**Granite State Connection**

September, 2021

Editor, Sheryl Dutton

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**NFB Pledge**

I pledge to participate actively in the effort of the National Federation of the Blind to achieve equality opportunity, and security of the blind; to support the policies and programs of the Federation: and to abide by its constitution.

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**Presidents Corner:**

Summer is almost over! Hope you have all had a chance to get out to enjoy the lakes, the rivers, the beach – the outside. However, Labor Day is upon us and the kids are going back to school. We have a convention to look forward to and Fall is right around the corner.

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**National News:**

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**From John Pare, Executive Director for Advocacy and Policy:**

Just this week we have added four new cosponsors on the Access Technology Affordability Act and three new cosponsors on the Medical Device Nonvisual Accessibility Act. Below is a summary of the additions:

Access Technology Affordability Act – H.R.431

Rep. Matt Cartwright (Pennsylvania)

Rep. Mike Garcia (California)

Rep. Elaine Luria (Virginia)

Rep. Jerry Carl (Alabama)

Medical Device Nonvisual Accessibility Act – H.R. 4853

Rep. Mark Pocan (Wisconsin)

Rep. Deborah Ross (North Carolina)

Rep. Gerald Connolly (Virginia)

Please continue to urge your Representatives to cosponsor these bills if they have not already done so. Also, please urge your Senators to cosponsor S. 212 (ATAA in the Senate).

Thanks!

**Affiliate News:**

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For those wishing to attend Ed Meskys Funeral Service, details are as follows:

Date:  Saturday, September 11, 2021

Time: 11:00am

Place: St. Charles Borromeo Catholic Church,
300 Whittier Hwy. (NH Route 25),
Meredith, NH 03253

\*\*Clarification of church address: use ‘NH Rte. 25’ as the street name in your GPS or map app directions. (Whittier Hwy. is the name for Rte. 25 in neighboring town

A reception will be at the church hall downstairs afterwards.

In lieu of flowers the family requests that donations be made to:

NFB of NH
mail to: Irene Sutkus, Treasurer
PO Box 524
New Hampton, NH 03256

OR to:
Moultonborough-Sandwich senior Meals
PO Box 354
Moultonborough, NH 03254

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**News and Notes from Up North by Richard Chabot:**

Well, you can’t change Mother Nature.

On Saturday, August 14th, as I wrote in my first column, the Great Northwoods Chapter was geared up to have our road toll. However, the weather had other ideas.

When I received a call from our vice-president Jackie Gagne at about 7:05 a.m., it had been raining and the weather forecast did not look promising. Therefore, after talking with our president Linda Vaillancourt, we decided to call it off. We knew we had made the right decision when, later in the day, it poured.

We are hoping to reschedule it for later in the year. I will keep you posted.

(Postscript from the editor: We have been advised by Richard that the event has been rescheduled for Saturday, October 2nd.)

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**Spotlight:**

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Our Spotlight this month is in memory of longtime affiliate leader and member Ed Meskys. Ed passed away on July 25, 2021.

Ed was born in Brooklyn in 1936 of parents born in Lithuania. His father was displaced by WWI in 1917. His father later married and brought his mother over from Lithuania in 1930. Ed spoke Lithuanian at home and learned English as a second language when he started school.

In 1953, while still a teenager, Ed lost sight in one eye. This did not stop Ed from pursuing his education and obtaining a BS (cum laude) and MS in Physics from St. John’s University in New York. In 1962, Ed took a job at the Lawrence Radiation Labs in Livermore, California, where he had a “Q” (nuclear weapons) security clearance. He also held summer jobs at Fort Monmouth NJ (secret clearance) and NASA Goddard Institute for Space Studies. But he preferred teaching to research and returned east to start at Belknap College in Center Harbor, NH in 1966.

Throughout his life, Ed was a fan of science fiction and fantasy. Wherever he was, he was involved as a fan, editor of fanzines, organizer, collaborator and promoter. For years, he published a fanzine Niekas (Lithuanian for nothing) which received the Hugo Award, one of science fiction’s top recognitions.

Ed became fully blind in 1971 from a detached and torn retina in his remaining eye. He learned to navigate with the help of a guide dog, and over the years these dogs, who allowed Ed to keep going to conventions, became fan friends, too. They were mourned when they reached the end of their lives — the 1972 World Science Fiction Convention’s daily newzine reported there would be a wake for Ed’s old guide dog “Judge” who’d previously been put down because of cancer of the spleen. Ed’s last dog, “Gyro,” died in 2016 — a dog given the public name of “Killer Dog” (to avoid having people call to him when they shouldn’t), which also recognized the dog’s reputation for destroying toy Teddy Bears.

Ed brought the same energy and focus to the National Federation of the Blind in New Hampshire that he had to his other endeavors. He touched many lives and was known for his sense of humor. As someone who had lost his own sight, he was able to mentor others and help them find their way in this new world they were entering. He was both passionate and active in his work in the Federation. He was known to remark that he had held virtually every position to be had in both the state affiliate and local chapter level. However, he insisted that the position he was most proud of was simply “member”.

Ed is survived by his wife Sandy and son Stanley.

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**Canine Corner (by Jody Ianuzzi):**

Spotlight on guide dog schools

The Seeing Eye is the oldest guide dog school in the United States. Back in the 1920s, a young man by the name of Morris Frank heard about an article in the Saturday Night Post describing dogs that were trained to lead the blind. He was very enthusiastic and contacted the school to get one of those dogs! He went off to Europe and was trained with his very first guide dog Buddy. He then returned to the United States. The story could have ended there but Morris was determined to open a school in the United States so that other people could also gain from the benefits of having a guide dog. This is how The Seeing Eye was established. In addition to starting the first guide dog school in the United States, Morris Frank was also very instrumental in opening up public access for guide dogs. Of course, at first people did not want to admit dogs which greatly limited the ability to travel independently. He went on to open access to airlines, restaurants and other public places.

This was all just the beginning. In 1939, Leader Dog was established and then Guide Dogs for the Blind and now there are 14 guide dog schools in the United States.  All of the schools are modeled around the training originated at the Seeing Eye.  Now there are schools in Canada, Japan, New Zealand, Australia, UK and all over the world! All thanks to the dream of a young man back in 1929.

Would you like to spotlight your guide dog school in future Canine Corners? Just submit your article to the Granit State Connections. (See email addresses at end of newsletter.)

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**Pet Insurance (by Randi Wilson)**

On our recent casual guide dog chat, the subject was pet insurance and people had a lot of questions. It can be very confusing! I am not an insurance agent and I don't even pretend to be one on TV hahaha. But I did spend the better portion of today looking at a few plans recommended to me by my insurance agent and putting them together in an email which I submitted to Dana Trahan and then thought I would send the same information along to you for possible inclusion in an upcoming NFB newsletter. I did a copy and paste of the information I sent Dana to share with you.

 called my insurance agent today. Super nice guy. Rich has been a family friend for 15 years now. I called to inquire about MetLife pet insurance products. He was quite up front with me about how he sells a product - insurance, not necessarily just one. He informed me that he did quite a bit of research before settling on the pet insurance he has for his dog. Surprisingly, it's not MetLife, it’s Nationwide. Seems everyone is offering something these days.

He said that Nationwide offered better pricing and more options. He also suggested that plans including annual wellness checks not worth the money.

So, I looked at four plans today. I checked them out quickly online to get rough quotes. I didn't speak to any agent other than my own.

They all have many options, different deductibles and payout plans and costs. I will list the four below with URLs and phone numbers along with Care Credit info.

I suggest any interested parties contact the various companies directly (not online forms) to get any questions answered and price points.

The first three were recommended by Rich. The fourth is an affiliate of Care Credit that I wasn't aware of.

Happy insurance hunting!

1. Nationwide

 800-872-7387 www.nationwideinsurance.com

2. Pet Plan

 855-437-5572

www.gopetplan.com

3. Healthy Paws

 855-898-8991

www.healthypawspetinsurance.com

4. Pet's Best

 877-738-7237

www.petsbest.com

Lastly, I highly recommend pet owners and handlers have Care Credit, a line of credit to use at veterinarians, dentist, and some doctors’ offices for those unexpected expenses. They offer peace of mind in the form of a medical credit card that can be paid back in amounts that are comfortable for you. Again, I highly recommend calling and speaking to the company directly.

5. Care Credit

 866-893-7237

www.carecredit.com

Thanks for listening! I hope you are staying cool in this brutal Heat.

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**Calendar of Events:**

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**Calendar of Events (NFB national and affiliate):**

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National Federation of the Blind of New Hampshire, Monadnock Chapter Monthly Meeting

Date: Saturday, September 11, 2021,

Time 10:30 AM

Location: Anywhere and Everywhere, virtual

Join Zoom Meeting

<https://zoom.us/j/96336732521>

Meeting ID: 963 3673 2521

One tap mobile

+16468769923,,96336732521# US (New York)

+13017158592,,96336732521# US (Washington DC)

+13126266799,,96336732521# US (Chicago)

Reminder Zoom information will be provided to chapter members

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**National Federation of the Blind of New Hampshire, Lakes Region Chapter Monthly Meeting**

Date: Saturday, September 18, 2021,

Time 10:30 AM

Location: Anywhere and Everywhere, virtual

Join Zoom Meeting

https://zoom.us/j/93669651975

Meeting ID: 936 6965 1975

One tap mobile

+16468769923,,93669651975# US (New York)

+13017158592,,93669651975# US (Washington DC)

+13126266799,,93669651975# US (Chicago)

Reminder Zoom information will be sent out.

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**National Federation of the Blind of New Hampshire, Board Meeting**

Date: Monday, September 13, 2021.

Time 8:00 PM

Reminder Zoom information will be sent out.

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**National Federation of the Blind of New Hampshire, Great Northwoods Chapter Monthly Meeting**

Date: Wednesday, September 15, 2021.

Time 12:30 – 2:00 PM

Unless otherwise notified.

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**National Federation of the Blind of New Hampshire, Annual Convention**

Date: September 25, 2021

Time 9:00 am – 5:00 pm

Location: Anywhere and Everywhere, virtual

**More details coming**.

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**Calendar of Events (Future In Sight tech workshops (fun events follow the list of tech workshops)):**

Hi,

Below is the listing for all of the free fall 2021 technology workshops, which are all held on the Zoom app. by Future In Sight.

Just please email me back and sign up for what you’d like to do, and as it gets closer to each workshop, I’ll email you the Zoom link.

Thanks, and here you go!

(Stephanie’s email follows the list.)

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\*Wednesday, September 29

10:30-12:30 EST

Introduction to Microsoft Teams

This workshop is an introduction to Microsoft Teams, which is a chat-based collaboration tool providing video and audio chat, sharing files, folders, video and other content. Learn how to sign in and navigate this useful app.

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\*Wednesday, October 13

10:30-12:30 EST

Microsoft Word-Intermediate

In this workshop we will cover such topics as adding tables and graphics to a document, headers and footers, page layout, creating columns, adjusting borders and more.

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\*Wednesday, October 27

10:30-12:30 EST

Exploring and accessing the Soundscapes app

Michael Mulligan, an Orientation and Mobility Specialist will join us as we download, learn the layout and navigate with the Soundscapes app. Learn what is nearby, how to create your own landmark, and virtually place yourself in other locations to explore ahead of time.

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\*Wednesday, November 3

10:30-12:30 EST

Excel -Intermediate

We will look at setting ranges, sort, filter, query with database functions, adjust and modify individual and all cells, creating pivot data tables and more!

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\*Wednesday, November 10

10:30-12:30 EST

Introduction to blogging

We welcome a guest blogger who is visually impaired, Lupin Thurrott. We’ll start us off at the beginning, answering such questions as: What is a blog and why should you create one? Then we will move into learning about terminology and such beneficial tools as WordPress, Ghost, Google Trends, Blog Ideas Generator, and how to tie everything together and what is accessible.

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\*Wednesday, December 1

10:30-12:30

Streaming Apps

This workshop will take a look at several streaming apps, such as Netflix, Hulu, and Disney Plus for their accessibility, layout and ease of navigation.

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\*Wednesday, December 8

10:30-12:30 EST

Uber and Lyft

We’ll learn how to download and sign up for both Uber and Lyft, how to navigate each app, and some safe practices and tips to maximize a successful experience when it comes to independent travel.

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\*\*\*Please reply with your sign ups as soon as possible.

Thanks so much,

Stephanie

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Stephanie Hurd

Assistive Technology/Activities Specialist

Future In Sight

shurd@futureinsight.org

603-545-4345

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**Calendar of Events (some fun Fall 2021 activities for those with vision loss from Future In Sight):**

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Hi,

I can’t believe September is here!!! I hope that you had some fun this summer.

I am excited for a new season of activities. Please check them out below, and email me back with which ones you’d like to do. Most are remote on Zoom, but you will see 3 in person activities. Just be mindful of the designated differences.

There’s something for everyone! Please share if you know others with vision loss who might be interested. All of these activities are free with the exception of the $3 for the harmonica workshop.

Thanks, and here you go!

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\*Thursday, September 16th-

11:00-1:00 EST

Remote on Zoom

Book Club Discussion

Join us as we will discuss the following book.

The Silent Patient by Alex Michaelides

Available through Talking Book/Bard: DB93996

Reading Time: 8 hrs. 45 min.

Suspense Fiction: A murder mystery told from the point of view of a psychotherapist.

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\*Thursday September 30

11:00-2:00

In Person

Picnic and games

Livingston Park Baseball Field

244 Hooksett Rd., Manchester, NH

Come and enjoy some outdoor time with family and friends, as we gather for this early fall kickoff with a picnic and games, such as beep baseball and cornhole. Please bring your own picnic lunch and any water or drinks you will need. There are bleachers but if you want a more comfortable seat, remember to bring your own chair. Dress comfortable with shoes you can run in if you want to try out some games. Feel free to just sit and visit, play games or both. It’s a chance to enjoy everyone’s company and have a terrific day at the park.

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\*Thursday October 7th

11:00-1:00 EST

Remote on Zoom

Cooking with Chef Michael

Autumn is here and Chef Michael is back with a wonderful recipe for Pumpkin Bisque and homemade bread. Participants will be sent a list of ingredients 2 weeks in advance of the activity. Cook along with Chef Michael, or listen together, as he walks us all through the process of this delicious fall recipe.

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\*Thursday October 21

11:00-1:00 EST

Remote on Zoom

Murder Mystery is Back!!!

It’s a spooky time of year with a definite chill in the air. Anything can happen at this virtual murder mystery. Do you have the skills to solve it? Perhaps you will be the victim. Or will you be the party found guilty? Join us as we find out together.

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\*\*\*Please reply with your sign ups as soon as possible.

Thanks so much,

Stephanie

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Stephanie Hurd

Assistive Technology/Activities Specialist

Future In Sight

shurd@futureinsight.org

603-545-4345

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**Tech Tips:**

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**From Marie Johnson:**

I thought this was important enough to post in the next newsletter, for those that don't get all the most recent news on what Microsoft is doing to us now!!

**Windows 11: Release Date, Price, and Everything You Need to Know**

It turns out Windows 10 wasn't the last version of Windows after all, but that's okay, because Windows 11 will be free for all Windows 10 users, and includes a whole bunch of new features and improvements over the current version of Windows. This is everything you need to know:

https://www.windowscentral.com/windows-11

**What Are the Minimum System Requirements to Run Windows 11?**

With Windows 11 arriving at the end of 2021, Microsoft has announced the minimum system specifications required to run the new operating system:

https://www.howtogeek.com/737029/what-are-the-minimum-system-requirements-to-run-windows-11/

**How to Check if Your Windows 10 PC Can Run Windows 11**

Windows 11 was officially announced as the latest version of Microsoft's operating system on June 24th 2021. Naturally, you most likely want to know if your Windows 10 computer will be able to run the new update. Microsoft has a handy tool to help you check:

https://www.howtogeek.com/737021/how-to-check-if-your-windows-10-pc-can-run-windows-11/

**The Most Important New Features in Windows 11**

https://www.wired.com/story/most-important-things-microsoft-announcement-windows-11-android-apps/

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**Here’s a little bit of humor**

Why did the golfer put on two pairs of pants?

 In case he got a hole is one!

What do you call a rabbit with fleas?

 Bugs bunny!

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**This Month’s Recipes:**

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**Easy Slow Cooker Orange Chicken**

**Ingredients**

2 1/2 to 3 pounds boneless skinless chicken breasts cut into 1 inch bite size pieces

1 cup Smucker's Sweet Orange Marmalade

1/2 cup Sweet Baby Ray's Barbecue Sauce

2 tablespoons soy sauce

1 tablespoon apple cider vinegar

1/2 teaspoon ground ginger

Add 30 minutes before chicken is ready to serve

2 Tablespoons cornstarch

2 Tablespoons water

**Directions**

Spray slow cooker with non-stick cooking spray. Place chicken evenly in bottom of cooker.

In a medium size bowl mix orange marmalade, BBQ sauce, soy sauce, vinegar and ginger - mix well. Pour over chicken and mix well, coating evenly. Cook on high 2 1/2 to 3 hours. \*See cooking time in tips below.

30 minutes before chicken is ready to serve, in a small bowl mix cornstarch and water, mixing well (no lumps), add to chicken and sauce in cooker, mix well. Cover and continue to cook for an additional 30 minutes.

Serve chicken and sauce over rice with a side of your favorite veggies (broccoli, green beans, sugar snaps, carrots). For added flavor, sprinkle top of chicken with sesame seeds (optional). Enjoy!

**Tips**

\*Cooking times will vary depending on your slow cooker/crock pot. Adjust cooking times accordingly. Some slow cookers may take 3-4 hours on HIGH and 4-6 hours on LOW. Chicken should reach a safe 165°F before serving.

Add the cornstarch mixture 30 minutes before chicken is ready to serve.

Fresh chicken breasts are best for this recipe verses frozen bags of chicken - fresh chicken produces less juice/liquid while cooking.

Sesame seeds sprinkled on top are a great addition.

Add some heat and extra flavor with a dash crushed red pepper.

I have only used Smucker's Sweet Marmalade and Sweet Baby Ray's BBQ Sauce and highly recommend using them for this recipe.

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**Pineapple Angel Food Cake**

**Ingredients**

**Cake**

20 oz. can crushed pineapple (do not drain)

1 box Angel food cake mix (the kind where you just add water)

½ tsp vanilla extract

**Topping**

8 oz can crushed pineapple (drained)

1 Container of Whipped Topping (thawed – 8 oz.)

**Instructions**

Preheat oven to 350 degrees.

In a large mixing bowl combine the angel food cake mix, crushed pineapple, and vanilla extract.

With a hand mixer, mix 30 seconds on low to combine, then 1 minute on medium.

Pour into a 9×13 pan (no need to spray the pan).

Bake for 25-30 minutes until golden brown.

The cake will fluff up but it will settle as it cools. Allow it to cool completely.

Combine drained crushed pineapple and whipped topping.

Spread thawed whipped topping mix over the top of cake and serve.

**Recipe Notes**

This cake can be varied by using canned fruit pie filling in place of the pineapple. (Not lemon.) When using apple and peach pie filling, cut the fruit slices into small pieces.

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**A penny for your thoughts**

"Speak in such a way that others love to listen to you and listen in such a way that others love to speak to you."

* Anonymous

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Remember, we want your inputs!

Please send recipes, events, tech tips, jokes, questions, and your feedback.

Email the Editor, Sheryl Dutton at sheryldutton@comcast.net .

Phone Deanna O’Brien at 603-864-8847.

You can also email Deanna’s husband Dennis at dpobrien7920@msn.com .