

HAB FORUM

HAWAII ASSOCIATION OF THE BLIND

Advocating for

Independence, Equality, Opportunity

Vol. IV No. I

February 2006

ALOHA! The Hawaii Association of the Blind (HAB) is proud to introduce everyone to the **HAB Forum**. This newsletter is published twice a year.

HAB is an organization comprised of blind and sighted members, who strongly believe in advocating for independence, equality, and opportunity for all blind persons. The officers are:

- President: Warren Toyama, vendor at the Tripler Army Medical Center
- First Vice-President: Filo Tu, President and CEO of Blind Vendors Ohana
- Second Vice-President & Scholarship Chairman: Don Thomson, Professor at Leeward Community College
- Secretary: Maureen Sheedy
- Treasurer: Amelia Cetrone, retired hotel CEO
- Board Members:
 - Myles Tamashiro, vendor at Kona Airport
 - Norman Ota, dark room technician at Tripler Army Medical Center
 - Louise Horio, retired teacher

- Miriam Onomura, vendor at Municipal Building



PRESIDENT'S CORNER – Warren Toyama

HAPPY NEW YEAR!! 2006 holds great promise for a fruitful year for the Hawaii Association of the Blind (HAB). Our membership is poised to work through our committees to make positive things happen.

Our Membership Committee is committed to work with our newer members to develop a better understanding of the fundamental philosophy of HAB and the American Council of the Blind (ACB). This project should motivate all HAB members to support initiatives by the Membership Committee. Imua, Norman!

The US Department of Education has reorganized the Rehabilitation Services Administration (RSA). We are bringing in a mainland expert to discuss with us how this new restructuring of RSA is working. Stay tuned for more reports on this issue.

We will be attempting to send more members away for training this year. Leadership training, understanding ACB philosophies, and being versed in blind services are key ingredients in what 2006 holds for HAB members.

The Randolph-Sheppard Program has come under attack from the US Senate Oversight Committee on HELP(Health Education Labor and Pension). Hawaii's two US Senators have been kept apprised of the situation, and we are working to preserve as much of the Blind Vending Program as we can. I serve on the Legislative Strategy Committee of the Randolph-

Sheppard Vendors of America (RSVA), and we have an agreement with all of the stakeholders on this matter: ACB, NFB, RSVA, NABM, and the National Council of State Agencies for the Blind (NCSAB).

I want to conclude this message with a personal tribute to Herb Yamamura who passed away early Thursday morning, January 12, 2006. Herb was 76 years old. I first met Herb at Diamond Head School in 1944, some 61 years ago. He was a loyal HAB member, a good friend, and someone I will really miss. Thanks for the memories Herb!



SOCIAL COMMITTEE - Myles Tamashiro



The Social Committee organized a wonderful Thanksmas dinner on December 3, 2005 at the Pagoda Hotel. Nora, David, and Louise did a great job in coordinating the grab bag game. Julia, with the help of Joy Kodo, Amelia Cetrone, Louise Horio, Beth Flormata, Betty Mason, Myles Tamashiro, Filo Tu, and Yoshiko Nishihara, put together a fabulous dinner. Filo and Joe provided great guitar music, and Larry Ngiramerekos' harmonica playing added much to the spirit of the season. Warren congratulated and thanked everyone for contributing \$750 to the Lokahi fund. The night was a time for good fun and fellowship. Happy New Year to you all!!



MEMBERSHIP COMMITTEE – **Norman Ota & Filo Tu** Happy New Year from the Membership Committee. Welcome to 2006!

We are looking toward another year which promises more activities, the chance to meet new people, and get more involved in issues concerning the blind.

We will continue what we have already begun in 2005, and we encourage members to gain knowledge about HAB, ACB, and issues concerning the blind in the state of Hawaii. Please contact Norman Ota for any questions or suggestions: 834-1079. Mahalo!

FUNDRAISING COMMITTEE – **Myles Tamashiro, Chairperson**

The Fundraising Committee is planning another fund drive from April through June of 2006. We haven't decided on what we are going to sell, so keep your ears close to the ground!



TECHNOLOGY COMMITTEE – **Ronald Flormata, Webmaster**

- Audio Books

Not so long ago, I enjoyed reading novels, especially those written by my favorite author Robert Ludlum. That was a time when I could still enjoy reading printed material with my vision. As the years passed, I came to realize that normal reading was becoming more and more elusive, and eventually I totally gave up on the idea of reading popular novels, newspapers, tech magazines, and other

printed matter. Then I learned about audio books and magazines that the Library for the Blind and Physically Handicapped provides for free to blind and visually impaired subscribers. The idea of converting printed books and magazines into audio format is a wonderful way of bringing people back to reading.

I began reading magazines using the bulky cassette player (11" long x 9" wide x 3" height, weighing about 5 lbs) provided by the Library. Since most of the time I am traveling from home to work and back, I wanted something that allowed me to read on the road. Consequently, I had to purchase a smaller 4-track cassette player for that purpose. But technology just keeps knocking and presenting itself to us. Have you heard of Ipods? These are the very popular portable digital music players weighing 5 ounces and fits in your pocket. Of course there are other similar brands available. Audio books and other materials can be purchased via the Internet which is then downloaded to play on your player. The Library also offers a limited but definitely growing number of book titles available online for downloads. At the November HAB meeting, Art Cabanilla showed us a small and portable digital audio book player called the Book Courier priced at \$379.



· Talking Cell Phones

A few months ago, I featured on the HAB website an article about accessible cell phones for the blind. Little did I know that such accessible cell phones are not that accessible when you walk into a dealer's store. Most likely, the salesperson would not know what accessible cell phones are, and what services are available

for blind or visually impaired cell phone users. Although we are aware of technologies that read cell phone displays, it is frustrating not to be able to get the info from dealers. There are presently two accessible software solutions available to the blind or visually impaired user for use on a mobile phone. One is Talks, developed by a German company, the other is Mobile Speak from Code Factory. Both programs act as a screen reader similar to JAWS or Window Eyes. Cell phones capable of running these programs are typically made by Nokia and GSM, thus the leading carriers are AT&T, Cingular, and T-Mobile. ETO Engineering offers comprehensive information on this topic (<http://www.etoengineering.com/vision.htm>). If you are interested in purchasing an accessible cell phone with screen reader, visit:

http://www.cingular.com/about/talks_program, and
http://www.cingular.com/about/talks_rebate.

We encourage everyone to visit the HAB website at: <http://www.acb.org/hawaii>. For comments and suggestions, please contact HAB webmaster, Ronald Flormata via email at comhaus1@hotmail.com.



INTERNAL SUPPORT COMMITTEE – Beth Flormata, Chairperson

As 2005 draws to a close, let us be thankful for all the wonderful blessings that we, as HAB members, have received. The friendships that bloomed during the ACB Convention in Las Vegas, the lively

and fruitful monthly meetings, and the recent Thanksmas party are but a few of the good times we have shared together.

We look forward to the New Year and the pleasant surprises it will offer. Let us unite ourselves even more toward achieving HAB's mission of independence and equality for the blind of Hawaii. Let us face 2006 with renewed vigor, confidence in ourselves, continued dedication, and a sincere commitment to serve our fellow members in the best way we can.

I wish each and every one of you: MALIGAYANG PASKO AT MANIGONG BAGONG TAON!!!

California Council of the Blind Convention – Betty Mason

The California Council of the Blind (CCB) held their State Convention on October 13 – 17, 2005. In attendance were 265 people, all with one vision: to support each other and to help all blind and visually impaired people in their own communities.



The opening session dealt with changes in California's laws that the California Council of the Blind was instrumental in bringing about. This was accomplished by having members visit their elected officials to develop a friendly but firm working relationship, and to bring CCB's views and needs to their attention.

I attended the President's Dinner. What an eye opener! Each chapter President gave a brief report, boasting about the activities they used to attract new members and strengthen their own chapters. They spoke of who has the best BBQ's. Others had potlucks every other month, dances, and day trips. All this was to encourage and support membership and growth in their community. Chapters invited other community groups to join

them so the community could become aware of blind services, needs, and the abilities of the blind and visually impaired.

Having both blind and sighted members was stressed. Membership for each chapter is 75% blind or visually impaired and 25% sighted, giving all a better perspective. The chapter that won the Chapter of the Year Award had a growth increase of 30%!

I was amazed and impressed by one speaker who is a totally blind architect. He uses raised lines on his blueprints so he can read the plans. He redesigns homes and does interior decorating!

This was a great Convention, and I am happy to have been able to attend this wonderful event.



Vending News – Filo Tu

Happy New Year! I would like to talk to you about what is happening with the Blind Vending Program. The Program is not doing well at all. In my last report, I informed you that the military is trying to remove the Blind Vendors at the Arizona Memorial. I don't know what plans the Hawaii Blind Vending Program has, but this is one of the reasons why we try so hard to bring the Vendors together so that when things like this occur, we can work together to find a solution to help the Program.

I believe I also reported to you about the State Committee of Blind Vendors' elections. We had, I believe, 5 elections. I was elected for another term. I would like to take this opportunity to thank all of you who believed in me and what I stand for in the Vending Program. We had the election for the Chairman of the

Committee, and it was a tie between Kyle Aihara and myself. We have 9 members on this Committee, but the member who happened to receive the most votes, wasn't present.

I want to inform those who supported me throughout the years that I will not be running for Chairman of the Committee, and Warren Toyama will not seek the Vice-Chairman's post. This enables the Committee to organize itself and get on with business.

I believe that the Vending Program is very important, and we have been fighting among ourselves for too long. I hope that Kyle will do a good job as Chair of this potentially great Committee. I also hope that Kyle will remember that the State Committee belongs to the Blind Vendors. I hope he does not make the same mistakes he did when he was Chairman of this Committee. During that period of Chairmanship, Kyle gave Mr. Teeter the right to run the Committee and appoint the Secretary of his choice. As you know, the State agency was never involved in the selection of the Secretary of the Committee. Let's all give Kyle our support and let's make sure he does not make the same mistakes.

The state agency has made it very clear to us that the Hawaii Blind Vendors Association is not being recognized as part of the Vending Program. Therefore, it is very important for all Vendors to make sure that we do whatever is necessary to protect this Committee. It is our Committee, and don't ever forget it! This is potentially a very powerful Committee, and don't ever let anyone tell you that this Committee does not have any power. Without this Committee, the Business Enterprise Manager would have been able to do whatever he wants to do.

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Hawaii Association of Parents of the Visually Impaired
(HAPVI) – Amy Downard



Happy New Year to All! HAPVI has had a happy year, with continued membership and regular meetings for parents and families. The last meeting was held at the Library for the Blind and Physically Handicapped on November 5th. A tour of the library facilities and hands-on experience with the new audio book players were included. In September, HAPVI hosted their annual convention at the Pagoda Hotel. Ginger Marcellus and I shared our experiences of attending the ACB Convention in Las Vegas. Fusako Miyashiro was on hand from the Library with new audio book devices to share. A representative from MetLife shared a great deal of important information regarding estate planning, including financial arrangements for special needs children. Kristin Oien, Education Specialist for Visual Impairment from HCDB, informed the participants of changes in IDEA. She reported little effect on services for the students who are blind and visually impaired. The convention ended with elections and an open discussion for parents and families. Current HAPVI Officers are:

President: Myles Tamashiro

Vice-President: Walter Chun

Secretary: Ginger Marcellus

Treasurer: Amelia Cetrone

The next HAPVI meeting will be on Saturday, February 25 at HCDB Library from 10 am – 12 pm.

Keiki and Parents of the Visually Impaired (KAPVI) – Carol Hotta



Another year has gone by, and KAPVI members on Maui just celebrated Halloween with a party and pumpkin decorating contest, hooked up with the Maui Lions' clubs for a Thanksgiving dinner, and had the most enthusiastic BINGO game at the Christmas party (Thanks to Marge, Jody, Vavega, and the other members). And again we appreciate the members of HAB for providing some of the financing for the group's activities.

A whale watch and Easter egg hunt are coming events. If you plan to be on Maui with your visually impaired child when these events occur, you are welcome to join the KAPVI group.

Other KAPVI news: Kurt, one of the older members recently moved, but before he left he told us how much the group meant to him, and that he hopes he finds a similar group in California. Natalie, a former member, recently got married and is now expecting her first child. Also, several of the KAPVI members are now HAPVI members. And last, we started a new tradition this year at the Christmas party. The members chose to donate a toy to the homeless shelter. However, Nicole forgot to bring a gift so she donated her BINGO prizes. The other students saw this and they also gave some of their prizes. I am so proud of them!

For information about KAPVI on Maui or upcoming events, please call President Marge Masterson at 669-0928, or email Carol Hotta at hotta@maui.net.

State of Hawaii Association for the Education and Rehabilitation of the Blind and Visually Impaired (SHAER)

– Amy Downard

The members of SHAER met in September 2005 at HCDB. The main topic was planning for an upcoming conference that SHAER will host on October 21 & 22, 2006. The topics will be Transition and Technology. Esteemed author and educator, Dr. Karen Wolffe, will return to Hawaii as the primary presenter for the conference. Various technologies for the blind and visually impaired will be featured. Conference location and times to be determined. We'd like to also welcome our new VI teacher / O&M instructor to Honolulu District Schools, Liz Causey who is from Florida. Welcome aboard Liz!

Blindsight News – Iolana (Landa) Phelan

· Escalator Experience

I was at the Outrigger Main Hotel with a couple of friends and we decided to use the escalators to get down to the street level. Now I don't know about you, but I believe most escalators go up on the right side and down on the left side. I never gave it a thought until I went to get on the escalator telling my guide dog to go forward! She resisted but I insisted giving the command to go forward so she tried and I stepped on the escalator and ended up going backwards right into my girlfriend and then realized we were trying to go down the up escalator. I would have landed right on my bottom if my friend was not in back of me! You also have to think thin because the escalator is really narrow. I am not sure if there is a standard for escalators to go up or down the same or not, but if you are in the Outrigger Main Hotel,

please be aware!



· Dole Cannery

Dole Cannery now has some audio described movies. It is not done for all movies, and is only described for certain show times. When you purchase a ticket ask for the headset. When calling the theater, they may say that they are unaware

of this being available so be patient with them. I wasn't going to report this to you until I went to the theaters myself, but maybe you folks can try it out. The number for the Dole Cannery Stadium 18 Theaters is 528-3653. If you asked about described audio they can tell you which movies are available and the show times. Have fun!

Auntie Weezie's Corner – Louise Horio

Hello, again! I hope all is well. I am still waiting for recipes from you. Wassa maattah, nobody cooks anymore? Here are some more fun recipes to try...

Potato Salad for Two (Russell Oshiro)

Microwave 1 large Potato

3 Hard Boiled Eggs

1 Tablespoon finely minced Round Onion

½ Apple, chopped

Raisins, small handful

1/3 to ½ cup canned Peas and Carrots
(drained)

Salt and Pepper to taste

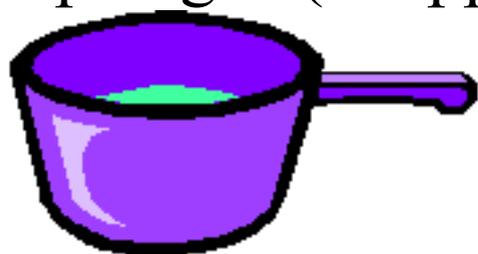
Mayonnaise, enough to mix



Peel off skin of cooled potato and cut into bite sized pieces. Place in medium sized mixing bowl. Add chopped or grated eggs. Add salt and pepper to taste, and toss lightly with apples and raisins. Add Mayonnaise and mix well. Gently mix in peas and carrots.

Crab and Asparagus Soup (Tran Nguyen)

- Chop 1 Tbsp yellow onion (about ¼ of a small onion). Sauté onion in ½ stick of butter on medium heat. Be careful not to burn it!
- Add 2 cans of Chicken Broth and 2 cans of Water. Boil.
- Add Crabmeat (about 1 cup chopped) and 1 can green Asparagus (chopped).



- Bring soup back to a boil and then turn off heat. In a small bowl beat 2 eggs, and slowly add to soup to make like egg drop soup. Be careful to stir soup, you do not want scrambled eggs in soup.
- Add 2 Tbsp cornstarch mixed in a little water to thicken soup. Serve hot.

Ideas for using Bounce (Fabric Softener Sheets):

- About a week before the trip to Las Vegas for the ACB convention, I took down my suitcase to air it out. HOOBOY! Just how do these things get so musty so fast? I just took a couple of fresh sheets of Bounce and placed them inside. When I was ready to pack, MMmmmm, oh so fresh and sweet!

- Collect cat hair: Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs.
- It will chase ants away when you lay a sheet near them. It also repels mice. Spread them around foundation areas, or in cars that are sitting and it keeps mice from entering.
- It takes the odor out of books and photo albums that don't get opened too often. Also terrific on the bottom of waste baskets, under the plastic bag.

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Things to Think About:

- “Pain is inevitable; Misery is optional.” Mike McIntosh, 10/5/05, KHLT radio
- Use of artificial sweeteners, some drugs, and some food additives, no matter what brand, will cause the eyes to be sensitive to light. Amy O’Conner, Prevention Magazine (KHON2 News, 11/3/05)



Send Recipes or Comments to:

Louise Horio
99-691 Kaulainahee Place
Aiea, Hawaii 96701

Artist’s Nook

To Gramma

By: Maureen Sheedy

How do I find the words for what I want to say?
How do I say good bye to one who’s gone away?
Why should I weep for one whose life was full and free?

Why should I mourn for one who died so peacefully?

Should I come bringing flowers that wither into dust,
To lay upon a coffin that soon will warp and rust?
I'd rather give a gift of living poetry,
A portion of myself that lives eternally.

If I could send a note to Death's great hidden land,
It would be short and clear, not hard to understand:
"I loved you for your caring, and your understanding, too.
But most of all I loved you for simply being you".



HAB Scholarship

The Hawaii Association of the Blind is offering scholarships to legally blind college students who are also Hawaii residents. The students may be attending any accredited university or college regardless of location. May 15th and November 15th are the deadlines for Fall and Spring applications.

Scholarships may be offered on an annual or a semi-annual basis as determined by the scholarship committee. The committee reserves the right not only to accept or deny scholarship applications, but also to determine the amount and duration of the scholarship. Scholarship recipients must re-apply in order to be considered for future scholarships. Those

who are denied a scholarship are eligible to re-apply in the future. Scholarships will not exceed one-year in duration and are not expected to be less than \$500 per semester.

▪ **Eligibility Requirements:**

- Must be legally blind as defined by national standards.
- Must be planning to attend college for the period which he/she is applying.
- Must be a resident of the State of Hawaii.
- Must not be a member of any national organization other than The American Council of the Blind, the parent organization of the Hawaii Association of the Blind (since other national organizations have their own scholarships).
- Persons who are not affiliated with any national organizations of blind people are encouraged to apply.

For further inquires, Phone: (808) 455-0367 or Email (thomsond@hawaii.edu)

College Scholarship Application Form

Hawaii Association of the Blind

Name:

Address:

City:

State:

Zip:

Daytime Phone: _____

Evening Phone: _____

College: _____

Major (if any): _____

Completed Credit Hours: _____

Class: _____

- Applicants must submit a letter of no more than two pages describing his/her educational goals, and informing us of information he/she deems relevant to the application.
- Applicant must provide the scholarship committee with official college transcripts. If the applicant has not attended college or is in the first semester of attendance, official high-school transcripts are required.
- Applicant must submit at least two letters of reference, one of which must come from a professor or teacher.
- The committee reserves the right to ask the applicant for further information.
- Relevant false information given will cause any scholarship recipient to have his/her scholarship terminated and a legal action will be taken to reclaim money already awarded.
- Information omitted which is relevant to the requirements of the scholarship shall be considered to be falsely presented, and thus will result in the same penalty.

Please send scholarship applications to:

Hawaii Association of the Blind
College Scholarship Committee
1255 Nuuanu Avenue, #1102E
Honolulu, Hawaii 96817

Hawaii Association of the Blind
1255 Nuuanu Avenue, #1102E
MATTER

FREE

Honolulu, Hawaii

96817

FOR

**THE
BLIND**