

# HAB FORUM

HAWAII ASSOCIATION OF THE BLIND

Advocating for

Independence, Equality, Opportunity

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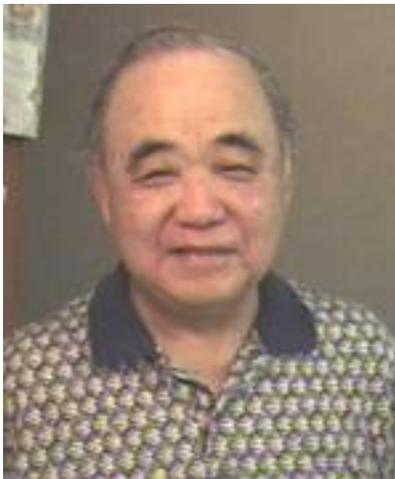
**ALOHA!** The Hawaii Association of the Blind (HAB) is proud to introduce everyone to the **HAB Forum**. This newsletter is published twice a year.

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
  - Nora Ota-Burrows, vending stand reliever
  - Miriam Onomura, vendor at Municipal Building

## **PRESIDENT'S CORNER – Warren Toyama**



Aloha! A total of 36 people from Hawaii journeyed to Las Vegas to attend the 44<sup>th</sup> annual convention of the American Council of the Blind from July 2 – 9, 2005. All the convention activities took

place at the Riviera Hotel and Casino.

The Hawaii delegation included 29 HAB members, 2 were guests, and 5 were from HAPVI. This was indeed a great exposure to the bigger picture of problems facing the blind and attempts at solving them through a National organization.

I was very pleased at the full attendance of our delegation at the daily morning sessions. It was also nice to see our people looking out for each other.

Our group saw blind people travel independently, going where they wanted to go and doing what they wanted to do. Our people saw that blind people can do anything they want if they develop the skills necessary – Braille, mobility skills, confidence, etc.

Next year the ACB convention will be in Jacksonville, Florida. Start saving your dollars now!



**SOCIAL COMMITTEE**  
**Chairperson**

- Myles Tamashiro,



HAB's annual Thanksmas dinner is slated for Saturday, November 26<sup>th</sup>. The Committee is currently searching for a dinner site. Any suggestions? Also in the planning stage is our annual New Year's party scheduled for some time

in January 2006. That's all for now!

**FUNDRAISING COMMITTEE** – Myles Tamashiro,  
**Chairperson**

Congratulations to you all for another successful Zippy's chili and bread sale! This year's sale was headed up by Norman Ota and Amelia Cetrone who both did a terrific job. Beth and Ron Flormata created very attractive signs to advertise the chili sale. We look forward to more fundraising activities in the future!

**MEMBERSHIP COMMITTEE – Norman Ota,  
Chairperson**



The committee continues to receive membership inquiries. We are also attempting to assist all new members. Currently the committee is working to put in place a new program for membership enrichment.

The ACB National Convention was recently held in Las Vegas at the Riviera Hotel. The HAB attendance at the convention was great! Now we are back, energized and enthusiastic, and ready to get down to business.

Please feel free to call me at 834-1079 if you have any questions or suggestions!

**TECHNOLOGY COMMITTEE – Ronald Flormata,  
Webmaster**



The blind and visually-impaired community has found its greatest ally in technology. For instance the Apple Macintosh, with its Mac OS-X, has screen reader functionality built-in so there is no need for third party software. If you don't use

Mac, there is Freedom Scientific's screen reader JAWS for Windows, and also Window Eyes by Humanware.

The Internet has brought the blind and visually-impaired closer together. Most, if not all, ACB member affiliates have their own websites which relay information faster than ever. Even the recent ACB convention used the Internet by offering online registration. If you missed this past convention you can still listen to the proceedings via streaming audio courtesy of ACB Radio.

Technology also has its setbacks. One annoying problem I face is using my cell phone. At the ACB convention many cellular carriers showcased their latest gadgets. Verizon's LG 4650 was a no-fuss unit – it didn't have a camera, but you can store and dial numbers by voice! Yes, it's voice activated so you don't have to press any buttons to dial or store a number.

It seems like technology manufacturers have finally recognized a market niche in the blind and visually-

impaired community, and they are answering our accessibility needs. Now it's up to us to go out and look for the right technology that will cater to our own unique requirements.

Please visit our website at: <http://www.acb.org/hawaii>. For comments and suggestions, please contact the HAB webmaster, Ronald Flormata via email at [comhaus1@hotmail.com](mailto:comhaus1@hotmail.com).

## **INTERNAL SUPPORT COMMITTEE – Beth Flormata, Chairperson**



We are truly grateful to HAB for making it possible for a huge number of members to attend the recent ACB convention. As a first-timer, attending the first-timer seminar gave us an overview of what to expect and how to get the most out of the activities. The

learning experiences and camaraderie at the convention will be cherished for a long time.

For me, the highlight of the convention was meeting many blind and visually-impaired individuals who strive to improve their lives either through education or other positive endeavors. It was amazing to meet people who

struggle with daily tasks (including locating convention rooms and restaurants, rest rooms, exhibit areas, and even their hotel rooms) and yet they are able to successfully complete any challenge they face.

The various meetings and exhibits we attended gave us a better perspective on efforts being made to make it possible for blind and visually-impaired individuals to lead useful, rewarding, and productive lives. Technological advancements have played a key role in all these endeavors, as well as the steadfast dedication and commitment of the men and women behind these organizations. Whatever we have learned from this convention should help us strive harder in our endeavors here in Hawaii.

The Internal Support committee recently assisted in preparing posters for the Zippy's fundraiser. The committee will soon have a special section created on the HAB website which will inform

members of various important matters, so keep an eye out for that!

**RSVA Presents Vendor of the Year Award – Filo Tu**

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The Randolph-Sheppard Vendors of America (RSVA) presented its annual Vendor of the Year award to our President, Warren Toyama. The plaque was awarded on July 4, 2005 at the Riviera Hotel in Las Vegas.

Warren has established himself as a top flight blind vendor, and his vending facility is operated in a highly efficient and productive manner. Congratulations Warren!!

### Vending News – Filo Tu



GOOD NEWS! The vending program is finally being recognized by the State of Hawaii and the Attorney General's office. How did this happen?

Well, Warren Toyama and I filed a grievance against the program's Business

Enterprise manager because of his misunderstanding of the role the elected State Committee of Blind Vendors plays in the vending program.

I am happy to announce that, as part of our Settlement Agreement with the State to drop our grievance, the State agrees to recognize the Committee and its role which was enacted by Congress in the 1974 amendments to the Randolph-Sheppard Act.

Special thanks go to some very important people. First, our own champion of the Randolph-Sheppard program, **Senator Daniel K. Inouye**. Also, special thanks go to the **Governor of the State of Hawaii, Linda Lingle**, for her involvement to have the Attorney General work with us to find a solution to help us to work together with the vending program's Business Enterprise Manager.

We also extend our thanks to: **Ms. Susan Kern, Deputy Attorney General**, for her stellar role in drawing the two sides together; **Mr. Stanley Levin, Esq.**, attorney for the State Committee; **Mr. Robert Humphreys, Esq.** from Washington D.C., who came to work with us as an expert on the Randolph-Sheppard Act and as former Commissioner of the Rehabilitation Services Administration (RSA); **Mr. David Eveland and Mr. Stephen Teeter** from Ho'opono who willingly participated in a one-day (9 – 5) negotiation session to hammer out an agreement; our facilitator **Ms. Cecilia Ching** from the City Prosecutor's Office; and of course **Warren**

**Toyama.** We look forward to implementing the Settlement Agreement with the State.

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



HAPVI sent 2 delegates, Ginger Marcellus and Amy Downard, to the ACB convention held at the Riviera Hotel in Las Vegas. They attended sessions for parents and families, and they brought back

valuable information about the blind and their capabilities.

HAPVI's annual convention will take place on Saturday, September 17, 2005 from 8:00 am – 3:00 pm at the Pagoda Hotel. Convention planning is currently underway. The convention hospitality will be held at the Pagoda Hotel on Friday night, September 16, 2005. For further convention details please contact HAPVI president, Myles Tamashiro at 626-0535.

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

KAPVI is an organization whose purpose is to have fun by providing various experiences for visually impaired students and their siblings. We continue to grow with more families of young children now participating. The youngest students are only 3 years old, and they enjoy activities along with the older members.

KAPVI has approximately 5 to 6 activities a year. This past Easter the students, along with their parents, had a great time hunting Easter eggs at Vice-President Jody Cambra's home. On June 4, 2005 KAPVI students, their families, and teachers all participated in the annual fishing tournament sponsored by the Lions' Clubs of Maui. Seven KAPVI students joined the competition, and four went home with trophies!

Nicole Masterson received a trophy for catching 34 fishes! She is legally blind and attends Lahainaluna High School. Nicole was so excited she said "This is the most fish I ever got"! In addition, Lokahi Bissan of Maui Waena Intermediate School tied for first place for the biggest fish at 10 ½ inches. Karl Jason Calimag, who is in preschool at Wailuku Elementary, and Troydan Freitas from Kalama Intermediate School, both received trophies for the smallest fish at 1 1/2 inches. Congratulations!

## **State of Hawaii Association for the Education and Rehabilitation of the Blind (SHAER) – Amy Downard**

SHAER president, Kristin Oien, is currently working on several projects that directly benefit our statewide visual impairment program. Case analysis criteria has been established for teachers of the visually impaired to determine hiring needs of school districts. Communication with ophthalmologists and optometrists is ongoing to identify students in need of visual services. Recently, DOE occupational and physical therapists were in-serviced on mobility needs of visually and multiply impaired students. SHAER's next meeting will be on Friday, September 16, 2006 at HCDB.

## **Blindsight News – Iolana (Landa) Phelan**

Hi! I am Iolana (Landa) Phelan and I am a young senior with Wet Macular Degeneration of the retina. I have been blind for 10 years, and I have been using a Guide Dog for the past 2 ½ years.

I have a strong passion to reach out and educate the public regarding blindness. Because of my experiences, I notice that too often sighted people lack knowledge on how to communicate with the blind. They have many misconceptions about blindness. My goal is to bridge this gap.

I have given several presentations to local organizations on not to assume that we can or cannot accomplish tasks, to always ask first, to simply offer an arm, to speak in a detailed manner using words like “right” or “left”, and that it is okay to use words like “see” or “look”.

I try to take advantage of any opportunity to advocate for the blind. When I was refused a ride in a cab because of my Guide Dog, I called and reported the situation to the cab company. I gave them the option that I would not sue if they would allow me to educate their entire staff and drivers. Well, little did I know there were over 400 drivers, supervisors, dispatchers, trainers, and even the owner! It took 10 weeks, with 2 sessions a week, to speak to all the people, but it was well worth it. The feedback I received was all positive.

Educating the public is a must. I really believe my blindness is God’s hand at work. I feel we are a chosen few that can make a difference for others who will soon be following in our footsteps since one of the natural aging processes is loss of eyesight. I also believe we should advocate for our rights to be treated with respect and not to be pitied. I want opportunity, equality, and to be looked at as a person who just simply cannot see.

Please visit the HAB website to read more about my adventures around town!

## Auntie Weezie's Corner – Louise Horio



Aloha and welcome back! I hope some of you are trying these recipes. Please know that your favorite recipes, comments, and suggestions are welcomed. How about sending them to me so I can compile a cookbook for us. We could just

share these recipes or even sell the book as a money-making project. Hey, now THAT sounds like a terrific idea, eh?

### Some things to get you “thinking”

- What lies before you and what lies behind you is nothing compared to what lies within you (Oliver Wendel Holmes)
- Some minds are like concrete, thoroughly mixed-up and permanently set
- Nurture yourself everyday and some days every hour

## Correction from last issue:

### Surprise Cake

1 box Duncan Hines Devil's Food cake Mix

1 can Comstock Cherry pie filling (or your choice)

4 eggs

Pour cake mix into large bowl. Add the can of pie filling **and eggs**, and mix thoroughly with an electric mixer until well mixed. Do not over beat! Pour into a well greased 9x13 pan and bake at 350 degrees for about 30 minutes (See cake box for baking directions). Cool on rack and remove when cool. Serve plain or with a dust of confectioner's sugar, Cool Whip, or ice cream.

What's the surprise? No need water or oil to make this cake. Even kids can make this one! Enjoy!!

### Ranch Chicken

1 ½ cups bread crumbs or Panko

1 pkg dry Hidden Valley Ranch Dressing mix (I like Original best)

8 to 10 pieces boneless chicken thighs (or can use sm bag wings)

In a gallon size zip bag, shake dry Ranch Dressing mix and the bread crumbs to blend well. Coat the chicken well. Bake at 350 degrees for 1 to 1 ½ hours, turning once until



done (about 45 minutes to 1 hour for chicken wings). Ono when sliced into pieces to eat with musubi at the beach!

### Delicious Kine Ice Cakes

2 cans strawberry flavored soda (Diamond Head brand is best)

1 can 7-Up soda (Sprite is okay)

1 can Condensed Milk (NOT evaporated milk)

Stir carefully and slowly, until thoroughly mixed. Freeze as ice cubes, or in bathroom sized paper or plastic cups. Yummy!!



### Food or buying tips:

- **Panko** is made from Japanese wheat bread. It can be used any time bread crumbs are called for. Chef Ming Tsai says it is “airier” than haole kind, and therefore everything comes out more crispy and better. Can be used for toppings on casseroles, and coating for pork, chicken, or seafood.
- When buying **Oyster Sauce**, have someone read the fine print on the list of ingredients on the label. If you see the word “hydrolyzed” do NOT buy it. It has been linked to cancer and other problems. The 99¢ bottles on sale are not a good choice.

Reflections: The ACB Convention in Las Vegas (July 3 – 8, 2005)

I was so very proud to be a part of the group that represented HAB. Despite the time difference, we were there for the morning meetings – every morning, looking snazzy. The meetings started at 8:30 am which is really 5:30 am in Hawaii. The group looked outstanding in our bright yellow-orange woven yarn ilima lei with kukui nuts. Member Elizabeth Mason lovingly made every one! (Thank you, Betty!)

I wore a sweater and long warm pants because the air conditioner was set too low. The cold air kept blowing on my head no matter where I chose to sit, and I soon developed a sinus infection. I had a major panic attack for fear that it would turn into a bout with bronchitis or pneumonia as it usually does at home. Julie Toyama came to my rescue by suggesting I use AirBorne to fight off my cold – and it worked! PTL for smart people like Julie!

For those of us who have mobility problems, renting a motorized scooter was the best and most hair-raising fun thing to do. We zipped around blind people who walked right in front of us, avoided dogs who did not seem to see us, and we zapped around sleeping dogs to keep from running over their noses or tails. But it was great!

Last but not least, congratulations to all those who were very lucky at the tables and machines. Please use my deposits wisely. (Darn and AwwShucks!! I did not win anything!!!!)

**Send Recipes or Comments to:**

Louise Horio

99-691 Kaulainahee Place

Aiea, Hawaii 96701



**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 15<sup>th</sup> and November 15<sup>th</sup> 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](mailto:thomsond@hawaii.edu))

# College Scholarship Application Form

Hawaii Association of the Blind

Name: \_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
\_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

College: \_\_\_\_\_ Major \_\_\_\_\_ (if any): \_\_\_\_\_

Completed Hours: \_\_\_\_\_ Class: \_\_\_\_\_ Credit

- 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