

Kentucky Cardinal

The Kentucky Cardinal

SUMMER 2012

A publication of the National Federation of the Blind of Kentucky

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We invite and encourage your participation in this newsletter. Articles may be edited for length, and the editors reserve the right to judge suitability for this publication. Material must take the form of an attachment to an e-mail and may be submitted to any of the editors.

PRESIDENT'S REPORT

Good Times and Fond Memories

by Cathy Jackson,

President, NFB of Kentucky

How many times have we talked about the work of the National Federation of the Blind and the National Federation of the Blind of Kentucky and how, through our actions we are changing the public's perceptions of blindness? Our continued work, whether it is because of legislative action, a protest or resolutions, is changing what it means to be blind. The articles I have written for our Kentucky Cardinal have reflected the work we are doing and the philosophy we promote.

I thought in this issue I would stray just a bit from the usual and share the light-hearted side of NFB. For some of you these tales will bring back fond memories. For the rest of you I hope to bring a chuckle.

The NFB of Kentucky was going to host the 1985 National Convention. We wanted to do a promotional event at the 1984 Arizona convention to create interest and enthusiasm so people would begin thinking about Louisville, Kentucky. Mary Beaven-Franklin thought a mint julep party would be just the ticket. This was going to be quite an undertaking, to say the least. We took fresh mint grown in Kentucky and the official julep recipe with us. If it hadn't been for the hotel kitchen staff who cooked the syrup for the juleps, we could never have pulled it off. We had a very efficient operation set up in our hotel suite. There were bags of ice sitting in the bathtub, a huge pot of julep syrup and bottles of Maker's Mark bourbon behind the bar. Following the original recipe, we carefully measured the exact amount of syrup and bourbon into each glass of ice. This venture ended up being loads of fun and a prosperous fundraiser to boot. The crowning moment came near the end of the party when the less-than-sober crowd serenaded us singing "My Old Kentucky Home."

The Galt House Hotel was our headquarters here in Louisville for the 1985 convention. Many weeks of preparation resulted in a very smoothly run convention. There was the affiliate suite that had to be organized and ready to serve meals and snacks to our guests. We collected and labeled numerous door prizes. We hired workers and everything was in place for childcare. We checked and double checked to make certain that the tours we had arranged were all set.

One such tour was a cruise on the Belle of Louisville. No trip to our fair city would be complete without a ride on this historic vessel. When I say we wanted everything to be perfect I am not exaggerating. The weather started looking a bit ominous as the time of departure grew closer. Mary Franklin would not even consider the possibility

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of rain ruining the event. She called the late Chuck Taylor, a meteorologist with WHAS radio and television to get an update on the weather forecast. When Chuck informed her "the storm clouds are gathering," Mary began to panic and could be heard frantically begging him not to let it rain. It didn't rain but one passenger got all wet anyway. He decided he knew the best way to go and walked right into the river. He refused to yield to the directions being given by Dennis Franklin who was helping marshal the crowd toward the boat entrance.

When I say above and beyond the call of duty, I truly mean it. Did I say we had everything under control at the 1985 convention? Think again. On Sunday morning NFBK President, Betty Niceley, got a phone call from the President of the International Exchange Division who wanted to know if the wine and cheese had been purchased for their party, which was to be held that evening. Betty informed her that she wasn't aware that this was a responsibility of the Kentucky affiliate. But in true Kentucky fashion Betty assured her we would do what we could. As Betty hung up the phone, she had a puzzled look on her face and began wringing her hands. I reminded her that alcohol sales on Sunday were against the law in Kentucky. Where there's a will there's a way. It just so happens that my brother owns a liquor store. I made a frenzied call to ask him if he might have a solution to our problem. He agreed to meet us at his store that afternoon. The instructions were to go to the back door of the building where he would let us in. Oh! And don't forget to bring a blanket. One small detail that makes this story even funnier is the fact that this is a neighborhood liquor store, which does not cater to the pallet of discriminating wine connoisseurs. Standing in the stockroom we surveyed the many bottles of wine, trying to decide which ones might be most enjoyable.

Once the bottles of wine had been selected, placed in the trunk of the car, and completely covered with the blanket, we were given further instructions. If the police started following us we were to immediately alter our route. Instead of going to the Galt House, we were to head straight to my brother's. If he takes liquor from his store, to his home on a Sunday, no sale has been made, and no laws have been broken. To this day there is a cancelled check in the NFBK treasury made payable to Red Dog Liquors.

Eating out at a restaurant is always a treat when traveling to national conventions. A dinner setting provides fertile ground for comic relief. I don't remember where we were, nor do I recall the year, but that doesn't matter. One evening six or seven of us decided to meet for dinner. We chose a steakhouse that sounded appealing. We met in the lobby of the hotel where we divided into two groups. We proceeded out the

front door to the waiting taxicabs. The drivers were given the address to our destination. The cabs began moving, one behind the other, as if we were in a parade. They turned the corner, drove approximately one half block and came to a stop. We had arrived! Looking back, we should have asked someone for directions to the restaurant, but it was a small price to pay for the laughter and the memory.

Another dining-out story comes to mind. Again, the year and place really don't matter except to say it did take place at national convention. This particular restaurant had a very extensive salad bar that looked delicious. Hearing our mother's voices echo in our heads about eating our fresh vegetables and fruit, we all chose to partake of the salad bar. We followed along single file piling our plates high with the vegetables and other salad fixin's. As we came closer to the end of the bar where the condiments were, there was a bowl that looked like it contained sunflower seeds. We scooped a couple of spoonfuls atop our salads. Back at the table we began to eat. All of a sudden there was this sound that can only be described as a high-pitched squeal. Tim Cranmer announced, gasping for water, "That's not sunflower seeds, it's pepper!" Thanks to the sighted people who were with us and knew full well it was pepper, we added yet another unforgettable escapade to our memories.

The place was Chicago, and the year was 1988. When convention sites are close, we have on a few occasions chartered a bus. This method of travel has proven to be more affordable than flying, and without a doubt is more fun. All went well on the trip to the convention. As I recall, there were about thirty of us traveling together on the bus. Every time we stopped and people got off we made certain to take roll call before moving on. The trip home was a different story. We loaded our suitcases and boarded the bus. After roll call was taken there were two people missing. Robert Page, being the gentleman he was, took it upon himself to go look for Charles and Betty Allen. A few short minutes later Charles and Betty boarded the bus and we began the six hour journey home. We had been on the road for at least a half our when someone asked Robert a question. There was no answer. Someone said, "He is sitting in the back of the bus with the smokers." Again the question was asked, and again there was no answer. Robert wasn't on the bus. We assumed that he was with the Allens when they came on board. By the time we turned around and went back to the hotel, an hour had passed and Robert was nowhere to be found. When he realized we had left him behind, he only had a few minutes to get to the Greyhound station to catch the next bus home, or be stuck in Chicago for another day. This is when I learned the true meaning of the word "assume."

If you think bootlegging liquor is the best story I can come up with, you are mistaken.

This next tale takes the cake. The 2001 national convention was held in Philadelphia, PA. By this time I was President of the NFBK. Several Kentuckians, including Sandra Williams, went to the annual Monte Carlo evening sponsored by the National Association of Blind Students. Everything was going well until Sandra realized her purse had been stolen. I got a call from Kenny Jones, who was also at the event. He conveyed the story and asked if I would come down and be with Sandra while she talked to the hotel management and the police. As she recalled the details she began to realize the magnitude of the theft. In addition to a large sum of money and credit cards, her personal identification card and airline ticket were also gone. Anyone who has done any traveling at all will know you don't get past airline security without an ID or ticket. The plot thickened. This realization only resulted in more anxiety for Sandra. She did take immediate action to report her credit cards stolen. Although the loss of money and credit cards was upsetting, the pressing matter of how to get home was downright frightening. Thankfully, Becky Murrell, an attorney, made the trip to this particular convention. The next morning Becky helped us maneuver the legal process and paperwork. Her law background made this process considerably easier than it could have been. For the next few days until the plane touched down at Louisville International airport, I, Mary Catherine Jackson, was the sworn legal guardian of Sandra Lynnette Williams. Yes, Philadelphia truly is the city of brotherly love, or in this case, sisterly love.

I think it would be fun if our chief editor of the Kentucky Cardinal, Denise Franklin, would allow us to occasionally share our NFB stories. But let's remember it's all in the name of good fun. We aren't out to offend or embarrass anyone.

Travel Adventures

by Lora Felty

Traveling is my passion. There is nothing more exciting to me than stepping onto an airplane and flying off to a new and unexplored destination. I've had the love of travel ever since I was a very young child. At age five I traveled with my family across the United States to the coast of Washington state in a motor home that we rented. Twice again during my growing up years my family drove across the United States, visiting famous landmarks and spending time with my relatives who live in Arizona. I had seen much of the United States as a child, so as a college student I yearned to see more of the world. The summer I was 20 I spent five weeks in London on a study abroad program. While there I traveled to Scotland and Wales, as well as a weekend jaunt to Paris. Throughout the 1990s I was blessed with opportunities to continue to

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pursue my passion. I'm not a picky traveler. I'm ready to jump in and do almost anything and go almost anywhere. While still an undergraduate student, I took part in a mission trip to Mexico sponsored by our Baptist Student Union. Before that trip, I said I wouldn't take a bath in the river, but...never say never... I did. After completing my graduate degree, I participated in a study abroad program that took me to Australia and New Zealand. I extended my time in New Zealand by visiting an exchange student friend. Later in the '90s I spent my Christmas holiday in New Zealand, and I traveled to Germany and Poland with friends. In 2001 I was invited to a wedding in England, so of course I went. How often do you get invited to a wedding in England? I couldn't pass up that opportunity. I've been on a cruise, and I have vacationed in the Caribbean. I've experienced a bit of everything in my various travel adventures. Like I said, I'm an "equal opportunity" traveler. I'm up for nearly anything, just let me pack my bag and go!

Unfortunately, health issues in the past several years made it impossible for me to travel. I was afraid that I might never be able to travel again. However, as I said previously, I'm very blessed. A positive change in my health last year made it possible for me to travel once again. So, last winter, I began to plan what would be an amazing trip. It all started Last fall when I met new friends, a couple, she is from Greece and he is from England. They invited me to come for a visit. My thought was, Why not? I've never been to Greece before, so why not seize the opportunity? Since I didn't really know these friends well, I decided that I wanted to travel to Greece with a friend of my own; it's never fun being the third wheel. So, I invited Angela, my unofficial adopted daughter. She is 20. I visited Europe for the first time when I was 20, so I thought how wonderful it would be for Angela to experience Europe at the same age I was on my first visit. My initial thought was that we would spend two weeks in Europe, visiting Greece and then traveling back to England, but as we began to make plans, things blossomed into our month-long experience.

Angela and I flew from here to London; then, we changed airlines and traveled on to Athens, Greece. We spent nine days in Greece, staying with my friend at her family's flat. While there, we visited the Acropolis and Parthenon, spent a day on a Greek island, stood where the apostle Paul preached to the Athenians and explored the old areas of the city. Then, the four of us traveled to France. After 23 years, I finally made it to the top of the Eiffel Tower; the top level was closed when I visited the first time. We spent a week in France, visiting famous landmarks such as the Arc de Triumph and Notre Dame, as well as a trip to Disneyland Paris. Next, we traveled by the Euro Star train under the English Channel to London. From there we traveled by train to Devon in the southwest of England where we spent four days in Teignmouth,

a small seaside town. Then, it was back up to London for three days of sightseeing, and then saying goodbye to our travel companions. Angela and I spent five more days in England, visiting other friends and seeing more of London's sights.

The highlight of my trip was visiting the Pantheon in Paris where the body of Louis Braille is entombed and the village of Coupvray, where Braille was born and lived as a young child. I was very emotional. I didn't expect to, but I cried as I listened to speeches that were given on the day when Braille's body was moved from Coupvray to the Pantheon. As I moved inside the crypt and placed my hand on Braille's tomb, all I could think of was what this man had done for me and all blind individuals across the world. It was amazing.

The most disappointing experience during our trip was the reception that we received at Disneyland Paris. Park employees were horrified that four blind people arrived at the park without a caretaker. They almost refused us admission into the park, and showed extreme reluctance in allowing us to ride the rides. Finally, since Angela had some vision, she folded up her cane and pretended to be sighted. After that, we were left alone. It is truly amazing to me that the country that produced the man who opened the doors of opportunity by bringing literacy to the blind, still has such negative and demeaning attitudes toward blindness.

Our reception as a group of blind persons was not so negative at other venues that we visited. The Tactual Museum in Athens was quite interesting. It is the home to replicas of many famous ancient pieces of art that can be touched and experienced. At the Tower of London, Hampton Court Palace and St. Paul's Cathedral in England, we had audio guides for visually impaired guests that described all of the visual aspects of the venues. They even gave directions on how to move to get to the next area on the tour. In Athens we got Braille brochures at the Theatre of Dionysos and The Acropolis. We could actually keep these brochures. This was a first for me.

As I said, this was a tremendous adventure for me. In my previous travels, I was with sighted companions. Traveling with a group of blind persons was completely different. In many ways it was better. At many of the places we visited we were able to experience and touch things that, if we had been with sighted companions, we would have simply walked past. There were times when situations were frustrating, but even when you travel with sighted persons, things are often frustrating. Sighted people get lost too, and things don't always go as planned.

If I could do it all again, I would, even with the good, the bad, and the crazy. Now that

I am home, I am looking forward to my next travel adventure. I can't wait! If I had the opportunity, I'd get on a plane tomorrow and fly off to another new and exciting place.

MEETING OUR LEADERS

By Denise Franklin

In this issue we get up close and personal with two more members of our NFBK State Board.

George Stokes, Director

A Man with Many Interests

If you have walked into an NFBK meeting and heard a booming male voice that sounds like it should be coming from your radio speakers, it probably meant that George Stokes was in the room. That distinctive voice coupled with an array of talents has led George down some very interesting paths.

Although George did not enter the Kentucky School for the Blind (KSB) until he was ten years old, this late start did not slow him down. He quickly made up for lost time and graduated in 1964. During his time at KSB he wrestled, "Just a little," he says. Through his junior and senior years, that voice we spoke about earlier helped him to become the sports announcer for KSB. It was during this time that his love of music blossomed and he played in both the school band and a student-formed rock band.

Most young men in high school discover that they can use some spending money. George also found this to be true and used his skill as a piano tuner to land a job at Baldwin Piano in Louisville during his sophomore year. This position lasted for several years. His talent in this department has taken him to many interesting venues and allowed him to meet many famous entertainers.

Following high school graduation, George pursued his career in piano tuning in Owensboro where he relocated. It was during this time that he was introduced to the National Federation of the Blind. He was also raising a family and his real involvement in the NFB didn't flourish until several years later.

In the mid-70's, George decided to try his hand at vending and entered the Kentucky

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Business Enterprises Program (KBEP). He has remained a vendor, working at several different locations, and is currently manager of the facility at the Capitol Annex in Frankfort.

Nowadays George manages to find time to practice his skill as a Sound Technician. He operates the sound board at his church and for all the productions of the Bluegrass Theater Guild. He has served on many statewide boards including the library council and the SRC. He is the current Chairman of the Kentucky Vendors' Committee.

George's dedication to the NFB has been steadily growing since his first position as President of the Frankfort Chapter. Today he is Vice President in Frankfort where he resides and a Director on the State Board, a position he has held for several years.

George says that his one regret is that he did not go to college. However, he is very content with his life and tries to spend as much time as possible with family, a son, a daughter and four granddaughters. Wow, George that's some family. George likes to travel and he does that with the love of his life, Ranelle. We have heard that there are plans for a cruise in the fall. Have fun, Mr. Stokes, we are all glad that you are part of our NFBK family.

Tonia Gatton

Friend and Advocate

There are times when it seems that Tonia Boyd Gatton has been a Federationist for decades; in reality, we'd have to classify her as a newer member of the organization since she has been with us for only seventeen years. In those seventeen years, we have come to know her as the kind of friend some people don't find in a lifetime. Her loyalty and support are qualities that have been major building blocks in her development as an advocate for blind and visually impaired people across Kentucky.

As an eleven-year-old, Tonia came to the Kentucky School for the Blind (KSB) and quickly adapted to the change from public school. As you might guess, she was an active student, participating in most of the sports and extracurricular offerings.

Following high school graduation came four years in college and graduate school where Tonia earned her Masters degree in counseling and psychology. While in graduate school at the University of Louisville, Tonia did substitute teaching at KSB.

This was as close as she got to her dream of teaching kindergarten.

With her degree in hand, Tonia began her job search which eventually landed her at the Kentucky Office for the Blind (OFB). Before becoming a fulltime employee at OFB in 2003, she held positions at BLIND, Inc., in Minnesota and and the Social Security Administration in Louisville.

In 1995, NFBK State President, Betty Niceley, met Tonia and immediately recognized the potential in this young college student. It didn't take long for Betty's charismatic personality and persuasive nature to convince Tonia to attend her first NFBK State Convention. You could say that the rest is history since in the past seventeen years, Tonia has found many ways to contribute to and support the causes of the National Federation of the Blind. She has served in every position on the board of the NFB of Greater Louisville and currently serves as a director on the State Board.

Tonia is a fun-loving person who enjoys shopping, traveling, reading, playing cards and collecting recipes. In 2006 she and Greg Gatton were married and they live in eastern Jefferson County with the third and most important member of the family, Belle, a lovable Maltese.

Tonia stays pretty busy these days since most blind and visually impaired people in Louisville have her on speed-dial to answer questions concerning screen-readers, iPhones, iPads and all the accessories that make these devices more usable. She still makes time for her eBay business and is also looking into becoming a web site accessibility evaluator. And as if this wasn't enough, there is going to be an addition to the Gatton family this fall. No, it's not what you are thinking. Tonia will be going to California to get a guide dog which should round out the household very nicely.

2012 NFBK State Convention

by Cathy Jackson, President

NFB of Kentucky

The 65th annual convention of the National Federation of the Blind of Kentucky will be here before you blink an eye. I want to take this opportunity to pass along some general information to make your planning easier.

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Room rates are \$79.00 per night, per room, plus tax. When making your reservation, don't forget to say that you are with the NFB of Kentucky, otherwise you may not receive our room rate. You should make your reservations no later than Friday, September 7th. After this day our block of rooms will be released and there is no guarantee a room will be available. You should make your call directly to the hotel at (502) 227-5100.

Financial assistance will be available for those of you who have never received assistance from NFBK to attend a state convention. You should contact either: Tonia Gatton, Charles Allen or John Glisson for more information about the application process. The application deadline is Friday, August 31st. You can email your application to John at j.glisson@insightbb.com or call him for assistance at (859) 351-7290.

Pre-registration is something that we here in Kentucky have grown accustomed to. This system has proven to work well for everyone, and it is especially convenient for our treasurer, Mike Freholm. The costs are as follows: registration \$10, luncheon and open board meeting \$13, and banquet \$22. Make checks and money orders payable to NFB of Kentucky and mail to, Mike Freholm 2012 Harris Way, Russell, KY 41169. Be sure to include names of all persons for whom you are registering and purchasing meal tickets. Mike must have your form and payment by Monday, September 17th. Those who miss this deadline will pay \$5 extra for registration and each meal. A pre-registration form appears at the end of this article for your convenience.

A registration table will be open on Friday from 5:00 to 7:00 PM and again on Saturday morning from 8:00 until 8:45 AM. Those of us who pre-registered will need to stop by to pick up our packet. Those who have not registered should do so during these scheduled times.

The NFB of Frankfort is hosting the Friday evening social. Karen Mayne, President of the NFB of Frankfort has a few ideas up her sleeve and is being very close-mouthed. We will just have to wait and see what is in store.

We need to plan for child-care. If you intend to bring your child(ren) please contact Karen Mayne at (502) 545-1062, and also complete the information provided on the pre-registration form. A project of this magnitude takes a great deal of time and planning. We must provide an environment that is well managed and safe for our kids. If, however, we do not hear from you by Friday, September 21st, we will assume that you do not need the service. We will make arrangements based on the

number of children who have been confirmed.

The 2012 NFBK convention will call to order promptly at 9:00 AM, Saturday, September 29th. Beth Brinly, Commissioner of the Education, Workforce and Development Cabinet, has accepted my invitation to be on the program. Our agency is definitely in flux and we need to hear what our future holds. I am also planning presentations from Stacey Hildenbrand and Katie Godby, two of our newest members who are taking part in the NFB Teacher of Tomorrow Program. You will want to hear Lora Felty and Angela Dehart, members of the Ashland Chapter, speak about their experiences while traveling in Europe this summer, and just how differently disabled people are treated in other countries. Katie Adkins, First Vice President of our Student Division and a member of the Board of Directors for NFB of Greater Louisville has some encouraging words to share with us about becoming an active member. Stay tuned; there could always be additions to the program.

Our afternoon session will begin at 2:00 PM. Pamela Allen, Treasurer of the National Federation of the Blind, President of the Louisiana Affiliate, and Director of the Louisiana Center for the Blind, Will deliver a report from our national organization. The rest of our afternoon will be devoted to legislation, resolutions, election of officers and any business that needs to be addressed.

Pamela Glisson is Chair of our resolutions committee. If you have a resolution you should contact her at pglisson@independenceplaceky.org or by phone at (859) 335-9282. Pamela has been our legislative chairperson for a number of years. Her expertise in this area is second to none.

George Stokes will chair the awards committee. Contact George at kd4ckt@bellsouth.net or phone him at (502) 875-3111. Our awards committee has worked very hard this year reviewing the criteria for our awards and updating the wording on the plaques. We want to make certain that our NFBK awards are meaningful and are given to those individuals and chapters/divisions who truly do deserve them.

We can't forget door prizes. If everyone who plans to attend the convention brought at least one door prize we would have more than enough fun to go around. Just make sure the item is new. Cash prizes and gift cards are very popular.

Our reverse raffle continues to grow in popularity. This fundraiser is so important because the profits go directly toward defraying convention overhead. The cost of a

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raffle ticket is \$10 and you just might be the lucky winner of \$500 first prize, or \$250 second prize. It gets better! The first name drawn will receive \$25. Then, from here on the 25th, 50th, 75th, 100th name drawn—and so on will receive \$25. You have several opportunities to recoup your initial investment plus a few extra dollars. Tickets will be sold up until we begin drawing names at the Friday night social. Once the drawing begins we cannot sell any more tickets. We continue drawing throughout the convention concluding at the banquet. If you are interested in selling or purchasing tickets you can contact any chapter president or NFBK board member. Naturally, we will be working the crowd up to the very last minute selling tickets.

We still have NFB key chains for sale. They are round, silver in color with Whozit on one side and NFB on the reverse side. They are well made and make wonderful gifts and souvenirs.

Is it just my imagination, or is our banquet a really special event? After all of the hard work and planning leading up to the convention, and after a day of meetings, we need this time together. We can sit back and take a deep breath knowing we have done a good job. There is always so much laughter and a genuine feeling of friendship. Pam Allen will be our keynote speaker. She has been our National Representative before so we know we are in for a real treat.

We are going to try something new at this year's banquet. Taking a hint from our national office, we are going to do reserved seating at the banquet. Katie Adkins is going to devise a system and will be available onsite to handle the details. The tables seat 10, so gather your closest friends and plan to sit with them at dinner.

If you have any questions about the convention, or any of the activities please give me a call at (502) 366-2317 or email me at cathyj1949@gmail.com. I look forward to seeing you.

Pre-Registration Application
NFB of Kentucky State Convention
September 28, 29 & 30 2012

This application should be completed and returned to Mike Freholm, 2012 Harris Way, Russell, KY 41169 no later than Monday, September 17th, 2012. Make your check or money order payable to NFB of Kentucky.

REGISTRATION (\$10.00) TOTAL

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Number _____ \$ _____

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____

LUNCHEON (\$13.00)

Number _____ \$ _____

BANQUET (\$22.00)

Number _____

Vegetarian Banquet Meal (\$22.00) Number _____ \$ _____

CHILDCARE

Child(s) Name-----

Parent's Name _____

RAFFLE TICKETS (\$10.00)

Number Sold _____ \$ _____

DONATION \$ _____

TOTAL ENCLOSED \$ _____

HAVE YOU HEARD?

Compiled by Lora Felty

Congratulations go out to Melanie Peskoe and Angela Dehart. Melanie is a member of the NFB of Greater Louisville. She attends the University of Louisville where she is working toward her master's degree in public health. Angela is a member of the Ashland Chapter of the NFBK. She attends Morehead State University where she is an undergraduate student majoring in elementary and special education. Both

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Melanie and Angela were awarded Coca-Cola Scholarships from the Kentucky Office for the Blind. Congratulations and best wishes to both of you! We are very proud of all of your hard work and accomplishments! We wish you all of the best as you continue to pursue your education and future careers.

Welcome home to Danielle Burton. Danielle is a member of the NFB of Ashland and is a senior at Elliot County High School. This summer she had the amazing opportunity to attend the eight-week long college prep program at Blind Incorporated in Minneapolis, Minnesota. She had a wonderful time. It was hard, sometimes scary and frustrating, but she would do it all again. Danielle, we are glad that you are home, and we are so happy that you had such a great experience.

Best wishes go out to Melanie Peskoe and her family who moved into a new and larger home this summer. With all that extra room, dreams can become reality and each member of the Peskoe family will have space to express his or her creativity. The house is located in a nice neighborhood and this summer they have enjoyed spending time together and riding their bikes and exploring their new surroundings. Enjoy your new home. We're so happy for you.

Our sympathy goes out to members of the NFB of Murray. This spring they lost Sue Rudd, mother of Brenda Kimbro and founding member of the NFB of Murray. Chapter members will greatly miss her warmth and the love she had for the NFB and the chapter.

This summer, Sharon Eiland and her family, former members of the NFB of Greater Louisville, visited Kentucky. They now live in Vancouver, Washington, a distance that makes a trip back home a tremendous undertaking. Sharon says that they are settling in and that she is happy with Sierra's school and the church they attend, but the people just aren't as spontaneously friendly as they are here in Kentucky. They were happy to be back home and be with family and old friends. We miss you, Eiland family.

The NFB of Ashland welcomes its newest member to our NFB family. Ian Gunner Freholm was born on March 21, 2012. Parents, Michael and Kennetta are so proud of him. Ian attended his first National Convention in Dallas this summer, and he hasn't missed an NFB event. Congratulations to Michael, Kennetta and big sister, Weslie!

The following announcement comes to us from George Stokes:

The Kentucky Disabilities Coalition Board of Directors and staff regret to announce that the Coalition will be ending program operations as of August 31, 2012. Having been in operation since 1988, KDC has been an active force in the establishment and strengthening of many programs for individuals with disabilities. Some of them are the establishment of the Supported Living Program, establishment of the Birth Surveillance Registry, establishment of the Annual Legislative Breakfast which brought individuals with disabilities together with their legislators, compiled and printed the Legislative Handbook, and established the Action Alert Network.

KDC cannot close its doors without giving credit to the beginning guiding force of Jane Hart. Thanks also go to Gail Lincoln, who was the Executive Director from 1988 through 1998. KDC sincerely regrets the necessity of this move, however, Congressional appropriations for continued funding of our primary program did not materialize and, without adequate funding, we have had to come to this decision. KDC has had many accomplishments over the years in the service of individuals with disabilities, and its current Board wants to take this opportunity to thank its staff, preceding Boards, and many Coalition members and associates for their contributions to these successes.

Sharon Fields, Executive Director of KDC since 1999, plans to be a disability consultant. She will be available to make presentations on disability issues including the Americans with Disabilities Act, accessibility guidelines, and disability awareness. She may be reached by email at s2fields@fewpb.net or by phone at (502) 223-2015.

A few years ago we said farewell to Kevin and Kathy Athey when they relocated to Louisiana. Well, now the Athey's are back along with their three youngsters. They have settled in northern Kentucky and let me say, the Bluegrass is truly glad to have you back. Welcome home, Athey family.

SOUND OFF

Read what Jennifer Hall has to say and see what you think about her idea.

When I lost my sight, one of the biggest fears facing me was the loss of personal reading. No one really had time to read "leisure" books after reading my textbooks. For the first two years after losing my vision, I had no idea the Talking Book Library existed or that they would provide me with the tools that would make reading possible for me again. Then, I received my first tape player and can remember using it to read novels. At that moment, my whole world became brighter than it had been in months.

Fast forward twenty-two years and I have my Victor and have been taught how to download any book I choose and can usually begin reading it within minutes! I love books; I love reading. So, I would like to begin writing a column for the Cardinal with book recommendations.

Cedar Cove Series by Debbie Macomber

Debbie macomber is the author of over sixty books and has had two of her books made into holiday movies for the Hallmark Channel. My interest in sharing a recommendation for this series fell upon me when I learned this week that filming began in June for the Cedar Cove movie and TV series!

Cedar Cove is a fictional town based on the author's hometown near Seattle, Washington. When you travel to 16 LightHouse Road in book one, you are introduced to Olivia Griffith, a family court judge, her mother Charlotte, best friend Grace, and characters that make Cedar Cove a town where we would all love to live—or at least visit often! In every book you will find romance, suspense and enough twists and turns to satisfy even the most demanding reader.

The Kentucky Center for the Arts Audio Description Program

Editor's note: Following is a list of dates for theatrical performances for which audio description will be provided. If you have been avoiding live theater because you felt that as a blind or visually impaired person you couldn't enjoy it, I strongly urge you to reconsider and attend one of these performances. The description comes through a headset and is inserted at appropriate times and does not interfere with dialogue or music.

The Kentucky Center Presents:

Dance Theatre of Harlem on Friday, 10/19/12 at 8:00 PM in Whitney Hall

Trey McIntryne Project & The Preservation Hall Jazz Band on Saturday, 12/08/12 at 8:00 PM at the Brown Theatre

PNC Bank Broadway Across America Louisville Presents:

Wicked on Saturday, 9/15/12 at 2:00 PM in Whitney Hall

Beauty & the Beast on Saturday, 10/27/12 at 2:00 PM in Whitney Hall

Jersey Boys on Saturday, 11/24/12 at 2:00 PM in Whitney Hall

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The Kentucky Opera Presents:

Tosca on Sunday, 9/23/12 at 2:00 PM at the Brown Theatre

Cinderella on Sunday, 11/04/12 at 2:00 PM at the Brown Theatre

The Louisville Ballet Presents:

Lady of the Camellias on Saturday, 10/06/12 at 2:00 PM In Whitney Hall

The Nutcracker on Saturday, 12/15/12 at 1:30 PM in Whitney Hall

Stage One Family Theatre Presents:

Wiley and the Hairy Man on Saturday, 10/13/12 at 2:00 PM in the Bomhard Theater

Actors Theatre of Louisville Presents:

Romeo & Juliet on Sunday, 9/16/12 at 2:30pmin the Pamela Brown

Dracula on Sunday, 10/07/12 at 2:00pm in the Bingham Theatre

Long Day's Journey Into Night on Sunday, 10/21/12 at 2:30pmin the Pamela Brown

A Christmas Story on Sunday, 11/18/12 at 2:00pmin the Pamela Brown

To purchase tickets call The Kentucky Center Box Office at 1-800-775-7777 (toll free), 502-584-7777. Please make reservations for services at the time you purchase your ticket to ensure the best seating location for the service.

If you cannot attend a scheduled audio described, please call 502-562-0111 (V) or 502-562-0140 (TTY) to request the service for another performance. The Kentucky Center will work to accommodate access requests whenever possible.

To purchase tickets to Actors Theatre of Louisville, please contact them directly at 502-584-1205.

Stacy Ridgway

Manager of Access and Volunteer Services

(502) 562-0711 p (502) 562-0180 f

Access Hotline (502) 562-0111

Volunteer Hotline (502) 562-0141

(502) 562-0140 TTY

The Kentucky Center for the Performing Arts

501 West Main Street, Louisville, KY 40202

www.kentuckycenter.org

KENTUCKY ROUNDUP

Compiled by Sandra Williams

On May 19, the NFB of Ashland hosted "A New Perspective on Blindness" at the Boyd County Public Library. We invited consumers and families from across the region. After getting to know our guests over lunch, we presented a program that showcased an overview of what the NFB does and all that blind people can do. Topics discussed were the "Blind Driver Challenge", Youth Slam and of course NFB philosophy. We felt that the event was a big success and we hope to make this an annual event. On August 11, the Ashland Chapter held our annual summer picnic. We had an absolutely perfect weather day this year. It was great to have our whole NFB of Ashland family back together again. We enjoyed catching up on everyone's summer adventures. Now, we are looking forward to state convention. Frankfort, are you ready?

The National Federation of the Blind of Greater Louisville is moving through the year with the speed of lightning. Beginning in April with the election of a new Board of Directors at its annual April luncheon. This year's Board saw changes in several positions. First of all, Nickie Pearl stepped down as chapter president. Nickie was replaced by Sandra Williams. Cindy Smith, a newer member of the chapter, was elected vice president. Denise Franklin was elected to another term as secretary. Maria Jones is treasurer and the board is rounded out by Katie Adkins and Melanie Peskoe. The new board began this new year by making plans for upcoming events and meetings. In May, NFBGL took a look at adapted games. There was an opportunity to examine and play many games including Chess, Uno, and checkers. The most fun was had when the board members played a game of Jenga. June found many members of NFBGL not attending the National Convention in Dallas. Therefore, on June 30 NFBGL hosted its first "Left Behind Banquet." The banquet was a sort of spoof on the National banquet. Attendees could dress as casual as they wanted. Southern cuisine was served including fried chicken, potato salad and of course sweet tea. There were awards presented and we listened to a portion of a banquet address given by Dr. Maurer when the National Convention was last held in Kentucky. The event was very well attended and a truly good time was had by all. On Saturday, August 18, NFBGL hosted a family bowling activity. It was held at a local alley where the food is great and rails are provided so that blind bowlers can participate independently. Almost forty people were present and a quarter of those were kids who got to do a last leisure activity before the beginning of school. We also got the opportunity to meet Safira, an exchange student from Pakistan who is being hosted in this country by Kenny and Maria Jones. Safira will be attending KSB when school begins. In September, NFBGL will play host to representatives from The

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Transit Authority of River City (TARC) who will discuss the new paratransit contractor who will be starting service provision on October 1. Other upcoming events include a Halloween party that last year attracted what seemed like an entire neighborhood. "Meet the Blind" activities are planned as well as an event with students from the Kentucky School for the Blind.

Here in Louisville, Federationists are all looking forward to the State Convention to be held in Frankfort at the end of September. NFBGL has chartered a bus to provide transportation to the convention. It will depart on Friday afternoon, September 28, and return on Sunday afternoon. The round trip cost is \$20 for adults and \$5 for children twelve and under. Call the Talking Bulletin Board at (502) 495-7130 for more information. See you in Frankfort.

Greetings Fellow Federationists, Colleagues and Friends,

The spring and summer months found NFB of Lexington with a full schedule of organizing the annual Spring Luncheon, activities and meetings. The NFB of Lexington's Spring Luncheon was well attended with a number of community partners and new guests. The election of officers include: Pamela Roark-Glisson, President; Todd Stephens, Vice President; Desh Collier, Treasurer; John Glisson, Secretary; Scott Groves, Member at Large; Ruth Kennedy, Member at Large; and Harley Cannon, Chaplain. Some of the guests were NFBK President, Cathy Jackson; Ellen Patrick, Teacher of the Visually Impaired; Tiffany Bryant, Rehabilitation Counselor OFB and Amy Hatter, Executive Director of Radio Reading Eye. They were also included in the panel of speakers. Ms. Hatter announced the new collaboration between KY NFB-NEWSLINE® and the Radio Reading Eye program. Since the chapter's meetings are on the third Saturday, everyone brings some delicious food and a scrumptious lunch and visiting is enjoyed before the meeting.

The chapter president and secretary attended the NFB National Convention in Dallas and they were available during the evening in the NEWSLINE demonstration room to register people or to provide technical assistance.

The chapter, along with several community partners is involved in the planning of a community wide blindness expo which will be on White Cane Safety Day, October 15, 2012. Our goal is to change what it means to be blind in our community by demonstrating independence to one person at a time.

For more information, please contact Pamela Roark-Glisson, President, (859)

948-3663 or visit www.nfblex.org.

THE COOK'S NOOK

Compiled by Tonia Gatton

Ritz Cracker Vegetable Salad

Ingredients:

32 Ritz crackers, crumbled
1 lg. bell pepper, chopped
1 med. onion, chopped
3 med. tomatoes, chopped
3 stalks celery, chopped
1 pt. mayonnaise (Hellmann's or Blue Plate)

Use 1 1/2 quart bowl. Layer 1/2 of Ritz crackers crumbled in bowl. Layer 1/2 of vegetables

(mixed). Layer 1/2 of mayonnaise. Repeat layering. Chill and serve.

Cajun Chicken Lasagna

Makes 12 servings

Prep: 45 minutes

Bake: 1 hour

Ingredients

16 dried lasagna noodles
1 pound andouille sausage or smoked pork sausage, quartered lengthwise and sliced
1 pound skinless, boneless chicken breast halves, cut into 3/4-inch cubes
2 to 3 teaspoons Cajun seasoning
1 teaspoon dried sage, crushed
1/2 cup chopped onion
1/2 cup chopped celery
1/4 cup chopped green sweet pepper
1 tablespoon finely chopped garlic
2 10-ounce containers refrigerated light Alfredo sauce
1/2 cup grated Parmesan cheese
Nonstick cooking spray

1-1/2 cups shredded mozzarella cheese

Directions

1. Preheat oven to 325 degrees F. Cook noodles according to package directions. Drain; rinse. Combine sausage, chicken, Cajun seasoning, and sage. In a large skillet cook meat mixture 8 minutes or until chicken is no longer pink. Remove from skillet using a slotted spoon, reserving drippings in skillet. Set meat mixture aside; keep warm. In same skillet cook onion, celery, sweet pepper, and garlic in drippings until vegetables are tender. Stir in meat mixture, one container of the Alfredo sauce, and Parmesan cheese.
2. Lightly coat a 3-quart rectangular baking dish with nonstick spray. Arrange 4 noodles in bottom of dish. Spread with 2 cups of the meat-vegetable mixture. Sprinkle with 1/2 cup of the mozzarella. Repeat layers, ending with noodles. Carefully spread remaining Alfredo sauce over the top (if sauce is too thick, heat slightly). Cover; bake 1 hour or until heated through. Let stand 15 to 20 minutes before carefully cutting.

Bacon and Buttermilk Mashed Potatoes

Serves: 4-6

Ingredients

- 3 slices bacon
- 2 pounds russet potatoes, peeled and quartered
- 1/2 cup buttermilk
- 1 tablespoon fresh chives or scallion tops, chopped

Saute bacon in a heavy nonstick skillet over medium heat 4 to 5 minutes, or until crisp. Transfer to paper towels and drain, reserving 1 1/2 teaspoons drippings. Crumble bacon and set aside. Cook potatoes in a large pot of boiling salted water about 30 minutes, or until very tender. Drain well. Return potatoes to pot. Add buttermilk, reserved bacon and drippings and salt and pepper to taste. Mash and add chives. Serve hot.

Lemon Dream Cake

- 1 pkg. Duncan Hines Lemon Supreme Cake Mix
- 1/2 cups Crisco oil
- 1 large pkg. instant lemon pudding

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4 eggs

1 cup water

Blend all ingredients in large bowl and beat at medium speed 2 minutes. Bake in a greased and floured 10-inch tube pan at 350 degrees for 45-55 minutes until center springs back when touched lightly. Cool right side up for 15 minutes. Remove from pan.

GLAZE: Blend 1 cup powdered sugar with 2 tablespoons milk. Spread over warm cake.

THE END