



Summer 2013

Ohio Connection

American Council of the Blind of Ohio

P.O. Box 82234 Columbus, OH 43202

1-800-835-2226

Why Should You Attend This Year's National Convention? — *By Vicky Prahin*

As most of you know, Ohio will host this year's ACB convention. Join us at the Hyatt Regency Hotel in downtown Columbus for a week of fun, education, and adventure! Visit local attractions, including the Anthony Thomas Candy Factory, the Ohio capitol building, and the residence of James Thurber. Attend a Cincinnati Reds game or tour The Works and Ye Old Mill in Newark, followed by a stop at the Velvet Ice Cream Shop. We will play trivia at the welcome party on Friday night, testing your knowledge of pop culture and discovery. You can win great prizes for your team. Walkers will join our Grand Marshal, Senator Kevin Bacon, to help raise funds for ACB on Saturday morning.

During the general session meetings you will hear from such speakers as Miguel Carballeda, president of Spain's organization ONCE, talking book narrator Gregory Gorton, and Karen

Keninger from NLS. Affiliates will offer workshops, performers will wow you in the FIA talent show, and exhibitors from all over the country will help you spend money. Don't forget the banquet on Thursday evening; our banquet speaker this year is Mary Hiland, former Executive Director of ACB-O.

We need hundreds of volunteers to meet people at the airport, direct attendees around the hotel, help locate seats in the general sessions, and provide other kinds of assistance. If you or someone you know would like to volunteer, contact Mickey Prahin (mickeyprahin@gmail.com or 614-269-7633) or log on to www.acb.org and choose the "Volunteer for the 2013 Convention" link.

Pre-registration begins on June 1 at www.acb.org. For further information, call the office at 800-835-2226 or 614-221-6688.

A Leadership Conference, New Digital Directions for ACBO—and More! — *By Nolan Crabb*

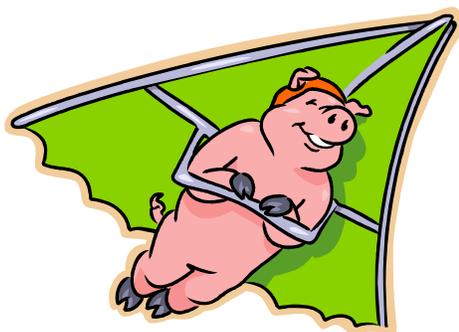
One of the real highlights of 2013 for me is my attendance at the Crossroads Leadership Conference held in Louisville in mid-March. I had high expectations of the conference, and it exceeded all of them. There were sessions on technology, appearance, ethics in leadership, parliamentary procedure, and much more. It looks as if there will be a Crossroads II in mid-March of 2014, and I strongly encourage ACB-O chapters to consider sending some members.

In April, our board of directors entered into an agreement with Marc Solomon, a Columbus resident with wide and varied experience in the field of assistive technology, to serve as the administrator for ACB-O's website. Marc has already begun working on some behind-the-scenes efforts that will result in impressive changes. I've created from members of the technology committee a web taskforce to provide Marc with direction and help set priorities regarding material placed on the site. The taskforce will also assist in making decisions about how long specific information remains there.

The technology committee is also busy finalizing purchases and preparing to stream the state convention via ACB Radio Live Event this fall. We're working on getting equipment in place—things like audio mixers and microphones—that will enable the stream to be a success.

The state convention program planning committee has been hard at work putting together the program for November's state convention. Although much of the focus right now is on the upcoming national convention, we will still hold our state convention for those of you who prefer somewhat smaller and more intimate gatherings. We're working to bring a talking book narrator to the banquet this year, and an Apple representative has agreed to provide a 90-minute class on iDevices on Friday afternoon. Best of all, that class will be free and will be part of your convention package. While it will probably mainly target people who are relative newcomers to the world of iPhones and iPads, the fact that Apple will do the class at our convention site is exciting indeed. Thanks goes to Linda Wyman, whose behind-the-scenes efforts will make the class possible.

On a personal note, I had the opportunity to be among the ACB participants in Cincinnati's Flying Pig marathon in early May. You'll read more about that in this issue. My fellow participant, Chris Schumacher, helped set what was for me a brisk pace. It was somewhat grueling for an old out-of-shape fat guy like me, but it had its laugh-out-loud moments. I had been listening to the Worldwide Legend, an Internet radio station, while I completed the course. Just as I crossed the finish line, the station's automated music system began playing Wayne Newton singing his old classic, "Daddy, Don't You Walk So Fast." I couldn't burst into peals of unrestrained laughter since at that moment I was concentrating on just getting enough air not to die and cause embarrassment to my fellow ACB members. I must say I've never been more eager to take the advice of an old '70s tune than I was at that finish line. Still, it was a great experience for me—someone who, if asked six months ago whether I would be in a 5k, would have responded, "sure! When pigs fly!"



Building Our Bridges — *By Dave Perry*

The members and friends of ACB-Ohio are always striving to build bridges between local chapters and the State affiliate. Maintaining healthy relationships helps make an organization strong and rich. Building strong communication helps an organization flourish. Building wealthy strategies enables an organization to weather the storms. Building affective support networks enables an organization to accomplish its mission of making a difference for the community. Jim Gibbons, a former president and CEO of the National Industries for the Blind, currently working for Good Will International, once said, "Don't think big, but think PIG." PIG means Perseverance plus Innovation equals Growth. ACB-O continues to grow. We need all of our members and friends to make a difference for all people who are blind or visually impaired in Ohio.

For more information regarding ACB-Ohio, contact us through the Membership Assistance Information Line at 614-636-3222 or acboassist@gmail.com. Contact the main office at 800-835-2226 or acbo.director@gmail.com. Visit our website at www.acbohio.org.

ACB-Ohio Scholarship Winners – *By Joyce Rogers*

On October 28, 2012, ACB-Ohio presented scholarships. I had the honor of joining two of the outstanding students for breakfast and presenting them with their checks.

Stacy Border won the Linwood Walker Scholarship for graduate students. She has worked for ten years as a recreational therapist at Mercy Medical Center in Canton and has decided to obtain her doctorate in physical therapy. Her academic achievements are stellar. She graduated summa cum laude from Kent State in 2001, where she was on either the Dean's List or the President's List every semester. She was a member of Rho Phi Lambda National Honor Society and Phi Sigma Pi National Honor Fraternity. Besides working part-time and attending graduate school full-time, Stacy volunteers on such committees as Relay for Life, the American Heart Association, and the Mercy PALS program. As part of the Mercy PALS program, she and other Mercy staff members work with children in a special education classroom and attend special events with them. Stacy says, "My family is very supportive. My dad is also legally blind, so he understands the challenges that we face and has always believed I could do whatever I

set my mind to. My husband keeps telling me that eventually my hard work will pay off. I want to thank ACB-Ohio for selecting me as a scholarship winner. It was an honor and privilege to attend the annual conference, and I hope to do so again in the future. It was such a pleasure to meet so many wonderful people."

Emily Pennington won the Nola Webb-McKinney Scholarship. Emily attends Xavier University in Cincinnati, majoring in accounting. She has ambitions of going into business law eventually. During her high school years at Turpin High School, she was a member of the National Honor Society, requiring academic excellence and outstanding volunteer service. For all of her four years at Turpin, Emily delighted in the challenge of being a member of the Academic Quiz Team. She also enjoyed being part of Turpin's women's chorus and singing and playing the piano for residents of nursing homes. She loved tutoring children and helping with special holiday events. Emily says, "I like the challenge of striving to accomplish lofty goals, so I'm secretly hoping that I can get my undergraduate work done in less than four years. Finishing my undergraduate program early will mean

I can get my MBA and law degree even sooner than anticipated."

We are certainly proud to have Stacy and Emily as two of our ACB-Ohio scholarship winners!

Nominate someone you know for one of the following awards:

KEN MORLOCK AWARD:

Given to a person who is blind or visually impaired who has worked tirelessly and selflessly for the blind.

RUTH DAVIDSON AWARD:

Given to a sighted person who has worked to enhance the lives of persons who are blind or visually impaired.

AMBASSADOR AWARD:

Given to an ACB-O member who has worked tirelessly for ACB-O and the blind community.

ARLENE COHEN ART OF TEACHING AWARD:

Given to an outstanding teacher of the visually impaired

MEDIA AWARD:

Given to a person who has written or reported about blindness or issues that concern blind or visually impaired per-

sons. All nominations for the Media Award must be accompanied by the article, video, or other presentation which is the basis for the nomination.

EMPLOYER OF THE YEAR AWARD:

Given to an Ohio employer who has hired and made accommodations for employees who are blind or visually impaired.

COMMUNITY SERVICE AWARD:

Presented to a city, town, or organization for its outstanding efforts to enhance the lives of blind or visually impaired people.

Submit nominations by September 1 to ACB-O Awards, P.O. Box 82234, Columbus, OH 43202 or by email to the ACB-O executive director, Ann Gazelle, at acbo.director@gmail.com. The phrase "ACB Awards" should appear in the subject line.

Contributors ...

Thanks to the contributors: **Nolan Crabb, Ann Gazelle, Dave Perry, Vicky Prahin, Joyce Rogers, Elizabeth Sammons, Chris Schumacher, and Linda Wyman.** Send items for the next issue to Vicky Prahin (prahin@hadley.edu) by August 15.

From the Desk of the Recreation Chairman

— *By Chris Schumacher*

The Flying Pig marathon, an event held annually in Cincinnati, took place on May 4 and 5. The Cincinnati chapter of ACB-Ohio had 40 members and sighted guides who participated in at least one event of the Flying Pig weekend. Six members of the state board attended: Dave Perry, Katie Frederick, Melody Banks, Nolan Crabb, Rob Rogers, and yours truly, Chris Schumacher. Two visually impaired members, Dave Perry and Mary Ann Donelan, competed in three events, the 5K, (3.1 miles), the 10K, (6.2 miles), and the half marathon (13.1 miles). Mary Ann's sighted guide was her sister-in-law, Mary Beth, who guided in all three events. Dave Perry's sighted guides were Diane VanderBrink (5K) and Chris Schumacher (10K and half marathon). The 5K and 10K events took place on Saturday and the half marathon and full marathon events on Sunday.

I was Nolan Crabb's guide during the 5K event. Nolan beat his recent personal best for a 5K time by more than 10 minutes. He did not start training for the walk until early April. I mention this to illustrate that you do not have

to be a great athlete to participate in the walk. Just be willing to start working your way up to walking 3.1 miles in about an hour. When you decide to start walking, make sure you have good running/walking shoes; a good pair of properly fitting shoes can mean the difference between blisters and sore feet and comfort. It is also important to remember to do some minor stretching before and after a walk or run. During the ACB national conference and convention in July, there will be a walk to participate in, so get out there and break in those new shoes!

The Cincinnati Chapter uses the Flying Pig event as a fund-raising activity. The organization pays the entry fee of the visually impaired participants, and the sighted guides participate at no cost. The chapter then requests that the participants raise money. If your area has an event like the Flying Pig marathon, perhaps your chapter could do a similar fundraiser.

An upcoming event which I hope many people will attend is the ACB-Ohio Summer sports retreat. It will take place on August 2-4. The cost for the weekend is \$85 for visually impaired

participants; there is no charge for the sighted guides. This is an adult only weekend; you must be over 18 to attend. It is held on private property about 30 minutes outside of Athens, Ohio. The owner of the property has a boat and a jet ski. If you don't like the water, there is also a tandem bike and captain, who loves to ride. There will also be daily walks in the morning. There is a campfire on Friday and Saturday nights, weather permitting. We attempt to provide transportation for all who want to attend. If you are interested or have any questions about the Summer sports retreat, contact me at ac-boassist@gmail.com or 614-636-3222.

Stay active!



Nolan Crabb and Chris Schumacher after the 5K



Chris Schumacher, Katie Frederick and Rebecca Schumacher proudly wear their medals



Mary Ann and Mary Beth Donelan during the half marathon

A Peek at Your Director's Activities

— *By Ann Gazelle*

Because we inherited two old, uncomfortable, mismatched office chairs, it was time to scout for new ones. A recent Staples ad offered deep discounts with free shipping, so we purchased two new chairs. I pulled the many parts out of the first box while Michelle, our administrative assistant, studied the instructions. Together, we wrestled the two chairs into submission. I went into convulsive laughter when I announced that it was going to be necessary for me to give the second chair a chiropractic adjustment in order to match up the bolts with their respective holes. When we finished, Michelle commented that we had just performed a team-building exercise.

Even more exciting, we now have a new office computer with a variety of updated bells and whistles. Like many of you, we needed to upgrade because XP will no longer be supported beyond this year. I am finding that WINDOWS 7 and Outlook aren't as hard to learn as I thought they would be.

One of the goals that ACB-O's president, Nolan Crabb, and I share is to visit all of our chapters. On May 13,

Lee Tucker, a long-time supporter of ACB-O, and I visited Medina to attend the monthly chapter meeting held at the Office for Older Adults located in the town square. Don Kalman ran the meeting, providing the treasurer's report, along with information on upcoming events, including fund raisers. I talked about some of the State's activities and reminded them that the ACB national conference and convention will be held for the first time in Ohio, July 4-12.

One of the most interesting aspects of the meeting was the time taken for each person to state the cause of his or her sight loss. Don has had limited vision since birth and is now in a bioptics driving program. He passed his \$900 glasses around the table so all of us could examine the small telescope attached to one lens that he uses for distance. In addition, the group talked about donating and lending adaptive equipment to people in need.

After the meeting, Lee and I followed don and Laura Kalman to their 34-acre farm/ranch just outside Medina. Don is a retired fireman, and Laura is a nurse

at the local hospital. They enjoy sharing their home with dogs and cats, a small bird, two donkeys, a mustang, a flock of chickens, and two five-year-old oxen, weighing at over a ton each. After stroking the faces of the donkeys and oxen and sliding my hands along the curves of horns, warm to the touch be-

cause of the necessary blood flow to keep the horn tissue healthy, we rode in a cart pulled behind Bull and Dozer.

I look forward to visiting other chapters in the future.



Jenny, 29 and still kickin' ...



Don introduces Ann to Dozer and Bull



Harnessing up over two tons of ox power

The iCanConnect Program

The National Deaf Blind Equipment Distribution Program (NDBEDP) is now providing a wide array of assistive technology to people who can't afford it. This new program from the Federal Communications Commission (FCC) is the result of the 21st Century Communications and Video Accessibility Act.

Any person who is considered deaf-blind—having a severe vision and substantial hearing loss--can receive communications equipment for distance communication for free if his or her income does not exceed 400 percent of the federal poverty level.

The FCC has chosen Perkins and Helen Keller National Center for Deaf-Blind Youths and Adults (HKNC) to head up the national program effort and work with partners in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. To spread the word about the program, Perkins and HKNC have created a campaign called iCanConnect.

NDBEDP provides a wide range of specialized and “off-the-shelf” hardware, software, and applications. Products include Braille displays, computer screen

readers, and iPhones and iPads with built-in accessibility features. The program also provides one-on-one training to help people use the equipment to its fullest. “Having this technology--this ability to participate and interact with others and remember your value and place in the world--is so significant,” said Jerry Berrier, who is blind and working with Perkins to help manage the NDBEDP database and train consumers. “We estimate that there are 1.5 million people in the U.S. who are deaf-blind. We believe about a million or more are eligible for this program.”

To learn more, go to www.iCanConnect.org or call 1-800-825-4595. In Ohio contact Columbus Speech and Hearing Center, Gayle Stanford at 614-261-5792 with questions.

ACB-O Community Shares Campaign Codes

State of Ohio 19003
City of Columbus 60240
Franklin County 60240
Ohio State University 60240
Columbus State Comm. College 1061

News Bytes

(Thanks to Elizabeth Sammons)

Microsoft has started a support desk and 800 number specifically dedicated to providing assistance to people with disabilities.

<http://blogs.msdn.com/b/accessibility/archive/2013/03/06/accessibility-support-frequently-asked-questions.aspx>

Find listings of Ohio job fairs & workshops, basic computer skills, resume writing, money management, and much more.

<https://ohiomeansjobs.com/omj/workshoplister.do?selectId=0>

Know anyone with a disability traveling to or from the USA? Definitely check this impressive array of tipsheets - Mobility International USA <http://www.miusa.org/ncde/tipsheets>

July 15-27, Braille Enrichment for Literacy and Learning, Columbus

http://www.facebook.com/permalink.php?story_fbid=512562838790969&id=145679775479279

For students with disabilities entering grades 9-11 from southwest Ohio, Workshop on Preparing for Success in College August 2-3 at Wright State. FOR MORE DETAILS AND REGISTRATION INFORMATION, CONTACT: Jen Barga (937) 775-5123 jennifer.barga@wright.edu

Do you have a favorite recipe for the best cookies ever? What about a special candy? Or your favorite diabetic treat? This year the ACBO table in the vendor hall at the state convention will offer a bake sale with contributions from our members. We can also display craft or handmade items. Please contact Linda Wyman at lcwyman@columbus.rr.com if you would like to help.

The *Ohio Connection* is a quarterly publication of the American Council of the Blind of Ohio. Please submit your material in print or through e-mail. The next deadline is August 15, 2013. Please include your name, address, and phone number and send to: Vicky Prahin at vicky@hadley.edu.



American Council of the Blind
P.O. Box 82234
Columbus, Ohio 43202

FREE MATTER
FOR THE BLIND



2013 ACB-Ohio Datebook

ACB National Convention

Hyatt Regency, Columbus, Ohio
July 4-12, 2013

Summer Board Meeting

Via conference call
July 27

Summer Sports Retreat

Hockingport, Ohio
August 2-4, 2013

Family Fun Days, sponsored by The Cleveland Regional Library

July 10 (Cincinnati)
August 14 (Columbus)
September 11 (Cleveland)

TUKANDU Events

June 8, June 22, July 13, July 27,
August 10, August 24, September 7,
September 21, October 5

Family Seminar

Columbus, Ohio
September 14

ACB-O State Convention

Columbus, Ohio
November 15-17

For more information on any
upcoming ACB-Ohio events,
call (800) 835-2226 or log on to
www.acbohio.org.