

The UCB Flier
A publication of
The Utah Council of the Blind
The UCB is a member of Community Shares CFC#57132
September 2010

For the latest news updates call The Utah Connection at 801-299-0670 or 1-800-273-4569. These same numbers can be used for the Listening Ear during daytime hours. (You may also leave your message at the end of the announcement.)

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President's Message

Hi Everyone.

I am writing this message from a friend's home in Denver. It has been crazy, fun, and filled with good memories for me. My guide dog, Seattle and I are having a great time!

I hope those of you who went on the boating activity had a lot of fun. I sure did! Thanks to our drivers, Chris and Ed Durtche for the transportation. Thanks also to Leslie Gertsch and family for preparing a wonderful lunch for us, and all of the staff from the National Ability Center who helped this activity turn out very successfully.

I want to thank all who volunteered to serve on committees. I will soon be sending a list out with contact information so that you can begin contacting the chairs if you would like to either learn more about a committee and help out.

On another subject, we are remembering the 20th Anniversary of the American's with Disabilities Act. Although this is a great accomplishment; we still have a long way to go; as new challenges have now come up that we need to work very hard to address.

A bit of good news is the passing of The 21st Century Communications and Video Accessibility Act. We are so thrilled to see that this bill has passed Congress. Now we get to work hard to insure our televisions, microwaves, large appliances, digital boxes, etc. are accessible to us.

Our next Board meeting will be on September 17 at 5:00 p.m. at the Division of Services for the Blind. You are welcome to attend all of our Board Meetings. Our meetings will now be held on the third Friday of the month.

I hope you enjoy the rest of the summer season. I am enjoying the evenings out on my patio, as it is the perfect temperature for me. I look forward to writing you again in the future. Cindi Vega - President, Utah Council of the Blind.

UCB Bulletin Board for Upcoming Activities

Activities - For those of you who may have had an interest in the Park City excursion or the Hale Theatre Plays, we've not heard anything from you. We question if you're at all interested and would like to participate. We would ask that you contact The Connection at 801-299-0670 and let us know. It can be costly

to run articles over and over again with no response. It is the wish of the board that if no one has an interest we eliminate the activity from the newsletter and try to find something else. We encourage your active feedback. There are so many fun things we can do and participate in if we only know what you'd like. Please contact the connection or a member of the board and let us know. Please note the dates and contact information in the articles that we need response by. Thank you.

A Day at the Fair - On Wednesday September 15th 2010 the UCB will be hosting a trip to the State Fair for you and a guide. Meet at the Gate just north of North Temple and 1000 West at 5:30 p.m. so that everyone can enter at 6:00 p.m. You may leave whenever you choose. The cost is \$1 per person as long as you are with the group. Call The Connection or 801-292-1156 to reserve. Pay at the time of entrance.

Lions Club Walk With the Blind - On September 25th 2010, a 5K fun run will begin at 9:00 am for the general public and the 'Walk With the Blind' will begin at 10:00 am. This will be followed by a pancake breakfast. The price of the breakfast alone is \$3.00 for adult; \$2.00 under twelve. The Lions Club invites all of the blind community to come and participate.

The location will be Holladay Lion's Park and Big Cottonwood East Park, 1616 S Murray-Holladay Road. Proceeds will benefit Utah Lions Foundation and the Utah Foundation for the Blind.

There will be displays going on around the walk way, as well as in the pavilion area. They also anticipate having displays on Diabetes, Organ Donors, Lions Eye Bank, and Moran Eye Center will be doing Acuity testing. They plan entertainment, balloon animals, face painting and drinks.

The cost for the run will be \$25.00 and Lion members will be selling tickets to sighted walkers for the 'Walk With the Blind' for \$20.00. There is no charge for the blind/visually impaired people as they will be paired with a sighted walker. Breakfast is included in these entry fees. Some of the youths from the UFB are wanting to do the 5K run. Come out and watch the youth run and participate in the day's events.

A HALLOWEEN SPOOK-TACULAR

On October 30th, from eleven to three,

At DSBVI, is where we'll be.

To get in is completely free,

As well as the costume contest, to see,
Skeletons, goblins, witches, and ghosts,
Cats and bats; what scares you the most?
Come to our carnival to see,
Everyone there in their costume glory.
Tickets will be twenty-five cents,
Or twenty-five for five hundred cents, (\$5).
A \$10 wristband will let you try,
All of the activities. Oh, my!
Plus some lunch, and a snack,
And for the activities you can go back and back.
A family pass for five sizes of ghost,
Is the best deal, for you get the most!
Unlimited wristbands for the day,
Some lunch, a snack, and we're on our way!
Popcorn, nachos, and candy for treats,
Hotdogs, chips, and cookies, for lunch, to eat.
Then before or after you eat your food,
Some fun and playing would be real good.
A fish pond and ball toss for the smallest ones,
Pumpkin and cookie decorating, what fun!
Balloon animals and guessing games too,
A cake walk, balloon pop, and face painting; BOO!
Other surprises will be there,
So please come to our Halloween Fair!
Will you be scared, will you laugh,
Will you smile, or will you show wrath?
The only way to really know, (tell),
Is to come to our Halloween Carnival

A few little details I couldn't fit into this poem:

1. This carnival is for everyone! Please invite friends, family, and anyone else you wish to come!
2. No reservations required!
3. There will be family passes which includes unlimited activities, lunch, and a snack for each person up to five people in a family.

4. Lunch will be between \$2 and \$3, depending on what you order. Snacks will be anywhere from \$0.75 to \$1.00. Food will include: hotdogs, chips, cookies, drinks, popcorn, nachos, and candy. If you have any questions or would like to help, please call Kira at 801-898-5472 or 801-966-0146.

Happenings Books - Once again the UCB is offering Happenings books for sale. Support the organization and enjoy buy-one-get-one-free entertainment and dining. The books have great extra bonus this year. There are 3 - \$5 coupons in the book for three different restaurants. This \$15 value pays for 3/5 of the book. For only \$25 the Happenings book offers coupons for fast food, fancy restaurants, movies, entertainment, hotels, dry cleaning, and lots more. During a time when everything seems to cost more the book is an excellent way to have fun at a discount and at the same time, help the UCB. The funds we raise helps us provide readers, driver/guides, Braille, and other activities and services. Please support your organization and eat out at half the price.

This year the UCB is offering the choice of a cash prize or a Happenings book to whoever sells the most books before November 1. If you would like to enter this contest and either have the cash or win your own book, sign up for the competition. To order your book or sign up to sell, call 801-292-1156. If you order a book and need it shipped to you, please include \$3 for shipping and send it to 1301 W. 500 S. Woods Cross, UT 84087.

Garage/Yard Sale - The UCB will be gathering treasures you may no longer want for a garage sale to be held in the fall for fund raising purposes. We have acquired the use of a storage shed to accumulate our things in preparation for this sale. Please call Linda Collins at 296-1400 or Arlene Hinman at 294-7564 with information about what you'd like to donate.

We're hopeful that we can arrange to meet you at the storage shed to unload what you might have to contribute. Please talk to your neighbors and friends and see if they might help us out.

As you know with these economic times being what they are we need to make every effort we can to keep our programs running. Spread the word and

contact us to let us know if you'd be willing to help with the sale on the day we set up. Thank you.

Helpful websites for great discounts - If you find great sites we can share please let us know. This information could be helpful to all.

Shortcuts.com - discounts on items and you can go to the bottom of the page and get cash back coupons as well.

Getinvisiblehand.com - comparison shop for you and find the best place to buy in your area.

Vipit.com - group deals on things with better values if a few people want them

Mydaily.com - Freebees

Shirpa.com - discounted items

Groupon.com - daily deep discount for something here in the Salt Lake City and surrounding areas. This can be food or entertainment.

Good Food - Good Price - Check out the treasurebox.org and the bountifulbaskets.org. Wow! what a deal. **treasurebox.org**, you pay \$30 for a box that includes enough food to feed a family of four for a week or an individual for a month. The value of what you get is between \$60-\$100. The box comes to you frozen with meats, vegetables, cereals, desserts, a good variety of healthy and nutritious foods. This is well worth the investment. The box changes from week to week with the goodies you get. You must pick up your box at an appointed time and place. The purchase is paid for in advance. You can order more than one box at a time and there are a variety of boxes offered. You will not be disappointed. There is no qualifying, such as income level considered in this program.

bountifulbaskets.org. You pay \$15 much in the same manner as above, for \$30-\$50 worth of fresh fruits and vegetables. Again, there are designated pickup points to go and get your groceries at a specified time. With this program you do have other groceries that can be purchased such as breads and cases of fruits and vegetables for canning. Utah is designated to make their orders for the week on Monday afternoon through sometime on Tuesday. When the slots are filled with orders the sale is closed. There are only a given amount of slots per pickup point.

It is possible to have more than one pickup point in your area so be sure and check, it's worth your effort.

Reminder to Crafters - Boutiques are set for November 12, 2010 at the Golden Years Senior Center - 726 S 100E in Bountiful, hours from 9:00am to 4pm.

November 18 at Department of Services for the Blind and Visually Impaired (DSBVI) 1250 N 1950 West, Salt Lake City. Hours will be from 9am - 4pm.

We are extending the reservation time until September 15th. Call Arlene at 801-294-7564 or email her at ucbvista@gmail.com to make your reservation.

A non-refundable entry fee of \$5.00 per vendor/seller per boutique will be charged for each crafter to participate. This entry money goes to the UCB and should be received by Sep 20th, 2010. The fee along with a note stating what the money is for should be sent to UCB at 1301 W 500 S Woods Cross, UT 84087.

Arlene has special sale tags for you to add your vendor number and the price of the item you are selling. Please call her and she will explain the procedure to you and let her know how many tags you will need.

There apparently has been some confusion as to who gets the money for the articles sold. The UCB does not take any of the sale monies, unless the items were donated to the UCB. Your items sell, you will get the money. There will be a central checkout for all items at each boutique. You, the crafters will not have to be there to collect money on your sales. Just come and enjoy being at the boutiques and meeting friends.

Please let your friends, families and neighbors know about these boutiques. The more we can get the word out, the more successful we will be.

Remember that a reservation is required in advance (the sooner the better) to allow Arlene and her volunteers plenty of time to plan the layout of the boutiques and get sighted vendors to fill in the blank areas, if necessary.

Christmas Party 2010 - Hello everybody! We are looking forward to this year's Christmas Party, that's right, Christmas Party already! It takes some planning and we are looking for anyone who would like to help on this committee. We are looking for donations to sell also. The date of our Annual Christmas party is December 4, 2010 at DSBVI. Not sure of the time yet! Mark it on your calendars and if you wish to help in any way please call Sandy England at 801-282-1905 or cell 801-634-8002.

Looking for People - Do you have friends or family members who work for any of the following companies? Zion's Bank; L3 Communications; Rocky Mountain Power; Wells Fargo; American Express; Smiths Food and Drug stores and Adobe?

Your friends or family members may be able to help us get funding from the above companies. Please call Leslie Gertsch at 801-292-1156 and let her know the names of people and what company they work for.

PJ'S for Kids - Sandy England is heading a project for kids this fall and winter. We would like to take PJ'S to those kids who are blind or whose parents are blind and need a little boost, also to the homeless or living in a shelter. In order to do this we need your help! We are looking for PJ's from new born to size 8. We need new ones if you can afford them, or if you just want to donate money we will buy them with your donation. So many children go without and sleep in their clothes. We all know how comfortable it is when we can get into our PJ'S and just relax or go to sleep in our beds. If you are aware of anyone in the blind community who can use this kind of assistance please let Sandy know. Interested people should please contact Sandy England at 801-282-1905 . We need them as soon as possible and as many as we can get. If you donate, send a note stating what you are paying for with your check to 1301 W 500 S., Woods Cross, UT 84087.

A Home for Harry Potter - Kira Larkin has all seven Harry Potter books in Braille She is willing to give them to a good home for free. If you are interested, please call Kira at 801-898-5472, or 801-966-0146.

Deadline for Newsletter Articles - The cutoff date for receiving articles for the October newsletter will be needed by September 15th. All future articles will be needed by the 15th of the month. E-mail articles to Arlene at ucbvista@gmail.com. If you email them to someone else to pass on to her, she may not get them in time to add to the newsletter. We ask for your cooperation in getting our newsletter mailed to our membership by the first week of the month.

Riding the Waves

Although the UCB was not able to participate in its annual boating outing at Pine View, it did take those who were interested to Jordanelle Reservoir to ride the waves on water skis, jet skis and on tubes. Some took a ride in the boat while

others rowed canoes and kayaks around the large lake. This was good hard exercise and took a little bit of coordination.

Thanks goes to the National Ability Center which provided the equipment and the training. The children had a grand time wading on the shore and building sand castles. Even the guide dogs enjoyed the cooler mountain air. For those who did not choose to get wet, there was shade and plenty of places to stretch out and enjoy the clean air while chatting with friends. Lunch was served near the lake before returning home. Watch for the next announcement of an activity which would both challenge and interest you. It is great to get together and share the experience with friends.

You Should Have Been There!

On August 21, the UCB and the Ogden Association of the Blind visited the Union Station and Dinosaur Park Museum in Ogden. Because we had a group the prices were affordable and special arrangements were made to touch many items. It was really quite interesting to find that a steam locomotive's wheels were six feet tall while the newer train's wheels are more like 30 inches.

We were able to feel the suit a conductor used to wear and visited a hospital car from World War II. The beds were stacked three high and had straps to hold the wounded soldier in. The doctor had a nice room at the end of the train. Steam was used to sterilize the instruments and bed pans. A kitchen filled the end of the train where 200 meals a day were made. It was like seeing the front runner of the modern day motor home. The mail was sorted on the mail car we visited while the train was traveling. It was then dropped and picked up in bags with a hook. Someone told us that in old cartoons this hook often appears with someone being swung from the train by the collar. The kids got to ring the bell on an engine and climbed high above our heads to its platform.

In the museum, we found a telegraph, which we were able to use to send each other messages. Displays provided hands-on views of different train tracks, and how they were fastened together. Statues demonstrated the work and the tools needed to be a railroad builder. Salt soaked timbers from the causeway across the Great Salt Lake were exhibited so that we could see the size of log needed to hold it up. Four of us climbed on an old hand-pump car which was used by workers to inspect the tracks. Although we were not able to actually pump the car, we could see how it worked. For those of us who had read about these items

it was fascinating to actually see them and have an idea of how they worked. It certainly took muscle to propel that car.

Many of us visited the antique automobile exhibit and were able to carefully reach across the ropes to touch parts of some of the old vehicles. The most interesting was the 1901 Oldsmobile. It had bicycle tires with a long lever which moved back and forth to steer the car. It was rather like being pushed in a wagon and using the tongue to steer. Most of the vehicles had cloth roofs and huge head lights or lanterns for head lights. Once again, it was intriguing to see things of which we had only read. There was not time to visit the Browning Gun exhibits.

"The Ride" transported most of the group to the Dinosaur Park where we were served delicious sub sandwiches and water melon. Here, we were joined by more folks with many family members. The wonderful part of this activity was that it offered experiences for all ages and hands-on viewing for everyone. It was a perfect time for children to touch right along with the adults.

The museum Manager himself brought items from the displays for everyone to examine and pass around. The information he shared was new to most of us. Recent discoveries have greatly changed the view of dinosaurs and their habits. Of special interest were the jaws and teeth of an Allosaurus and the huge claws of the Utah raptor. The molar and tusk from a Mastodon were very heavy making it necessary for someone to assist the children in passing them around.

Following the lecture those who were interested visited the museum for further hands-on exploration. Families took their children deeper into the park where they could visit displays of dinosaurs in their natural habitats which included sound. The kids dug bones out of sand and visited the educational center to draw and make dinosaurs. The number of things to do was so numerous that it will require a further visit to see and do everything. Watch further issues for more museum tours. Utah has more than 270 museums. Though we may never see them all, we will try to visit as many as will make their displays available to us. For those of us who read, it may be the best way to get to see things which are no longer a part of our lives, but which are spoken of in books.

Did You Know You can now Register to Vote Online?

Utah's Voter Registration allows you to register to vote, change your political affiliation, update your address and register in your county of residence.

Utah Voter Registration is at <https://secure.utah.gov>

2010 ACB Election Results - by: Belva Frandsen

The following individuals did not run for positions on the ACB Board of Directors: Carla Ruschival, KY; Patrick Sheehan, MD; and Cammie Vloedman, OK.

Ray Campbell and Jeff Thom were re-elected to serve another term as Board of Directors on the ACB Board. Allan Peterson, George Holliday and Janet Dickleman are new members of the ACB Board of Directors.

The 2010 ACB Board Officers

President: Mitch Pomerantz, CA; First Vice President: Kim Charlson, MA; Second Vice President: Brenda Dillon, TN; Secretary: Marlaina Lieberg, WA; Treasurer: Mike Godino, NY; Immediate Past President: Christopher Gray, CA.

Recipe for the Month

Apple Bars - courtesy of Elaine Hall

1 cup sugar 3 cups flour
2 eggs 1 tsp vanilla
1 cube of butter or margarine pinch of salt

Mix together eggs, sugar, butter, until well blended then add vanilla, salt and flour. Batter will be very stiff. Roll into a large cookie sheet and press to cover bottom.

Top with a layer of apples thinly sliced (more than just one slice per layer. I use about 4 slices deep). Sprinkle with cinnamon, if using green apples sprinkle with sugar also.

Topping:

1 cup sugar
1 cup flour
1 cube butter or margarine

Mix until crumbly, then sprinkle over top of apples.

Bake 350 until apples are done and topping is brown. About 30 - 40 minutes

Thoughts for the Month:

1. Never, under any circumstances, take a sleeping pill and a laxative on the same

night.

2. If you must choose between two evils, pick the one you've never tried before.
3. Never be afraid to try something new. Remember that a lone amateur built the Ark. A large group of professionals built the Titanic.
4. By the time you can make ends meet, they move the ends.

Utah Council of the Blind
1301 West 500 South
Woods Cross, UT 84087-2224

FREE MATTER
FOR THE BLIND
AND DISABLED

UCB Accepts Donations

Many times we've asked the membership to be mindful of the needs of our community and the services the UCB offers the blind and visually impaired public.

We couldn't do the work we do without the thoughtfulness of those who are aware of blindness issues and barriers.

We need your help in mentioning that the UCB accepts donations of vehicles, last will and testament, cash, electronics and anything that will help raise the operating funds of this organization. Remember, your contributions are tax deductible. Your generosity and efforts have been helpful in the past and very much appreciated, but the work is ongoing. We reach out to all of you to do what you can and help influence others to do the same.