

THE SOUNDING BOARD
Fall 2010

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If you or a friend would like to remember the National Federation of the Blind of New Jersey in your will, you can do so by employing the following language:

"I give, devise and bequeath unto the National Federation of the Blind of New Jersey, 254 Spruce Street, Bloomfield, NJ 07003, a non-profit corporation, the sum of \$__ (or "__ percent of my net estate" or "The following stocks and bonds: __") to be used for its worthy purposes on behalf of blind persons."

TABLE OF CONTENTS

After the Holiday Party Invitation	3
Presidential Message, by Joe Ruffalo	4
Legislative News, by Lynn Reynolds	6
My Adventures at the BISM Summer Program, by Elizabeth Morgan	6
Blindsided, by Mark Colasurdo	8
My Greatest Accomplishment, by Hamlet Diaz	10
My College Experience, by Sarah Weinstein	11
Medicaid May Approve High Tech Devices, by Allen N. Blumenthal	12
Carol Castellano's New Book is Out	13
Nutley Lions Host Spring Event, by Joe Ruffalo	14
A Travel Agent Who is Blind, Not a Blind Travel Agent, by Cheryl Echevarria	14
Enabling Blind and Visually Impaired Patients to Achieve Maximal Personal and Occupational Goals: The Importance of Nonvisual Skills, by Marvin F. Kraushar, et al	16
The Search for a Braille Writer	19
Newsline: Now the Blind Have Access to Newspaper Information	20
New from the New Jersey TBBC, by Anne McArthur	20
From the Kitchen of Jerilyn Higgins	21
NFBNJ Chapter News	23
NFBNJ Programs, Associations & Divisions News	24
NFBNJ Contact Info	27



You're Invited to the NFBNJ's After the Holiday Party!

Saturday, January 8, 2011, 1 – 5 p.m.

Crowne Plaza Hotel 36 Valley Road, Clark, NJ (Access Link accessible)

\$25 per adult and \$10 for children under 12

Make your check payable to NFBNJ and please include each attendee's name, phone number and meal choices. Mail to:

Joe Ruffalo/National Federation of the Blind of NJ
254 Spruce Street
Bloomfield NJ 07003

All payments must be received by December 31, 2010.

For additional information, call Joe at 973-743-0075.

We will have door prizes, a silent auction, a sing-along and a special appearance from jolly old Santa! Special note: If you would like a gift from Santa, please bring a wrapped gift labeled with the name of the recipient.

MISTLETOE MAGIC MENU

Chef's Holiday salad with cranberry vinaigrette

Entrée (choose one):

Stuffed Chicken with Spinach and Ricotta Cheese

Honey Glazed Salmon with Cilantro Olio

Jr. Rib Eye topped with Garlic and Crisp Onions

Vegetarian dinner is available upon request

Warm Rolls and Butter

Fresh Seasonal Vegetables

Baked Sweet Potato with Cinnamon Butter

Chef's Tiered Holiday Desserts

Freshly Brewed Regular and Decaf Coffees, Herbal Teas and Assorted Soft Drinks

Special children's menu: Chicken Fingers and Fries

Please join us in celebrating the holiday season!

PRESIDENTIAL MESSAGE

Greetings Fellow Federationists,

Since the last issue of *The Sounding Board*, the National Federation of the Blind of New Jersey has been working to change what it means to be blind. Parents of Blind Children-NJ held a Big Band concert in May, many chapters held summer picnics, 64 of our members attended the NFB's National Convention in Dallas in July, and our chapters conducted 11 Meet the Blind Month activities in October. Four New Jersey college students – Mary Fernandez, Melissa Lomax, Jessica Scannell and Quintina Singleton – were awarded scholarships at the National Convention in July, and Melissa Lomax and Jeremy Capati were awarded NFBNJ scholarship at the State Convention in November. In addition, a number of our students have advocated for top-notch training at our NFB centers. Keep up the good work!

Speaking of our 34th State Convention ... it was a rousing success with 325 in attendance and nearly 300 watching and listening live as Lenny and Lori managed the live airing. I was honored to announce that the NFBNJ received Imagination Fund grants to further develop projects through our Internet radio show, our student division and our State Affiliate. The grant for our Internet radio show ThruOurEyes furthers the efforts of producing educational and informational interviews. Nearly 20 people sought me out at the National Convention to express their gratitude for ThruOurEyes. They shared their favorite interviews, and many download the shows for future playing for themselves or for discussion at their chapter meetings. All of them appreciated the professionalism demonstrated by ThruOurEyes. One of our regular listeners hails from Hawaii! If you haven't tuned in, check us out online at www.ThruOurEyes.org or on JAWS or your mobile device at m.throureyes.org. The New Jersey Association of Blind Students was also awarded a grant to conduct a workshop on building membership, and the State Affiliate received a grant to conduct a leadership and membership building workshop. Look for updates on all these exciting projects at www.nfbnj.org.

During the banquet of the convention, the membership of the NFBNJ celebrated the 100th anniversary of the NJ Commission for the Blind and Visually Impaired with a presentation of achievement. We presented VitoDeSantis with a CBVI (chocolate brownie with vanilla icing).

Several important announcements were made at the State Convention. First, a Senior Committee will be organized into a division of the National Organization of the Senior Blind. E-mail messages will be forthcoming highlighting the committee goals, purposes and objectives. Next, two resolutions were passed. Additional information can be found by visiting our website at www.nfbnj.org. And finally,

please spread the word that our Facebook page is now up! It's called *Looking Good Without Looking*. If you have pictures to send in from your mobile phone, please upload them!

With so much happening, be sure to check in regularly at the National and State websites (www.nfb.org and www.nfbnj.org) for updated information pertaining to the NFB's eBay project, applications for the Youth SLAM, the application process for a National Scholarship for 2011 and all the exciting happenings right here in New Jersey, including legislation updates.

Each year, production costs associated with the printing of *The Sounding Board* continue to rise. While we're pleased to report that the Fund for New Jersey Blind has awarded us a grant this year to assist with these costs, we're always on the lookout for ways to reduce our costs, such as e-mailing the magazine instead of printing it. To get your magazine by e-mail, please forward your e-mail address and contact information to nfbnj@yahoo.com.

Important Dates

- January 8, 2011: NFBNJ's After the Holiday Party, from 1 – 5 p.m. at the Crowne Plaza in Clark. RSVP by December 31, 2010.
- January 29: Rolex 24, Daytona, FL
- January 31 – February 3, 2011: Washington Seminar
- April 8 – 12, 2011: NFB Leadership and Advocacy in Washington, D.C., (LAW) Program: Engaging the Voice of America's Blind Youth; for blind and low-vision students in grades 6 to 9 (ages 12-16)
- July 3 – July 8, 2011: The NFB's National Convention in Orlando, FL.
- November 11 – November 13, 2011: NFBNJ's 35th State Convention at the Crowne Plaza in Clark.

As you read through this issue of *The Sounding Board*, you'll witness determination, drive and desire from our members as they strive to achieve their goals in education, employment and changing what it means to be blind. I hope their stories inspire you to continue our work. Please share the magazine with your friends, family, neighbors, professionals and co-workers to provide all with the truth about blindness. Remember: *When we all do, it becomes doable!*

Sincerely,



Joseph Ruffalo, President

LEGISLATIVE NEWS

By Lynn Reynolds, Legislative Coordinator

The year is winding down with the three main issues from the Washington Seminar still the main focus of the NFB:

1. H.R. 734 – Pedestrian Safety Enhancement Act, which details the issues surrounding quiet cars.
2. H.R. 4533 – Technology Bill of Rights for the Blind, which mandates that consumer electronics, home appliances, kiosks and electronic office technology provide user interfaces that are accessible through non-visual means.
3. H.R. 886/S. 2962 – Blind Persons Return to Work Act, which enacts legislation to transition blind Americans from being recipients of Social Security Disability Insurance benefits to income-earning, tax-paying, productive members of the American workforce.

As we move into a new year with a new Congress, these issues will need to be reintroduced. We may still need to focus on these issues at the 2011 Washington Seminar. Perhaps new issues will be discussed with our Congressional representatives as well.

If you would like to be on the Legislative Alert list, please e-mail me your information. I would like to thank all those who make the calls to Congress. We do make a difference when our representatives hear from us.

MY ADVENTURES AT THE BISM SUMMER PROGRAM

By Elizabeth Morgan

Editor's Note: *Liz is a junior at Vineland High School and an active member in the Southern Region's LEAD program for high school students with vision loss.*

I recently had an amazing opportunity: I attended Independence 2010, an awesome 6-week summer program sponsored by the Blind Industries and Services of Maryland (BISM). The skills I learned there are important for every blind person to have an independent life. Our instructors were all blind or visually impaired. They were great mentors and definitely motivated all of us.

We stayed on a college campus and lived in a dorm, and got a taste of what it will be like when we go to college and live on our own. We lived by a daily schedule and attended school Monday through Friday. Our curriculum consisted of computer training, improvement of our Braille skills using a slate and stylus, O & M training,

and many other independent living skills such as cooking, cleaning, laundry, personal hygiene and so much more.

Before going to Independence 2010, I was always afraid of the stove, but by the time the program was over, I was cooking with ease. We made French toast, bacon, cheeseburgers, lasagna and a great soul food dinner. We prepared our own meals as well as group dinners. I also learned how to dismantle an electric stovetop; I took out the heating element, cleaned underneath it and put it back together again.

I mopped, swept and washed floors. I learned the right techniques to vacuum (by taking off my shoes and using my cane). I met a lot of really nice people and have kept in touch with some of them.

For recreation, we went roller skating, bowling, to the movies and out to dinner several times. We had "game night" once a week. One day, we had a physical fitness course that involved a ropes course outside on the campus grounds. We also played different strategy games and did team building activities.

We went to the NFB National Convention in Dallas, and we toured the Capital in Washington, D.C. We also took a trip to New York City where we visited Ground Zero and did some shopping in the city. It was very touching to be at Ground Zero. We had the pleasure and honor of touring the Kenneth Jernigan Institute in Baltimore. While at the Jernigan Institute, we were allowed to tour the Jacobus tenBroek Research Library and the museum. We also went to the BISM headquarters for the grand opening of the BISM Senior Program.

I learned so many things about myself at Independence 2010. This program empowered me and took me outside of my comfort zone. I now have more self-confidence. This program taught me how to be more independent and showed me how to become not only a more successful blind person, but, overall, a more successful, self-sufficient person in general! By using my new skills, I am able to show myself and others that I can do anything, and I'll use these skills to my advantage. I also want to help others with what I have learned.

I want to thank those who helped make this program a reality for me: the NFBNJ's Braille Division, Lions Clubs, and my family and friends for their generous contributions and their belief in me to succeed. Without your support, I would not have been able to experience this incredibly awesome program. I am extremely grateful and want those who helped to know that I truly appreciate their kindness.

BLINDSIDED
By Mark Colasurdo

Editor's Note: *Mark is a senior at the Marine Academy of Technology and Environmental Sciences in Manahawkin, where he is a member of the National Honor Society and the track team. Mark is also an active member in the Central Region's LEAD program for high school students with vision loss.*

Fourteen surgeries, countless doctors, and seven years later, my greatest fear had finally become my inevitable reality. As the doctor meticulously removed the bandages and silently scrutinized my eyes, my mother and I sat anxiously awaiting his final verdict. At last, my ophthalmologist turned around, shook his head, and released the somber news like a crashing wave: *I would never be able to see again.* At that point, I knew my life had changed and that nothing would ever be the same. As we drove away from Johns Hopkins in the same silence that had delivered my fate, I made a promise with myself: *I would never let blindness hold me back from my true potential.* Although I did not know it at the time, this tragedy marked the beginning of the most challenging, inspirational and rewarding journey of my life.

Since I was now with irrevocable vision loss, I could no longer rely on my sight to complete everyday tasks. Every menial chore became an arduous challenge. My schoolwork had to be read and scribed for me by a parent, brother or teacher, which resulted in numerous hours of painstaking reading, listening and dictation. My computer was a virtually useless machine that I could not use without the assistance of sight. This dependency prompted me to seek change, and showed me that when you fall off the horse, you must get back on. If I wanted to accomplish my dreams and goals, I needed to first become an independent, confident individual again.

After much research and deliberation, my parents and I decided that it would be best for me to attend the Louisiana Center for the Blind, one of the most prestigious and comprehensive blindness rehabilitation centers in the world. During the fall semester of my junior year of high school, I packed my bags and headed south. There, I learned to read and write Braille, use computers without vision, and navigate towns blindfolded. However, the most incredible, encouraging and inspiring experience was building a clock completely blind. This endeavor entailed using intimidating and dangerous power tools such as table saws, ban-saws and routers, all of which most sighted people would not even think of touching. As I turned on the table saw for the first time, the deafening cacophony of grinding gears paralyzed my body and conjured up frightening images of razor-sharp blades in my mind. However, I was determined to not let this intimidation discourage me. Blindfolded, I firmly gripped the stock of wood and steadily guided it through the ravenous teeth of

the saw blade. I took a breath as I cut through the wood – I had overcome my fears and conquered the challenge. In the end, not only did I leave Louisiana with all my fingers and a beautiful clock, but I was also becoming more confident, independent and optimistic through my blindness.

When I returned home from Louisiana, I was excited to jump back into school and implement my new set of skills. My schedule was full, including an independent study that I undertook in order to make up for some lost classes, and so I had no time to relax. I was anxious to see how my new set of abilities would hold up to the rigorous standards of my course load. My most challenging course was my English III class, in which I had one of the most notoriously difficult teachers; she gave us merciless amounts of homework and impossibly hard tests. In order to stay on top of the class, I had to work diligently every day. I would take extensive notes in school using my laptop and an accessible screen reader, which would read what was happening on the screen as I typed and navigated through menus. At night, I would read countless pages of Braille, not only to complete the assignments, but to also maintain my reading speed and accuracy. On the weekends, I would devote additional time to improving my reading and listening comprehension skills so that I could get the most out of the lectures, novels and assignments. Was all this extra, tedious work worth it? Finally, on one of the last day of school, my teacher walked methodically up and down each aisle, handing out each student's final grade. When she arrived at my desk, she turned to face the other students and proudly announced that I had earned the top grade in the class. As this rewarding wave rushed over me, I could not help but smile; my perseverance had paid off.

I often ask myself where I would be today, had this momentous event never occurred. Would I have ever gained the determination that I received from overcoming the initial obstacles proposed by blindness? Would I have the confidence and trust in myself that is instilled in me every time my clock chimes in the background? Would I have the diligence and perseverance to challenge myself with aspirations of only the best? I think not. Over the course of my journey, I have learned that blindness is not my greatest disability; it is my greatest asset – one that pushes me to reach my full potential, overcome any obstacle and shoot for the stars.

MY GREATEST ACCOMPLISHMENT

By Hamlet Diaz

Editor's Note: *Hamlet is a senior at Union City High School and an active member of the Northern Region's Leadership, Education, Advocacy and Determination (LEAD) program for high school students with vision loss. In this article, he explains his greatest accomplishment.*

When I came to the United States from the Dominican Republic, I learned to speak English, to read and write in Braille, and to use a computer. I earned certificates in school and was inducted to the Music Honor Society. I am proud of myself for achieving those things, but there was a bigger challenge that I had to face. I faced that challenge during my junior year.

At the beginning of my junior year, I was told that I had to take a state test in March. This test is known as the High School Proficiency Assessment (HSPA). This assessment tests students on language arts, literacy and math. I heard that if students didn't pass the test, they wouldn't be able to graduate from high school. I was really worried about the math section on that test because I am weak at math. I was so stressed about this test, but I told only a few people about my worries. It is recommended to talk about things that are troubling you, but I was just too stressed, so I figured it was best not to talk about it. Even though students are able to take the test again in their senior year if they fail it in their junior year, I didn't want to be one of those students. So many people – my family, my teachers and tutors, my social worker, even the school nurse – had faith in me. They expected me to pass that test, and I didn't want to disappoint them. I had math tutoring at home and a math class on Tuesdays after school. I worked hard to become better at math in order to pass that test.

March came. I took the test. At the end of May, the test scores came back ... and I passed, even the math!

In life, we must never give up, especially when so many people have faith in you and expect you to get it done. If you are weak at something, do not let that stop you. I was weak at math. However, I had to pass that test. What did I do? Did I just give up? No. I knew that many people had faith in me and also, I wanted to graduate from high school. I worked hard and I passed the test! Out of all my accomplishments, I consider this achievement the greatest of them all because I had to work really hard to achieve it.

MY COLLEGE EXPERIENCE

By Sarah Weinstein

Editor's Note: *Sarah is a former LEAD student from the Central Region.*

On May 27, 2010, I received a Specialized Diploma in Medical Transcription from Northampton Community College in Bethlehem, PA. A medical transcriptionist is a person who transcribes doctors' notes either from an audiotape or CD. After transcribing the notes, the transcriptionist must proofread them for errors. I chose this career because I really enjoy the medical field, and I have excellent typing and formatting skills. I enjoyed learning about medical terms, different medications and various medical procedures. The six courses I needed to take were Medical Terminology I, Keyboarding I, Advanced Medical Terminology, Human Biology, Basic Medical Transcription and Advanced Medical Transcription.

For Medical Terminology I and Advanced Medical Terminology, all my books had to be in Braille so that I could learn the exact spelling of the medical terms. I obtained e-files from the publishers of the books, and then my dad reformatted the text in Duxbury. I told him how to format charts, graphs, tables and regular text. When the formatting was finished, I mailed the files to Associated Services for the Blind in Philadelphia to get the books embossed in Braille and bound. One book in print equaled 18 volumes in Braille. When the professors lectured, I used a BrailleNote to take notes. Additionally, I recorded the classes with a digital recorder. This way, whatever I missed, I listened to it when I got home. When I had tests and quizzes, a technology person at the college Brailled them. Medical Terminology I and Advanced Medical Terminology went very well.

In Keyboarding I, the text was on audiotapes, and JAWS was installed on a classroom computer. I learned how to write various letters, including formatting techniques, and how to properly use Transcription Equipment. (Transcription Equipment consists of a foot pedal attached to a recorder via an electric wire. The recording is on a tape or CD.) Before the course, Ed Godfrey of Elwyn Assistive Technology Services tutored me in JAWS keystrokes for formatting. My professor told me at times that she did not know how a blind person would do some of the formatting. It is great what JAWS can do, and I did very well in this class. One challenge I had was doing timed tests for speed. The goal was to type 40 or more words per minute with three or less errors. It was a challenge for me because the sighted students could see the words on a split screen whereas I had to just hear the words. Before the timed tests, I had to study previous lessons very hard in order to know how to spell the words.

When I took Human Biology, I needed to have the textbook and the lab book Brailled. In the classroom, I also needed a lab assistant to explain visual pictures and

to assist me in touching tactile models. I especially enjoyed touching different tissues, the brain, bones and muscles. It was fun looking at the models!

When I took Basic Medical Transcription and Advanced Medical Transcription, I needed to have my textbooks and answer keys in Braille, JAWS installed on a classroom computer, and Stedman's Medical Dictionary downloaded. Besides learning terms in each chapter, I also had to write medical reports for each specialty. The reason I needed Stedman's Dictionary downloaded was just in case I needed to look up medical words that were not in the textbook. After I typed each medical report from an audio CD, I had to correct it with an answer key. A technology person at the college Brailled the answer keys. One challenge was understanding each of the dictators. When I have a job, I now know that not all dictators will speak clearly. For example, some of the dictators spoke with an accent, some talked too fast, some chewed, some would yawn, and I would hear phones ring in the background. Whenever dictators spoke too fast, I learned how to slow down their speed using the foot pedal. It was great learning various types of medical reports, various drug names, grammar rules and medical abbreviations.

On May 27, 2010, I graduated with a Specialized Diploma in Medical Transcription. For the past three years, my college experience was wonderful! I was so happy that my parents, grandparents and my best friend Kaitlyn could attend the graduation ceremony. With all of my hard work, I hope I can find a job as a medical transcriptionist.

MEDICAID MAY APPROVE HIGH TECH DEVICES

By Allen N. Blumenthal

Many members of the NFBNJ already have adaptive technology, but you may not know that NJ Medicaid (but not HMOs) will approve high tech devices for blind and visually impaired individuals. You can advocate for yourself by doing the following:

1. Get a low vision evaluation from an optometrist or ophthalmologist. They will need to recommend a particular device, be it a CCTV, adaptive software, a BrailleNote, a talking scanner or any other device that provides access to printed material when conventional low vision devices do not.
2. The doctor must prescribe on a NJ prescription pad. Either an optometrist or ophthalmologist may do this.
3. The doctor will write a narrative describing what the functional need is for your device, your performance, and what other lower tech devices have been accessed (if appropriate) to justify the need for the adaptive technology.
4. The prescription and narrative are sent by the doctor to me as a Medicaid provider for durable medical equipment.

Please call me at 201-391-1140 if you have any questions.

**CAROL CASTELLANO'S NEW BOOK IS OUT:
*GETTING READY FOR COLLEGE BEGINS IN THIRD GRADE***

Working Toward an Independent Future for Your Blind/VI Child: Pre--K to Middle School

Editor's Note: *Carol Castellano is the president of POBC-NJ and a longtime member of the board of the National Organization of Parents of Blind Children.*

Through years of advocacy for families, author Carol Castellano began to notice that the education of many blind/visually impaired children went off track in third or fourth grade. She also observed that as the children began to fall further and further behind, no one was thinking about a plan to get the child caught up. If a child couldn't do grade-level math and reading when in third grade, and he or she kept falling behind, how would that child ever be able to handle algebra and college-prep English?

Instead of accepting a lower standard of education for blind/VI children, *Getting Ready for College Begins in Third Grade* empowers parents with a plan for getting and keeping the child's education on track and for teaching the additional life skills necessary for an independent future.

Written for parents of pre-K through middle school students, the book includes chapters on High Expectations, Academics, Independent Living Skills, Independent Movement and Travel, Social Awareness and Social Skills, and Developing Self-Advocacy Skills: the Pursuit of a Normal Life.

Highlights of *Getting Ready for College Begins in Third Grade* include:

- A unique method for analyzing academic problems and creating a practical, detailed remediation plan based on the expectation of catching the child up. Helpful, clear diagrams bring into focus the array of issues involved.
- Independent movement and travel ideas for developing basic concepts, spatial awareness and the child's store of knowledge. How to use the guided discovery method. Activities for very young children and children having a difficult time learning mobility concepts. Ideas for developing independent mobility in school.
- A powerful chapter on social awareness and social skills that includes ideas for developing the child's personality and teaching conversation skills.
- A common sense, easy-to-use approach for teaching independent living skills, including a section on how to develop time awareness and time management skills in your child.

The book is available through Information Age Publishing (704-752-9125, www.infoagepub.com), the National Center for the Blind (410-659-9314, opt. 4, www.nfb.org) and POBC-NJ (973-377-0976, www.blindchildren.org). Cost is \$25 plus applicable shipping and handling fees.

NUTLEY LIONS HOST SPRING EVENT

By Joe Ruffalo

Editor's Note: *With support from the Nutley Lions Club, Essex SCILS program manager Joe Ruffalo and ADL instructor Jerilyn Higgins planned this successful event. Thanks to Rose Hanley, coordinator of volunteers, for her assistance.*

Last May the Nutley Lions Club sponsored a Spring Dance and Social at the Nutley Parks and Recreation Center for the clients and volunteers of the Senior Community Independent Living Services (SCILS) of Essex County in West Orange. Members of the Northern, Northeast and Central chapters of the NFBNJ, members of the West Orange-based support group Eyes Closed Hearts Open, the Union County Association for the Blind, family, friends and well wishers participated in the afternoon's activities. With nearly 120 in attendance, all enjoyed the professional entertainment, fine food, spirited fellowship, great music and dancing. Each participant received gifts and door prizes.

The SCILS identifies Essex County seniors 55 and older with vision loss and offers visual and/or non-visual skills and techniques so that these elders can remain independent and active in their community. The program is funded by the New Jersey Commission for the Blind and Visually Impaired and administered by the Puerto Rican Association for Human Development, Inc. (PRAHD) of Perth Amboy. Founded in 1974, PRAHD serves residents of Essex, Middlesex, Monmouth, Ocean and Union counties by "developing human potential and promoting self sufficiency through the implementation and operation of programs designed to improve the social, economic, health and educational status of our community through the provision of appropriate services and leadership."

The Nutley Lions Club was established in 1925 and has supported programs of the Lions that target persons with vision and/or hearing loss locally, as well as throughout the state, the nation and the world.

A TRAVEL AGENT WHO IS BLIND, NOT A BLIND TRAVEL AGENT

By Cheryl Echevarria, owner of Echevarria Travel

Editor's Note: *In addition to being an independent travel agent, Cheryl is also treasurer of the Greater Long Island Chapter of the NFB. She is a legal secretary and in 2008, graduated as the first blind student from Branford Hall Career Institute as a medical insurance specialist. Catch Cheryl's recent interview on ThruOurEyes.org.*

I love to travel and had heard that there were companies that allowed their travel agents to work from home. Intriguing! In 2009, I started investigating how to make my dream of self employment become a reality.

First off, I went to the NFB Travel and Tourism Talk List and met Maurice Shackelford, who lives in Georgia. Maurice had been working with Montrose Travel, which has a AAA rating from the Better Business Bureau, has been in business for almost 50 years and offers training. I contacted them, and soon after, started Echevarria Travel as an independent contractor. I'm still learning and continuing my training, and I hope to be on my own in three to five years.

Someone asked me what the difference is between using my services and going to Expedia or Travelocity or other, similar sites? My business is unique because I focus on blind and visually impaired travelers.

In 2007, while attending my first National Convention in Atlanta, Dr. Maurer's banquet speech made a huge impression on me. It focused on traveling in the airport, where the flight attendants at the gate insisted he use a wheelchair or wait for someone to assist him. When he finally took off on his own, someone told him he was going in the wrong direction. He thanked them, turned around and went the other way. He was making a point of being independent. I am that independent, and I want other blind people to be able to travel and enjoy their lives, whether it is visiting our families in other states or enjoying a trip to Disney with a grandchild.

So, what differentiates my travel business from those others on the Internet? Specifically, I focus on the accessibility of the location, not the location itself. Other travel agents and websites don't focus on the needs of blind travelers, such as accessing transportation to and from the airport, making sure the hotel has a room big enough for a wheelchair, or Braille on the doors or other locations, or making sure that I have the information on immigration paperwork for someone traveling with a guide dog on a cruise. Another area that differentiates my services is that I want you to get the perfect tour. It's not so much about the sightseeing, but perhaps, instead, focusing on other senses and activities, like going to a garlic festival, smelling the foods or tasting the wines, catering to the sports enthusiast wanting to climb a mountain or water ski ... this is what I find for my clients.

Since becoming an agent, I have also been doing some educating, especially of my host agency. Marion Gwizdala, president of the National Association of Guide Dog Users, and I did a training webinar for all the travel agents with Montrose regarding the needs of travelers who are blind. We encouraged the agents to ask questions so that they can become more attuned to the needs of all their travelers.

In the past year, I've become certified in many cruise lines, locations and destinations. Also I've contacted many tourist boards to learn more about traveling independently abroad. Did you know that there are access laws similar to or even stronger than our own for guide dog users? I'm proud to own Echevarria Travel, and my goal is to make every travel experience a beautiful memory.

ENABLING BLIND AND VISUALLY IMPAIRED PATIENTS TO ACHIEVE MAXIMAL PERSONAL AND OCCUPATIONAL GOALS: THE IMPORTANCE OF NONVISUAL SKILLS

**By Marvin F. Kraushar, Vito J. DeSantis, James A. Kutsch Jr.,
Gaytha I Kraushar and Joseph J. Ruffalo**

Editor's Note: *This article originally appeared in the May 2010 issue of the American Journal of Ophthalmology. Dr. Marvin Kraushar, lead author, has granted permission and approval for our distribution of this needed information.*

When there is no effective treatment for a vision-damaging ocular condition, or when treatment fails to prevent or restore vision loss, patients may experience blindness, which, defined on a functional basis, is the inability to function visually. Less severely affected patients may experience visual impairment, that is, the ability to function visually but at less than the optimal level. Depending on patient age at the onset of the vision problem, desired personal and occupational goals may be unachieved or may have to be abandoned. People under age 65 who are blind or visually impaired (VI) comprise a group of patients often lost to maximal vision rehabilitation. Only 41.5% of the blind population is employed.¹ A second, smaller group is composed of patients over age 65 who are blind or VI. With improvements in the management of extremely premature newborns and with increasing longevity of the population, both of these groups can be expected to grow significantly in future years. Many individuals in both groups spend their days sequestered in their homes or group facilities. Others may cope with their situations by setting unnecessarily limited goals.

Alternative, non-visual skills are available to blind and VI people of all ages seeking higher education or attaining/maintaining competitive careers. These include: 1) orientation and mobility, 2) Braille skills and 3) competency in technologies that improve communication and broaden access to information. No statistics are available regarding the impact of these skills on the ability of these individuals to enter or remain in the workforce. Years of experience have shown that many of those blind and VI individuals who are the most motivated and who are given access to these skills can achieve or maintain integration within their communities and retain an ability to compete on the same level as their sighted peers for higher education and employment (eg, co-authors V.J.D., J.A.K., and J.J.R.). For these blind and VI individuals, reading, writing and communicating on a level equal to that of the sighted population is an absolute necessity and is an attainable goal.

Low-vision aids are not an option for blind people, who have little or no useful vision. While these modalities are of unquestioned benefit to VI persons when

performing less demanding everyday tasks, reading 10 to 30 words a minute with high-plus magnifiers or closed-circuit television is restrictive and insufficient for those hoping to attain or maintain their desired lifestyles or careers in the same competitive environment as the sighted population.

Patients in both groups often are told by their physicians, “There is nothing more I can do for you” (eg, co-authors V.J.D., J.A.K. and J.J.R.). While this sentiment may be accurate on a purely medical basis, there is a very real psychological benefit associated with “doing something” — which can provide some desperately needed hope to these patients.² The ability of ophthalmologists to provide information regarding the availability of vision rehabilitation services, specifically non-visual skills, as well as the encouragement to make use of them can make a profound impact on the independence and productivity of these individuals.

For blind people, public and private agencies teach adaptive daily living skills for orientation and mobility, such as personal grooming, dressing, grocery shopping, homemaking and kitchen skills, thus enhancing independent living. It is an accepted fact that traveling independently can be expedited with a long, white cane or a dog guide.

These agencies also provide Braille skills and training in assistive technologies to blind and VI individuals, thus enabling many of them to communicate at a level equal to that of the sighted population. Braille is currently read by only 10% of blind people, but of those, approximately 90% are employed. This compares to only 30% to 40% of Braille nonreaders.¹ Thirty percent of Braille readers have advanced degrees. Common myths regarding Braille include: only young children can learn Braille; it is too slow; it is a poor substitute for “normal” reading; and Braille materials are not readily available. None of these is true. Although scientific data are not available, there are many blind and VI individuals of all ages who have learned Braille and can read as fast as sighted people and with the same level of comprehension.

Recent innovations in assistive technology have dramatically increased opportunities for blind and VI people to succeed in competitive situations. Screen readers utilize voice software to read out loud information on a computer screen. Other devices utilize embossed or refreshable Braille. Note-takers provide access to e-mail and the Internet through speech and Braille output. Jobs that have previously been beyond the reach of blind or VI employees — such as executive positions and jobs in information technology, medical transcription and teaching, for example — are now open to those blind and VI individuals who have acquired adaptive skills.

Most nonmedical people — even many ophthalmologists — are unfamiliar with a truly independent blind or VI individual and, thus, many harbor misconceptions about blindness. The sighted public's fear of blindness is exaggerated by the act of

closing one's eyes and thinking, "How can I do anything?" Sighted people, unfamiliar with the independence afforded by non-visual skills, have low expectations for blind and VI individuals. Even those blind and VI people who are unaware of the benefits and availability of non-visual skills harbor these same misconceptions and low expectations of themselves.

Ophthalmologists naturally concentrate on stabilizing vision and maximizing remaining vision with emphasis on visual acuity rather than on visual function. Ophthalmologists tend to think of blindness (20/200 or worse in the better-seeing eye) and visual impairment (less than 20/40 in the better-seeing eye) on a visual basis. Blind and VI individuals of all ages frequently are advised to utilize their remaining vision, predominantly by means of low-vision aids. For blind individuals especially, putting emphasis on unreliable vision can foster an attitude of dependence rather than independence.

Two goals must be attained. First, physicians must shift their attitude from thinking of vision loss as a deficiency, to that of understanding what is possible. Thinking of capabilities instead of disabilities emphasizes strength and opportunity as opposed to weakness and limitation. Don't think, "Without a dog guide or a cane, Mr. Jones cannot travel." Think, "With a dog guide or a cane, Mr. Jones can travel." Blindness skills thus become liberating rather than restrictive.

Second, physicians must understand what can be accomplished with non-visual skills and know where blind and VI individuals can acquire them. The National Council of State Agencies for the Blind (NCSAB) maintains a continually updated website, www.ncsab.org, which details the state agencies for blind and VI individuals in all 50 states. A link for physicians facilitates acquisition of this information. Vision Serve Alliance, found on the web at www.visionservealliance.org, is a similar organization of private agencies that serve blind and VI clients. Ophthalmologists are encouraged to make this information available to their blind and VI patients and motivate them to investigate these services that can provide significant enhancement of their quality of life.

Motivated blind and VI individuals who are made aware of the availability of non-visual skills and are encouraged to make use of them can achieve high levels of independence, self-esteem and productivity. However, as valuable as these assistive technologies may be, Braille, the computer, the dog guide and the cane only enable the person. It is the individual's attitude and talent that make him or her successful. The ophthalmologist has a responsibility and a unique opportunity to educate these individuals. By means of the ancillary role of counselor and advisor, the ophthalmologist, who has nurtured the physician-patient relationship, can influence whether someone takes the first step toward attaining or retaining personal success.

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THE SEARCH FOR A BRAILLE WRITER

In the last issue of *The Sounding Board*, we ran Agnes Allan's award-winning essay entitled "What I like about being a blind person." Agnes, who lives in Connecticut, was once a fellow Jerseyan, teacher, social worker and proofreader. She raised three daughters and is now a grandmother of nine.

Shortly after Agnes's essay was printed, an announcement appeared on the NFB listserv. Agnes's granddaughter, Emily, who is sighted, announced that she wanted to learn Braille, and that she was looking for a Braille writer. Never one to let moss grow beneath his feet, Joe Ruffalo started the search for the Braille writer. Within only a few hours, Ed Fedush, of Garfield, NJ, donated one. Once Emily got her Braille writer, she sent Joe the following note, in Braille:

I am truly sorry ... this letter is long overdue. My name is Emily. I am Agnes Allan's granddaughter. I would just like to thank you for taking your time and effort to help me find a Braille typewriter. Honestly, it really meant a lot to me. Once again, thank you for your time and I wish you every happiness in the future.

Emily is now on her way to achieving her next goal: becoming a Braille teacher!

NEWSLINE: NOW THE BLIND HAVE ACCESS TO NEWSPAPER INFORMATION

Editor's Note: *This article is reprinted in part from the Newsline website. Newsline has just added its 300th publication. To sign up for this service, go to http://www.nfb.org/nfb/Newspapers_by_Phone.asp.*

NFB-NEWSLINE® is at last making it possible for blind individuals to gain access to the information in newspapers at the same time as their sighted colleagues, friends and family members. Blind professionals, for example, can now converse on relevant topics, no longer being under informed about information critical to their professions or left out at social functions when the latest editorial is discussed. Beyond this, a wealth of information primarily found in newspapers is now available to the blind on an equal footing, making possible their participation in the life of the community on the basis of equality.

The Internet provides sighted individuals access to thousands of newspapers and magazines with just a quick search. NFB-NEWSLINE® is the only system that will bring the blind so much to choose from at the time when the subscriber wishes to read. More and more papers are beginning to understand that blind and visually impaired individuals, just as the sighted, need to have access to their local papers. The numbers of participating papers are steadily growing. If you wish to have your local paper on NFB-NEWSLINE®, or are connected with a newspaper which would like to provide the text of its paper to those who cannot read print, contact the National Federation of the Blind.

NEWS FROM THE NEW JERSEY STATE LIBRARY TALKING BOOK & BRAILLE CENTER **By Anne McArthur**

Audiovision Newspaper Reading Service Available Through Cable TV

The New Jersey State Library Talking Book & Braille Center's Audiovision radio reading service of select NJ newspapers is now available on television to subscribers of Cablevision, Comcast and Verizon Fios. Newspapers broadcast include the *Asbury Park Press*, *Bergen Record*, *Camden Courier Post*, *Home News Tribune*, *Newark Star Ledger*, *Trenton Times*, the South Jersey edition of the *Philadelphia Inquirer*, the *New York Times* and the *Wall Street Journal*. TBBC also offers two Jersey magazines recorded at our Trenton headquarters: *NJ Monthly* and *NJ Life: Health & Beauty*. Access instructions are available at <http://www.audiovision-nj.org/listen.html> or call 1-800-792-8322. Another way to access Audiovision is through our Internet streaming site at www.audiovision-nj.org.

TBBC's Summer Reading Program

TBBC's Summer Reading Program was a great success, with TBBC patrons reading Braille, large print and audio. Favorite books included *Matilda* by Roald Dahl and *Every Soul a Star* by Wendy Mass. Letters and activities were Brailled for participants.

TBBC is lending Victor Reader Streams to 40 young patrons as part of a pilot program. While still in the middle of the program, we are already seeing an increase in BARD registrations and downloads from the participants.

Keep up to date with what is going on with the Youth Services department by reading our online newsletter at http://njsltbbc.org/youth_services/newsletter or following us on Twitter at <http://twitter.com/NJSLTBBC>.

The Children's Department frequently visits libraries and schools to talk about the library and about Braille literacy. If you know of a school or a library that would like a visit, please contact us at 609-530-3251.

FROM THE KITCHEN OF JERILYN HIGGINS

Editor's Note: *Jerilyn Higgins is an active member of the NFBNJ and serves as first vice president, chapter president, scholarship chairperson and co-editor of The Sounding Board. She is employed as an ADL instructor in the Essex SCILS program and is a Northern Region mentor in the LEAD program. In her spare time, Jerilyn can be found in the kitchen cooking up her favorites, such as these three holiday specialities.*

Impossible Apple Pie**Ingredients:**

3 cups sliced peeled all-purpose apples (3 large)	1/2 cup sugar
1 teaspoon ground cinnamon	1/2 cup milk
1/4 teaspoon ground nutmeg	1 tablespoon butter softened
1/2 cup Bisquick	2 eggs

Method:

Heat oven to 325 degrees
 Grease 9-inch pie plate
 Stir together apples, cinnamon and nutmeg
 Turn into pie plate
 Stir remaining ingredients until blended, and then pour over apples
 Sprinkle with streusel (recipe below)
 Bake 40 to 45 minutes or until knife inserted in center comes out clean

Streusel

1/2 cup Bisquick

1/4 cup packed brown sugar

1/4 cup chopped nuts

2 tablespoons butter

Stir all ingredients together until crumbly

Butter Nut Ball Cookies**Ingredients:**

2 cups all purpose flour

1 cup butter (2 sticks) at room
temperature

½ tsp salt

2 tsp vanilla extract

2 cups chopped walnuts

½ cup confectioner's sugar

Method:

Set oven to 350 degrees

Sift flour, sugar and salt together

Work in the butter and then add the vanilla extract

Add nuts

Roll into balls

Bake on greased cookie sheet, 2 inches apart, at 350 degrees for 10 minutes

While still warm, roll in confectioner's sugar

Snowball Cookies**Ingredients:**

3 sticks butter at room temperature

2 tsp vanilla extract

3 cups all purpose flour

2 cups chocolate chips

¾ cup confectioner's sugar

Method:

Set oven to 350 degrees

Beat together the confectioner's sugar, butter and vanilla extract

Add the flour, one cup at a time

Mix all ingredients and then add the chocolate chips

Drop rounded snowballs about 2 inches apart onto greased cookie sheet

Bake at 350 degrees for 10 minutes

Remove from cookie sheet and roll warm cookies in confectioner's sugar

NFBNJ CHAPTER NEWS

Editor's Note: *You'll find contact and meeting information for all our Chapters, Programs, Associations and Divisions on pages 27-28 of this issue.*

AT-LARGE CHAPTER, by Joe Ruffalo, Coordinator

All members of the NFBNJ are invited to join the members of the At-Large Chapter during its monthly conference call. The objective of this chapter is to include those who cannot attend a chapter meeting in their area in the activities of the NFBNJ. This year's State Convention was hosted by the At-Large Chapter.

CAPITAL CHAPTER, by Mary Jo Partyka, President

The Capital Chapter is celebrating its 10th anniversary this year, and we're certainly proud of this milestone! For our Meet the Blind Month activity, we visited an assisted living facility to explain how blind people live and work. We are aware that many residents have vision problems and could benefit from hearing the NFB philosophy.

CENTRAL JERSEY CHAPTER, by Jerilyn Higgins, President

We had a successful Meet the Blind Month activity at the Metuchen Country Fair. Our holiday party will be December 17 at Haley's Harp and Pub; the cost is \$25. Call Lynn Reynolds for more information. In April we will celebrate our 12th anniversary with our annual anniversary breakfast. Each month our chapter members participate in the Grace Lutheran Church food drive by bringing the food item of the month to our meeting. If you're interested in joining us and are registered with Middlesex County Area Transit, call Kelly Leary at 732-388-1322 to reserve a ride to the meeting.

GARDEN STATE CHAPTER, by Linda DeBerardinis

Greetings from the Garden State Chapter! Last spring we had a small fundraiser and donated a portion of the proceeds to one of our members who was attending an independence program.

We are proud to announce that Elizabeth Morgan, our youngest member, attended BISM for six weeks last summer. She came back more self assured and capable. Ed Godfrey, our chapter president, attended a leadership seminar at the NFB Center in Baltimore. Sandie Litsinger, one of our members, recently spoke to the NJ Nurses Association. Melissa Hurff was unanimously voted our new secretary.

Our annual picnic was held at Red Bank Battlefield Park with lots of food, friendship and fun. Our Meet the Blind Month activities included having an information table at both Boscov's in the Cumberland Mall and at the Marfin Foundation Event, in the Adolf Hotel in Mount Laurel. We are now selling candles and holiday items to help boost our treasury.

NORTHEAST CHAPTER, by Debbie Azzarone

Hello from the Northeast Chapter! Although our chapter took the summer off, two of our members remained very busy. Tara Carty started her own blog, www.tarastake.com, on the subjects of diabetes, blindness and life in general, and Shafeka Hashash was one of a group of teens who participated in a conference in Syria. Shafeka recently shared her most interesting experiences with us as a guest on Joe Ruffalo's radio show. I strongly suggest you listen to the podcast; it was fantastic! We've resumed our monthly meetings, and our focus now is fundraising so that we can continue sponsoring members who wish to attend conventions, Washington seminars and various other activities throughout the year.

NORTHERN CHAPTER, by Rick Fox

The Northern Chapter has elected the following officers: President, Rebecca Irvin; Vice President, Rick Fox; Secretary, Laurel King; and Treasurer, Kathleen Benjamin. If you want a supportive community that will help you in your efforts to achieve your life's goals, and if you want to help others as well, come join us as we change what it means to be blind in our communities, our state and our nation.

NFBNJ PROGRAMS, ASSOCIATIONS & DIVISIONS NEWS**ADOPT ADAPTIVE EQUIPMENT, by Lynn Reynolds**

Two new items are available for adoption: a 19" monitor and a Braille Blazer. We also have magnifiers available. Contact Ed Godfrey or me if you would like to donate an item or if you are in need of an item. We make a match if we can, and it's up to the two parties to arrange the exchange of the items.

ASSOCIATION OF BLIND MERCHANTS, by Anna DeSantis

During the 2010 National Convention, Nicky Gacos was elected president of the National Association of Blind Merchants. Nicky has worked for many years for the rights of blind merchants under the Randolph-Sheppard Act. Through Nicky's efforts, blind merchants across the country have benefited from creative efforts such as rebates and teaming-up with national brands. Congratulations, Nicky!

ASSOCIATION OF GUIDE DOG USERS, by Vincent Chaney

As advocates for guide dog users, we work to inform public places of the legal rights of those who use service dogs. This year we'll advocate altering the guide dog laws from a civil offense to a criminal offense where appropriate. When our division is prepared, we will look to our NFBNJ family and friends to contact their senators and assembly persons in New Jersey to aid us in our cause. I presented our objectives before the NFB NAGDU Division in Dallas this past July.

DIABETES DIVISION, by Vincent Chaney

The Diabetes Division is proud to have celebrated our second anniversary as a division at this year's State Convention. We're also pleased to have had our third workshop at the convention. We had many people join us for discussions with Advanced Diabetic Solutions, who were with us again this year. Jordan Benis and Tina Rockwell discussed the Solo V2, as well as their company's efforts in working with us. They answered many of our questions. To further support the NJ Diabetes Division, they will occasionally join us in our phone conference calls.

The new Diabetes Division e-mail list has been created on the <http://www.nfbnet.org> to locally support our members. Please use this tool to ask questions and share information and diabetic concerns within New Jersey. Use this link and then find the NJ-Diabetes-Division link to join our group list.

Our monthly meetings cover topics such as diet, blood glucose meters, blood testing, insulin, insulin pens, insulin pumps and any other diabetic interests of our members. Watch www.nfbnj.org for the next Diabetes Division meeting.

DIVISION TO PROMOTE THE USE OF BRAILLE, by Mary Jo Partyka

During the past summer, the Braille Division recognized eight people in New Jersey who participated in the NFB National Braille Readers are Leaders contest. In addition to writing each participant a Braille letter, the Braille Division presented each person with a gift which will enable them to practice reading and writing Braille. We commend the participants for their efforts. The Braille Readers are Leaders contest runs from November to January of each year and is open to children and adults. Applications and directions for entering the contest are available at Braille.org. Watch upcoming *Braille Monitors* for information about this year's contest.

Braille Division members continue to mentor those who wish to learn Braille. We have also gathered materials and demonstrated the use of Braille at schools, churches and for scout troops. If you would like to learn Braille, please contact me by telephone or e-mail, and I will attempt to find someone who may be able to help you in this endeavor. The Braille Division is always in need of mentors who can teach the fundamentals of Braille, so please contact me if you would like to become a mentor.

PARENTS OF BLIND CHILDREN, by Carol Castellano

We sure had a busy spring! In May, our full-day seminar, A World of Possibilities, featured Mike Hingson, the blind man who escaped the World Trade Center, as well as Accessible Science with science teacher Dr. Lillian Rankel and teacher of the blind Marilyn Winograd, and a fabulous presentation on possibilities from student Shafeka Hashash. Rounding out the afternoon were workshops on IEPs, Commission services, technology, O&M and child development. While the adults were busy learning and

networking, the kids were happily involved in Diggin' into Science with the science teachers, and creative movement and music with instructor Gina DiArchangel.

At the end of May, we held our first ever Swing Into Spring fundraiser concert and dance. This event featured Reeds, Rhythm and All That Brass, an 18-piece jazz orchestra, a free dance lesson and all the dessert you could eat! Between ticket sales, donations and our raffles, the event raised a considerable amount for POBC and NFBNJ. We're looking forward to doing it again next year.

TECHNOLOGY DIVISION, by Michele Chaney

Over the past year, the Technology Division has had regular conference call meetings. Some of us attended the National Convention where we met with technical exhibitors and attended technology seminars, and in recent months, the division has provided technical support to several members.

ThruOurEyes.Org, by Lenny Azzarone

Thru OurEyes.org and the WTOE Radio Network recently added WTOE videocasts, which means that when we transmit our live Internet radio shows, they are also available as live video. We encourage everyone to listen and watch our live shows as they're being recorded. You'll get an insider's look at the show setup, setting up Skype with each host and guest, and all the complications that go along with doing live shows. It's almost as entertaining as the show itself! If you prefer to listen to the shows without studio chatter, then you should continue to listen to our radio stream via our Main page or JAWS page. Links to the Simulcast are available on these pages as well. All show videos are archived and available any time on our Podcast and Simulcast pages.

To reach as many people as possible, all our shows are now available on uStream.tv along with a 15-minute version available on YouTube.com. By using these social networking tools, along with Facebook, we've seen a significant increase in the number of new listeners. To further expand upon this premise, we now offer a free app for the iPhone, iTouch, Blackberry and Android smartphone operating systems, thereby allowing you to listen to every podcast on your smartphone.

Thru Our Eyes would also like to remind all New Jersey Chapters, as well as NFB listeners throughout the country, to advertise their events for free on the WTOE Radio Network. Simply call our toll free number, 1-888-572-0141, select extension 85, and record your message. Messages should be limited to one minute maximum.

Lastly, Thru Our Eyes would like to welcome Kathy Gabry and *The Sounding Board*, as well as The Talking Book and Braille Center (New Jersey Library for the Blind) to our expanding show line up. Thanks for listening!

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Lynn Reynolds 908-251-5510

Ryan Stevens 856-858-3518

Linda DeBerardinis 856-764-7014

Michele Chaney 732-251-8650

**NFB of NJ Chapters, Meeting Info
and President's Contact Info***At-Large Chapter*

Last Thursday (confirm on website)

712-432-0180

and enter code 460994

Capital Chapter

Third Sat., Lawrence Library, 2751

Brunswick Pike, Lawrenceville,

10 a.m.

Mary Jo Partyka 609-888-5459

choirnfb@gmail.com

Central Jersey Chapter

Second Sat., Grace Lutheran Church, Perth

Amboy, 9:30 a.m. - noon

Jerilyn Higgins 973-239-8874

jdhiggins3@verizon.net

Cumberland/Salem Chapter

Third Mon., Tri-County Independent

Living Center, Millville, 10:30 a.m.

Anna Jordan 856-696-3905

ajjordan29@verizon.net

Garden State Chapter

Third Sat., Kennedy Memorial Hospital,

Cherry Hill, 10 a.m.

Ed Godfrey 856-906-4516

egodfrey137@comcast.net

Northeast Chapter

Third Sat., St. Mathew's Church,

Secaucus, 10 a.m. coffee, meeting

at 11 a.m. www.ThruOurEyes.org

Dan Facchini 201-906-8655

danfb@verizon.net

Northern Chapter

Third Sat., Free Public Library, 3rd Floor,

Newark, 10 a.m. - noon

Rebecca Irvin 973-723-6559

rirvin14@optonline.net

Ocean Chapter

Second Sat., Ocean County Public

Library, Toms River

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NFB of NJ Divisions*Association of Blind Merchants*

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Division to Promote the Use of Braille

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PLEASE NOTE:

Deadline for the Spring 2011 issue of *The Sounding Board* is **March 1, 2011.**

Articles received after this date will be held for the Fall 2011 issue.

CHECK US OUT ON THE WEB AT

www.nfbnj.org www.blindchildren.org www.thruoureyes.org www.njabs.org

To receive *The Sounding Board* and other information via e-mail,
please contact Beatrice Oliveti at beatrice.oliveti@gmail.com.