

Hawai'i Association of the Blind Newsletter

November 2021

Upcoming Events

HAB 2021 ThanksMas Party

“Together is Better”

It's that time of the year again, to get ready for the HAB ThanksMas Party! With this year's theme as Together is Better, make sure to mark your calendar for Saturday, November 27th at 6:00pm. You won't want to miss out on the fun. Come celebrate with us, as one big, HAB Ohana!

Due to surge of COVID cases and the Hawaii State restrictions, this year's event will be held virtually on ZOOM. The ZOOM link will be sent via email, closer to the date.

Great news, it's FREE! Invite a friend or family member; the more, the merrier.

You can participate in this year's ThanksMas auction; all proceeds will be donated to the Hawaii FoodBank.

For ideas of donations to the auction, you can call Kyle Laconsay, at (808)457-7757. Please consider a contribution to help feed the hungry in our State. (Monetary donations are also welcome).

During this ThanksMas event, you will enjoy the talent of some of our HAB members. If you're interested performing - singing a song, playing an instrument, reciting a poem, etc... please email Brian Huffman at honoluluuffman@gmail.com. He can explain how each talent will be pre-recorded, then played back on the evening of the event.

The HAB ThanksMas Planning Committee, hopes you will join us in November!

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Thank you Thanksgiving Poem

By Deborah E Joyce 10/24/21

I give thanks to Thanksgiving

a happy time of year

when friends come together

in all kinds of weather

to share some good food and good cheer

I give thanks to Thanksgiving

a wonderful time for the belly

but it causes a riot

when you go on a diet

from Turkey, and stuffing, and "Cran Jelly"

Hats off to a day of Thanksgiving

for food, and fun, and friends

we all came together

it never felt better

I hope that it never ends

* * *

A Salute To Service

A Most Unusual Dish

By Jim Erhart

In October of 1970, while serving in the navy as part of the 7th (Pacific) Fleet, my ship visited the island nation of Indonesia. We flew the flag of the United Nations above the American flag, as this visit was as the behest of the U.N.'s request to America. See, the gov't there had been very friendly with the Soviet Union. But a military coup in late '69 changed all that, and the new gov't was neutral, and wanted to re-join the world community. So the U.N. asked us to send a ship down there to say "Hello" to them.

Thus, in early October of 1970, our ship entered the port of Surabaya, near the east end of Java, with Jakarta (the capitol) about 150 miles west, and 50 miles east, across the water, was the beautiful island of Bali, (made famous in the musical, South Pacific")

We arrived Friday around noon, anchored 150 yards out, and left Monday at 8 a.m. The crew had been divided into thirds, with one third staying aboard on duty to keep the ship running, while the other 2 thirds were able to go ashore. My duty day was Saturday.

As they say, when we “hit the beach,” Friday afternoon, it was a treat to see a strange city, strange restaurants (even stranger foods) and all those the gift shops. The town, with a quarter million people, it was not much bigger in area than Dubuque, Iowa, where I grew up. It was very crowded, and the tallest building was only 4 or 5 floors high. And everything was so CHEAP! I brought a wooden statue of a local woman, about 10 inches high, for about \$1. The beers, which cost a buck in Honolulu, cost about a quarter. It was colorful, new, and quite exciting. When I got back into town Sunday, it was a bit different. By then, the locals had come to realize just how RICH the Americans were, and adjusted their prices accordingly. A 75 cent dinner Friday was now \$2, beers were 80-90 cents, and so on.

When we left Sunday night, waiting for the tugboat sized boat to take us out to our ship, there was a brother & sister, about 10 or 11 years old, at the landing where we waited. He had a stringed instrument of some kind (a local guitar) and they sang songs for us. Guys who had some local currency left would save out an Indonesian dollar as a souvenir, and put the rest into the kid’s empty guitar case. Someone remarked “There’s probably enough money in there for them to buy their folks a new house.” Smart kids – we wished them well.

But, Saturday! Aah! Saturday is a day I cannot forget. I was on board with duty, and I was selected to be one of about 10 tour guides. Our ship was moved at 8 a.m. and tied up at one of the piers, and moved back out at 6 p.m. All day there was a very long line of locals waiting to come aboard for a tour of this American ship. We were briefed on what to show, not give away national secrets, etc. and always be polite. Each group of 10 had an interpreter with them. Each tour took just under 15 minutes.

I showed them the open door to the engine room, where they could look down and see all the machinery that ran the ship. They saw one of the crews’ quarters, with stacked bunks. They saw the big gun we had (from a distance), and toward the end of the tour, they saw the officers’ mess, where the captain and other officers ate their meals. Then they saw the crews’ mess hall, where the rest of us ate.

On one of the tours, this Indonesian woman was leading her 9 year old son, who was totally blind. As I explained what they were seeing, I also got very detailed in my explanation, for the benefit of this blind boy. After the tour, the interpreter thanked me and said the boy really enjoyed the tour and I did a good job of explaining things to him.

The captain had decided it might be a friendly gesture to let them sample American food when they got to the crew’s dining area. Just a taste, Chief. Nothing fancy. Watch your budget and your supplies. Among many ideas floated, pork and beans were suggested – you know, they’re cheap, and easy to fix. But, we were reminded, these people are Moslem, they can’t eat pork. The chief cook said we have lots of baked beans without pork, we

can use them. OK, says the cap'n. Let's do it. And the cooks went to work, giving the Indonesians visiting our ship a taste of America – good old Western-style baked beans.

Now, the Navy, like all the Armed Forces, uses recipes that have been standardized by the Dept. of Defense Food Service Division. Things are easier when everyone does it the same, standardized way. So, our cooks wanted to make these baked beans special for our guests. As you know, baked beans, in and of themselves, can be boring. The Dept. of Defense recipe says, to liven them up, add some pineapple rings on top when you cook them. It adds a certain flair to an otherwise bland dish.

Some of us may be thinking "OMG! How COULD they?" Others would think "well, yeah... that might work..." But one of the cooks said "We don't have any pineapple rings on board. We used 'em all when we had ham steaks last Wednesday." Another cook suggested "But it's just, fruit, right? So why don't we just use fruit cocktail instead? We got lots of that." And the chief cook (who was from the Philippines) thought for a moment, and said "Yeah, ok." So the baked beans were cooked with fruit cocktail. Baked beans, in a savory barbeque sauce, was cooked with chunks of pineapple, pears, peaches, maraschino cherries, and that God-awful super-sweet syrup.

When my first tour group got to the mess deck, the cooks were handing them a small ice cream dish with a ladle of this – stuff. They took a seat, dug in, and LOVED it! I. kid. you. not. It took them less than a minute to gobble it up and start babbling. The interpreter babbled back at them, turned to me and said "Some of them wanted seconds. I told them you had to save it for the other people coming on board." Then I led them to the gangplank, escorted them off the ship, and said Hello to the next group. What a time!

And somewhere, to this day, there are grandparents in Surabaya, Indonesia, who remember that day, when they were just children, when their parents took them to see an American ship, and they got to have a REAL taste of America.

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Women Who Lost Their Lives During WWII

By Jenny Ashcraft

October 25, 2021

https://blog.fold3.com/women-who-lost-their-lives-during-wwii/?utm_source=Content&utm_medium=Email&utm_campaign=Content-Oct-2021

During WWII, more than 500 U.S. military women lost their lives while serving their country. Our friends at Stories Behind the Stars are compiling their stories, and we'd like to share just a few.

Aleda E. Lutz

Aleda E. Lutz was the first American woman to die in combat during WWII. Lutz enlisted in the Army Air Forces Nurse Corp on February 10, 1942. She served in the 802nd Medical Air Evacuation Squadron and was part of a highly classified unit that used unmarked C-47 cargo planes to fly to the battlefield with supplies and return with the wounded. On November 1, 1944, 28-year-old Lutz was flying on a Medevac C-47 with nine wounded American soldiers and six wounded German POWs from Lyon, France, to a hospital in Italy. The pilot lost control in a violent storm, and the plane crashed near Saint-Chamond, France. There were no survivors. At the time of her death, Lutz had the most evacuation sorties (196), the most combat hours flown by a flight nurse (814), and the most patients transported by any flight nurse (3,500). Lutz was the recipient of the Distinguished Flying Cross, the first given to an Army Nurse in WWII. She was also honored with the Air Medal with 4 Oak Leaf Clusters and a Purple Heart, in addition to other commendations. The Aleda E. Lutz Department of Veterans Affairs Medical Center was named after her by Congressional decree.

Cornelia C. Fort

Cornelia C. Fort was a young civilian flight instructor from Tennessee. On the morning of December 7, 1941, she took off from John Rodgers Airport in Honolulu with a student. Fort noticed a military plane approaching from the sea. Suddenly, she realized that the plane was headed straight towards her on a collision course. Fort wrenched the controls from her student and managed to pull up just in time to avoid a collision. Just then, she noticed the red sun symbol on the plane and saw smoke rising over Pearl Harbor. Fort had just witnessed America's entry into WWII. The following year, Fort joined the newly established Women's Auxiliary Ferrying Service (WAFs). She was thrilled to join the war effort and flew planes from factories to military airbases. Her work freed up male pilots for combat missions. On March 21, 1943, Fort was ferrying an airplane to Love Field in Dallas when another male pilot's landing gear clipped her plane, sending it plummeting to earth. Fort died on impact. She was one of 38 female pilots who died flying military airplanes during the war.

Blanche F. Sigman

Blanche F. Sigman was working as a public health nurse in Brooklyn when she enlisted in United States Army Nurses Corps in 1942. She was assigned to the 95th Evacuation Hospital as a Chief Nurse. On September 13, 1943, Sigman was serving aboard the hospital ship for the Eighth Army, the HMHS Newfoundland, in the Gulf of Salerno, Italy, when German planes bombed the ship. She survived the attack and went on to serve in Italy during the Anzio campaign. Along with some 200 nurses, and while being bombarded, Sigman cared for 33,000 patients at Anzio. On February 7, 1944, a Luftwaffe pilot fleeing from a British fighter dropped a load of bombs on the hospital where Sigman was caring for the wounded. Sigman died in the attack. Fellow soldiers temporarily interred her body on the Anzio beachhead next to her patients. In 1948 she was reinterred in her hometown of Byesville, Ohio. A US Army Hospital Ship was named the Blanche Faye Sigman in her honor.

To see more stories of heroic women who lost their lives while serving during WWII, click:

<https://www.fold3.com/memorial/653613494/women-who-lost-their-lives-in-world-war-ii>

These stories have been compiled by volunteers dedicated to telling the story of every fallen WWII soldier.

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100th Anniversary of the Tomb of the Unknown Soldier

By Margaret Wood

November 12, 2021

<https://blogs.loc.gov/law/2021/11/100th-anniversary-of-the-tomb-of-the-unknown-soldier/>

This year marks the 100th anniversary of the establishment of the Tomb of the Unknown Soldier.

Over two years after the end of World War I, Congress approved the burial of an unknown soldier at Arlington Cemetery (March 4, 1921, ch. 175 41 Stat. 1447). The law provided that the Secretary of War [was] authorized and directed, under regulations to be prescribed by him, to cause to be brought to the United States the body of an American, who was a member of the American Expeditionary Forces who served in Europe, who

lost his life during the World War and whose identity has not been established for burial in the Memorial Amphitheater of the National Cemetery at Arlington, Virginia.

Almost three months after the passage of this law, on Memorial Day 1921, the bodies of four unknown soldiers who were buried in France were exhumed. These bodies were housed in identical caskets and moved to the city hall in Chalons-en-Champagne in France where on October 24, 1921, U.S. Army Sgt. Edward Younger selected one of the four caskets to represent all those whose lives had been lost in the war by laying white roses on the chosen casket. The bodies of the other three unknown soldiers were reinterred in the Meuse-Argonne American Cemetery in France.

The casket was then loaded onto the U.S.S. Olympia for transportation to the United States where it lay in state in the Capitol Rotunda from November 9-11, 1921. On November 11, 1921, President Harding presided over the entombment of the unknown soldier at which the unknown soldier was accorded various medals, including the Medal of Honor, the Victoria Cross, and the Croix de Guerre.

After the interment ceremonies, the tomb was encased by a simple marble crypt.

In 1926, Congress authorized funds for the completion of the structure (ch. 805, 44 Stat. 914). This law directed the Secretary of War "to secure competitive designs according to such regulations as he may adopt and to complete the Tomb of the Unknown Soldier ... and a sum not to exceed \$50,000 is hereby authorized ..." Work on the tomb was finally completed in 1932.

In 1946, Congress passed legislation to provide for the burial of an unknown soldier from World War II who had died overseas (ch. 461, 60 Stat. 302). However, this did not take place and in 1956, Congress passed additional legislation (ch. 946, 70 Stat. 1027) to add the remains of an unknown soldier from the Korean conflict. This law also provided again for the burial of an unknown soldier from World War II. Two years later, their bodies lay in state at the Capitol Rotunda from May 28-30, 1958, before they were interred on Memorial Day at Arlington Cemetery. An unknown soldier from the Vietnam War was also interred at Arlington but his remains were later identified and returned to his family for burial.

There have been a number of ceremonies to commemorate the centennial of the establishment of this monument. On October 24, 2021, a reenactment of the selection of the unknown soldier took place in Chalons-en-Champagne. In the United States, from November 9-11, visitors to the tomb at Arlington were allowed to walk on the Tomb of the Unknown Soldier Plaza and lay flowers if they wished. On November 11, there was a joint honors procession as well as a joint service flyover by all branches of the military.

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Five Different Ways To Text From Your PC

By Ronnie Flormata.

Method 1: Combine your recipient's 10 digit phone number with one of these popular domains:

AT&T:

@text.att.net

The at sign, plus the words text dot letters A, T, T dot net.

Sprint:

@messaging.sprintpcs.com

The at sign, plus the words messaging dot sprint pcs dot com.

T-Mobile:

@tmomail.net

The at sign, plus the words T Mo Mail dot net.

Verizon:

@vtext.com

The at sign, plus the words V Text dot com.

Or for photos and videos:

@vzwpix.com

The at sign, plus the words V Z W P I X dot com.

Example:

If the phone number is (123) 456-7890 and the owner's wireless carrier is AT&T, you would send an email to

1234567890@text.att.net

Just put your message in the email body and press send. And voila!

When the recipient replies to your text, the message will go straight to your email inbox.

Keep in mind long messages will be broken up into multiple text messages, and standard text message rates apply to recipients because the messages are sent as regular texts.

Method 2: Text through your wireless carrier's website

Depending on your wireless provider, you may be able to text other subscribers from your carrier's website.

Example:

If you have Verizon, you can sign into your My Verizon Account, where you can

send and receive texts, photos, and videos. Verizon users can also download the desktop application for their computers through My Verizon.

You can do the same through a My AT&T account

Method 3: Text through Apple's iMessage

The Messages app can be used to send iMessages from a MacBook Pro or MacBook Air. Simply open up the Messages app, type in your recipient's phone number (or Apple ID), and you'll be able to write a message and send it.

Please note that Messages on your Mac must be set up to receive texts from both your Apple ID and phone number. If you've done that, you should be able to text to both iPhones and other kinds of phones via the app.

Method 4: Text through a free SMS website

By searching the web, you'll find a ton of free unlimited SMS websites that will allow you to text internationally.

However, be aware that these websites have their downsides. Depending on the website, you won't be able to receive responses directly on the website. You might have to provide an email address to receive responses. And some sites may even require you to sign up and register to see responses. Not only that, you may be bombarded with advertisements while using these sites, which allow these services to run for free.

Some free texting messaging sites are

Send SMS Now

A Free SMS

Txt2day.

Method 5: Text through Google Voice

You can send and receive text messages with Google Voice. However, Google Voice only allows you to send and receive text messages to phone numbers in the U.S. and Canada.

Also, Google Voice has other features, such as calling, voicemail, call blocking, and transcribing your voicemail messages to text.

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The world's first needle-free diabetes test

By Eswar

November 7, 2021 in Technology

<https://technuws.com/the-worlds-first-needle-free-diabetes-test/>

A world-first, pain-free diabetes test developed at the University of Newcastle, Australian researchers have developed a needle-free diabetes test that measures glucose levels from saliva — not blood.

What is diabetes? Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells.

In over time the glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes and stay healthy.

Some people treat diabetes with insulin injection when levels get high, but how do they know their levels get high, so they have to test their blood using a painful needle prick multiple times a day.

An estimated 30% of people with diabetes experience anxiety over the finger-prick process. That anxiety has been connected to testing avoidance and if people aren't testing their blood glucose levels when they should be, they might not be properly managing their disease.

Needle-free diabetes test

Australian researchers have developed a needle-free diabetes test that measures glucose levels from saliva, It's a thin sensor about the size of a stick of gum. When a person licks the sensor, a coating on it interacts with their saliva. That reaction creates an electrical current that can be measured to reveal their body's glucose levels on a smartphone app.

The concentrations of glucose in saliva are much smaller than in blood, so developing a diabetes test that could accurately measure them wasn't easy, but the sensor is reportedly accurate.

"With this highly sensitive platform, we can now detect glucose at the levels found in saliva, for the first time,"

Lead researcher Paul Dastoor said in a press release.

Australian researchers plan to begin construction on a dedicated manufacturing facility before the end of 2021, with the goal of producing devices by 2023.

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Some Echo speakers can now detect people

Ultrasound tech to detect motion comes to fourth-gen Echos and Echo Dot devices

By Jennifer Pattison

Tuohy@jp2e Nov 12, 2021, 6:47pm EST

<https://www.theverge.com/2021/11/12/22779044/amazon-echo-speakers-ultrasound-people-detection>

Echo Dot speakers just got the ability to detect if there's motion in a room.

Starting this week, newer Echo and Echo Dot speakers can use ultrasound to detect occupancy in your home and turn on and off other connected devices such as lights or your Fire TV. First mentioned at Amazon's fall hardware event in September, the Echo and Echo Dot fourth-gen speakers can now emit an "inaudible ultrasound wave" to detect if there are people present in a room.

You can enable or disable this feature in the Alexa app, where you can also set up occupancy routines to use this new capability to do things like turn on lights when you enter a room and then off again when the room is empty. You could also have Alexa play music or a radio station when motion is detected near an Echo device during a set time and then shut down the tunes once you've left.

The function is listed under Motion Detection in the Alexa app settings for each compatible Echo device, and here you can toggle the capability on or off.

This feature is similar to the motion-sensing newer Echo Show devices have, but those rely on their cameras to tell if there are people in the room. The Echo speakers don't have cameras, so instead, the device detects movement by emitting an inaudible ultrasound wave that reflects off nearby objects before traveling back to the device's microphones.

Google also uses ultrasound in its Nest smart displays and Nest Mini speakers to detect how close a person is to the display or speaker and offer up different interfaces. For example, on the Mini speakers, it will show volume controls. Currently, you can't use ultrasound sensing to trigger Google Home Routines.

There are a number of stand-alone motion sensors that work with Alexa to trigger Routines — including those made by Philips Hue, Aqara, and Centralite. This new function means that, in theory, you won't need to rely on one of these extra gadgets to turn on your lights or music. It also furthers Amazon's vision of the ambient smart home, one where your home responds automatically to its occupants with minimal prompts from them.

To get here, however, Amazon will need to put some more effort into the Alexa app. Setting up Routines to turn lights on at the correct brightness based on time of day then off again when the room is empty still requires a lot of patience and a fair amount of technical know-how.