that I am able to just follow their voices in an extremely loud hotel lobby. All this means that I would spend much of my time wandering around the lobby, struggling to hear any sounds that would help me reorient myself, along with listening for someone I can ask for help. Do not misunderstand me here. Everybody gets lost or confused at least once at Convention. It's a part of Convention and it wouldn't be an NFB Convention if this didn't happen.

However, being almost impossible for me to navigate at Convention can and often becomes very stressful by the end of the week.

This summer was quite different from what I just described. Instead of navigating Convention with a cane, I was accompanied by my first guide dog, Willa, from Guiding Eyes for the Blind. Many of the things were still the same as before. It was still loud and nearly impossible to hear any sounds that would help a person reorient themselves. I still could not hear the marshals half of the time while my friends who are blind and with no hearing loss could always seem to tell where the marshals were when I couldn't even hear them speaking.

However, navigating the hotel was significantly easier with my guide dog than it was with a cane. One thing that my dog did that made it less stressful for me was her ability to follow my friends through the crowded lobby when I could barely hear them in front of me. This was a huge relief for me because in the past I almost had to go sighted guide at Convention constantly in order to stay with my friends.

Another small thing my dog did that made this Convention easier was that she always knew when I could not hear the elevators opening. As soon as one would open and it was cleared of people coming out my dog would enter the elevator without any prompting from me. When exiting the elevator my dog also was able to figure out which elevator we were using and turn left or right out of it. This is something that I could not do on my own because of not being able to tell which elevator we entered. There was too much noise for me to orient myself in this way.

Also, my dog prevented me from being knocked down by other blind people not using their canes. This was also crucial for me as in addition to my deaf-blindness, I also have Osteogenisis Imperfecta which means I have brittle bones. It only takes one fall for me to break a bone and maybe more than one. My dog on one occasion got between me and another person coming at us at a fast pace and braced herself against me so that I would not fall down. I never heard them coming toward us so I could not move out of the way.

All of these small things added up to a National Convention that was less stressful for me. My dog and I of course experienced some stress but that is also part of Convention. We also got lost, and confused on a number of occasions, but having my guide by my side meant that in many ways it was okay if I could not hear sounds because I knew she was looking out for me while I tried to figure out which way to go. It truly made a difference for me at Convention with a dog versus using a cane. I also feel that in that short and chaotic week we grew exponentially as a team almost more so than we have in the past year together. I can appreciate and understand why many guide dog users may choose not to take their dogs to Convention but for me taking my dog to Convention means the difference between a stressful Convention with a cane and enjoying Convention with my dog.

## Have You Heard?

It is so hard to believe summer is reaching its end-it seems like Memorial Day was just last week! As many Federationists know, we celebrated our 75th anniversary this year with a few of our Kentucky members attending national convention this July in Orlando, Florida. What you may not have heard yet is that our President, Cathy Jackson, was reelected to the National Board of Directors! Cathy has served on the board since 2002 when she was first elected at the national convention held in Louisville at the Galt House Hotel. Cathy, we appreciate all that you do to serve the NFB at all levels. Congratulations, President Jackson!

Also, we are so blessed to have had two remarkable scholarship winners! Many congratulations and best wishes to Katie Adkins and Chris Stewart for your outstanding accomplishments! Katie and Chris were both $3,000 NFB scholarship recipients. We are so very proud of you! We wish you both the best in all your endeavors!

Danielle Burton was one of several Kentuckians who attended the 75th anniversary convention of the National Federation of the Blind in Orlando this summer. While there, she participated in the Deaf-Blind Division activities, and is proud to be the newly elected secretary of the division. Danielle, we are excited for you in your new position on this board. We know that you will do Kentucky proud as you represent us and the deaf-blind community as you serve on this board.

Briley and Corb O’Connor are the proud parents of their son, Silas, born on April 26. Silas was the youngest Kentuckian to attend national convention in Orlando this summer. We are sure this was only the first of many national conventions for young Silas.

Chris Stewart is pleased to share the following news…

“I'm beyond thrilled to announce that, last night, I received a call  
from a federal judge in Bowling Green offering me a spot in his  
chambers after I graduate from law school this coming May! Two years  
ago, I set as my goal obtaining a federal clerkship. These positions  
are highly sought-after and intensely competitive. I applied to over  
fifty judges around the country, and I am incredibly blessed to have  
received this offer from a judge right here in Kentucky.”

Warmest congratulations Chris! We are equally thrilled that you will be staying here in Kentucky as you pursue your career in law!

Todd Stephens was recently informed that he has received a governor appointment to the State Rehabilitation Council (SRC) representing Business, Labor and Industry.

Well, a few weeks of warm weather remain and state convention is just around the corner! Keep watch on the NFBK listserv for more convention details, and join us for what will be a wonderful, exciting time!

## Chapter & Division Round-UP

The NFB of Ashland held its annual summer picnic at Armco Park in Ashland on Saturday, August 1. We shared a yummy meal of fried chicken, fresh green beans and corn on the cob, lots of other sides, salads and desserts. For those of you who don’t know, the Ashland chapter has some pretty good cooks. We all enjoyed being together again. Also, it was a time for us to catch up on national convention experiences from those who attended the 75th anniversary convention in Orlando this summer. Now that summer is drawing to an end, we look forward to the upcoming NFBK convention in September. See everyone there!

Lora Felty Stephens, President

Ashland Chapter

Frankfort Chapter News

Frankfort chapter president, George Stokes reports that the Frankfort chapter members are looking forward to our upcoming State Convention and hope that several of the chapter members attend this event at the Galt House Hotel on September 25/27.  Frankfort chapter members are selling opportunities again this year on another $400 gasoline card.  Chances are $5 each or three for $10; name to be drawn during our annual banquet on Saturday evening Sept. 26.

The members are spreading the word about NFB Frankfort in different ways by supporting different community activities, such as, sponsoring our Talking Book Library team in a spelling Bee.  This is a major fund-raiser for Thorn Hill Education Center.

The Frankfort chapter pool party is scheduled on August 29th at the home of George Stokes and Ranelle Mackey. There will be lots of fun and good food! Anyone who can make it is invited to attend! For those who cannot make the party, we look forward to seeing you at state Convention in Louisville in September!

George Stokes President

Frankfort Chapter

August 2015

NFB of Lexington

NFB of Lexington celebrated 22 years in the community at the annual Spring Luncheon. The chapter continues to meet monthly on the third Saturday. NFB of Lexington was represented at the 75th NFB national convention and participated in the record breaking Umbrella Mosaic. Members are participating in the planning of the White Cane Safety Day event with other community partners. The chapter remains dedicated to the efforts of changing what it means to be blind in promoting living the life you want through advocacy and outreach.

For more information, contact Pamela Roark-Glisson at ([pam.glisson@twc.com](mailto:pam.glisson@twc.com) or (859)948-8484.

Greater Louisville Chapter

Greetings from Louisville! When the last Cardinal was published, Louisville was in the process of preparing for our annual April Luncheon.  For those of you that don’t know, the April luncheon is our annual business meeting and election of officers.  This year our guest speaker was Michael Hudson from the American Printing House for the Blind.  Mr. Hudson gave a riveting presentation about the life of Helen Keller that included why she’s the only blind person that the general public is familiar with.   At the end of the meeting, a new board was elected. For the most part, our board remained the same.  The new board consists of Katie Adkins, President; Sandra Williams; Vice President, Briley O’Connor; Secretary, Jayne Seif, Treasurer; Sharri Anderson, Board Member; and Nickie Pearl, Board Member.  We’re thrilled to welcome Nickie back to the board!

In July, seven of our members were able to attend this year’s national convention.  We all came back ready to continue our work building the Federation!

After returning from convention, we had our July meeting at the Office for the Blind.  This summer the Office for the Blind started a new transition program for blind teens.  NFBGL was able to go to OFB to share information about NFB with the consumers.  We also brought them pizza and had a blast playing Trivial Pursuit.

In August I’m happy to report that NFBGL found a new home for our meetings!  One of our biggest struggles over the past year has been finding a place that we could meet and have engaging activities planned for our members.  At our August meeting we had a philosophy discussion, shared pizza, and played bingo.  We also wrapped up our annual school supply drive.  For the past several years NFBGL has donated school supplies to Family Scholar House.  Each year I continued to be amazed by the generosity of our members; our members continue to give more and more each year.

This fall NFBGL will be meeting at the Clifton Center the first Friday of every month from 5:30-9:30 p.m. To find out more information about each of our meetings you can like us on Facebook, follow us on Twitter, or call our talking bulletin board at 502-495-7130.

KABS: Kentucky Association of Blind Students

The KABS board would like to invite all current students and those who are considering going back to school to join us at our annual student meeting at this year’s convention.  We will have our annual business meeting, including the election of officers.  We will also be discussing new ideas for the upcoming year.  Please join us Friday night at 6:00.

The Technology Assistance Division is pleased to announce its second annual Symposium that will take place on Friday, 9/25/15 between the hours of 9:00 A.M. and 5:15 P.M. in the Segell Room located on the third floor at the Gault House. Registration will start promptly at nine for those who have not advanced registered for this event.

The TAD Symposium 2015 registration cost will be $5. Participants can register for this event on-site; however, we strongly recommend pre-registering via Paypal link under the heading, Raffle, Symposium Pre-Registration and Membership Dues on the TAD Home Page. The TAD website URL is <http://www.nfbkentuckytad.org>. This year, TAD will also provide an opportunity for existing and potential members to pay their annual $5 dues for 2015-2016 via Paypal link. Lastly, this year TAD will raffle an Apple TV model MD199LL/A (Third generation along with a three ft. high speed HDMI cable and $10 iTunes card. The cost per chance will be $1 or 6 for $5. Raffle tickets can be purchased on-line or from any of the TAD board members. Here are your Apple TV specs:

1080p HD programming, including iTunes movies and TV shows, Netflix, Video, photos and more in HD

Access your purchased movies, TV shows, and music with iTunes Match right from iCloud

Stream video, games, and more from iOS devices using Airplay; music, videos, and photos can also be streamed from PCs and Macs

HDMI and digital optical audio output; connects to network via Wireless-N or Ethernet

Exclusive home of the HBO Now service

Apple TV is a Registered Trademark of Apple Inc

Note that the drawing for the Apple TV will take place at the NFB Kentucky Convention banquet dinner on Saturday, 9/26. Winner will be notified and need not be present to win.

This year we will have and exciting presentation for you with representatives/vendors from Freedom Scientific, HIMS, Inc, Vision Aid Systems - Low Vision technology, American Printing House for the Blind and many more. This symposium is assured to provide you with tons of useful information, discussion and demonstrations, so don’t you miss it! Two of the door prizes this year will be a $15 and $25 cash drawing at the end of this symposium, and yes, winner must be present to win.

Be sure to mark your calendars; the TAD division is looking forward to seeing all of you at the NFB Kentucky 2015 Technology Assistance Division (TAD)  Symposium on September 25, 2015. If you have any questions, you may contact Todd Stephens, (859) 433-5023 or email: [todde.stephens@windstream.net](mailto:todde.stephens@windstream.net).

## Beginnings: Building a New Chapter Around the Four Rivers in Western Kentucky

By: Jennifer Hall

Beginnings can be quite scary and uncertain. We can envision what a successful outcome is, but one never really knows until they take that leap of faith. The creation of a new NFBK chapter in the Four Rivers area of western Kentucky has been just that-a leap of faith! On April 25th, we held our first chapter building meeting at the McCracken County Public Library in Paducah. The meeting was held from 10AM-12PM and nine were in attendance! One attendee brought her mother and at the end, her mother took at least seven Newsline brochures back to the assisted living facility where she lives to share with others. After that meeting, several of us went out for lunch at Texas Roadhouse where we shared all kinds of NFBK information with potential members. In May, attendance was smaller, but we gained three additional people. June found us meeting at the Pizza Inn for our first outing and we welcomed another new face! On July 25, we met back at the library and discussed becoming a member chapter and attending state convention. We capped off the meeting with a celebration of the 25th anniversary of the ADA with a specially decorated 25th Anniversary ADA cookie.

To date, we have 12 members interested in membership and names keep arriving weekly. President Jackson, myself, & an interested member have already been able to contribute to an article offered to us in the Paducah Sun. Representatives from the Kentucky School for the Blind (KSB) and the Kentucky Office for the Blind (OFB) have attended meetings and want to be a part of the chapter. We have been so blessed to have this response and cannot wait to move forward! Beginnings are scary and uncertain, but with many years of prayer and putting the details in God’s hands, the new NFBK of the Four Rivers in western Kentucky is on its way to changing perceptions of blindness and teaching others that we can “Live the lives we want!”

## Cook’s Nook

Jennifer Hall, NFBK board member shares some of her favorite recipes that will get you through the rest of the summer and have you looking forward to autumn, as it is just around the corner. Enjoy!

Cornbread Salad

This is a colorful summer salad with awesome flavor! It will promise to be a great hit at your end of summer gatherings!

Ingredients:

1 7.5 oz. package of cornbread/muffin mix

1 4 oz. can chopped green chilies, undrained

1/8 tsp. ground cumin

1/8 tsp. ground Oregano

1 pinch rubbed sage

1 c. mayonnaise

1 c. sour cream

1 1oz. package Ranch mix

10 slices bacon

2 15.5 oz. cans Pinto beans, rinsed and drained

1 10 oz. can whole kernel corn, drained

3 Medium tomatoes, chopped

1 c. chopped green onion

2 c. shredded cheddar cheese

Directions:

Preheat oven to 400 degrees. Prepare the cornbread mix as stated on package. Stir in green chilies, cumin, oregano, and sage into batter and then place in a greased, 8 inch pan.

Bake 22 minutes or until the top of cornbread springs back. Set aside to cool.

In a small bowl, mix mayonnaise, sour cream, and ranch dressing mix and set aside.

Prepare bacon slices until crispy. Crumble and set aside.

In a 9x13inch baking dish, crumble half of the cornbread mixture in the bottom. Place half of the beans and mayonnaise mixture on top of cornbread. Pour half of the corn, tomatoes, onions, peppers, bacon and cheese over last layer. Repeat until you finish with cheese on top. Refrigerate for two hours before serving. Enjoy!

Jenni’s Crockpot chicken

This is a quick meal, easy to put together and ready in just a few hours! A great way to usher in fall!

Ingredients:

4 skinless chicken breasts (frozen is fine)

1 can cream of mushroom or cream of celery soup

1 can chicken broth

1 box Stove Top Stuffing

Directions:

Place chicken breasts in bottom of crockpot.

Spoon soup mixture onto each chicken breast.

Pour half of broth over chicken.

Cover with stove top stuffing mix.

Pour remaining broth over contents.

Cook on LOW for Six hours.

This makes a great meal when served with green beans and cooked apples!

Pineapple Upside-Down Cake

Ingredients:

1 box Yellow cake mix, prepared from directions

1 can pineapple rings

1 jar cherries

2 sticks butter, melted

1 cup brown sugar

Directions

In a greased 9x13 baking dish, place 2 sticks of melted butter and 1 cup brown sugar.

Place pineapple rings in pan; add cherries to center of pineapple rings.

Pour in prepared cake mix and bake as directed on box.

National Federation of the Blind of Kentucky

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2014-2015

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