**Granite State Connection**

January, 2022

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:**

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It’s a new year. We are looking forward to the Washington Seminar, the National Convention in July, and a State Convention in September.

The newsletter has run for a year. We need more contributions from all of you.

To this end, we are adding a new feature called What’s Up? This is intended to be your inputs on things you know of, or do, that make life easier for you as a blind person. Many people were talking about things when we recently met and we want to hear more about them so we can share them with all of you.

Let’s make 2022 a great year for all of us!

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**National News:**

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The Washington Seminar will be held February 7-10. The New Hampshire delegation will be attending virtually. Dates of our specific meetings with New Hampshire Congressmen and Senators are currently scheduled for February 8th and 9th.

For further information on this year’s initiatives and schedule, visit the Washington Seminar page on the NFB website. <https://nfb.org/programs-services/advocacy/washington-seminar> . Legislative priorities and Fact Sheets are available in HTML, Word, and Audio.

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The 2022 National Convention will be held July 5 through July 10, 2022 in New Orleans, Louisiana.

Details are still forthcoming on the website, but President Riccobono provided the following is the January Presidential Release:

“…I recognize that 7 months from today we will be in New Orleans getting ready to kick off our 2022 national convention. And I recognize that the coronavirus is still with us and we have variants to worry about, but I am very optimistic that we are going to work out the details to have a robust in-person convention in New Orleans this summer. And we are planning to be in New Orleans from Tuesday, July 5, to Sunday, July 10. And I encourage you to start making your reservations and plans to be at our 2022 convention in person.

So, I want to give you some of the convention details, recognizing that we still have many months to go and things to figure out, but you want to get your hotel room soon so that you can start making your plans to be in New Orleans for the convention.

Our headquarters hotel for our 2022 convention will be the New Orleans Marriott at 555 Canal Street. You can reserve your room by calling 800-654-3990.

Our overflow hotel is the Sheraton New Orleans, which is at 500 Canal Street. As you might guess, it's right across the street, immediately across the street from the Marriott. We will be using both of these hotels, and while the Sheraton is the overflow, you should know that the Sheraton will be hosting the exhibit hall for the convention. So, if you're an exhibitor and want to be very close to the exhibit hall, you may prefer to stay in the Sheraton. Obviously, the Marriott is where the main meetings and suites are, but the Sheraton has its own charm to it. It does have the Starbucks as well; in case you're interested. So, you can check out both properties. They're great properties, and we're glad to be there.

You can reserve a room at the Marriott -- excuse me. At the Sheraton by calling this number. 855-516-1090 to reserve a room at the Sheraton.

At both hotels, singles and doubles are $109 a night. Triples and quads are $119 a night. The combined sales and tourism tax rate is 16.2%, and there is a hotel occupancy fee of $3 per night. That's a city-wide fee, I believe. So, the hotels will take a deposit of the first night's room rate and taxes and fees. So, it will be roughly $130 for the deposit.

Probably been a while since folks have thought about reserving rooms at the convention, so you can find information in the January Braille Monitor about the hotel and the reservation information and the prices and how the deposits work and that sort of thing.

We are planning to have a convention in person. And we recognize that there are going to be a lot of questions about what our protocols are going to be and what procedures we're going to use. And obviously we're not going to talk about that on this release because we're going to continue to build those plans as we see how things go forward.

I can tell that you currently in New Orleans, a number of venues, especially entertainment venues where there's live music, require proof of vaccination. So, I would encourage, continue to encourage Federation members to get vaccinated against the coronavirus. We most certainly will require masking in and amongst the convention activities regardless of whether that's a requirement of the city at the time. I'm quite certain that we will require that in convention meetings. There undoubtedly will be other COVID protocols we will use. We will provide information about that in the convention registration process, and obviously as we get closer to the convention, there may be additional details to add to that. But I would encourage you to come be part of the convention if you're able to do so. We know a lot more than we did 2 years ago about how to live in and amongst the virus. We have a vaccine and a booster. We're all used to wearing masks. And I know that many of you are eager to be out engaging in building the Federation and in and amongst the convention.

We will open the registration, as has been tradition, on March 1. So, you can look forward to that.

The registration fee, online registration, so before the convention, will be $25. And the banquet will be $70. You'll note that these prices are the same as they were in 2019. If you register or buy banquet tickets at the convention, of course the cost is more and you have to wait in line. So, I would encourage you to register in advance of the convention online.

We will have a virtual component to the convention. It will feel similar to conventions of 2019 and before when we stream certain parts of the convention. We're still putting our virtual experience together. But we know for certain that there is nothing that compares to being in and amongst the convention crowd. Obviously, we want people to feel safe and to feel welcome, but if you don't feel comfortable coming to the convention, we will make the core elements of the convention experience available through streaming as we have in the past. Those details are still coming together, and I would love your suggestions about what that should look like.”

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**Affiliate News:**

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Affiliate Chat for Washington Seminar week. All presenters need to attend. Date is January 30, 2022 at 7:30 EST. Zoom invitation will be sent out.

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

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A very happy New Year from all of us in the Great Northwoods Chapter. We all hope you had a blessed holiday season spent with family and friends.

First of all, my apologies for not having a column in the last NFB newsletter. I did not realize that one more of them was coming out before year’s end until it was too late. Oh, Well! Stuff happens!

On another matter, all of our chapter members want to express our sincere thanks and gratitude to our chapter secretary Linda Belanger. She has decided to step down from that role in order to devote more time to other important things in her life. We will miss her as well as her great snarks at our meetings.

Finally, we were unable to hold a road toll last year, not once but twice, due to the weather. I am going to try to schedule another one for late spring or early summer. As a cable host that I watch quite often says – “watch this space!”

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**Spotlight:**

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This spotlight is on Deborah (Deb) Moore of the Lakes Region Chapter. She joined the NFB in 2006 when her ‘middle age eyesight’ issues were diagnosed as retinopathy, reducing her vision to where she was legally blind. For her the most difficult, even traumatic change, was the loss of independence. She could no longer drive herself anywhere, anytime she chose. Rural NH does not have mass transit or reliable cabs. So, trips anywhere, even the grocery, requires getting a ride from a willing family member or friend. Still, she considers herself fortunate, because she learned as a child that blindness, though inconvenient & frustrating, doesn’t have to define you or preclude you from following your dreams. You may need to go about it a little differently than sighted folk, but where there’s a will, there’s a way.

Deb learned this from her mom, Marjorie, who was, among other things, a sighted volunteer working for the NFB for about 10 years mid-1950s to mid-1960s. Sometimes mom typed things in braille, and she would sometimes bring home a braille typewriter, which she explained to my brother, sister and me. We thought it was cool. Our family became close to “aunt” Ginny and “uncle” John Nagle, a totally blind couple, who eventually moved to our neighborhood, allowing us more interactions with them in their daily home life. John was an attorney working for or with the NFB to advocate for equal rights for blind and visually impaired people throughout the US: equal housing, equal access to public transportation and public businesses and buildings. These rights eventually became law in the Americans with Disabilities Act, which was passed by Congress and signed into law in 1990. This was a long time coming. As a child I didn’t grasp the implications and repercussions of this work, only that it was important. These are things we take for granted now; but we must still keep watch to maintain those rights.

Long before personal computers, cell phones and all the fabulous assistive technology & apps we can use today, books were read in braille using big heavy books, or talking books on long playing vinyl records, or a sighted person reading out loud. Clothing was color coded by sewing a tactile code on them, and closets were arranged by color. Tactile ‘dots’ were put on TV sets (yes, they had dials then, no remotes!), stoves, washers, dryers and other such places, as we do today. Money was folded by denomination with sighted help. Long white canes (but no talking or beeping ones) and guide dogs were used to navigate then as now. Footsteps were counted for distances & stairs. I began doing this for a lark with eyes shut as a kid to ‘see’ how it worked, and I still use this daily. I also learned the best way to be a ‘guide person’ by walking slightly ahead with their hand tucked securely on my arm above my elbow, and to describe things they might need to know, like curbs or rough pavement ahead or if we need to veer or turn or where & what kind of door we’re approaching; also, overhead branches, etc. I learned to listen more intently. I also learned the importance of being organized in every aspect of living to make it much easier to find things. (I’m still working at that!) My mom was organized, but I have never seen a house as well organized as the Nagles’! They could find anything in a jiffy or direct someone else to it. I learned so much more as well.

I learned so many useful things and met bright, witty, highly trained and functioning adults who were also blind that when I was told I was legally blind, I was not terrified. I did not think my life was now over or worthless. My life was just going to be more difficult ... and frustrating. I knew there was such an organization as the NFB and they would help me. They had been working on making our lives better all those years since I was a child.

2006 was the 50th anniversary of the NH Affiliate & my mom read an article in her ‘Braille Monitor’ about it, so we called Ed Meskys (chapter President), then went to a Lakes Region Chapter meeting and joined! Mom and I were helped by our chapter to attend that 50th anniversary NH convention with tech expo in Concord. We met a lot of fun, interesting people and had a blast!

Since then, I have served as Chapter Vice President, Secretary, Affiliate Board Member, and as Affiliate’s Team Captain for the Future In Sight (former NHAB) fundraisers.

Two of my most special NFB experiences were at national events.

One was in 2018 when I attended a National Convention in Orlando, Fl. I had a fabulous time, met so many wonderful people, attended workshops, the exhibit hall, general sessions of national business, and the informative ‘Rookie Roundup’ intro for first-timers. We also partied (networked!) It was exhilarating and exhausting. I was reminded of my mom’s excitement and tiredness after attending a National in Richmond, VA when I was a kid.

In 2011 when I participated in the NFB Washington Seminar, joining the 600+ NFB members from every state for the Great Gathering-In, where we heard all about Mark Riccobono’s dramatically successful ‘Blind Driver Challenge’ demonstration at the Daytona 500 half-time! A blind man drove a car, avoiding boxes thrown randomly out of a pickup truck ahead of him! Over the next two says we met with our Congressional reps and Senators to advocate for the legislative items NFB National wanted to get passed. We had good meetings. But one standout memory is seared in my heart’s memory. That of hundreds of sunglasses-wearing, white cane tapping and guide dog accompanied blind citizens from across America finding their ways to their representative’s offices all throughout the Capitol building. We were laughing, comparing notes and giving helpful directions to each other. And though our business was serious, we were gayly making our way. I was brought to tears because I felt my mom was with us as we walked those halls a half century after she had done the same with Dr. tenBroek and Dr. Jernigan.

Though we will be virtual visitors to our Congressmen and Senators this year as last, we are following in the footsteps and linking arms with all those who have gone before. We must also be a link to the future.

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**Celebrity Spotlight:**

We wish to recognize the recent passing of Betty White and the work she has done with guide dogs and for animal welfare over the years. We are reprinting an article on the honor being paid to her by Guide dogs for the Blind.

GUIDE DOGS FOR THE BLIND HONORS BETTY WHITE BY NAMING PUPPY AFTER HER

by Jeremy Dick

Published 1/8/2022

Animal rights activist Betty White supported Guide Dogs for the Blind while she was here and the group found a special way to honor her memory.

Betty White's memory lives on with so many paying tributes to the legendary actress and animal rights activist, and chances are she would be touched to know how Guide Dogs for the Blind chose to honor her. In life, White had spent decades giving her support to various organizations benefitting animals of all kinds, and this includes Guide Dogs for the Blind. Before her passing, the Golden Girls star had been a friend of the org for 35 years.

Per TMZ, Guide Dogs for the Blind CEO Christine Benninger says they'll be naming one of their Golden Retriever puppies after White as a special way of remembering her contributions and paying tribute. The name of the puppy is BettyRose, which is a nod to White's real name along with her popular character on The Golden Girls. As fans of the classic sitcom will know, White played Rose Nylund for seven seasons of the beloved series.

BettyRose will go to a puppy raiser when she's about six weeks old. White herself was a puppy raiser, having adopted a Golden Retriever named Pontiac. When Pontiac passed away a few years back, White chose not to adopt any new puppies when considering her advanced age, concerned that the dog would outlive her and then not be properly cared for. As her agent said, she was always "so sensitive" to the needs of animals and it's always shown.

“Golden retrievers are really extroverts — they love people. They just can’t get enough of saying hello to folks. And Betty is like that: she genuinely loves people,” Benninger also said when White passed. “She’s the human version of the golden retriever.”

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**Canine Corner (From Linda Piekarski)**

**Fidelco Guide Dog Foundation**

Fidelco is a relatively young, small guide dog school which was founded in 1960 in Bloomfield, Connecticut just outside of Hartford. It was a Ma and Pa setup at the beginning - Robbie and Charlie Kaman loved the German Shepherd Dog and at first bred them for other schools and only later decided to train their own. They breed, train, and place only their own German Shepherd Dogs. They are rightfully proud of the quality of their dogs.

Fidelco pioneered the ‘in community’ placement of dogs with handlers. This has caught on with other schools and many now offer it too. It is one of the things that attracted me to Fidelco – I had 13 cats at the time and knew my real problems were going to start when I introduced the dog into the home! Training is intensive, one-on-one for four hours a day for 10 to 15 days depending upon how the team is progressing. Fidelco provides solid, after- placement support via phone and, if necessary, on-site visits. I have had three, wonderful Fidelco Guide Dogs and can’t imagine getting a dog from another school!

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**Calendar of Events:**

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**Calendar of Events (Future In Sight tech workshops and fun classes):**

This information was provided by Stephanie Hurd and can also be found on the **Future In Sight Events Page at https://futureinsight.org/events.**

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Hi,

Here are the brand new fresh off the press technology workshops for June, which will all be held on Zoom. Please let me know what you’d like to sign up for by emailing me as soon as possible. Feel free to share, as they are open to anyone who is blind or visually impaired in NH and beyond.

The new tech workshops are listed first. Then as a refresher, I included the remaining activities and fitness options below that.

\*\*\*Again, please sign up by emailing me as soon as you can. Thanks.

To sign up please email Stephanie Hurd at shurd@futureinsight.org

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**Tech workshops**

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**Optimizing the Windows PC for Low Vision**

January 19 @ 1:00 pm – 4:00 pm EST

Technology Workshop for the Older Blind Program

REMOTE

The focus of this workshop will be on the accessibility features of the PC desktop or laptop. This is a small group workshop ensuring an immersive experience for each participant.

To register, please email services@futureinsight.org.

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**Books, News & Entertainment**

January 26 @ 1:00 pm – 4:00 pm EST

Technology Workshop for the Older Blind Program

REMOTE

This workshop will focus on accessibility features for audiobooks, magazines, newspapers, and much more! This is a small group workshop ensuring an immersive experience for each participant.

To register, please email services@futureinsight.org.

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**Maximizing the Mac for Low Vision Accessibility**

February 16 @ 1:00 pm – 4:00 pm EST

Technology Workshop for the Older Blind Program

REMOTE

The focus of this workshop will be on the accessibility features of the Apple desktop or laptop. This is a small group workshop ensuring an immersive experience for each participant.

To register, please email services@futureinsight.org.

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**Introduction to Screen Readers**

March 16 @ 1:00 pm – 4:00 pm EDT

Technology Workshop for the Older Blind Program

REMOTE

The focus of this workshop will be on the use of Windows Narrator and NVDA. An introduction to JAWS will also be shared. This is a small group workshop ensuring an immersive experience for each participant.

To register, please email services@futureinsight.org.

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**Smart Speakers and Smart Home Technology**

April 20 @ 1:00 pm – 4:00 pm EDT

Technology Workshop for the Older Blind Program

REMOTE

This workshop will share information on how current smart home technologies can benefit the blind and low vision community. This will include the use of smart speakers and voice assistants (i.e., Alexa) for tasks around the home (maintain a calendar, stay up to date on news, set timers, etc.) and will address how these systems can promote Aging in Place. This is a small group workshop ensuring an immersive experience for each participant.

To register, please email services@futureinsight.org.

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**Using Wearables for Increased Independence**

May 18 @ 1:00 pm – 4:00 pm EDT

Technology Workshop for the Older Blind Program

REMOTE

Several wearables will be reviewed including smartwatches (Apple and Android) which allow access to all tasks that can be performed with a smartphone. These tasks include the use of AIRA and OrCam for safe navigation, identifying objects providing assistance with reading materials, and the use of wireless earbuds to allow for safely obtaining information. This is a small group workshop ensuring an immersive experience for each participant.

To register, please email services@futureinsight.org.

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**Computing with a Refreshable Braille Display**

June 15 @ 1:00 pm – 4:00 pm EDT

Technology Workshop for the Older Blind Program

REMOTE

The focus of this workshop will be on comparing and contrasting a few devices, how to pair with a smartphone, access books, organize documents, perform calculations, and more. This is a small group workshop ensuring an immersive experience for each participant.

To register, please email services@futureinsight.org.

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**Activities**

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Winter session of adult activities are here-please email Stephanie Hurd with what you'd like to sign up for as soon as possible

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Happy New Year!

\*\*\*Please read all the way through!

There are a couple of sharing moments and then the list of winter adult activities to sign up for.

Can you believe 2022 is here! I hope you had a wonderful holiday season. Do you make resolutions or focus on any new themes for the year? I hope it’s a healthy and positive year for us all.

\*\*\*If you haven’t seen it, here’s a link to our brief online holiday concert, featuring musicians who are blind and visually impaired. Check it out:

https://youtu.be/4YAn7owBJJ4

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\*\*\*And just for fun, I have been asked to ice skate in a show coming up on February 5th here in Portsmouth through Ice Dance International and Strawberry Banke Museum. These are 2 great organizations, who have partnered with us for amazing activities. So, when they asked me to take part in this competition, it was easy to say yes. Trust me, I am not a great skater, but am looking forward to the enjoyment of it all. I’ll be paired with a professional partner, who will be absolutely terrific, and I will enjoy basking in their shadow.

Here’s a link to my promo video

https://youtu.be/4YAn7owBJJ4

And for those of you in the area, tickets go on sale Monday, January 10th. I need all of the support I can get. Did I tell you I’m just an average skater? Ha ha ha! I’m still going for it.

Tickets through:

https://www.strawberybanke.org/

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OK that is it for other announcements.

\*\*\*Here’s what you have been waiting for. The winter adult activities are out and ready for your sign ups. I miss you all and it will be great to enjoy some of these together.

\*\*\*Just reply as soon as possible with which ones you want.

\*\*\*Please mark your sign ups on your own calendars, so you will be free come the dates. It’s easy to sign up for something far off and then forget. So, adding it to your calendars, reminders or however your system works for you will be a huge help.

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**Adult Services Activities-winter 2022**

1st and 3rd Thursdays for many of the activities.

These are remote on Zoom at 11:00 AM.

Kaila’s Crafts are on Tuesdays, as noted.

Monday Meet Ups are back! The lighter side of Future In Sight invites all who are blind and visually impaired to gather and take part in purposeful conversation starters with Kaila.

If you have any questions, please email Stephanie Hurd at shurd@futureinsight.org with “Monday Meet Ups” in the subject line.

Kaila’s Craft Corner and Monday Meet-ups are registered separately, as shown.

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Tuesday, January 18th

The Basics of Air-Dry Clay-Kaila’s Craft Corner

3:00 - 5:00 Eastern -note this is Kaila’s craft coming up quickly.

Since there is no cost to purchase a kit through us, you can email me with your sign up for this one. Note there are supplies you would get on your own, but it would be less expensive for you to purchase your own clay than for Kaila to ship it to you.

Remote:

Are you interested in creating with clay? In this workshop we cover the basics of working with air dry clay. Learn best practices and tips and tricks. We will cover how to form basic shapes as well as how to make a pinch pot. All are welcome to join in the fun.

Materials:

Air dry clay: my recommendation for participants to purchase themselves at a local craft store such as Michaels Crafts, or online at:

https://www.amazon.com/Crayola-Clay-White-Pounds-Pack/dp/B001GIB3FQ/ref=sr\_1\_7?keywords=Air+dry+clay&qid=1637620757&s=toys-and-games&sr=1-7

Small amount of water

Plastic or paper to protect your work area Optional tools found around the house such as a fork, toothpick or other items for texturing

Register here: <https://form.jotform.com/220035486141144>

If you have any questions, please contact Stephanie Hurd at shurd@futureinsight.org or 603-545-4345

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Thursday, January 20

11:00-1:00 EST

Remote

It’s time to play two classic game shows: Concentration and the Pyramid game!

Everyone plays a part, as teams are created, and each person has a turn from their team to battle it out in these two fun game shows! Concentration will test your memory and the Pyramid game provides clues to see if you can come up with the categories.

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Monday, January 24

10:30 AM - 12:00 PM EST

Monday Meet Ups – New Year Reflecting & Goal Setting

It’s a new year and the perfect time for reflecting and goal setting. Join friends both old and new, as we spend time together answering questions that will have you looking back over the past year and to this upcoming year.

Register here: <https://form.jotform.com/220117420983147>

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Tuesday February 1

3:00 PM – 5:00 PM EST

Kaila’s Craft Corner – Heart Art

Valentine’s Day is on its way, join Kaila in making a mini heart shaped wreath and a rustic wooden art piece that can be displayed in your home or given as a gift.

Mini Heart wreath: Using a heart shaped foam wreath form and red satin ribbon, we will craft a beautiful wreath adorned with a white rose.

Wooden Heart Art: This project begins with an 8-inch wood circle, using small wood squares and circles we will create a border around 2 hearts.

Kits will include everything needed to complete both projects excluding the recommended Yes Paste.

I highly recommend Yes paste for this project as well as other upcoming projects: https://www.amazon.com/YES-Glue-Yes-Paste-Pint/dp/B01M5HA0X2/ref=sr\_1\_2?keywords=yes+paste&qid=1638809744&sr=8-2

Cost: $10

Deadline to sign up to receive a kit is January 20th 2022

Register here: <https://form.jotform.com/220117166223141>

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Thursday, February 3

11:00 AM-1:00 PM EST

Remote:

Book Club discussion

Join us as we discuss the following:

Ordinary Grace by William Kent Krueger

Annotation: Minnesota 1961, 13-year-old Frank Drum’s summer is steeped in death: a neighborhood boy hit by a train, a hobo found dead-and then a member of Frank’s family is murdered. Frank is determined to seek vengeance and can’t understand why his younger brother isn’t.

Available through Talking Book/Bard DB 78187

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Tuesday February 15

3:00 PM – 5:00 PM EST

Kaila’s Craft Corner – Quilling 101

Join Kaila to learn the basics of this ancient art form. Quilling is the art of rolled, shaped, and glued paper that results in creating a decorative design. In this workshop we will learn how to make basic shapes using Quilling techniques to create a mini collage.

Quilling Kit includes:

1 5” x 7” canvas

Quilling tool

A variety of 1/8 inch strips of light weight paper

Toothpick for glue application

Other materials needed:

Tacky glue or white school glue

Cost: $10

Deadline to sign up to receive a kit is February 2nd 2022

Register here: https://form.jotform.com/220117491540144

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Thursday, February 17th

11:00 AM –

1:00 PM EST

Remote:

Laugh Out Loud: the power of laughter!

Nancy Mulvihill will be our special guest for this workshop, which will help turn the winter doldrums or lemon into lemonade through humor. Learn the physical, emotional and spiritual benefits of laughter. We will share enjoyable stories, jokes and smiles.

Nancy has an M.A in holistic counseling and couldn’t live well without humor—and wants others to remember its importance in their lives.

Register here: <https://form.jotform.com/220036115507140>

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Monday February 21

10:30 AM – 12:00 PM EST

Monday Meet Ups – Have you ever…?

Have you ever…? Join in the fun as we learn about one another by answering questions about what you have and have not done. This will be a time of sharing your experiences with friends. You may come across something to add to your bucket list.

Register here: https://form.jotform.com/220117764871154

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Thursday, March 3

10:30 AM-12:00 PM note the earlier time on this one

Remote

Escape room with Ryan

Do you think you have what it takes to escape before time is up? Work as a team, as Ryan talks us through this online escape room.

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\*Thursday, March 17

11:00-1:00

Remote

Cooking with Chef Michael

What a better way to tap into St. Patrick’s Day than to prepare an Irish Guinness stew. There are adaptations to keep it healthy, as well as keeping it traditional; whichever method works for your lifestyle. Participants will be sent a list of ingredients ahead of time, so we’ll be ready to cook this amazing comfort dish along with Chef Michael.

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Monday, March 21

10:30 am - 12:00 pm EDT

Monday Meet Ups – What would you do?

What Would You Do? Join in the fun to speculate on possible actions you and others would take in a variety of interesting situations. You may just learn something about yourself.

Register here: <https://form.jotform.com/220117895096158>

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\*\*\*There you have it. I think it’s a nice variety of happenings. Remember to not only sign up with me, but mark your calendars as soon as possible.

A Zoom link for each activity will be emailed a couple of days before each one. These are open to those who are blind and visually impaired from anywhere, so feel free to share. All are welcome.

Thanks so much,

Stephanie Hurd

Assistive Technology/Activities Specialist

Future In Sight

shurd@futureinsight.org

603-545-4345

Check out our events page for remote technology workshops, online activities and crafts, open to people who are blind and visually impaired around the globe!

https://futureinsight.org/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**

Dates:

Saturday, January 8, 2022

Saturday, February 12, 2022

Saturday, March 12, 2022

Saturday, April 9, 2022

Time 10:30 AM

Location: Anywhere and Everywhere, virtual

Join Zoom Meeting

[https://zoom.us/j/7337352246](https://zoom.us/j/93669651975)

Meeting ID: 733 735 2246

One tap mobile

+16468769923,,7337352246# US (New York)

+13017158592,,7337352246# US (Washington DC)

+13126266799,,7337352246# 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**

Dates:

Saturday, January 15, 2022

Saturday, February 19, 2022

Saturday, March 19, 2022

Saturday, April 16, 2022

Time 10:30 AM

Location: Anywhere and Everywhere, virtual

Join Zoom Meeting

[https://zoom.us/j/7337352246](https://zoom.us/j/93669651975)

Meeting ID: 733 735 2246

One tap mobile

+16468769923,,7337352246# US (New York)

+13017158592,,7337352246# US (Washington DC)

+13126266799,,7337352246# US (Chicago)

Reminder Zoom information will be sent out.

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

Dates:

Wednesday, January 19, 2022.

Wednesday, February 16, 2022

Wednesday, March 16, 2022

Wednesday, April 20, 2022

Time 12:30 – 2:00 PM

Unless otherwise notified.

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**National Federation of the Blind**

**Dates to Keep in Mind:**

(All times eastern)

February 1: Presidential Release, 8:00 p.m.

February 7: Great Gathering-In, 5:00 p.m.

February 7-10: Washington Seminar

March 1: Presidential Release, 8:00 p.m.

March 31: Deadline to submit scholarship application

July 5-10: National Convention, New Orleans

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**Tech Tips:**

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**How to Dial an Extension on an iPhone & Save Extensions to Contacts**

In this article, we'll show you how to easily dial an extension to avoid automated operators. We'll also cover how to save phone numbers with extensions to your Contacts, which is especially useful for those who regularly contact businesses or call into conferences.

Then in the next section we'll cover how to add an extension to a phone number in your iPhone contacts.

1. Open the Phone app.

Dial the main number you’re calling.

2. Press and hold the \* (asterisk) until a comma appears. The comma acts as a pause and lets your phone know it’s dialing an extension.

3. Now enter the extension number after the comma.

4. Tap the green Call button and you’ll dial straight to the person you’re trying to reach.

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**How to Save Extensions in Your iPhone Contacts**

If you plan to regularly call an extension, you can save it in your Contacts. That way, the next time you go to dial the extension, it will already be saved as it needs to be dialed. Here’s how to save a number with the extension to your Contacts on iPhone:

1. Open the Contacts app.

2. For our how-to, we’re assuming you already have the number saved. If not, simply create a new contact by tapping the plus sign.

3. Tap on the contact that you want to add an extension for.

4. Tap Edit in the upper-right corner.

5. Tap the number you’re adding the extension to, or tap the plus icon next to add phone to add a new phone number for the contact.

6. Tap the symbols button on your keyboard.

7. With the cursor at the end of the phone number, tap Pause to insert a comma.

8. Now enter the extension.

9. Tap Done to save.

Now you can dial an extension before you even get to the operator, and you can also add these auto-dialed extensions to your contacts as well.

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**What’s Up?**

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This feature will be dedicated to submissions on tips, tricks, and technologies to help make our lives a little easier.

Our first is an announcement from the National Library Service (courtesy of Jody Ianuzzi)

Good morning, everyone.

If you have been anxiously anticipating the new braille display book reader from the national library service then they are available! There are 800 units at the Perkins library waiting for a new home. If you call the library, you can request one. Mention that you are a registered borrower with the New Hampshire library. They will be shipped out the end of January. Call the Perkins library at (617) 972-7240.

This device is also referred to as the NLS eReader. The following is borrowed from the New Jersey State Library pilot program page.

What is a braille eReader?

It is an electronic braille unit that displays rows of braille letters and words that can be read as you would a braille book.

What is the difference?

There is a big-time difference. The young adult classic, Harry Potter and the Deathly Hallows (BR17210) is ten separate volumes in braille. That means ten volumes in ten separate containers mailed to anyone who enjoys the series.

How about having the same book in braille in the palm of your hand?

Well, thanks to the Library of Congress’ National Library Service for the Blind and Print Disabled (NLS) you can.

How do I get one?

First, it only works if you can read braille. (See Jody’s article above)

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During the recent Washington Seminar chat, the discussion veered off into available medical devices, specifically talking blood pressure monitors.

Jody was kind enough to offer the following advice:

One of my favorite sources for adaptive equipment is Independent Living Aids. They would have a talking blood pressure monitor. Their phone number is (800) 537-2118

Another great resource is LS and S Group their number is 800 468-4789. I think you can also buy one from the Independence Market.

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**Here’s a little bit of humor**

New Year’s:

What do New Year’s Day parades have in common with Santa Claus?

No one is awake to see either of them.

Valentine’s Day:

What do you call a very small valentine?

A valen-tiny!

St. Patrick’s Day:

What kind of spells do leprechauns use?

Lucky Charms!

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**This Month’s Recipes:**

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**French Onion Soup Rice Bake**

Serves: 6

 It only takes 4 ingredients to make this easy French Onion Rice Bake side dish that is packed full of flavor! It goes wonderfully with any main course.

**Ingredients**

1 cup uncooked white rice (NOT instant rice)

1 (10 oz) can Condensed French Onion Soup

1 (14 oz) can of Beef Broth

½ c. of butter, sliced

**Instructions**

1. Preheat oven to 425 degrees.
2. In a 9x9 inch baking dish (8x8 would also work fine) combine rice, soup and broth.
3. Cut butter into slices and place on top of the mixture.
4. Cover with foil and bake for 30 minutes.
5. Remove cover and bake 30 minutes more.

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**NO-BAKE CHEESECAKE**

**INGREDIENTS**

**GRAHAM CRACKER CRUST**

2 cups graham cracker crumbs (about 12–14 full sheet graham crackers)

1/3 cup packed light or dark brown sugar

1/2 cup unsalted butter, melted

**CHEESECAKE**

1 and 1/4 cups heavy whipping cream

three 8-ounce blocks full-fat cream cheese, softened to room temperature

1/2 cup granulated sugar

2 Tablespoons confectioners’ sugar

1/4 cup sour cream, at room temperature

2 teaspoons lemon juice

1 teaspoon pure vanilla extract

Instructions

1. Make the crust: Stir the graham cracker crust ingredients together. Pour into a 9-inch or 10-inch springform pan and pack in very tightly. The tighter it’s packed, the less likely it will fall apart when cutting the cheesecake. I recommend using the bottom of a measuring cup to pack it into the bottom and up the sides. You can watch me do this in the video above. Freeze for 10-20 minutes as you prepare the filling.
2. Make the filling: Using a hand mixer or a stand mixer fitted with a whisk attachment, whip the cold heavy cream into stiff peaks on medium-high speed, about 4-5 minutes. Set aside.
3. Using a hand mixer or a stand mixer fitted with a whisk or paddle attachment, beat the cream cheese and granulated sugar together on medium speed until perfectly smooth and creamy. Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed. Add the confectioners’ sugar, sour cream, lemon juice, and vanilla extract. Beat for 2-3 minutes on medium-high speed until smooth and combined. Make sure there are no large lumps of cream cheese. If there are lumps, keep beating until smooth.
4. Using your mixer on low speed or a rubber spatula, fold the whipped cream into the cheesecake filling until combined. This takes several turns of your rubber spatula. Combine slowly as you don’t want to deflate all the air in the whipped cream.
5. Remove crust from the freezer and spread filling into crust. Use an offset spatula to smooth down the top.
6. Cover tightly with plastic wrap or aluminum foil and refrigerate for at least 6-8 hours and up to 2 days. For best results, 12 hours is best. I chill mine overnight. The longer refrigerated, the nicer the no-bake cheesecake will set up.
7. Use a knife to loosen the chilled cheesecake from the rim of the springform pan, then remove the rim. Using a clean sharp knife, cut into slices for serving. For neat slices, wipe the knife clean between each slice.
8. Serve cheesecake with desired toppings (see note). Cover and store leftover cheesecake in the refrigerator for up to 5 days.

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**A penny for your thoughts**

**COLIN POWELL’S 13 RULES OF LEADERSHIP**

1. It Ain’t as Bad as You Think! It Will Look Better in the Morning. Leaving the office at night with a winning attitude affects more than you alone; it conveys that attitude to your followers.

2. Get Mad Then Get Over It. Instead of letting anger destroy you, use it to make constructive change.

3. Avoid Having Your Ego so Close to your Position that When Your Position Falls, Your Ego Goes with It. Keep your ego in check, and know that you can lead from wherever you are.

4. It Can be Done. Leaders make things happen. If one approach doesn’t work, find another.

5. Be Careful What You Choose. You May Get It. Your team will have to live with your choices, so don’t rush.

6. Don’t Let Adverse Facts Stand in the Way of a Good Decision. Superb leadership is often a matter of superb instinct. When faced with a tough decision, use the time available to gather information that will inform your instinct.

7. You Can’t Make Someone Else’s Choices. You Shouldn’t Let Someone Else Make Yours. While good leaders listen and consider all perspectives, they ultimately make their own decisions. Accept your good decisions. Learn from your mistakes.

8. Check Small Things. Followers live in the world of small things. Find ways to get visibility into that world.

9. Share Credit. People need recognition and a sense of worth as much as they need food and water.

10. Remain calm. Be kind. Few people make sound or sustainable decisions in an atmosphere of chaos. Establish a calm zone while maintaining a sense of urgency.

11. Have a Vision. Be Demanding. Followers need to know where their leaders are taking them and for what purpose. To achieve the purpose, set demanding standards and make sure they are met.

12. Don’t take counsel of your fears or naysayers. Successful organizations are not built by cowards or cynics.

13. Perpetual optimism is a force multiplier. If you believe and have prepared your followers, your followers will believe.

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Remember, we want your inputs!

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

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