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President's Address

Dana Ard

July is always an exciting month with the national convention and with the sports event for the ICBVI SWEP students hosted by the Treasure Valley Chapter.



Photo: Dana Ard

Eight NFB of Idaho members attended the national convention in New Orleans. Three members were first timers and two of these, Amber and Natalie Morgan were Jernigan scholarship winners. I attended an excellent meeting on membership development, which emphasized the importance of posting on our social media as a way to attract potential new members. Another meeting on communication stressed the importance of using all forms of communication, since members communicate differently.

One of our inspirational speakers was Dan Parker, who was a racecar driver who lost his sight in a racing accident. Following blindness skills training at our NFB Louisiana Center, Dan began developing equipment that would allow him to race as a blind driver. He now holds the Guinness record for the fastest speed achieved by a blind driver of 211 miles per hour. Another inspirational speaker was Richard Bernstein, Supreme Court Justice in Michigan. *(Continued on next page)*

He talked about how his challenges as a blind person have made him a better judge. The major convention presentations will appear in our flag ship publication “The Braille Monitor” so that everyone can enjoy them.

On July 30, the Treasure Valley chapter with the help of many volunteers and NWABA provided a morning of sports and fun for 13 Summer Work Experience students. Activities included beep baseball, cooperative water games, tandem bike riding, and a yoga flow session. Everyone enjoyed a satisfying lunch provided by the chapter. Thanks to all members, volunteers and students who made this a successful event.

On August 14, I will be leaving to teach at our BELL and beyond camp for blind children in northern Idaho. I have been planning activities for my students, ordering equipment and taking some required training to get ready for this event. It’s the first time we have done a residential BELL program and it will provide many learning activities for the students and staff.

I hope everyone is having a good summer and that chapters can get together for some summer fun, as we work to build the National Federation of the Blind in Idaho.



Cycle for Independence Sponsor Spotlight

Keller Associates is an employee-owned engineering firm providing transportation, water resources, civil, structural, and electrical engineering services throughout the West.

But we’re not just an engineering firm — we’re part of the communities we serve with seven offices in four states. holds the Everything we do improves lives. Our communities, our clients, and our team. We love planning, designing, and helping clients build infrastructure, and we’re passionate about service. Keller Associates has completed countless roadway and pathway projects throughout Idaho and is proud to support the Cycle for Independence. Growing Possibilities! www.kellerassociates.com



It's Your Toolbox

Jud Cottrell



Clip Art: Tool Box

My magical tool is my white cane that I just adore because it keeps me safe. I no longer have to look at my feet while walking and believe me, it wasn't good with me tripping and falling from cracks and what not. I'm surprised with how many vehicles I've walked in front of in the past that I am still alive.

I walk around looking at trees, plants, critters and I do not fall or trip. Have learned to walk backwards keeping the timing right if I want to see a nature scene behind me. I also wear ear pods reading books, but I do pop the left ear out to cross streets safely. I have no fear day or night even when I am unable to see anything.

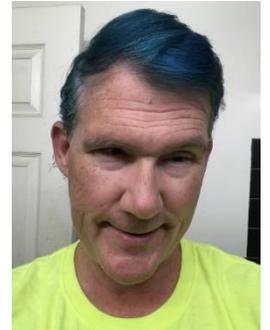


Photo: Jud Cottrell

Another Tool *Colleen McFadden*

Recently, I purchased for \$2.99 and downloaded an iOS word game for the totally blind called Ordet. It is really easy to use with VoiceOver. I love playing word games and hoping to find more that I'll like to play. I've heard that Dice World and Moxie are good, too. If you are looking for some fun games, check out <https://www.applevis.com>. If you have any suggestions of other games that you enjoy, please consider sharing them with all of us. Thank you.

And One More Tool

Blind cook Penny Melville-Brown recently released her new cookbook, "A Cook's Tour: Baking Blind Goes Global." Cooking with professional chefs and home cooks (sighted or not), the book covers six continents, more than 100 recipes, and links to over 50 demonstration videos, plus practical insights into living with a disability. The book is available on Amazon and Kindle. For more information, visit www.pennymelvillebrown.com.

Meet the Board: Natalie Morgan

A series featuring the NFBI Board members

Greetings and Salutations National Federation of the Blind of Idaho! My name is Natalie Morgan, and August 2022 will be my 3 year Anniversary of being a member of the National Federation of the Blind.

I was born in December, 39 years ago in Idaho Falls, Idaho where I still live to this day.



Natalie is a name that means “Christmas Child”. Surprisingly enough, Christmas is my favorite holiday, closely followed by Halloween. I am the youngest of 4 siblings.

I was born a natural weirdo. I have always marched to the beat of my own drum, and thrive in the strange and unusual. I’m a natural loner, but from the outside many would consider me an extrovert. I call myself an extroverted introvert.

Photo: Natalie Morgan

I am lucky to be married to my stunning wife Amber, for 7 years.

I am the Mama of 4 babies. Fir babies that is. 2 dogs, Athena and Dahlia, and 2 cats, Enzo and Luca. Our house is a Funny Farm and also our sanctuary that we have worked very hard on remodeling throughout the years.

Some of my enjoyments in life in no particular order are coffee, iced tea, dark chocolate, board and card games, chewing on ice, dancing and singing off key in the car and helping to make those around me belly laugh.

I have now been a part of the blind community for 3 and a half years, due to Retinitis Pigmentosa. Prior to finding out I had this genetic disease I was working in investigations. My specialty was working to find where monetary losses were occurring, and help fix it. I loved my job. I loved that every day was a new day and I never knew what to expect. I have always been an adrenaline junkie, and I thrived in this environment.

I am now the 1st Vice President of the Snake River Valley Chapter, a Chapter Board Member, a State Board Member and have served on a couple different committees.

In March of this year I was invited to Leadership Seminar in Baltimore Maryland and I was grateful to be a Kenneth Jernigan Scholarship winner, which helped me to attend my first National Convention in New Orleans, Louisiana last month. *(Continued on next page)*

I am honored to be a member of this organization and to be a part of such a large and powerful movement. I am proud to be a member of the Idaho affiliate and to have such wonderful people as mentors and friends. We stand stronger together, and I am pleased to be standing next to you and to help represent us as a State Board member.

Heard Birds

*Steve Bouffard-Curator of Birds, Orma J. Smith
Museum of Natural History-College of Idaho*

Bird singing activity normally quiets down during the summer as the nesting season winds down. This heat wave only intensified the singing decrease. Despite this, there is still a lot of bird activity that you can hear. While sitting in the shade on my front porch, I heard more activity than I expected. Song sparrows, house finches, and Eurasian collared doves were still singing, not as avidly as during the spring, but still going. I could hear the hum of hummingbird wings as they came to the feeder, and the angry chips they uttered as they defended the feeder from other hummers. Many other birds are giving a variety of calls, such as contact, feeding and alarm calls. From my front porch I've heard, Crows, Lesser Goldfinch, Black-Capped Chickadee, Northern Flicker, Downy Woodpecker, Mourning Dove, California Quail, American Robin, House Sparrow, and Mallards. Canada Geese are becoming more vocal now. The adults are coming out of molt and the young are attaining flight. All birds must replace their worn feathers. Body feathers are usually molted twice a year and wing feathers once each year. Most birds molt wing feathers one at a time so they retain the ability to fly. Geese (and ducks) molt all their wing feathers at once. They are flightless for about a month as they grow back. They tend to be quiet during their flightless period, so as not to attract attention to themselves. Now that they have their new feathers, they become more vocal and mobile.



Photo: Eurasian Collared Dove

In this heat, grab your favorite cold beverage, sit in the shade and listen to what you can hear. Good Listening.

ICBVI VISTA Summer Programs 2022

Alison Steven

What a delight it has been to be able to run our in-person programs again at ICBVI. After two summers of providing virtual work readiness and college readiness programming, June 2022 saw the return of three foundational youth programs. The IESDB Work Readiness Camp "Ready, Set, Go to Work!" supported and funded by ICBVI, ran for 3 full days with 15 students. Activities ranged from scuba diving and rock climbing to CPR training with a day at the ATC sandwiched in between! Students and staff worked and played hard and went home satisfied with a bunch of new experiences and skills under their belt.

For "College Days" 6 students spent a week taking college prep classes from three professional blind individuals from around the states. Tyler Merren, Kathy Nimmer and Amber Kierra taught self-advocacy, executive functioning, and fitness respectively. The students had a thoroughly enriching time in which they connected strongly with peers, peer mentors and adults. Once this week was complete, five of the College Days students remained in Boise to take part in the Summer Work Experience Program (SWEP) and take a College class at BSU. These five students are working on getting Sociology 101 completed to get a head start on their college degrees, and practice college skills at the same time.

With Larry Henrie's retirement earlier this year, the responsibility for SWEP fell to the Transition coordinator and the planning team. This is a big program requiring a lot of forward planning and constant work to keep everything running smoothly over the 7 weeks of the program. We had a total of 12 students as part of SWEP and 21 staff hired to help supervise and support daily life at the dorms and on the job. Each of the 12 students went to a job placement each day including Life's Kitchen, Boise Urban Garden School, the Talking Book Library Service, Boise Public Radio, Guru Donuts, Riverside Hotel, Social Eyes Marketing, Computers for Kids, Children's Therapy Place, and Parks and Rec. Thanks to Earl Hoover for setting these job placements up. Some students worked six-hour days plus their public transport travel time, some students worked 3-hour days and then spent 3 hours taking the Sociology 101 class. All have played hard and worked hard, expanding their soft skills and their independent living skills into the bargain. They have participated in a weekly drama/improvisation class as well as participating in such extra-curricular events as scuba diving, paddleboarding, pottery,

tie-dyeing, zip lining and white-water rafting. It all adds up to one marvelous, memorable learning experience made possible by a village of people.

The week after SWEP finishes, a select group of ICBVI VISTA students will begin the year-long 2022 Leadership Program with a retreat up at Pilgrim Cove in McCall. This is a great opportunity to develop leadership skills and work on leading activities and presentations. The key to this program is finding the ways to take responsibility and give back to the community. After completing the 3-day retreat, students will meet once a month through the year to hear from different blind professionals about different aspects of leadership. Maybe more on that at a later date.

In all this, Alison has been delighted to have had the assistance of Bailie Weir, newly appointed to help work on Pre-ETS programming. She truly made a huge difference to the success of the program, jumping in with enthusiasm to this wild and crazy ride!

First National Convention

Fawn Owens

I have wanted to participate in a National NFB Convention for years. I have heard so many wonderful things about the convention and connecting with people. I finally had the opportunity this year and jumped right on it. It was overwhelming informational heaven, and I was not disappointed. I can see now why people go year after year.

I experienced so much kindness and genuine willingness to help myself and my son. Whether it be where to find information, who to talk to about a certain topic, upcoming Zoom classes, available in person training, helpful apps, offers to call them or just a hug. It was quite emotional, in a good way to be around so many people that get my son and I.

The vendor expo and exhibits were incredible. I could have spent hours there. I came home with great ideas and a few surprises for my son.

The book fare is such a great way to access literature and share the joy of reading. I thoroughly enjoyed volunteering and getting to know Krystal and Casey.

The absolute best part of the convention for me was getting to know people I have interacted with for the past 2 years over Zoom. I enjoyed meeting teachers, vendors, parents and especially Carlton Walker who has been one of our best advocates and I would like to say friend. *(Continued on next page)*

President Riccobono's message at the banquet was uplifting and inspiring. He spoke about important issues such as inclusion, independence, raising expectations, not feeling isolated, but most importantly that everyone has a home with the NFB and we are all family. He encouraged people to raise the bar and go after what they wanted.

I had an amazingly educational experience with the best people. I appreciated everyone from the Idaho group including me in meals and sessions. I especially want to thank Dana and Susan for taking me under their wing and showing me the ropes.

I look forward to the next convention to build upon what I've learned.

Your Donations Help NFB-Idaho Members Reach Our Goal of Personal Independence

The [National Federation of the Blind](#) provides advocacy, training, and access to opportunities that help individuals with disabling vision loss become independent. Your donations help us to help our members "live the lives they want!"

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If you prefer, you can mail your donation to the NFB-Idaho Treasurer, Don Winiiecki, at the following address:

Don Winiiecki
Treasurer, National Federation of the Blind of Idaho
1422 E. Woodvine CT
Boise, Idaho 83725

All donations are tax deductible. You will receive a letter to be included with taxes to claim the deduction.

If you would like to receive our quarterly newsletter and other communication about NFB-Idaho activities and events, please send your E-mail address and postal address to Don Winiiecki at "treasurer@nfbidaho.org" or the address included above