



**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)

**SEPTEMBER 2022 NEWSLETTER**

**CLOSED LABOR DAY - MONDAY SEPTEMBER 5 2022**

**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.
- To be placed on the reservation list for any class or activity, sign up by calling the BCCSD at 619-298-5021, ext. 206, and leaving a message at least one week before the class or event you want to attend.
- If you do not receive a confirmation callback two days before your class, please call Christie at (619) 997-8058.
- 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.
- To-go lunches provided for all participants.

**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

## **FROM PRESIDENT SHARLENE:**

### **FOOD FOR THOUGHT:**

Eventually all the pieces fall into place. Until then, laugh at the confusion, live for the moment, and know that everything happens for a reason. Carrie Bradshaw

Thank you to everyone who has paid their \$40.00 MEMBERSHIP FEE. If you haven't, it's never too late. You can mail a check or money order to:

BCCSD

1805 Upas Street

San diego, CA 92103

You can also pay by going to our web page, [bccsd.org](http://bccsd.org) and click on the donate button. Please put MEMBERSHIP FEE for special instructions.

The visit to Heather Champoux's house to pet and play with her animals is October 8<sup>th</sup> from 11:30 until 3:00pm. The animals to pet are; 5 Nigerian dwarf goats, an alpaca, two baby doll sheep, 13 chickens, and 2 holland lop rabbits. Lunch will be included with this event. Sign up by calling the BCCSD at 619-298-5021 and leaving a message on ext. 206 before Saturday, October 1. We will return your call with directions and instructions.

Limited transportation from and to the BCCSD for members. Sign up Now!

Be safe  
Sharlene Ornelas  
President/Executive Director

**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](mailto:edandmarym@cox.net)

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

**FROM BOARD MEMBER CHRISTIE GREENE:**

We had a good turnout for the August water ski event. Everyone enjoyed boat rides and almost everyone went for at least one fast, inner tube ride. It was a beautiful, sunny San Diego, day at the beach. We enjoyed three ski boats, one pontoon boat and four wonderful volunteer boat captains. The San Diego Mission Bay Boat and Ski Club (SDMBBSC) offered participants donuts, coffee and hot chocolate on our arrival and at noon, we all drove to the clubhouse for barbequed hotdogs and cheeseburgers. Lots of volunteers, including SDMBBSC members and boy scout troops helped blind participants with life vests and refreshments. Participants were escorted to and from the shoreline and safely assisted into and out of boats and the couch innertubes. There was water skiing, wake boarding, boat riding and inner tube bouncing for a fun, fun day.

There will be one more 2022 water ski event on Saturday, September 24.

Sign up and join us.

**Christie Greene**

619-997-8058





**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 September 12.** Active members and participants will receive a phone call prior to the delivery to coordinate their delivery date.

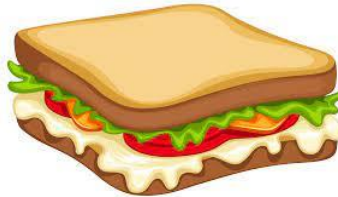
Please let us know if you have any questions about the deliveries.  
Thank You. [Christie.greene@sbcglobal.net](mailto:Christie.greene@sbcglobal.net)



**Picture of the August delivery which included fresh potatoes, apples, zucchini and water melon or grapes. Pantry items included Toasted Oats, granola bars, chicken noodle soup, canned corn and oatmeal.**

## WEEKLY ACTIVITY SCHEDULE

Free lunch for all class participants



### MONDAYS

#### IN-PERSON CRAFT CLASS

##### **Craft Room**

**Mondays and Tuesdays 9:00 am**

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.**

**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.

Topics include understanding serving sizes and balancing calories in and calories out. You will learn about food groups, and the importance of physical activity in our lives and every class participant will prepare an easy, healthy snack in class and will take home a large print recipe.

## **IN-PERSON CRIBBAGE**

**11:00 a.m.**

“Yay! Yay! Yay! Cribbage is back! I have missed you all! Every Monday at 11:00 a.m. 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.**

## **VIRTUAL INTERMEDIATE SPANISH taught by Nena**

**1:00 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.**

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**

**Tuesdays**

**11:00 a.m.**

Lunch will be provided after rehearsal. 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.**

In-person ceramic classes at the BCC on Wednesdays at 9:00 a.m. 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. Make your own mug, a tactile vase, a holiday ornament or your own creation. **\$5 cost for each project.**

### **IN-PERSON DECEMBER NIGHTS CRAFTS**

**Craft Room**

**9:00 a.m.**

Help the BCCSD make crafts for our December Nights crafts fundraiser. Make beaded lamps, ornaments, fabric wreaths and other items.

**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.

**BLIND COMMUNITY CENTER WRITERS WORKSHOP with CLYTIE**

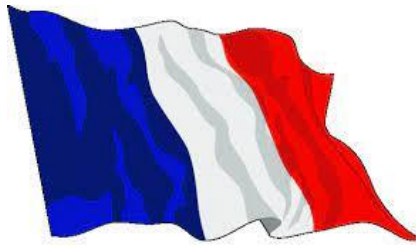
All are welcome to this ZOOM platform class!

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, September 13 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, September 27 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**

### **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 and to the BCC for members. Sign up Now!

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

**SATURDAY SEPTEMBER 24**

**ONE LAST BLIND WATER SKI EVENT FOR 2022. DON'T MISS IT!**

Sign up now for the last San Diego Mission Bay Boat and Ski Club free blind water ski clinic in 2022. There will be water skiing, tubing, boat rides, fun in the sun and a barbeque 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, September 16, to sign up for September 24. We will call you back with details.**



## **PIGMY GOATS, RABBITS, and an ALPACA AND LUNCH AT HEATHER'S HOUSE**

**SATURDAY, OCTOBER 8, 2022**  
**11:30 a.m. until 3:00p.m.**

On October 8th we will drive to the home of Volunteer Heather from Intuit to visit with her pigmy goats, rabbits, a miniature lamb, chickens and an alpaca. She will provide lunch for a fun day. Guide dogs are welcome but may need to be tethered while visiting the animals. Sign up by calling the BCCSD at 619-298-5021 and leaving a message on ext. 206 before Saturday, October 1. We will return your call with directions and instructions.

Limited transportation from and to the BCCSD for members. Sign up Now!



## **MARK YOUR CALENDARS**

Saturday, October 22 2022  
Halloween party at the BCCSD hosted by NCL

Saturday, November 19 2022  
Thanksgiving at the BCCSD

Friday, December 2 and Saturday, December 3 2022  
December Nights craft sale fundraiser in Balboa Park

Saturday, December 10 2022  
Annual Christmas party at the BCCSD

## **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.**

## **FRIDAY, SEPTEMBER 9 IS NATIONAL TEDDY BEAR DAY**

A Teddy Bear is a special friend to children all over the world. He's cuddly. He makes you feel secure in an otherwise insecure world. He's lovable. Your Teddy Bear is both a companion and a comforter. And, he's not afraid of the dark. He'll keep you safe.

Spend the day and night with your teddy bear. Cuddle up to him. Talk to him. And, do all of your favorite things together.

Parents and adults: No child should grow up without a teddy bear. If you know of any kid without one, use this day to buy a teddy bear for them.

As we become adults, some find it difficult to give up our teddy bears. We feel there is no reason to give him up. Some adults have their teddy bears around all their lives. It's perfectly normal....and okay. Have a happy Teddy Bear Day!

Today's Quote: "You're braver than you believe, stronger than you seem, and smarter than you think." - - Winnie the Pooh



**Teddy Bear Lamps made by BCC Crafters - \$30 each.**

## **MICROWAVE BAKED APPLES**

2 tart baking apples (Macintosh or Pippin)

1 Tbsp. brown sugar

1/2 Tbsp. butter

Core apples. Place sugar and butter in cavities. Set in custard cup or baking dish. Cover (wax paper for crunch - or - plastic for soft). Microwave on high power (2 apples) 2 ½ - 4 minutes.

Micro-cook until fork tender, rotating after 1/2 cooking time.

Let stand 2 minutes. Serves 2.