

INSIGHT

The New Hampshire Association for the Blind



Volume 5 Number 2

In this issue:

Summer Flashback

Making Waves . . . 2

Paddling on the Piscataqua . . . 4

Flying Blind . . . 6

Advisory Updates

Seacoast Advisory Committee . . . 8

Central New Hampshire Advisory Committee . . . 10

Manchester Advisory Committee. . . 11

Conversation

Perfect Authenticity . . . 12

In the News

Abby's Homecoming Party for Marty, the Smart Braille . . . 16

Dog Guide Users of NH Build Awareness . . . 17

Health Fairs Are Happening . . . 18

Lions Den

District 44N . . . 20

District 44H . . . 21

"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do."

~ Helen Keller

Statewide Headquarters:
The McGreal Sight Center
25 Walker Street
Concord, NH 03301
1-800-464-3075

To read more about
the New Hampshire
Association for the Blind,
please check out our
website at:
www.sightcenter.org.

Making Waves

—Stephanie Hurd

On Saturday, September 7, a group of clients participated in an amazing surfing clinic at Long Sands Beach in York, Maine. This is the second year clients have had the opportunity to sign up and preregister with Ampsurf in order to participate in a clinic that teaches those with disabilities how to surf. Some are returning clients, while others have never even felt what a surf board is like, never mind attempting to balance on one as they ride the waves!

Ampsurf originated as an organization that taught Veterans who became amputees how to surf, yet it has expanded over the years to include all disabilities whether one has served in the military or not. They can be found at www.ampsurf.org. The ages from our group ranged from a young teen to an even younger at heart woman in her 60s. Wetsuits were a must, as the water temperature was a whopping 62 degrees! Everyone appreciated the sunshine, as the day turned out beautiful.

How does a person with vision loss surf? The day started with stretching and an orientation to the board. Volunteers guided individuals down to the water to their instructors at the appropriate time. You begin by laying on the board. When the right wave is ahead, an assistant literally pushes your board straight into the swell while you paddle with your arms. The instructor encourages you to try whatever feels right; whether you remain laying on the board, get up on your hands and knees, or make that daring decision to attempt to stand! It's a great ride no matter what you decide to do. People come away from this event feeling accomplished, self confident, and happy. And aren't these some goals for everyone; whatever we choose to take on in life?

Cowabunga Dudes!



Glossary

Some Fun Surfing Terms and Definitions

In The Soup: When a surfer is in the white foam of the wave after the wave has broken

Lip: The very tip of a breaking wave curling or plunging down

Making A Wave: To go for a wave and "make it," as opposed to getting tossed off your board and pounded by the wave

Summer Flashback



▶▶▶ Next Page

Nose: *The pointy part of the surfboard and the part that points away from you when you are paddling and riding*

Peak: *The part of the wave that is about to break*

Pitched: *Getting tossed off the lip of the wave, and usually off the board*

Ripping: *Pulling off mad and maniacal moves on the wave; having your way with a wave*

Shubee: *A tourist who buys surfing gear, dresses surf, but has never surfed in their life*

Swell: *The lines generated by the energy of the wind that travels over the ocean's surface, making waves in shallower water*

Tube Ride: *When a surfer rides through the tunnel formed by a hollow, breaking wave*

Summer Flashback



Paddling on the Piscataqua

—Stephanie Hurd



Individuals with varying degrees of vision loss from the New Hampshire Association for the Blind enjoyed a summer afternoon of fun together on a two-hour kayak voyage in Portsmouth. On Thursday, August 15, from 2:00–4:00 PM, about 15 people paddled on the Piscataqua and around the islands and shore of the Seacoast. There couldn't have been a more beautiful day of the summer! It was a maiden kayak experience for many, and everyone was appreciative of this unique

opportunity. We even had two ladies opt to go out in a canoe. Esther Marina of Portsmouth (www.esthersmarina.com) rented the kayaks to the group, and was very accommodating in the process of preparation.

People were challenged to step out beyond their comfort level and get into an unfamiliar kayak, be handed a paddle, and to set out into water that can feel quite endless without visual reference points. The feel of the sun on one's face, the cool Atlantic spray, the rocking of the current, and all of the other things that tap into our other senses were no doubt the interpretation of the excursion! There is great benefit in pushing the envelope, as a sense of personal and group empowerment was evident. There were three fully sighted assistants, who went out with us. While I am sure they had their own apprehensions as well as excitement beforehand, they came back with such a better understanding and awareness as to how resourceful and independent we all were on such a gorgeous afternoon.



Sighted, blind, or somewhere in between, we all really looked out for and checked in with one another to keep together as a group. So many fully sighted people enjoy

the Piscataqua each summer here in the Seacoast, and clients wanted to share in this same passion. The group is friendly, as it became an idea just to have some fun! Like most great ideas and just plain fun, there was that good old side effect called "a learning opportunity." We



Summer Flashback

▶▶▶ [Next Page](#)

learned kayaking techniques, teamwork, and so much more! A special thanks go out to Ruth of Portsmouth, who sparked the idea, as she was already an avid kayaker with low vision and knew the water so well.

Summer Flashback



Flying Blind

—Stephanie Hurd

Just about a year ago, my husband Gary and I, along with another friend who is also blind, went sky diving for the first time! That may sound scary enough, but we were literally flying blind! My husband is visually impaired with limited sight, and I see mostly lights and shadows.

My husband had to have eye surgery a few weeks ago, and I wanted to surprise him with something to take his mind off his troubles and celebrate our 22nd anniversary. So, I needed to come up with the next adventure! I signed us up for a ride on a 1933 original biplane.

We took off from the Sanford, ME airport and flew up the coastline from York to Kennebunk. Our pilot, Dave, was terrific about first showing us the plane on the ground. He let us explore by touch, as he told stories about how the plane was a WACO original, designed for pleasure in use in Ohio. I learned the exterior was made out of cotton that was ironed and stretched, and then a special type of paint was applied over it. To the touch, it felt like fiberglass. The first, and probably toughest challenge was getting into the plane. Only a thin strip on the wing could be stepped on, in order to climb up to get into the seat. People in 1933 were certainly smaller than people today, and I had to be a bit creative in crawling in and getting myself situated. I just couldn't imagine my husband then fitting in beside me, but somehow he did! Believe me, there was no extra room in that front seat. Dave, piloted the plane in a single seat behind us. We put on our helmets/headphones, buckled up, and couldn't wait to go.

As we headed down the runway, it seemed like we were jerking left and right. I wasn't sure what to make of this. Dave assured us he wasn't playing tricks but had to swerve left and right in order to see past us to be sure nothing was in our way on the runway. No air traffic controller was present at this municipal airport, but rather just courtesy calls on specific radio frequencies. Finally, it was our turn.

We ascended like a bird; smooth and effortless. It was incredible! I couldn't



believe how light and easy our lift-off was on such a beautiful day. Thankfully we had the headphones on, as it is tremendously loud from the wind in an open cockpit plane. My nerves and excitement quickly settled into pure awe and amazement, as we thoroughly enjoyed the ride. Gary took over 200 photos all up and down the

Summer Flashback



▶▶▶ [Next Page](#)

Seacoast. I can't say enough about how remarkable and thorough Dave's narrated tour was over the headphones. He gives these tours all throughout the summer, and as a person with vision loss, I really absorbed and immersed myself in his descriptions so that I was "seeing" everything!

We were flying at about 95 miles an hour and only 1,000 feet up in the air. Some of the sights we took in included Long Sands Beach in York, the Nubble Lighthouse, the Ogunquit Playhouse, the rocky shoreline along Marginal Way, and President Bush's compound in Kennebunk. One of my favorite accomplishments on this flight was that we flew over Cape Neddick, and probably right over the house where I grew up. If only my childhood self could have seen me on that flight as an adult, but that involves a whole lot of time travel, and I haven't signed up for that one (yet). I also couldn't help chuckling at the new appreciation I found for Snoopy and the Red Baron from Peanuts. There wasn't a cloud in the sky on our tour, and I think it will be a day Gary and I both won't soon forget.

As it was time to descend, Dave informed us that we were going to do something in a plane we've probably never done before. We landed, like many did in 1933, on the grass. That was fun in its own way too. It was a flight of a lifetime, and we didn't even have to jump this time! Pushing the envelope pushes us to live to the fullest and set an example of encouragement to those around us to live your dreams. Sure our dreams may be extreme dreams, as we love the adrenalin rush, but it really doesn't matter if walking to the corner store with your new dog guide or navigating the sidewalks with your white cane to meet up with a friend for lunch are your goals. It's exciting to take hold of your own circumstances and just do it!

Summer Flashback



Seacoast Advisory Committee

—David Hagen, Seacoast Advisory Committee Chair

The Knights of Columbus held their 4th annual charity golf tournament on Friday, September 13th, at the Pease Golf Course in Portsmouth. The tournament was started by the Hampton Council four years ago to help support local and statewide charities. This year, there were around 90 golfers who participated in the tournament. They were divided into foursomes, and one foursome was from the New Hampshire Association for the Blind. Each golfer paid \$145 to take part in the tournament. Every golfer received a gift bag, a sweater vest, and lunch after the tournament that included steak tips, lobster tails, salads, and dessert. After lunch was a raffle and silent auction that was also fun with many very nice items up for grabs.



This year, New Hampshire Association for the Blind was invited by the Knights of Columbus to take part in the tournament as one of the five main charities. Included in each golfer's fee of \$145 was a \$5 donation made to these charities: 40 Days for Life, Alzheimer's Association, Sacred Heart School—Hampton, Rockingham VNA & Hospice, and New Hampshire Association for the Blind. In addition to the donations made by the golfers, each charity had a Par-3 Hole. This meant that we would be able to sell sponsorships and also have a prize at our hole for the golfer who got his ball closest to the pin. We sold extra shots at the hole for \$5 per ball up to two balls. Our prize was a beautiful gift basket made up by Mary Chase, Special Events—Donor Database Administrator for the Association, that included six bottles of wine and other goodies as well. Mary had a table set up at the hole with the gift basket on display. She gave such a great sales pitch to the golfers as to why they should purchase extra shots that she raised \$275. I was on the green with a tape measure to see who came closest to the pin. The winner came in at 6'3"; nice shot! Our president George Theriault presented the winner with his prize after lunch and said a few words about the New Hampshire Association for the Blind.

All in all, it turned out to be a very nice day. It rained before and after the tournament but not during, we really lucked out with the weather. Thank you to all the golfers and volunteers who worked together to make the tournament a big success. New Hampshire Association for the Blind has been invited back next year and hope that 2014 will be an even more successful tournament.

What's Ahead?

DINNER IN THE DARK

Let your senses of taste and smell take over as you share an experience of eating in the dark at Rudi's Portsmouth, 20 High Street, Portsmouth, NH, on Tuesday, October 22, 2013. \$50 per ticket includes the following:

Reception: 6–7pm, Appetizers, Beer and Wine

Dinner: 7pm, Salad, Rolls, choice of Entrée and Dessert

Roasted Chicken Breast: Wild Mushroom Sherry sauce, sautéed asparagus, matchstick carrots & roasted garlic mashed potatoes

Baked Fresh Haddock Filet: Lemon beurre-blanc, matchstick carrots,

Advisory Updates

If you would like more information about our various advisory committees, please feel free to contact Shelley Proulx, CFRE, Vice President for Development, at the New Hampshire Association for the Blind (603)224-4039, ext. 327 or visit their website at www.sightcenter.org.

▶▶▶ [Next Page](#)

sautéed asparagus & basmati rice

Angel Hair Pasta: Fresh Tomatoes, grilled zucchini, fresh basil, white wine garlic sauce

***** *THIS EVENT IS SOLD OUT!* *****

Questions? Call Stephanie Hurd 603-545-4345

Proceeds will benefit the New Hampshire Association for the Blind.
www.sightcenter.org.

Advisory Updates

If you would like more information about our various advisory committees, please feel free to contact Shelley Proulx, CFRE, Vice President for Development, at the New Hampshire Association for the Blind (603)224-4039, ext. 327 or visit their website at www.sightcenter.org.

Central New Hampshire Advisory Committee

—Betty Arsenault, Chair

On the second Thursday of every month, you can witness a new group of people using the Pines Community Center in Northfield, NH.

The new Central NH Advisory Committee members come together with their notes and schedules, thoughts and ideas, guide dogs and white canes to gather and discuss their new positions of being “ambassadors” for the New Hampshire Association for the Blind.



This new Advisory Committee’s mission is to advocate for the New Hampshire Association for the Blind and get the word out about the issues of blindness throughout Central NH (Concord north to Campton).

One issue that the committee is addressing is the fact that many people don’t understand the white cane, what it stands for and what it means for those who use one. People still treat the blind differently because there is not enough information available to the public. The hope of the committee is to create awareness of the issues facing the blind in Central New Hampshire by getting into stores, businesses, offices and school systems.

What’s Ahead?

DINNER IN THE DARK

Dinner in the Dark is a rare and unique sensory awareness experience that will take guests on a journey of taste, sound, and touch—all in the dark. Created in Germany, “Dining in the Dark” is a one-of-a-kind concept that has been enjoyed by many people across Europe. Moving the concept to America in 2005, Dinner in the Dark has been experienced by thousands of people wanting a peek into an unfamiliar world.

Your senses of taste and smell will take over as you share an experience of eating in the dark with your friends, family, or with that special someone, at Hector’s Fine Food & Spirits of Laconia on Monday, November 11 at 6:00 PM. Nothing is as unique as encountering first-hand what it is like to be blind. Tickets are \$30.

To order tickets go to:

<http://nhab13didLaconia.kintera.org/>

or contact Mary Chase, Special Events—Donor Database Administrator, New Hampshire Association for the Blind 603-224-4039, x324.

Advisory Updates

If you would like more information about our various advisory committees, please feel free to contact Shelley Proulx, CFRE, Vice President for Development, at the New Hampshire Association for the Blind (603)224-4039, ext. 327 or visit their website at www.sightcenter.org.

Manchester Advisory Committee

—*Anthony Correnti, Chair*

This summer was quiet for our committee, as summer schedules take us in other directions. We will be starting up in October. We hosted a “Dinner in the Dark” at the end of May. It was well attended, including appearances by Randy Pierce (Association Board Member, client and founder of 2020 Vision Quest), as well as Mayor Gatsas. It was hosted at The Way We Cook.



The CVS pharmacy/store on Mammoth Road in Manchester celebrated its 50th Anniversary over the summer. Manchester Advisory Committee members Real and Joanne Pinard were instrumental in creating a neighborhood celebration with Michelle from CVS. They gave out hot dogs and hamburgers. Mayor Gatsas stopped by to give a short address. The Police Department came with their horses. The New Hampshire Association for the Blind set up a table with information. It was a nice partnership between local business and building awareness for the Association.

We look forward to discovering what our future meetings will bring about for the New Hampshire Association for the Blind.

Advisory Updates

If you would like more information about our various advisory committees, please feel free to contact Shelley Proulx, CFRE, Vice President for Development, at the New Hampshire Association for the Blind (603)224-4039, ext. 327 or visit their website at www.sightcenter.org.

Perfect Authenticity

One woman's success as a choral director who is blind

—Stephanie Hurd

Q: Hi Alex, please share a bit about your story; for example, where you grew up and do you have siblings.

A: I grew up in York and attended the York school system since kindergarten. I am an only child and currently reside in Eliot.

Q: Tell us about your eyesight please. What is the cause of your vision loss; have you ever seen?

A: I have been completely blind since birth; I have never seen a day in my life. I was born 3 months early, only weighing 1 pound and 11 ounces. I developed retinopathy of prematurity which caused my total blindness.

Q: How did you first become interested in music?

A: While neither of my parents have the ability to make music and cannot carry a tune whatsoever, they are certainly avid music appreciators, just as most people are. They would always play their favorite music around the house—everything from Beethoven and Mozart to Louis Armstrong. When they noticed how much I would sing along and keep time with whatever they were listening to, they thought I would love playing an instrument. They purchased a small keyboard for me, and I instantly fell in love with it and played melodies completely by ear, such as “Twinkle Twinkle Little Star” and even Irving Berlin’s classic “White Christmas!” I then started formal piano lessons at 3 years old and continue playing to this day.

Q: I know you sing, but do you also play any instruments?

A: I currently play piano, ukulele, and recorder. I also consider myself a natural percussionist, as I am a very rhythmic person. Even though I don’t actually own a drum set or any type of formal percussion instruments, I sometimes drum on tables or anything else that can serve as a drum of some sort. Also, I love attending African drumming workshops!

Q: Where did you receive your music educational background? Have you had any unique opportunities in the music field outside of a formal setting?

A: I have taken piano lessons since age 3 and voice lessons since age 13. I loved music class ever since my first day of elementary school general music in kindergarten. I sang a duet with another student in my school’s musical in fourth grade, have been a chorus member since middle school, and went on to receive a BA in Music for Elementary Teachers from Keene State College in NH in 2013.

Q: What else did you dream of becoming as a little girl?

A: I knew I wanted to teach because I’ve always loved interacting with others and helping those who are in need. It wasn’t until my freshman year of college that I realized I wanted to teach music and leaned towards the elementary level for formal school jobs. I have to thank my cooperating teacher from my practicum in my first education course for demonstrating ways to engage children in making music together

Conversation

▶▶▶ Next Page

and responding to the music they listen to.

Q: How did you form the choir Perfect Authenticity?

I one day decided that starting a small girls' choir similar to the 200-member adult chorus Voices from the Heart (with whom I also sing) would be a fun and educational experience for middle and high school aged singers. Because our choir director in Voices rarely hands out sheet music and doesn't require that singers know how to read music, it is always amazing to watch my fellow Voices sisters connect with one another through learning the music and committing it to memory just like I do. I wanted to create a similar experience for younger female singers. It was my hope that they would not only learn to sing and study new and unfamiliar styles of a cappella, but they might also befriend each other in the process.

Q: Who thought of the name and does it have any special meaning?

A: I thought of the name because lots of today's a cappella groups have names that reference musical terms. "Perfect Authenticity" refers to a perfect authentic cadence in music theory.

Q: How did you find participants to join the choir?

A: Two of them were students who studied with the same voice teacher as I did when I was in high school, and one was a girl I went to school with and hung out with in the Special Ed. Department. The other three were singers who saw my fliers announcing auditions that I posted at various places. They e-mailed me to set up audition times, and I loved listening to them sing for me as well as getting to know them.

Q: Have you ever had any students who were a bit nervous or not sure how to respond to the fact that you cannot see? If so, how did you handle it professionally and personally?

A: No one ever told me they were nervous. Obviously, I do not know for sure because of my inability to read faces. I think that if anything, they were all excited to hopefully be part of a newly forming chorus directed by a social and encouraging woman.

Q: Do you have any stories that have happened during rehearsals?

A: On the first night, about half way through, I decided we should do some ice breakers so everyone could become comfortable with one another and start bonding. I asked each girl to tell us her name, where she is from, and something interesting about her. One girl's interesting fact was about a certain disability she has. She started crying out of the fear of being judged or picked on, and we all hugged her and told her we would never judge her. I then started crying because I hoped my repertoire choices were not going to be way too difficult for her to handle, and she was determined that she would be able to sing anything I gave them. Now that the summer session is over, I can say that she has grown leaps and bounds since then, and I am so glad the rest of the members were not rude or snobby whatsoever. We are all friends, and I miss meeting with all of them once a week!

Q: What was Perfect Authenticity's first performance like?

A: It was held at a church that one of our members attends and probably held

Conversation

between 30 and 40 audience members, who were mostly families and friends. We performed world music, multi-part rounds, African American spirituals, and a mash-up of modern pop songs that I originally put together as an exercise or warm-up at the beginning of a rehearsal. However, the girls liked it so much that they requested to sing it in the concert! However, the best part of the experience was leading both the choir and the audience in a few numbers. At the very end, two members of the choir stood on either side of the church to lead a section of the audience in a compilation of 1950s doo-wop tunes. The songs were “Blue Moon,” “Can’t Help Loving that Man,” “Sh-Boom,” and “Come Go with Me.” Additionally, about halfway through the program, I surprised everyone in the room by teaching the choir to sing the spiritual “Wade in the Water,” which they had never even sung in a rehearsal with me, and later teaching the audience some harmony parts to the song. During both moments, I lovingly required everyone in the audience to sing along, and he/she did, very enthusiastically. It was amazing to watch!

Q: Where do you see yourself professionally with an ideal position as a choir director?

A: Actually, I am now developing and directing a choral program for the third through fifth graders at Brixham Montessori Friends School in York! I am currently preparing them for a holiday concert in December, and we will also give a spring concert this coming June.

Q: What would the challenges be to obtain such a position, and how could you strategize to get past them?

A: One weakness that I didn’t discover until confronted with the situation a few times is that I am not sure about an efficient way to get copies of music passed out. I thought of handing a child the entire pile of music, taking a copy off the top, and passing the pile to the next person as a way of practicing responsibility and compassion. However, it took a minute at the most before everyone had a copy and I could move on with the lesson. To become better, I will communicate with teachers and staff from the school and maybe other music teachers as well.

Q: How did you hear about the New Hampshire Association for the Blind?

A: I heard about New Hampshire Association for the Blind through someone I first met at Inter-Actions Camp when he was a CIT (counselor in training). He mentioned that many of its members planned to attend Amp Surf (surfing clinics for people with any disability) in 2012 due to a previous news story about me participating.

Q: Have you seen what services you have had from the Association as a benefit?

A: Definitely! I am so thankful to have a volunteer driver when needed. It is nice to have a driver not only as a service but also as a friend for life.

Q: What encouraging remarks would you share with other students with vision loss?

A: Never compromise who you are when dealing with people for the first time. The best friends anyone will have are the ones who value you for who you are and understand everyone’s differences. Also, feel free to try new things because you never know what you will end up liking in life! Even if you don’t like something you try, you’ll be glad you were brave enough to even try it in the first place.

Q: Do you have any other thoughts you’d like to share?

A: Not that I can think of!

Q: How can we follow Perfect Authenticity and what you are doing with the choir?

A: If you have Facebook, please like our page. [perfectauthenticity](#). I will post updates about auditions, rehearsals, and future concerts frequently.

Conversation

Abby's Homecoming Party for Marty, the Smart Brailler

—Penny Duffy, Abby's Mom

Braille, as some may know, is the way a blind person reads and writes through a series of combinations and contractions of six raised dots. "Marty" the Smart Brailler is a Perkins product. What's so great about the Smart Brailler? Traditionally, a Braille writer is a heavy clunky machine, much like a typewriter, yet instead of printed letters, it only has a few buttons that press down and emboss onto the paper the desired letters. If you make a mistake, you can try to scratch it out, but that doesn't always work. Sounds like the "dark" ages, right? Marty is electric, so he allows you to go in and correct your errors. Even cooler, the person using the Smart Brailler will know right away through audio as well as on a screen that there is a mistake. Print is on the screen to allow parents and teachers to help the student in a way that wasn't an option before. He is light and needs less finger pressure to use.

A national contest was created by wonderbaby.org where Marty the Smart Brailler travelled to six different families around the country. These families then competed for the most votes, as to where Marty would find his permanent home. My daughter, Abby, age 9, became that lucky child. Abby is from right here in Concord, NH. She received an incredible number of votes, into the thousands, from all over the U.S. and abroad!

We held a "meet and greet" for Abby and Marty on Friday, September 20, from 4:00–5:30 PM at the New Hampshire Association for the Blind. Abby cheerfully Brailled personalized bookmarks for those who stopped by for their pizza homecoming party for Marty the Smart Brailler. Braille literacy is so important for children with vision loss to succeed. Abby was eager to show Marty off to anyone interested. Several people with vision loss were able to sit and give this battery operated Brailler a try. School friends showed up to support Abby's celebration. It was amazing to cap off a contest that celebrated braille.

It was so wonderful to see so much love expressed. The story didn't stop there. Many of the other children in the contest found funding to get enough raised to purchase their own Smart Brailers. You couldn't get a better ending than that.

In The News



Dog Guide Users of NH Build Awareness

—Marie Johnson, Dog Guide Users of NH Member

On Saturday, the 28th of September, the Concord Public Library hosted a special presentation featuring the Dog Guide Users of NH. The presentation focused on bringing awareness to the community on how the dogs work, the do's and don'ts in regards to the dogs and the training of the pups from start to finish.

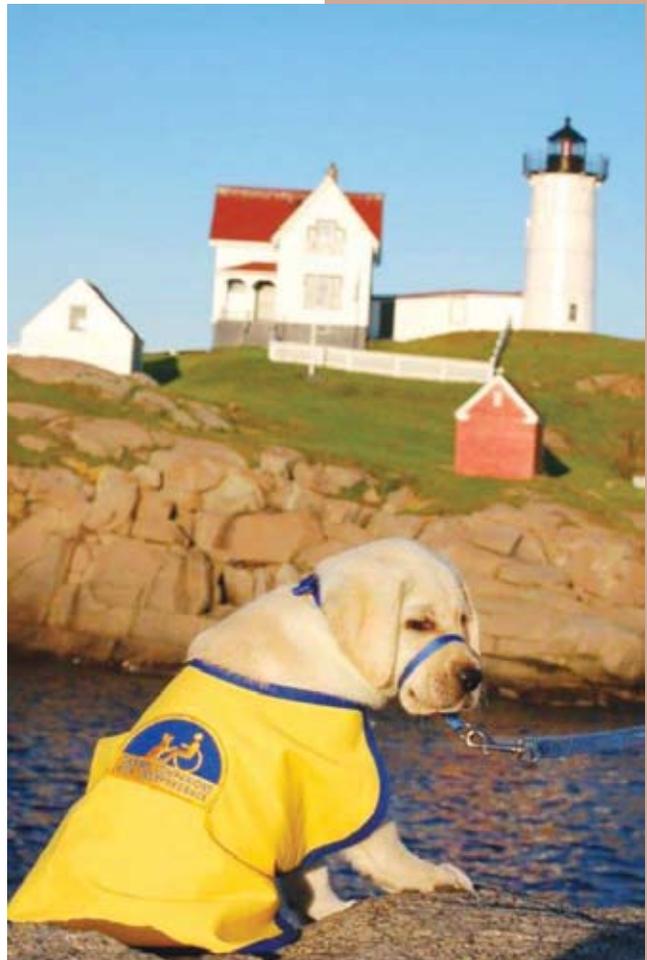
Several residents and their children of varied ages attended the presentation and were very excited to have their questions answered, meet some of the group, give some well-deserved praise to the loyal guides and get a sweet tiny kiss from one of the active little pups!

The well-rounded panel consisted of Joan Nelson and Larry Ashford, both active dog guide users, as well as Scott and Mary Mace, who raise puppies for Canine Companions Inc., and Shen Hua Roth and Heidi Surrette, both raising puppies for Guiding Eyes Foundation.

Many thanks go out to Pam and the Concord Public Library for hosting the event and for helping to bring awareness to the community with their outstanding program!

Prior to the event, an article of interest was published by Corey Francer of the Hippo press, one of Concord's local newspapers.

In The News



students were very engaged by all of the aids and devices on hand and eager to share that excitement with those who stopped by the table.

Another kind of experience is doing health fairs at elementary schools. The students are most often eager to learn about blindness and try getting around with a cane or to write their name while blindfolded. Some grades have learned about blindness through a study of Helen Keller, and so our staff or clients go into a classroom setting to do a presentation.

Awareness of blindness takes many forms but hopefully, because of exposure at the above events, people will remember there is a NH non-profit who can help them when the need arises.

In The News

District 44N

—Sandra Hurd, District Governor, Lions District 44N

I am pleased to be submitting an article for the New Hampshire Association for the Blind. As a member in Lionism for the past 32 years, I am proud to have been living Helen Keller's charge to the Lions to be Knights of the Blind.

I have been a Merrimack Lion for the past 12 years, serving in all officer positions. On the state level, I have served on the Health Services Board for 6 years, and on Lions Youth Services for 4 years.

After being Zone Chair, Region Chair, and 1st Vice District Governor, I am now District Governor for 44N.

My position is awesome, and very rewarding. The 1,231 Lions in the 44 clubs in my District are dedicated, living the Lions mission of WE SERVE. And, as all Lions know, sight is the first mission of Lions International.

In fact, one of my 8 goals this year is geared to greater independence for the visually impaired. I have charged each of my clubs to place braille and large print menus in at least two restaurants in their area. I am working with Guy Woodland and Marie Johnson in this effort. And, my personal pin is a picture of a menu with the word "Menu" written, and underneath that word, the word "Menu," written in braille. Perhaps I will meet each of you some day and can give you one of my personal pins.



Lions Den

District 44H

—Jim Robinson, District Governor, 44H

Hello, my name is Jim Robinson, and I am the Governor of New Hampshire Lions, District 44H. I grew up in the seacoast area of the state and have been a member of the Plaistow Lions Club for over 27 years. Through my membership as a Lion, I became acquainted with the New Hampshire Association for the Blind early on, and I am proud to say that I have been a contributor for many years.

One of the most meaningful and rewarding days for me as a Lion this year was my participation in our Lions Vision 2013 Weekend. I had never participated in the past. Each year in April, the Lions invite many visually impaired adults to a fun-filled weekend in Nashua, New Hampshire. Participants may go shopping, play cards, go bowling, visit the Budweiser Brewery in Merrimack, have their hair and nails done, have a massage, all arranged and paid for by the New Hampshire Lions. I helped out at the bowling and the brewery, of course! Just to see the smiles on the faces of those attending was all I needed to feel I was making a difference in someone's life, even if it was just for one day.

I can't wait for next year's event. Maybe some of you will attend next year. If you do attend the Lions Vision 2014 weekend, make sure you come to me and say "Hi." We'll have some fun!



Lions Den