

Insight: The Voice of The American Council of the Blind of New York, Inc.

<http://www.acbny.org/>

Spring/Summer 2017

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The American Council of the Blind of New York is the largest consumer advocacy and support organization of blind and visually impaired people in the state. Your financial contributions help ACBNY's work to promote the educational, vocational and social advancement of blind and visually impaired people in New York. Send your tax-deductible donations to ACBNY, 104 Tilrose Ave., Malverne, NY 11565.

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##

President's Message – Lori Scharff lorischarff@gmail.com

From the Desk of the President

By Lori Scharff

It is hard to believe we are already getting ready to start March. But, time sure does fly! The ACBNY board has been busy over the last few months. As I write this message, we are searching for a new webmaster. We thank John Jeavons for his numerous years of service and dedication to ACBNY as webmaster and list moderator.

Please be sure to read the article in this edition of the newsletter about the 2017 legislative seminar. It is too early to know the issues that we will be working on in May. Legislative advocacy is important and we need to make sure that the needs of residents who are blind are considered when working on legislative issues within New York State. Each chapter has a representative to the legislative committee and that person will be a critical part in developing the 2017 legislative agenda.

At this early date, we are awaiting the New York Vision Rehabilitation Association to decide to hold their legislative day alongside ACBNY. Once we know about this I will be sure to let all of you know.

It is exciting that we will be holding the ACBNY state convention in Utica in October. A fantastic committee is hard at work in planning and arranging a convention to be remembered.

I will be connecting with the chapters over the next year to review various documents and speak with chapters via teleconference or in person. So, I am asking that the president of each chapter call me to arrange a meeting.

Anyone having questions or just wishing to speak with the president can call me at home 516-887-1336 or cell 516-695-6370. I do work a fulltime job during the

day, so it is best to reach me in the evenings or on weekends. I am human, so, if you do not receive a return call within 3 days please call me back.

Thanks,
Lori

##

Editor's Message – Annie Chiappetta ann.m.chiappetta@gmail.com

Greetings ACB family and supporters,

I am writing this while hoping the most recent 18 inches of snow will melt from memory by next week. March is going out like a Lion, and, well, it came in like a lion, too, so not sure the old adage works in these modern times. First, let me congratulate the individuals who have helped resurrect this newsletter. Some of you sent articles, others helped with inspiring others to send in articles; I am happy to say that we have a great State newsletter developing. I want to thank the chapters that have sent in updates and urge those that haven't sent in a chapter update to do it. I would direct you all to read Terence Paige's essay and take note of the membership article posted by our National membership chair, Ardis Bazyn. There are dozens of ideas that each chapter can use to become more visible in our respective local communities. Let's face it, monetary supporters are hard to find and the competition is tough. The article gives us the ability to think about ways in which chapters can customize how each wants to make contact with the immediate stakeholders in our community. I urge each chapter president to share and use this document to help energize your chapter.

We have updates on our State activities, too, like the upcoming convention in Utica and legislative weekend in Albany.

The next few months will be full of changes; we are transferring and redesigning www.acbny.org, taking the older and outdated platform into the 21st century. Your board of directors is hard at work making sure we will be able to improve the feel and functionality of our State site, email lists, and increase visibility in the internet. This all will pay off with more donations and interest in ACBNY, which will sustain the affiliate into perpetuity.

The Electronics Resource Committee, chaired by Michael Golfo, is working on this priority and more updates will be forthcoming on our email lists and Facebook page.

It would be remiss of me not to recognize the many years of volunteer website work John Jeavons did for ACBNY. I wish John well in his future endeavors now that he has more free time and has moved on to other projects.

In closing, I am always happy to chat and exchange email and ideas to make INSIGHT better, so please contact me if you have any suggestions. I wish you all a Blessed spring. Wags from Bailey and Verona, too.

Yours in Service,
Annie Chiappetta, Publicity Chair and INSIGHT editor

##

State Convention Preview By Michael Godino

It's a Utica Convention

Greetings from the ACBNY 2017 Convention Committee. We are happy to say, it's convention time again. The ACBNY Board of Directors has voted to host the 2017 convention in Utica. Please remember our last convention in Utica was way back in 2011. Back then we did not have a Utica chapter and, I am very excited to let you all know, this time, we have a chapter and they have been very active in the planning of the 2017 Convention.

The 2017 ACBNY Convention will be the weekend of October 20 through 22. We will be at the Radisson Hotel Utica Centre, 200 Genesee Street, Utica, NY 13502, sd315-797-8010. We are sorry to say, there is no transportation from the train but, the Central Association for the Blind has offered to help ease the pain of paying for a taxi, by offering to provide some level of transportation to and from the hotel and train. If however, you do have to pay for a taxi, the train station is only a few blocks from the hotel.

On a lighter note, the committee has been busy planning what sounds like, a wonderful convention for 2017. Please know, at this point in time, the below listed agenda is all preliminary until the contract is signed and the deposits are paid. Thus-far the plans are:

- Thursday, a tour to the Saranac Brewery in the afternoon and the President's leadership dinner and training in the evening.
- Friday, we have a breakfast followed by the NYSCB Town meeting in the morning followed by the opening session, lunch and the afternoon ACBNY General Session. Friday night, we will be hosting an ACBNY Scholarship Fundraiser with dinner, live music and a comedian for your entertainment. Please watch for ticket sales and how your chapter can get involved.
- Saturday, we have a very busy morning with Breakfast followed by your choice of a Guide Dog Users of the Empire State, the NYS Council of Citizens with Low Vision or a Children's event. We are pleased that the Utica chapter and the Central Association for the blind have joined forces to host a children's event with live animals, braille and folks who work in the field of emergency management. We hope to have time for lunch followed by afternoon speakers. The evening will be topped off by our Annual Banquet. This year we are pleased to hear from a Utica local who lost her vision and became a dynamo within the National Industries for the Blind Systems.
- On Sunday, we have planned a breakfast followed by the Annual Board meeting.

This promises to be a fun filled weekend packed with things to do. We are putting together meal packages to help you offset the costs of eating and leaving the hotel. As an organization, we have too much to do and not enough time to get it done; therefore, we are putting together the meal packages to insure your sufficiently fed while still present and accounted for. The meal packages will be available on the website registrations form at www.ACBNY.org. Please watch and listen for the registration letter and get registered at that time.

Currently we are in the process of putting together the exhibitor letter and raising those much-needed dollars to offset your meals. If you have any suggestions or want to get involved in the planning or building of the 2017 ACBNY convention in Utica, feel free to contact Mike Godino Chair at 516-887-1336 or mikeg125@optonline.net.

Thank you so much, we look forward to seeing you in October.

Respectfully submitted by the ACBNY Convention committee

##

Getting to Know You – Maria Heinlein Gage

My name is Maria Heinlein Gage and I live in Utica New York with my new husband Carl Gage. I have been in the American Council of the Blind for many years and enjoy being a member. For most of my years I have been a single/divorced woman and raised my two boys pretty much as a single Mom. I went to school to become a medical transcriptionist as to not have latch -key kids; I got an associate's degree in medical records technology from Onondaga Community College and almost got an Associates in Business but could not pass accounting. I then went through Empire State College and got a Bachelors in Writing with hopes of becoming a novel writer. I am currently getting certified through the Business Enterprise Program to be a Vending Store Manager. I have finally passed Accounting but don't care to complete the Associates, I am happy to be with the B.E.P. and the Randolph Shepard program. I grew up in Liverpool, NY, a suburb of Syracuse, NY. I have lived in Syracuse, Albany, Buffalo, and now Utica, where I live now with Carl. The organizations I belong to and are involved with are the Lions Club and ACBNY. The hobbies that I participate in are cooking/catering, Downton Abby, collecting music, and learning about history. My current position on the board is just the representative from Utica and I have been on the board for over a year now. My dream job would be to work with children or running a rescue animal farm and taking in foster children. My life is now complete with meeting Carl Gage, marrying late in life and having my best friend right next to me, and also starting my career path over and trying something new and challenging. My life has always been about being a pioneer and the first to try many things, I have never taken the easy route in life.

##

News from the ACBNY Scholarship Committee Chair

The scholarship committee of the American Council of the Blind of New York would like to announce that we will be holding a basket raffle during legislative weekend in Albany, May 6 to 8, 2017. We are gathering baskets for all the chapters and are asking you to bring them with you to the weekend. We will sell tickets throughout Saturday and Sunday and call off the tickets at 5pm on Sunday the 7th. We appreciate all of your contributions.

Also, during the 2017 convention In Utica, we will be hosting a fund raiser on Friday October 20th. and again, will be raffling off gift baskets with a wonderful

dinner and show. All the details are still being worked on by our wonderful committee and we will make further announcements later on this year. 100% of donations and money raised goes exclusively towards the scholarship fund. The funds pay for lodging, transportation and the award stipend. We hope you can find a way to help keep this fund growing to in able us to sponsor deserving people.

Thanks,

Scholarship Chair, Karen Blachowicz

##

ACBNY Legislative Seminar?

By Mike Godino

This year I have been honored by President Scharff as she has asked me to Chair the Legislative committee. As I accepted the honor, I requested that Terence Page join me as Co-Chair as he is a new upcoming leader within the organization with potential to guide ACBNY forward to real substantial change in the future. This year the Legislative seminar will take place at the Albany Ramada Plaza. The Address is 3 Watervliet Avenue Ext. Albany, NY, 12206. The dates are Saturday May 6, starting at 2pm through Monday May 8, 3pm at the Legislative Office Building (LOB). Please mark your calendars and make the appropriate travel arrangements. We will be sending out registration information early in March. As for the legislative issues, we have been collecting them as well as planning a legislative committee meeting. The close of the 2016 Legislative Session ended a two-year cycle wherein all the submitted legislation is removed from any and all lists and must be resubmitted for passage during the next two-year cycle. However, since the Spitzer administration NY has practiced a good governance policy of passing a budget as the first order of business. And, as in all good bureaucracies, one order of business tends to slow down the next; so the new bills have been slow in getting numbers. I am happy to report, the numbers have been coming and we are busy putting together a list of possible issues. This leads me to my next order of business. There are still a few chapters who have not contacted me with representatives. No, although somewhat out of character for me, I will not report those chapters in this writing. However, if you know that your chapter has not put forth a representative, please have your named representative or chapter president contact me. Thank you. This year, the legislative seminar will follow the same agenda we have used in the past:

- Saturday May 6, 2pm: ACBNY Board Meeting, President Lori Scharff presiding
- Sunday May 7, 9am: Introduction to and discussion of the ACBNY 2017 Legislative Agenda
- Sunday May 7, 12:30pm: Group Lunch
- Sunday May 7, 2pm: Speakers to present on the issues (TBA)
- Sunday May 7, 5 to 5:30pm: confirm appointments and distribute Legislative Agenda
- Sunday May 7, 6pm: Dinner with the Capital District (Location TBA)
- Sunday May 8, 8am: meet in the lobby of hotel to travel to the LOB

As in the past, the hotel provides breakfast with each overnight stay and, the Capital District Chapter will host the Hospitality Suite: thank you.

As stated above, mark your calendars, make appointments with your state Senator and Assembly Member and prepare to do the work of the organization. This is what we do as an advocacy organization or, as some will say, this is how we make our money. Unfortunately, or fortunately, we are a not for profit and there is no money for our work only love for the change we achieve.

Ready set here we go again, I look forward to seeing everyone in May.

##

Chapter Round-Up

News from the Capital District

The Capital District Chapter of ACBNY elected officers in November 2016. Bill Murray is President. Cliff Perez is Vice President. Nancy Murray is Treasurer. Kathy Farina is Secretary. Mike O'Brien is our representative to the ACBNY board. At our February meeting, Lieutenant Gerassi from the Albany Police Dept. training division gave a very informative presentation about active shooter situations. He showed videos of some recent incidents. He described how things could have been handled differently and instances where the situations were handled well. Law enforcement, school districts and managers of public venues like malls have been learning as they go along. When asked what we as individuals should do if we are involved in an active shooter situation, Lieutenant Gerassi used the following acronym to help us remember how to behave. The acronym is A.D.D. A stands for avoid. Try to run away or avoid getting trapped if you can. Always know

where the exits are located. D stands for deny entry. If you are in a room, barricade the door so the shooter will be less likely to enter the room. If there are windows, break a window and exit if you can. D stands for defend yourself. If you can't get away or deny entry, defend yourself as best you can.

This was a very disturbing presentation. However, given the times we live in, it behooves us all to give some thought as to how we would handle an active shooter situation. It can happen anywhere.

At our March meeting, there will be a speaker talking about Uber. We are curious about this ride sharing service, as it is not yet available in upstate New York. We look forward to seeing you all at the legislative weekend May 6, 7 and 8.

Kathy Farina, Secretary, Capital District ACB.

**

UCB Announces Outbreak of Saturday Night Fever at CABVI

On Friday night, February 24, there was an outbreak of "Saturday Night Fever" at CABVI. It was all because UCB staged their second annual dance entitled "Disco/Seventies Night." The event was held from 5:00 P.M. to 8:00 P.M. Many of the CABVI employees were present, including those from our Prevocational Training Center. This year we also had many people from the Human Technology Center. One lady, Candy, who lives in my building, came to last year's dance and told me she couldn't wait to come to this year's. I was very happy to meet her there. Also, the president of the Utica Lions' Club joined us.

There were two different ways to win three prizes: spin the Wheel of Fortune, answer a trivia question or win one of the door prizes. My husband and I won three times. I spun the wheel and won a DVD. So did my husband. I answered a trivia question and got a pet rock.

Richard won one of the door prizes: two gift certificates to a local pizza place called Sloppy Joe's. The entrance ticket entitled you to one free drink, (a soda or water), and then every item cost 70 cents in honor of the '70s. The entrance tickets cost \$7.00

We believe the dance was another smashing success. We took in \$400, and people are saying they had the best time ever and want to keep this going

annually. Maria told me she thought we might do a country and western dance next year, so y'all come back now, hear?

Some folks also went to the kickoff dinner for the Lions' Journey for Sight that will be taking place on May 13 at the Sauquoit High School. I will report on that event at that time.

Respectfully submitted,

Gail Hardy, VP, UCB

**

News from Westchester

Our chapter is happy to report that we are partnering with the newly chartered Lions Club of White Plains for a Dining in the dark event. The event will be held on June 10 and the profits of the fundraiser will be evenly split between the Westchester Council of the Blind and the Lions Club of White Plains. We are going to launch a 50 + grant, which will be managed by WCB and for which the fundraising moneies will go.

Westchester is being assertive with finding and working with other organizations in the area to push for accessible signals, among other initiatives to promote the access and independence of our residents. The Accessible Pedestrian Signal Coalition is planning a number of events with local municipalities, more on this in the next newsletter. We are pursuing collaborations with the city of New Rochelle and hope to reach out and secure other opportunities as we get closer to spring and warmer weather.

**

News from GDUES

Hello, we are planning activities for the upcoming convention in Utica. We have launched a dog treat fundraiser called the Kaiser Campaign on www.beergraintreats.com/and 40% of the sales will be donated to GDUES. We are pleased to say our membership drive is slowly gaining members and for a new chapter we are doing well. See you all in Utica.

**

News from ACBWN Y – Karen Blachowicz

The American Council of the Blind of Western New York has a primary focus on the education and literacy of our children. We are moving forward on our mission to inform and educate the care givers of our older community. Our chapter is always behind the promotion of the use of guide dogs and making our streets safer for all pedestrians.

WNY offers a scholarship to those in middle school, high school and then in training programs or college. Our scholarship can be found on line at ACBWNYS.org.

This year, plans include but are not limited to, a training session in one of the staff builders for nursing homes, a guide dog walk and many more exciting events in the planning for 2017.

Our chapter meets the second Friday of every month and all information can be found on our web site ACBQWNY.org or by calling President Karen Blachowicz at 716-510-4560.

**

Potpourri

How I Feel about the Homeless By Terence Page

The elevator doors open, and the second part of my trip into the city begins... As I enter the central corridor of the Long Island Rail Road, I turn right, and my cane hits the first person sitting on the floor. I apologize because I hit a person with my cane and not a thing. The homeless person grumbles or says, "It's okay," or uses some obscenity. It is at this time that a discussion starts in my head: Why are they in my way when they can see better than I! At that moment, lost in thought, I walk past my left turn, and a homeless person who knows my route says, "You missed your turn." I mumble a thank you, and the discussion in my mind becomes a fair and balanced argument. Are the homeless friend or foe?

I'm well aware of the housing situation in New York City because I have been looking for an apartment for years. There are people who can't afford the outrageous rents haunting this great city, so they are forced to shelter in such homie places as Penn Station. And If I was homeless, I would be there, too. Think about it. It is warm in the winter and air-conditioned in the summer. There is access to at least three public bathrooms. There is an abundant source of income. Almost three million people travel through Penn Station every day. If every fourth person gives you a quarter, you would have at least \$750,000. There are at least fifty restaurants in Penn Station. The Village Voice rated some of the

cheapest and best restaurants there in the article, "Penn Station Eats" on Feb. 25, 2011. The article focused on handheld foods, the primary food of the indigent. So, to be clear, I understand why they chose this location for their home.

As a cane user, any obstacle is an issue, be it a person or a garbage can. The day-to-day struggle to get from one place to another is frustrating. When dealing with the homeless, one must always be on guard. They can be in a drugged state or drunk or just angry - or downright pleasant. Many individuals without shelter have provided me with assistance time after time. One person even pulled me out of the street after a wrong turn and lack of concentration on my part. I was extremely grateful. These people of the street are watching our backs. An angel of the street helped me to use one of those inaccessible MTA machines when there was no one in the booth. One gentleman says hello, and "I got you, my brother," every day. He also keeps me abreast of the ever-changing construction on my line. I look forward to the fife player who guides me to the Hilton passageway that leads me to my train in the evening.

How do I feel about the homeless people in Penn Station? I don't know. I have one opinion when the elevator doors open in the central corridor and another when I reach my destination. I do know one thing for sure: Tomorrow the discussion in my head will start again.

##

Fish Eyes May Hold Key to Regenerating Human Retinas

Original article: <http://www.sciencenewsline.com/news/2017030917520088.html>

If you were a fish and your retina was damaged, it could repair itself and your vision would be restored in a few weeks.

Sadly, human eyes don't have this beneficial ability. However, new research into retinal regeneration in zebrafish has identified a signal that appears to trigger the self-repair process. And, if confirmed by follow-up studies, the discovery raises the possibility that human retinas can also be induced to regenerate, naturally repairing damage caused by degenerative retinal diseases and injury, including age-related macular degeneration and retinitis pigmentosa.

The research was performed by a team of biologists at Vanderbilt University and is described in a paper titled "Neurotransmitter-Regulated Regeneration in the Zebrafish Retina" published online Mar. 9 by the journal *Stem Cell Reports*.

"The prevailing belief has been that the regeneration process in fish retinas is triggered by secreted growth factors, but our results indicate that the neurotransmitter GABA might initiate the process instead," said James Patton, Stevenson Professor of Biological Sciences at Vanderbilt, who directed the study. "All the regeneration models assume that a retina must be seriously damaged before regeneration takes place, but our studies indicate that GABA can induce this process even in undamaged retinas."

It turns out that the structure of the retinas of fish and mammals are basically the same. Although the retina is very thin - less than 0.5 millimeters thick - it contains three layers of nerve cells: photoreceptors that detect the light, horizontal cells that integrate the signals from the photoreceptors and ganglion cells that receive the visual information and route it to the brain.

In addition, the retina contains a special type of adult stem cell, called Müller glia, that span all three layers and provide mechanical support and electrical insulation. In fish retinas, they also play a key role in regeneration. When regeneration is triggered, the Müller glia dedifferentiate (regress from a specialized state to a simpler state), begin proliferating, and then differentiate into replacements for the damaged nerve cells. Müller glia are also present in mammalian retinas, but don't regenerate.

Graduate student Mahesh Rao got the idea that GABA - normally a fast-acting neurotransmitter best known for its role of calming nervous activity by inhibiting nerve transmission in the brain - might be the trigger for retinal regeneration. He was inspired by the results of a study in the mouse hippocampus which found that GABA was controlling stem cell activity.

So, working with Patton and research assistant professor Dominic Didiano, Rao designed a series of experiments with zebrafish - an important animal model for studying regeneration - which determined that high concentrations of GABA in the retina keep the Müller glia quiescent and that they begin dedifferentiating and proliferating when GABA concentrations drop.

"Last month a paper was published in the journal *Cell* that reports GABA levels play a central role in the regeneration of pancreas cells," said Patton. "We now have three instances where GABA is involved in regeneration - the hippocampus, the pancreas and the retina - so this could be an important, previously unknown role for the neurotransmitter."

They tested their hypothesis in two ways: By blinding zebrafish and injecting them with drugs that stimulate GABA production and by injecting normal zebrafish with an enzyme that lowers the GABA levels in their eyes.

Zebrafish are easily blinded. If they are in total darkness for several days and then exposed to very bright light, all the photoreceptors in their retinas are destroyed. Due to their robust regenerative ability, however, their eyes recover in just 28 days. When the biologists injected drugs that kept GABA concentrations in the retinas of newly blinded fish at a high level, they found that it suppressed the regeneration process.

On the other hand, when they injected an enzyme that lowers GABA levels in the eyes of normal fish, they found that the Müller glia began dedifferentiating and proliferating, the first stage in the regeneration process.

"Our theory is that a drop in GABA concentration is the trigger for regeneration. It initiates a cascade of events that includes the activation of the Müller glia and the production of various growth factors that stimulate cell growth and proliferation," said Patton. "If we are correct, then it might be possible to stimulate human retinas to repair themselves by treating them with a GABA inhibitor."

The researchers' next step is to determine if GABA not only stimulates Müller glia dedifferentiation and proliferation, but also causes the differentiation that produces new photoreceptors and the other specialized neurons in the retina.

They are pursuing this in both zebrafish and mice with a grant from the National Eye Institute's Audacious Goals Initiative.

##

How Can Your Chapter or Affiliate Strengthen Your Personal Outreach to Your Local Community?

Compiled By: Ardis Bazyn, ACB Membership Chair

The topic of the latest ACB Membership Focus call was "How can your chapter or affiliate strengthen your personal outreach to your local community?" Many times we've focused on social media, websites, conventions, and seminars. However, personal outreach in your community may get better results. We shouldn't assume all who are blind know about everything. Specific blindness resources are often not researched until someone has lost a great deal of sight.

Below are some ideas on how to get involved in your community to spread the word about your chapter or affiliate.

- Become a mentor for a blind student or older adult just losing sight.
- Call local colleges and universities to ask them to share your events with blind students

- Work with the Braille Challenge in local library.
- Tell schools members can share about how blind/visually impaired participate in the community and the skills used: Braille, cane travel, computer access, sports like Beep ball, etc.
- In northern California, there is an old time seaport village which shows how blind persons affect the community through a sensory garden. Low vision members provide the support and maintain and label plants. Some plants rattle in the wind.
- Plan Dining in the dark dinners like spaghetti in the dark. Get sponsors or partners like Lions Clubs to earn more.
- Create craft and vendor fairs to show Braille and talking devices and meet people and publicize your group. For more volunteers, team with puppy raisers, local blindness agencies, or other disability organizations.
- Offer correspondence in Braille or training for sighted guides for conference or athletic events.
- Participate in state fair family day and give Braille and cane demonstrations, disseminate Braille cards and Helen Keller info. ;
- Wrap gifts for Barnes and Noble during Christmas.
- Make presentations to local organizations about your local and state chapter.
- On entrepreneur day, blind vendors who owned businesses could share their products and services.
- Hold an open house for those having lost some sight.
- Promote tech fair to distribute brochures
- Serve on local board, Commission for disabilities, share ride and other transportation committees, home alone projects, vulnerable communities for natural disasters or disaster preparedness for seniors and disabled.
- Adopt a school to feed children who can't get meals during the summer.
- Support or volunteer for public housing, Boys and Girls Club, and food bank.
- Assist in Mud run.
- Sponsor a car wash so people can see blind folks working.
- Sell crackerjacks, snacks for local BEEP bowl, or have an annual hot dog sale at a busy grocery store.
- Offer a raffle with donated items- baseball games, special events, etc.
- Volunteer at Triple A baseball team to throw out baseball, sing anthem, etc.
- Plan a comedy night.

Organize a local activity including a live band and games with walk-a-thon, bake sale, other booths.

- Hold a Mutt Strut event: sponsors, exhibitors, walkers and runners, local volunteers, local bands, and getting food donations and raffle prizes from community businesses.

Create an "episodes of life" dinner, letting people write experiences about their life and getting sponsors.

- Post your events on websites, online calendar, and Facebook.
- Visit senior centers, nursing homes, assistive living centers, vision support groups, and rehab agency clients.
- Interview people at the agency.
- Provide a sharing activity like "Mary Starshine answering questions about blindness".
- Network with Braille transcription groups and share Beep ball and other blindness related videos with others.

Why not set a goal to try at least one new activity or event this year? If you need assistance with membership, contact a member of the ACB Membership Committee.

##

A lick for Limericks

The following limericks were submitted by member Kathy Lyons

There once was a dog named Radcliffe
Whose habit was rarely to sniff.
But, as quick as a breath
He'd lick you to death,
Leaving a coating quite stiff.

There once was a dog named Ernie
Who aspired to be an attorney.
But he only spoke dog,
And could not keep a log.
Thus ended his lawyer journey.

##

Officers and Chapter Representatives

President's Message by Lori S

American Council of the Blind
Board of Directors Contact List
April 2017

The following is the most up to date list of members of the ACBNY Board of Directors. If there are any errors, please notify Lori Scharff at lorischarff@gmail.com and your newsletter editor, Annie Chiappetta at ann.m.chiappetta@gmail.com

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End of INSIGHT Spring/Summer 2017