



**Blind Community Center of San Diego**

1805 Upas Street San Diego CA 92103

Phone: 619-298-5021

Donate with PayPal at <https://bccsd.org/>

Email: [info@bccsd.org](mailto:info@bccsd.org)

**AUGUST 2022 NEWSLETTER**

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



**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 a place to gather and an opportunity to socialize and interact. It helps members build skills, confidence and self-esteem through our various, social, recreational and educational, activities.

We have on-site classes and virtual experiences where participants can join by telephone and/or computer.

**MEMBER INFORMATION:**

Are you interested in becoming a BCCSD Member? Annual membership is \$40.

**MEMBERSHIP ADVANTAGES:**

- On any in-person class day, members are eligible to receive one free MTS Access ticket to use that day.
- Priority reservation for limited attendance special events and for transportation when available.

## **CLASSES:**

The Blind Community Center of San Diego has **in-person** classes on Monday, Tuesday, Wednesday and Friday. We have **virtual** classes on Wednesday, Thursday, and Saturday. We have Water Ski, Surf and Picnic events coming up. Please call for a reservation.

**Our first priority is to protect our members, participants, and volunteers. Therefore, we have implemented the following mandatory procedures for in-person classes:**

- N95 or KN95 face masks at all times - no exceptions.
- Mandatory vaccinations and boosters for everyone, must show proof. No exceptions – Please don't ask.
- Temperatures are taken as you enter the building.
- Sign up for each class by calling the BCCSD at 619-298-5021 and leave a message on ext. 206 at least one week before the class you want to attend.
- If you do not receive a confirmation callback two days before your class, please call Christie at (619) 997-8058.
- No one allowed entry if not on the daily reservation list.
- In person and virtual classes are listed below.
- Everyone needs to schedule their ride home by 1:00 p.m. We realize that MTS has a window around departure times.
- 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 their patience and cooperation to make the BCCSD a safe place to have fun.**

**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.greene@sbcglobal.net](mailto:christie.greene@sbcglobal.net)  
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.greene@sbcglobal.net](mailto:christie.greene@sbcglobal.net)  
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



### **VOLUNTEER SPOTLIGHT – EIKO RICE**

Eiko has been volunteering at the BCCSD for more than 10 years. She helps tirelessly with our craft class, makes hats and Afghans for our December Nights Craft sale and helps in any way she can. She helps participants with their crochet and knitting projects and can fix even the biggest yarn snarl. Eiko is a valuable volunteer who has a smile for everyone and whom everyone loves. When Eiko is at the Center, she is the energizer bunny, busy, busy, busy. When Eiko is not at the Center, she is missed by one and all. Thank you Eiko for all that you do.



### **FROM PRESIDENT SHARLENE:**

We are open. Crafts are offered on Mondays and Tuesdays. Ceramics will be offered on Wednesdays. Remember, EVERYONE will wear a mask while inside at all times with the exception of taking a sip of your beverage. We are trying to do our best to keep everyone as protected from getting COVID while at the Center as we can. Your cooperation is greatly appreciated. We have a minimum of 5 participants plus volunteers in order to hold class. If there are fewer than 5 individuals signed up, you will receive a call informing you the class has been canceled in time to cancel transportation arrangements.

### **NEW CRISIS NUMBER**

If you or anyone you know are having suicidal thoughts, or a mental health or substance abuse crisis, call or text **988** to get help.

San Diegans are now able to call **988** to be connected to a trained counselor who can help them and connect them to services in the area where they live. This new service is in addition to the County's Access and Crisis Line (ACL) at (888) 724-7240.

With its launch, 988 will serve as the new nationwide phone number for connecting people to the National Suicide Prevention Lifeline, a national network of local crisis centers that provides free and confidential emotional support to people in a suicidal, mental health and/or substance use crisis,

24 hours a day, 7 days a week in the United States. People can still call or text the National Suicide Prevention Lifeline at 1-800-273-8255.

### **QUOTE**

Ignore the people who are always talking behind your back, that's where they belong; Behind you.

### **ADA INFORMATION**

UBER has been charging wait time which has been charged to some people perhaps without their knowledge. UBER just lost a case filed by the Department of Justice. UBER now needs to refund double the charge. They have a form to fill out, so, if you or an individual you travel with has a disability you won't be charged wait time. When you make a reservation, let UBER know you might need a few minutes because of being disabled to board your ride.

### **SAVE THE DATE**

October 8th from noon until 2:00pm. We will be going to the home of Heather from Intuit and be able to play with her pigmy goats, rabbits, miniature lamb, chickens and alpaca. She will provide lunch. It should be a fun day. Call the reservation line, Ext. 206, anytime, after 9/1 to make a reservation. Guide dogs are welcome but may need to be tethered while visiting the animals. Your dog is not familiar to them so they may not come close enough to touch. When you make your reservation, please include your name and a good daytime phone number. You may sign up at any time between now and August 31st at noon.

**Sharlene Ornelas,**  
President

**FROM BOARD MEMBER MARY MANNING:**



**BCCSD SNEAKER FUNDRAISER!**

**Check out our latest fundraiser! Tell your friends!**

Give us your old sneakers. Any size, type, or condition.

We will receive funds for recycling them. Clean out your closet and support the BCCSD!

Donations accepted at the BCCSD Monday-Friday 9-1 p.m.

1805 Upas St, San Diego, CA 92103

or

Contact Lion Mary Manning

edandmarym@cox.net

Home 619-445-5044 Cell 619-547-9256

**Thank you!**

**FROM BOARD MEMBER CHRISTIE GREENE:**

We are happy to announce another new in-person class to be held at the BCCSD. Every Monday at 10:00 am. **BCCSD Member Elia Gonzalez** will teach 'Eat Smart – Happy Dance'. This class is a fun, interactive nutritional and physical activities workshop. Elia has more than 15 years' experience

teaching nutrition and physical activity in schools and community centers. Each week's lesson plan will be different. The first week will include nutrition information, a little fresh air and exercise and directions on how to make a delicious, nutritious, spicy salsa using refreshing watermelon. Each person in the class will make their own salsa and will receive a large print recipe to take home. Part of the class will be held outside in the patio without masks. Call 619-298-5021, ext. 206 to sign up a week before the class you want to take, you will receive a callback verifying your reservation in the class. Thank you, Elia for offering this class to BCCSD participants.

**Christie Greene**  
619-997-8058



### **VOLUNTEER SPOTLIGHT – DORA PLESE**

Dora has been a BCCSD volunteer since 2015 and has graduated from helping in the kitchen to crafts class assistant to craft class teacher and overall Blind Community Center Grade A plus, Super Duper all-around Volunteer. Dora is at the center before everyone else in the morning, she makes sure we have coffee, and water, and an organized, clean, safe craft room.

During the pandemic, while the center was closed, she led the effort to make craft kits for crafters, got them delivered and then picked up the finished products when crafters were done and then added the finishing touches. Without Dora, we would not have had successful 2020 or 2021 craft sales. Everyone helped with the sale but Dora was the glue that made it possible.

Right now, there would probably not be a craft class at the BCCSD, if it hadn't been for Dora's dedicated efforts. When our long-time crafts teacher, Julie Jones, retired, Dora became the unofficial leader of the pack. The class is going strong and Dora is our crafts class teacher specializing in beaded projects. Great job Dora.

Dora helps pack up groceries on the 2nd Monday of every month and delivers the lion's share of "In This Together" grocery gifts. Dora's list of volunteer duties is much longer than I can list here, and we appreciate everything Dora does for the BCCSD and its participants. Without Dora, others would not be able to do all they do for the BCCSD, including me. Thank you, Dora.

Christie Greene  
Volunteer Business Operations Manager and Board Member

**NORTH PARK LIONS** continues to sponsor monthly '**We Are Thinking of You**' food deliveries for blind and low vision BCCSD participants. **Our next delivery is scheduled for the week of August 8.** 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.greene@sbcglobal.net](mailto:Christie.greene@sbcglobal.net)





**Picture of the July delivery which included fresh potatoes, apples, plums, living lettuce, milk, frozen individual meals and frozen boneless, skinless chicken breasts.**

## **WEEKLY ACTIVITY SCHEDULE**

**Free lunch for all class participants**

### **MONDAYS**

#### **IN-PERSON CRAFT CLASS**

##### **Craft Room**

**Mondays and Tuesdays 9:00 am – 1:00 pm**

In this free class, you can learn to make hats and scarves, beaded angels, beaded lamps, yarn poodles, and more. Sign up for each class by calling the BCCSD at 619-298-5021 and leave a message on ext. 206 at least one week before the class you want to attend.

#### **IN-PERSON NEW CLASS - EAT SMART – HAPPY DANCE**

##### **NCL Room and Patio**

**10:00 a.m. – 12:00 p.m.**

**BCCSD Member Elia Gonzalez** will teach this new class every Monday. It is an interactive, nutritional and physical activity workshop. Come and learn how to eat well and learn about easy techniques to keep your body healthy.

The workshop is designed specifically for blind and low vision participants.

Content of the class will include, among other topics, understanding of serving sizes, and balancing calories in and calories out. You will learn about food groups, and the importance of physical activity in our lives.

Each class member will prepare an easy, healthy snack and take home a large print recipe.

Sign up for each class by calling the BCCSD at 619-298-5021 and leave a message on ext. 206 at least one week before the class you want to attend.

### **IN-PERSON CRIBBAGE**

**11:00 a.m.**

“Yay! Yay! Yay! Cribbage is back! I have missed you all! While the Center is working, gradually, to reopen, entirely, we have decided to start Cribbage the first Monday in August and ALL the Mondays, thereafter...Rules are: 2 vaccines and 2 boosters. N-95 masks at all times. That’s a small price to pay until this crazy virus is behind us...Cribbage starts around 11am to 11:15 until 1 o’clock. Refresher courses, new blind and low vision players, all are welcome. I teach new players one on one. Spread the word. Sign up for each class by calling the BCCSD at 619-298-5021 and leave a message on ext. 206 at least one week before the class you want to attend. I have MISSED you! **Pat Newman**

**VIRTUAL BEGINNING SPANISH taught by Nena**

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

**VIRTUAL INTERMEDIATE SPANISH taught by Nena**

**1:00 p.m. - 2:30 p.m.**

**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

**TUESDAYS****IN-PERSON CRAFT CLASS****Craft Room**

**Mondays and Tuesdays**

**9:00 a.m. – 1:00 p.m.**

In this free class, you can learn to make hats and scarves, beaded angels, beaded lamps, yarn poodles, and more. Sign up for each class by calling the BCCSD at 619-298-5021 and leave a message on ext. 206 at least one week before the class you want to attend.

**BCC SINGERS' REHEARSAL - Directed by Lee Martin****NCL Room**

**Starting Tuesday, August 30<sup>th</sup>**

**11:00 a.m. - 12:30 p.m.**

Lunch will be provided after rehearsal. In-person practices will start Tuesday August 30<sup>th</sup> at the BCCSD. We will be performing at December Nights in Balboa Park on December 2-3, 2022. Masks, vaccinations and boosters required. Please sign up on extension 206 one week prior to your class date and you will receive a confirmation call back,

**WEDNESDAYS**

## **IN-PERSON CERAMICS CLASS**

### **Craft Room**

**9:00 a.m. -1:00 p.m.**

**Jill Coleman** will hold in-person ceramic classes at the BCC on Wednesdays from 9:00 a.m. -1:00 p.m. Our COVID policy requires a reservation, the wearing of an N95 or KN95 facemask and proof that you are fully vaccinated. Sign up for each class by calling the BCCSD at 619-298-5021 and leave a message on ext. 206 at least one week before the class you want to attend. The minimum number of sign-ups to hold class is five, so ask your visually impaired and blind friends to join you at ceramics class. Jill has some fun projects lined up. Make your own mug, a tactile vase, a holiday ornament or your own creation. **\$5 cost for each project.**

## **PLEASE USE OUR WEBEX NUMBER FOR VIRTUAL 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.

**TRIVIA** led by **Pearl**

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

**NAME THAT TUNE** coordinated by **Shon**

## **THURSDAYS**

10:00 a.m. – 12:00 p.m.

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

All are welcome to this ZOOM platform class!

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

## **FRIDAYS**

## **IN-PERSON FRENCH CLASS**

**10:00 a.m.**

Travel to France every Friday with Theresa **in person** at the BCCSD. Come join our beginner French Class and learn the language from menus, recipes, travel brochures and more! Viva La France! Sign up for each class by calling the BCCSD at 619-298-5021 and leave a message on ext. 206 at least one week before the class you want to attend.

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

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

**This class is IN-PERSON and on ZOOM.**

**For ZOOM attendance:**

**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

**For in-person attendance:**

Sign up for each class by calling the BCCSD at 619-298-5021 and leave a message on ext. 206 at least one week before the class you want to attend.

**Please arrive for class before 11:30 a.m. Class ends at 2:00 p.m.**

## **SATURDAYS**

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

**VIRTUAL 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>**

## **VIRTUAL BOARD OF DIRECTORS MEETING**

**Tuesday, August 9 2022 6:00 p.m.**

**To Join, please use the ZOOM number below:**

1 408 638 0968 US (San Jose)

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, 24 hours prior to the meeting to be added to the agenda.

## **VIRTUAL MEMBERSHIP MEETING**

**Tuesday, August 23 2022 1:00 p.m. - 3:00 p.m.**

**To Join, please use the ZOOM number below:**

1 408 638 0968 US (San Jose)

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.

## **SPECIAL ACTIVITIES**

### **PICNIC at MISSION BAY – PLAYA PACIFICA**

**Saturday, August 20**

**9:00 a.m. – 1:00 p.m.**

Summer Barbeque, games, guided walks along the shore with National Charity League and Lions volunteers.

Sign up by calling the BCCSD at 619-298-5021 and leave a message on ext. 206 before Monday, August 15. We will return your call with directions and instructions.

Limited seats available for transportation from the BCC for members.

### **WATER SKIING**

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

**Mark your Calendars:**

**August 27, and September 24**

Thanks to San Diego Mission Bay Boat and Ski Club, our annual tradition of free blind water ski clinics continues 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 Friday, August 19, to sign up for August 27. We will call you back with details.**



**Pictures from July 30 - Blind Water Ski at Fiesta Island**

## **ANNUAL ENCINITAS LIONS BLIND SURF EVENT**

**SUNDAY, SEPTEMBER 11, 2022  
9:00 AM TO 2:00 PM**

**SAN DIEGO'S VISUALLY IMPAIRED WILL ONCE  
AGAIN HIT THE WAVES AT SOUTH PONTO BEACH**

The **Encinitas Lions Club** in partnership with **Urban Surf 4Kids** will hold their 25th Annual Surfing Clinic for the blind and visually impaired. Surfers are provided wet suits, surfboards and instruction, in the water as they challenge themselves to balance atop surfboards. Breakfast and a BBQ



lunch for all our guests will be included, whether you surf or come to enjoy a day at the beach. Of course, there will be no charge and no age limit.

**Directions:** In Carlsbad, from the 5 Freeway, take the Poinsettia turn off, go west to Pacific Coast Highway. Turn left (south) and proceed about two miles to South Ponto Beach on your right. You will see our canopy from the street and can park free.

Sign up by calling the BCCSD at 619-298-5021 and leave a message on ext. 206 before Monday, September 5. We will return your call with directions and instructions.

Limited seats available for transportation from the BCC for members.75

## **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**  
**Sweetwater Women's 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.

### **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.

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



### **THE SAN DIEGO BRAILLE CLUB**

The San Diego Braille Club will be meeting on Fridays Starting on September 2nd. Please contact President Brian Ostosh at (619) 200-7203 for details. Remember, our fiscal year starts in July so dues are payable by the end of the October meeting.

**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.**

## More about Cribbage:

**Mondays at the BCC at 11:00 a.m. Call for reservation.**

- You ask, "What is cribbage?" Cribbage is a card game that combines math and poker to score points. There is strategy, socializing and fun included.
- To play Cribbage, each player receives six cards. The goal is to be the first player to reach 121 points and the score is kept by moving pegs on a narrow board.
- Not knowing how to play is not a problem. Our fantastic volunteer teacher, Pat Newman, will teach you.
- Learn strategy and experience some one-on-one time. Refresher courses, new blind and low vision players, **all are welcome.**
- We also have tournaments each year.

## FAVORITE RECIPES

### OVERNIGHT OATMEAL

Basically, it is **oats** soaked in milk or another liquid **overnight**. There is no **cooking** or additional preparation needed. In the morning, **you** just give it a stir, add a little more liquid if needed, and enjoy.

You can **eat** overnight oatmeal **cold**, but **you** could warm it up in the microwave for a minute or two if **you'd** like.

♥ **Easy to make.** Throw it together the night before, no cooking needed.

♥ **Simple to take.** Prep individual servings in grab-and-go containers.

♥ **Customizable.** Change up ingredients to suit even picky eaters.

♥ **Nutritious.** Make every serving as healthy as you want it to be.

♥ **Filling.** Stay energized until lunchtime with the right balance of protein and fiber.

All you need are uncooked rolled oats, a glass jar with a lid, and add-ins to plump up the oats and infuse them with flavor.

## **1. Chunky Monkey**

Stir in: 1 tablespoon cocoa powder, 1 tablespoon shredded coconut.

Substitute: Coconut milk for regular milk, banana yogurt for plain yogurt, omit berries.

Morning toppers: Sliced banana, 1 tablespoon Nutella or peanut butter.

## **2. Classic PBJ**

Stir in: 2 tablespoons mashed berries or low-sugar fruit preserves, 1 dash vanilla extract.

Substitute: Almond milk for regular milk.

Morning toppers: 1 tablespoon peanut butter or other nut butter, fresh berries or more fruit preserves.

## **3. Pumpkin Spice**

Stir in: 1/4 cup pumpkin puree, 1/2 teaspoon pumpkin spice.

Substitute: Maple sugar or maple syrup for honey, almond milk for regular milk, omit berries.

Morning toppers: Chopped toasted pecans.

## **4. Apple Pie**

Stir in: 2 tablespoons applesauce.

Substitute: Brown sugar or maple sugar for honey, omit berries.

Morning toppers: Chopped apples, chopped walnuts.

## **5. Cranberry Orange**

Stir in: 1 tablespoon dried cranberries, 2 tablespoons orange juice.

Substitute: Brown sugar or maple sugar for honey, omit berries.

Morning toppers: Slivered almonds, dried candied orange peel.