

Hawaii Association of the Blind Newsletter

April 1, 2023

The Hawaii Association of the Blind mourns the loss of two of its members.

Yoshiko Nishihara, age 97, died in Honolulu on March 6, 2023. She was born on the Big Island. She is a long time member of HAB.

Dolores Rupert, blind vendor and also long-time friend of HAB.

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Announcements

HAB will once again be doing a fundraiser with Cookies from Cookie Corner. Please let Vickie know how many bags of cookies you will be selling at your earliest convenience. She can be reached at 808-222-8862 or vreikok@gmail.com. Each bag of cookies is \$10. We have three flavors: Chocolate Chip, Triple Chocolate, and Oatmeal. Please promote the sales rigorously! Post on your social media, tell your friends and families about it, and spread the word...We want to sell as many cookies as we can for HAB! Cookies will be distributed at the May meeting. Payment is due to HAB on May 18. These cookies will make for great Graduation and Mother's day gifts in May.

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Upcoming Events

Have you ever visited the USS Arizona Memorial at Pearl Harbor? It is "right in our backyard" and is such an important part of the history of Hawaii, the United States and Japan. Even if you have

been there, the park has expanded so much to include more information about that infamous day of December 7, 1941.

Our Hawaii Association of the Blind is being offered a very special program there on Saturday, April 29, from 9:00AM to 12 Noon. This is being offered by professor Brett Oppegaard from the University of Hawaii. Included will be a special presentation and the regular boat shuttle tour over to the Memorial which spans the remains of the USS Arizona.

We encourage each of you to participate in this incredible opportunity. It is totally free. There is a lot of free public parking there! It's only on that Saturday morning, and your afternoon is wide open.

Participants should make their own transportation arrangements and arrive at the Pearl Harbor Arizona Memorial park grounds by 8:30AM. Make transportation arrangements to go home after 12:20PM. And anyone who is bringing you there is welcome to join in.

Please contact Vickie Kennedy by April 10th to let her know you have questions or want to participate at: 808.222.8862 or vreikok@gmail.com.

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The origins of April Fool's' Day according to Encyclopedia Britannica

April Fools' Day, also called All Fools' Day, in most countries the first day of April. It received its name from the custom of playing practical jokes on this day—for example, telling friends that their shoelaces are untied or sending them on so-called fools' errands. Although the day has been observed for centuries, its true origins are unknown and effectively unknowable. It resembles festivals such as the Hilaria of ancient Rome, held on March 25, and the Holi celebration in India, which ends on March 31. Some have proposed that the modern custom originated in France, officially with the Edict of Roussillon (promulgated in August 1564), in which Charles IX decreed that the new year would no longer begin on Easter, as had been common throughout Christendom, but rather on January 1. Because Easter was a lunar and therefore moveable date, those who clung to the old ways were the "April Fools." Others have suggested that the timing of the day may be related to the vernal equinox (March 21), a time when people are fooled by sudden changes in the weather.

There are variations between countries in the celebration of April Fools' Day, but all have in common an excuse to make someone play the fool. In France, for example, the fooled person is called poisson d'avril ("April fish"), perhaps in reference to a young fish and hence to one that is easily caught; it is common for French children to pin a paper fish to the backs of unsuspecting friends. In Scotland the day is Gowkie Day, for the gowk, or cuckoo, a symbol of the fool and the cuckold, which suggests that it may have been associated at one time with sexual license; on the following day signs reading "kick me"

are pinned to friends' backs. In many countries newspapers and the other media participate—for example, with false headlines or news stories.

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STEAM “Move It “ Recap

By Anthony Akamine

The STEAM Move It Event held at Kakaako Waterfront Park on March 25th provided a great opportunity for children and their families to engage in fun activities while learning about the musculoskeletal system. The event was organized with the objective of promoting awareness about the importance of tactile awareness, tactile models, proprioception, balance, orientation, and sensory integration in the development of children’s musculoskeletal system.

During the event, children participated in the obstacle course where they ran a 50 yard dash, walked a balance beam, crawled through a tunnel, moved on a scooter, and many other activities that helped them understand the importance of tactile awareness in their daily lives. They also created a play-doh creature, which helped them understand the importance of bones in shaping the body. By exploring tactile models, children were able to understand how muscles, bones and tendons work together to make their hands move.

One of the highlights of the event was an exercise class conducted by Coach Ziggy. Through activities such as lunges, squats, and stretches, children learned about the importance of their body position in space. This helped them improve their balance and coordination skills.

The STEAM Move It Event provided an excellent opportunity for children to learn about the musculoskeletal system in a fun and engaging manner. The event was a big success and received positive feedback from parents and children who attended. STEAM group will be at the Aviation Museum next month and it is an opportunity not to be missed.

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Steam Event Four: A fun filled day at the park

By Terri-lynn Higashi

It was a beautiful Saturday morning. A day perfect for getting out and having some fun in the sun. The Hawaii Association of the Blind/Parents and Youth Committee held their Steam (science, technology, engineering, arts, math) event on March 25th, 2023, at Kakaako park. There were students that came out and several families came out to participate in support of their children who are visually impaired. First, we got a lesson on the makeup of the human body. There was a cardboard hand with pipe cleaners attached to fingers that was used as a tactile example to simulate movement in the body. The students moved the pipe cleaners up and down to show how our body and joints move. One of the students read about the human body and we were given play-doh and straws to create different parts of the body. Each student added their play-doh body part which came out very interesting because some parts were bigger than others. Next coach Ziggy came and taught us stretches, exercises, and mindfulness using audible instructions and tactile equipment such as inner tubes. One of the students helped in the stretching as he had some experience and verbally demonstrated the moves, he was familiar with. Lastly, the students did an obstacle course consisting of running, finding shapes and putting it in a puzzle, holding your body up from a grab bar and letting it dangle for moments at a time, throwing bean bags towards a bucket with a beeping ball and finally getting to the finish line pushing yourself in a wooden cart towards the audible finish line.

We had a fun and exciting time with everyone. It was great to experience going through the obstacle course non sighted along with some of the other parents and family members. It is always refreshing to learn new things and meet new people. One of the students said "He liked everything including the obstacle course" as he shared how he runs track tandemly with a sighted guide at his school. Anthony enjoyed the experience but was very tired as he kept on pushing the wooden cart around in the wrong direction and almost missing the audible target .finish line Crata said " she enjoyed the running and going through the obstacle course as it was energizing." She also liked engaging with the participants and their family. It was a fun filled, learning experience for all. Next month is a tour of the Aviation Museum. For more information about STEAM and PAY reach out to Keao or Anthony.

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March STEAM event Recap

By Leah Neumann

The STEAM Move It Event held at Kakaako Waterfront Park on March 25th provided a great opportunity for children and their families to engage in fun activities while learning about the musculoskeletal system. The event was organized with the objective of promoting awareness about the importance of tactile awareness, tactile models, proprioception, balance, orientation, and sensory integration in the development of children's musculoskeletal system.

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Aha moments: Journey through Blindness: Clifford Miyashiro

By Tony Akamine

While at the Ala Moana Hotel I stopped for a break and on the bench next to me was my friend Clifford. I found him to be engaging and full of wisdom as always. Clifford Miyashiro is a follower of Christ, Kalihi born, Farrington graduate. Cliff was a business owner in the Honolulu area selling various toys, sports cards, and crafts. At the age of 68 he started losing his vision and became legally blind due to Glaucoma. His Blindness created a "Who Moved My Cheese Moment." He didn't know quite what to expect now that he was losing his vision, he was a bit fearful and uncertain. After much consideration, he began to sniff out resources and scurry around to gain knowledge. He went to Ho'opono Services for the Blind because he had an open mind to receive and learn. He was like a sponge absorbing and taking in all the possibilities through the "New Vision's" program. He started to realize and imagine all the possibilities. During the pandemic things slowed down and he needed to make some financial gains, so he was introduced to the vending program. Before getting into the vending program, he had to complete the Hadley coursework. He completed the Hadley program in 1 month and was accepted into

the Blind Enterprise Program. He finished the program in the fall of 2022. He recently got his first vending opportunity at the State Office Tower. He looks forward to opening real soon. He is really excited to get started.

Cliff shared about some of the things he enjoys about HAB. He enjoys knowing what HAB provides for the blind community. He enjoys learning about different community resources and enjoys many of the different opportunities to engage with other blind members which is also important to him. He believes if you put both feet forward the possibilities are limitless. There may be at times challenges and stumbling blocks, but you pick yourself and press forward with a smile keep on smiling. As Cliff says, "Keep smiling giving God all the glory." Having an attitude of gratitude, being flexible, are components of a great life. He is walking the talk in his life, and he is thankful for a supportive family and his faith in God. He leaves us with this: Colossians 3 verse 23: 23 Work willingly at whatever you do, as though you were working for the Lord rather than for people. Favorite part of the convention: meeting and connecting with others and listening to folks share how they overcome their challenges Blindness: blindness is a blessing, but it can be challenging but still possibilities to succeed in life. Clifford, Thanks for Sniffing out the possibilities and moving beyond your fears.

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The Smart Ap OKO

Reach your destination effortlessly. OKO is a smart(*) camera app that helps you explore your surroundings with real-time feedback. With it, you can know the state of the pedestrian traffic light. At an intersection, the pedestrian traffic light function gives you the state of the pedestrian light and crosswalk identifiers by playing haptics and audio feedback, similar to a physical APS system. OKO is closely co-developed with blind and visually impaired users. OKO practices privacy by design. Anything visible through the camera is processed and never leaves your device, unless you decide to share your data.