

## **JUNE 2022 NEWSLETTER**

**BCCSD - 73 YEARS - 1949-2022**



### **Something New in this Newsletter:**

**Look for National Peanut Butter Cookie Day, June 12**

**BCC MISSION:** To enrich the lives of blind and visually impaired adults preparing them for a normal, active life in a society that is principally sighted by encouraging independence.

The Blind Community Center of San Diego gives blind and visually impaired people in our community an opportunity to socialize and interact. It helps members build skills, confidence and self-esteem through our various, social, recreational and educational, activities. Beginning in June, we are phasing in on-site craft classes and continuing virtual experiences where participants can join by telephone and/or computer.

### **BUSINESS HOURS AND REOPENING THE BCCSD:**

**We are pleased to announce that the Blind Community Center of San Diego is open for Monday and Tuesday craft classes. Please call for a reservation. All other classes remain virtual at this time.**

**Our first priority is to protect our members, participants, and volunteers. Therefore, we have implemented the following mandatory**

**procedures:**

- **Only individuals with scheduled appointments may visit the center on their appointed day. The center will only be open to members, participants and volunteers who have a valid in-person appointment.**
- **All members, participants and volunteers with in-person appointments must be fully vaccinated against COVID-19 and provide proof of vaccination. No exceptions – Please don't ask.**

**Definition of “fully vaccinated”** is having received both shots of a two-dose vaccination series (Pfizer or Moderna) or the one-shot Johnson & Johnson vaccine AND received a booster once booster-eligible, which is 6 months after the second dose for Pfizer or Moderna, or 2 months after the Johnson & Johnson vaccine.

We recognize there is not 100% accuracy in screening for COVID and many of our BCCSD members and participants are in the high-risk population. We will do everything necessary to have the safest environment possible.

- **If you are sick or don't feel well, please do not come to the center.**
- Sign up for class by calling the BCCSD at 619-298-5021 and leave a message on ext. 206 before 5:00 p.m. on the Thursday before class.
- If you do not receive a confirmation callback by noon on Friday, please call Christie at (619) 997-8058.
- On the day of class, you will be greeted at the front door and your reservation will be confirmed on the daily reservation list. If your name is not on the list, you will not be permitted to enter the building.
- Please show your vaccination record card or photo of your card, proving you are fully vaccinated before entering the building.

Vaccination cards will be scanned and put on file, so you will not need to provide it again.

- Everyone will have their temperature taken. We recognize that this isn't a 100% fool proof method for screening for COVID but will allow another layer of screening for protection.
- Everyone will wear an N95 or KN95 face mask while inside the building, no exceptions. You may lower the mask temporarily for drinking water or coffee.

**The BCCSD will provide a mask if needed.**

- Everyone needs to schedule their ride home by 1:00 p.m. We realize that MTS has a window around departure times.
- During class, everyone will be asked to keep their own area clean. Disinfectant wipes and hand sanitizer will be available at each table.
- Everyone will receive a to-go lunch as they leave the building.

**These procedures may seem extreme, but they are temporary and will change as conditions change. We thank everyone in advance for your patience and cooperation to make the BCCSD re-opening successful and safe.**

Procedures may be modified once we are back and have an opportunity to evaluate how things are going.

Here is the short list:

- Masks at all times
- Mandatory vaccinations and boosters for everyone, must show proof. No exceptions – Please don't ask.
- Temperatures will be taken
- Call in to sign up for classes, you must receive a phone call confirmation with a date and time before returning to center.
- No one allowed entry unless they are on the daily appointment list.
- Limited class sizes

- In person craft classes now. All other classes remain virtual.
- Crafts will include beaded items, fabric wreaths, loomed hats and scarves. Visit with friends, share stories and make crafts too!
- Classes end at 1 p.m. - time to go home.
- Sack lunches provided as you leave for the day.

**Please note that these Blind Community Center of San Diego guidelines and policies may be subject to change based on latest COVID-19 cases and/or updates from the CDC, Cal OSHA, state or local authorities.**

### **CONTACTS:**

**We are here for you:**

President Sharlene: [president@bccsd.org](mailto:president@bccsd.org)

phone: 619-298-5021 ext. 208

Vice President Ethel: [ethel@bccsd.org](mailto:ethel@bccsd.org)

Business Operations Manager Christie: [christie@bccsd.org](mailto:christie@bccsd.org)

BCCSD email: [info@bccsd.org](mailto:info@bccsd.org)

Website: <https://bccsd.org/>

### **BOARD OF DIRECTORS**

President: Sharlene Ornelas, Blind Member: [president@bccsd.org](mailto:president@bccsd.org)

Vice President: Ethel Kirtley, Blind Member: [ethel@bccsd.org](mailto:ethel@bccsd.org)

Interim Secretary: Marianne Winship, Blind Member

Treasurer: Brook Logan, CPA, Associate Member: [treasurer@bccsd.org](mailto:treasurer@bccsd.org)

Past President: Gwendolyn Edwards, Blind Member

Directors:

Business Operations Manager: Lion Christie Greene, Associate Member:  
[christie@bccsd.org](mailto:christie@bccsd.org)

Diane Hall, Blind Member: [dianehall73@yahoo.com](mailto:dianehall73@yahoo.com)

Eric Linebarger, MD, Ophthalmologist, Associate Member

Magdalena Guillen, Blind Member: [nenaguillen6610@gmail.com](mailto:nenaguillen6610@gmail.com)

Lion Mary Manning, Associate Member: [edandmarym@cox.net](mailto:edandmarym@cox.net)

Rochelle Harris, Blind Member: [rdjharris@gmail.com](mailto:rdjharris@gmail.com)

Yvette Lee, Blind Member

## **THANK YOU, BCCSD SECRETARY, CLAUDE EDWARDS**

After 6 years of enthusiastic and dedicated service to the Blind Community Center, Claude Edwards has stepped down from his position as secretary of the board of directors. Claude will continue to enthusiastically support the efforts of the BCCSD board and others involved with our programs. Thank you, Claude, for 6 years of board and membership meeting minutes. That's about 144 sets of minutes and the time it took to write them, edit them and re-do them with corrections. We appreciate you and all of your endeavors on behalf of the BCCSD.

## **WELCOME MARIANNE WINSHIP, NEW BCCSD INTERIM SECRETARY**

The BCCSD welcomes member Marianne Winship to the board of directors as our new interim secretary. From all of us, thank you Marianne for accepting this important position on our board.

## **FROM PRESIDENT SHARLENE:**

Marquez Products says "Hello, we have now available the talking finger Oximeter." We hope to have them back at the Center soon. They offer many adaptive items that you can pick up and handle before you make your purchase.

"What sweetness is left in life, if you take away friendship? Robbing life of friendship is like robbing the world of the sun. A true friend is more to be esteemed than kinsfolk." CICERO

## **HELPFUL QUOTES**

The only person you can change is you and the only person that can change you is you.

We did it. After 26 1/2 we've finally been able to open our front doors and hold some classes. Thank you for your patience. Yes, we are starting with craft classes on Mondays and Tuesdays starting on June 6 & 7th. Then there will be cribbage and then ceramics. Remember we have a re-opening process, described above. We will continue holding Blind Rhythm, Trivia, Name That Tune and all meetings virtually. Eventually we will have hybrid classes which includes in-person and remote at the same time.

I'm not impressed by money, social status or job title. I'm impressed by the way someone treats other human beings.

EUREKA!

Success, the long-awaited reopening of the BCCSD has arrived. It has taken the effort of a village but I want to specially thank 3 individuals, Christie Greene, Dora Plese and Mary Manning. These ladies put in many volunteer hours so we could open. Remember, the BCCSD is a home away from home, a place to have fun and socialize, a place to improve our skills. This being said, in order to stay open and protect our people we need to follow the above listed rules without exception.

Be safe

**President Sharlene Ornelas**

### **FROM VICE PRESIDENT ETHEL KIRTLEY**

Several months ago, I bought a talking finger Oximeter from [Mysticaccess.com](http://Mysticaccess.com) for \$50. They have a talking, blood pressure machine for \$50 and a non-contact, talking thermometer for \$50. They also have speakers and many other items. The website has good tutorials on most adaptive equipment whether you buy from them or not. Now is a good time to buy because of the NFB and ACB conventions. Prices are usually good this time of year because these companies are at the exhibit halls of the conventions. I also recommend [Atguys.com](http://Atguys.com).. They sell the WayAround labeling identifier kits as well as other technical items.

I hope you find this information helpful.

**Ethel Kirtley, Vice President**

## **FROM BOARD MEMBER CHRISTIE GREENE:**

### **Honoring Hellen Keller:**

*By Shannan Younger, June 27, 2013*



Picture of Helen Keller

Helen Keller was born on June 27, 1880 in Alabama. She famously overcame being both blind and deaf with the assistance of the amazing Annie Sullivan, her teacher. She was named one of the “20th Century’s Most Widely-Admired People” and her story of overcoming obstacles is inspiring, particularly in this day and age when heroes can be hard to come by.

While her achievements are ones from which we can all learn, it seems like tweens in particular can benefit from her wisdom and insight. In honor of her birthday today, here are some of my favorite Helen Keller quotes.

“Alone we can do so little; together we can do so much.”

“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.”

“I would rather walk with a friend in the dark, than alone in the light.”

“Be of good cheer. Do not think of today’s failures, but of the success that may come tomorrow. You have set yourselves a difficult task, but you will succeed if you persevere; and you will find a joy in overcoming obstacles. Remember, no effort that we make to attain something beautiful is ever lost.”

“Never bend your head. Hold it high. Look the world straight in the eye.”

“I am only one; but still, I am one. I cannot do everything, but still, I can do something; I will not refuse to do something I can do.”

**Happy 100th Birthday to long time BCCSD member Margaret Brunner.**



Margaret will be 100 years old on June 27. Over the years, Margaret has crocheted and donated hundreds of hats, scarves and fingerless gloves to BCCSD craft fundraisers.. Thanks to Margaret, we still have a good supply of tiny crocheted scarf accessories for our beaded snowmen lamps.

Happy Birthday Margaret!

Margaret has always had a beautiful smile for everyone and is treasured by all at the BCCSD.

Margaret would love to receive a birthday card from you, even if you have not met.

Please send the card to:  
Margaret Brunner  
1805 Upas St.  
San Diego, Ca. 92117



## **FROM BOARD MEMBER MARY MANNING**

Greetings from the icecap of the world. Just got back from a fabulous cruise to Alaska! Can't wait for our opening; I miss you all and am looking forward to our in-person fellowship at craft classes, beginning on June 6.

## **FROM CLYTIE KOEHLER of the WRITERS GROUP**

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

Famous words of Maya Angelou

Six ways you may be sabotaging your career with poor body language:

No matter how good you are with words, your body language speaks louder. Only 7% of feelings are communicated by words and 38% by tone. But 55% are communicated by nonverbal or visual expressions.

Follow this list of "Don'ts" to make sure you're not sabotaging your message - and your career - with poor body language.

1. "Don't lean back and put your hands behind your head while talking to someone." That indicates you feel superior to the person you're talking to.
2. "Don't cross your arms." It makes you appear guarded and not open to suggestions.
3. Don't fiddle with your hair, fingernails, paper clips or other objects on your desk. It's distracting to your listener.
4. "Don't shrug your shoulders." That suggests you don't care about what you're doing.
5. "Don't slouch." Poor posture suggests you can be intimidated or that you don't think the conversation is important.

6. "Don't get too close." Stay at least four feet from the person you're talking to. Lean in closer only to establish rapport.

**Clytie Koehler**

## **BCC FACEBOOK PAGE**

Why not share our Facebook link with friends and family? They will learn about the BCC, our fundraisers, our activities and about our blind and low vision community.

This month our Facebook page has links to all BCCSD 2020, 2021 and 2022 newsletters posted to our website. Check it out!

<https://www.facebook.com/bccsdcommunity/>

## **WATER SKIING WITH THE SAN DIEGO MISSION BAY BOAT & SKI CLUB**

**Mark your Calendars:**

**June 25, July 30, August 27, and September 24**

Our annual tradition of free blind water ski clinics will continue in 2022. There will be water skiing, tubing, boat rides, fun in the sun and lunch. You don't need to know how to water ski and you don't have to get your feet wet if you choose to stay on dry land. **Please call 619-298-5021 ext. 206 before Sunday, June 19, to sign up for June 25. We will call you back with details.**



**Picture of May 21 Blind Water Ski at Fiesta Island**

**NORTH PARK LIONS** continues to sponsor monthly 'We Are Thinking of You' food deliveries for the BCCSD. **Our next delivery is scheduled for the week of June 13.** Active members and participants will receive a phone call prior to the delivery to coordinate their delivery date.

Please let us know if you have any questions about the deliveries.  
Thank You. [christie@bccsd.org](mailto:christie@bccsd.org)

### **THANK YOU FOR SUPPORTING THE BLIND COMMUNITY CENTER WITH MEMBERSHIP**

"Believe it or not, the calendar year is half over. That means the BCC's fiscal year is ending. The 2022-2023 membership fee of \$40 is due July 1st.

We have blind members and sighted associate members who support the Center. The membership fee of \$40 is the same for both types of membership.

There are several ways to pay:

- You may use the donate button on [our webpage](#).
- Please comment '2022-2023 MEMBERSHIP FEE' in the instructions field.
- You may call Christie for help with the website payment. 619-997-8058
- You may mail a check made out to BCCSD. Please put MEMBERSHIP FEE in the memo portion of your check.

Please mail to:

BCCSD  
1805 Upas St.  
San Diego CA 92103.

## WEEKLY ACTIVITIES

### MONDAYS

Craft Class – see re-opening procedures above

### PLEASE USE OUR WEBEX NUMBER FOR SPANISH CLASSES

#### Join by phone

+1-510-338-9438 USA Toll+

Access code: 623 586 039

#### Join by computer:

<https://giftedback.my.webex.com/meet/pearl.a.mecenas>

Access code: 623 586 039

12:00 p.m. - 1:00 p.m. **BEGINNING SPANISH** taught by **Nena**

1:00 p.m. - 2:30 p.m. **INTERMEDIATE SPANISH** taught by **Nena**

### TUESDAYS

Craft Class – see re-opening procedures above

### WEDNESDAYS

### **PLEASE USE OUR WEBEX NUMBER FOR WEDNESDAY CLASSES**

#### Join by phone

+1-510-338-9438 USA Toll+

Access code: 623 586 039

#### Join by computer:

<https://giftedback.my.webex.com/meet/pearl.a.mecenas>

Access code: 623 586 039

12:00 p.m. - 12:30 p.m.

**BLIND RHYTHM** led by **Shon**

12:30 p.m. - 1:00 p.m.

**OPEN MIC** led by **Pearl**

1:00 P.M. - 2:00 p.m.

**TRIVA** led by **PEARL**

2:00 P.M. - 3:00 p.m..

**NAME THAT TUNE** coordinated by **SHON**

**Exceptions:**

Wednesdays with no Blind Rhythm, Open Mike/D.J., or Name That Tune:

Wednesday, June 1

Wednesday, June 29

Wednesday, July 6

Wednesday, July 13 no Blind Rhythm

Wednesday, July 20

**THURSDAYS**

10:00 a.m. – 12:00 p.m.

**BLIND COMMUNITY CENTER WRITERS WORKSHOP** with **CLYTIE**

**All are welcome!**

Please call or email Clytie - 760-271-8138 [writers@bccsd.org](mailto:writers@bccsd.org)

**FRIDAYS**

**PLEASE USE OUR ZOOM NUMBER FOR FRIDAY CLASSES**

**Join by Phone**

1 408 638 0968 USA Toll+

Meeting ID: 494 996 8569

**Join by computer:**

<https://us02web.zoom.us/j/4949968569>

Meeting ID: 494 996 8569

**BINGO** led by **Christie**, with a bingo caller app and sighted volunteers.

**12:00 p.m.- 2:00 p.m.**

## **SATURDAYS**

**10:00 a.m. - 11:00 a.m.**

**LIVE MARTIAL ARTS ZOOM CLASS** taught by **SENSEI JOSH LOYA**

**All abilities welcome. If you are interested in attending, please send an email to [info@bccsd.org](mailto:info@bccsd.org).**

**You can also message on Facebook link -**

**<https://www.facebook.com/Blind-Community-Martial-Arts-211126265596001>**

## **BOARD OF DIRECTORS MEETING**

**Tuesday, June 14 6:00 p.m. - 8:00 p.m.**

### **Join by Phone:**

1 408 638 0968 USA Toll+

Meeting ID: 494 996 8569

### **Join by computer:**

<https://us02web.zoom.us/j/4949968569>

Meeting ID: 494 996 8569

**Guests are welcome.** If you would like to address the board, please call 619-298-5021 ext. 208

## **MEMBERSHIP MEETING**

**Tuesday, June 28 2021 1:00 p.m. - 3:00 p.m.**

### **Join by Phone:**

1 408 638 0968 USA Toll+

Meeting ID: 494 996 8569

### **Join by computer:**

<https://us02web.zoom.us/j/4949968569>

Meeting ID: 494 996 8569

**Membership Meetings are held every month on the 4th Tuesday using the ZOOM virtual link from 1:00-2:30. Members, participants and guests are all welcome to attend. Attendance shows your support and appreciation for the BCC and our generous speakers.**

**Please connect 10 minutes early so we can get started on time. The meetings are one way to catch up on what is happening at the BCC.**

## **THANK YOU**

**AT&T Pioneers**

**Chula Vista Host Lions Club**

**Del Sol Lions Club**

**El Centro Lions Club**

**Encinitas Lions Club**

**Foundation for Delta Gamma at San Diego State University**

**Friends of the BCC**

**PDG Lion Rick Hannum**

**Harbison Canyon Lions Club**

**La Jolla President's Club**

**La Mesa Lions Club**

**Mira Mesa Senior Center Garden Club**

**National Charity League**

**Oceanside Sea Lions Club**

**Pride of Vista Lions Club**

**Rancho Bernardo Lions Club**

**Rancho Santee Lions Club**

**San Diego County Employee's Charitable Organization (CECO)**

**San Diego Executive Lions Club**

**San Diego Hillcrest/Mission Valley Lions Club**

**San Diego North County Lions Club**

**San Diego North Park Lions Club**

**San Diego United Lions Club**

**Singing Hills Lions Club**

**Spring Valley Lions Club**

**UCSD Pre Optometry Club**

**University of San Diego**

Please visit our web site at <https://bccsd.org/> for more information about our wonderful supporters and find out how they contribute to the Blind Community Center of San Diego.

**The Lions Optometric Vision Clinic** is open by appointment only. It is a non-profit 501C3 agency, located on the third floor of the Blind Community Center building. Their Mission is to provide basic vision care for **low-income** individuals throughout San Diego County. For vision screening or a pair of quality, **low-cost** glasses, **call 619-298-5273 for an appointment.**

**Did you know?**

## **HAPPY FATHER'S DAY – JUNE 19**

Date When Celebrated: Third Sunday in June

A day to honor Dad. NO. Rather, it is a day to enjoy time with Dad and appreciate all he does for you. If Dad has passed on, then this is a day to honor his memory. Today's life style is busy for both dads and kids. So, a little time with dad on Father's Day is just what he wants, in person or on the phone.

A Father is the person in your life who cares and provides for you. He helps set the standards, the family values and the example. So, add to this group, step fathers and other men who willingly and eagerly accept and cherish the role. Whether biological, adopted or informally, if they are the father figure to you, give him some recognition today and don't hesitate to call him "Dad".

Did you know? The first Father's Day celebration was in Spokane, WA. on May 18, 1910.



## **NATIONAL PEANUT BUTTER COOKIE DAY – JUNE 12**



**Picture of a plate of 5 peanut butter cookies in front of a cooling rack full of just-baked cookies.**

Are you ready to chow down on a bunch of Peanut Butter cookies? You'd better be, because June 12 is National Peanut Butter Cookie Day.

Perhaps the biggest promoter of peanuts was George Washington Carver. He wrote about growing them, and importantly, in 1910 he published a book with 105 recipes using peanuts. And, you guessed it..... his cookbook included a recipe for peanut butter cookies. Since then, all sorts of people have created a wide variety of recipes for peanut butter cookies.

Celebrate National Peanut Butter Cookie Day to the fullest with a delicious peanut butter cookie, maybe with a glass of milk on the side.

### **Peanut Butter S'mores Sandwich**



**Picture of Peanut Butter S'mores Sandwich**

Spread peanut butter on a slice of bread  
Add 1 tablespoon of chocolate chips  
Add 2 tablespoons of miniature marshmallows

Optional - Place on a baking sheet and broil 30-60 seconds

### **Peanut Butter and Graham Crackers**

Spread peanut butter on graham crackers – Yum!

Optional: add banana slices



**Pictures of peanut butter graham crackers**

### **Peanut Butter and Jelly Ice Cream**

What could be better than peanut butter and jelly ice cream? You'll love the sweet-salty combination. Start with vanilla ice cream. Use your favorite flavor of jelly and switch to crunchy peanut butter if you like extra texture.

**SHOP WITH AMAZON SMILE and GIVE to the BCC**

Do you order items from Amazon? If so, Amazon donates 0.5% of the purchase price to the Blind Community Center of San Diego when you select us as your supported charity. It costs you nothing, and it provides us with funds to keep putting smiles on our members' faces! Bookmark the link <https://smile.amazon.com/ch/95-6067253> and support us every time you shop. Thank you!