



Newsletter for the Earle Baum Center

Serving the Blind and Visually Impaired

(707) 523-3222 www.earlebaum.org email: ebc@earlebaum.org

Engineering a Change

Sometimes finding what you need is as close as one's fingertips. For Vincent



Salmon, his arrival in Santa Rosa in 1999 raised the problem of locating vision rehabilitation ser-

vices easily accessible from his new home. The answer was as close as his phone book.

Born in Jamaica in 1912, Vincent enjoyed a stellar 57 year engineering career before retiring in 1996. As a talented young musician, Vincent was awarded a scholarship to MIT where his interest in acoustics was awakened. Trained in acoustic science, Vincent used his knowledge to help develop flush mount antennas for aircraft, check processing systems for banks, equations to predict the earth movements for the first underground nuclear tests, and a revolutionary method of removing the feathers from chickens using sound waves.

After retiring in 1996, Vincent visited Friends House at the suggestion of his wife and appreciated the voice residents had in the management of the facility. With Macular Degeneration complicating the situation,

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Aerial Update

For the past 6 years I have been on a quest to first see rowing become a Paralympic sport. That was accomplished in 2005, and



Ariel and Hedda

this year in Beijing, China rowing will be included for the first time. I have had the amazing and fortunate experience of rowing with the US National team for the past 6 years at five World Rowing Championships. These ex-

periences will be with me forever including the friends I have made. Since 2002 when I tried out for the very first adaptive team, I wanted to see adaptive rowing become available to anyone with a disability who wanted to get the thrill of the amazing sport of rowing.

The sport has grown, and will continue to grow, both from the perspective of boat-houses opening their doors, and the awareness of the sport to people with disabilities. I shared this dream and of being on the first team that would represent the US at the Paralympics with you over the years. One of

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Vincent and Elsie made the move. Not willing to leave his active lifestyle behind, Vincent arrived at the EBC for a technology evaluation. In a few weeks he was receiving advanced computer training. With his strong background in math and physics, Vincent was a quick learner. With his new computer skills, Vincent is able to keep up to date with his diverse interests, but warns that “the computer is addictive. Maybe it’s time to slow down.” In addition to tech assistance, Vincent signed on for Orientation and Mobility Training.

After experiencing the difference that training has made in his own life, Vincent chose to make a large gift to the EBC to help ensure that these services will be available long into the future. Vincent has also become a Vision for the Future Partner by including the Earle Baum Center in his will. On his journey from a challenging and impoverished childhood to his engineering achievements, Vincent Salmon believes that “because I can focus on my tasks, vision loss is a nuisance not an affliction.”

Focus on Food

Designed to cut the visual stimulation overload present at many restaurants, Opaque San Francisco offers the opportunity to abandon vision and experience greater stimulation as you enjoy “Dining in the Dark”.

Opaque San Francisco, 689 McAllister Street San Francisco, is open Thursdays, Fridays and Saturday nights opening at 7:30 PM. Meals are served by blind servers in a pitch black dining room, featuring American cuisine with prices beginning at \$50. More information is available on the web at <http://sf.darkdining.com/>

(Aerial from page 1)

these dreams is coming true, the sport is growing, and the athletes are getting younger and stronger. That is where the sport needed to go in order to be competitive on the world venue.

Last week I tried out for the Paralympic team and lost my seat to a very deserving 23 year old woman from Purdue University. The boat that will be going to China to represent the US will have my heart and soul behind them. They will be a strong competitive boat. I wanted to realize my goal that I set for myself in 2002, even though I won't be in the boat that will go down the racecourse in Beijing, my goal has been realized because the athletes that will be representing the US are the best combination to bring home the gold!

I thank you all for supporting my efforts, I couldn't have done it without you! I will continue to spread the word and work to grow the sport so that in 2012 there will be a huge pool of competitive athletes trying out for the team.

Aerial Gilbert, EBC Board Member

Information for Free

411 service is now available at no charge from AT&T. To apply, from your home phone, call 1-800-772-3140 (Customer Service) select Option 4 and ask for the application form for exemption for 411 operator calls to be sent to your home address, fill out and return (self addressed return envelope). This will allow you to make Local Residential 411 calls.



We Thank Our Recent Cash Donors for Their Generosity

Community Foundation's Sonoma County Schulz Donor Advised Fund
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Eugene Tedeschi
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Robin Williams
Walt Wingell
Robert Zie

Our apologies if we have omitted your name. If you should have been listed and were not, please contact our Development Department at (707) 523-3222 or at ebc@earlebaum.org

SONOMA COUNTY

EARLE FEST



A CELEBRATION
OF AMERICANA MUSIC

Chris Hillman
&

Herb Pedersen

The Otis Taylor Band

Corinne West
& The Posse

Blue & Lonesome

Saturday 9/27/2008 Noon - 6:30 PM

Earle Baum Center
4539 Occidental Rd., Santa Rosa, CA

Tickets: \$40 Advance \$50 Gate
www.earlefest.com (707) 523-3222

The Last Record Store, Santa Rosa
Backdoor Disc and Tape, Cotati

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All proceeds benefit the Earle Baum Center of the Blind

The Spirit is Moving

By Stephanie Donatelli

The Body, Mind and Spirit Activity Group has attracted a lot of attention lately and with good reason. On the first and third Thursdays of each month from 11 a.m. until 1 p.m. a cheerful and involved group of people gather at the EBC to participate in a variety of activities. On the first Thursday you may find the group in the throes of the alliterative sleep shade charades. A blindfolded version of the popular game, someone describes, rather than enacts, a movie title, a book, or a phrase to the group who will then do their utmost to decipher the descriptive clues. On the third Thursday the group may participate in a rousing round of Bingo while nibbling on a slice of pepperoni pizza. Still, on other Thursdays field trips are arranged to thrift stores or a nearby restaurant for a lunch out. On August 21st an excursion to the Korbel winery is planned. And that is only a small sampling of what's offered. Descriptive movies are especially popular as are craft days.

The Body, Mind and Spirit Group is guided by the capable hands of Tammy Meyer. Tammy became acquainted with the Earle Baum Center first as a client. She was diagnosed twelve years ago with a rare visual impairment known as Kjer's disease. Tammy's fortitude and zest for life allowed her to adapt to her circumstances and rebuild her life. Later, she moved into volunteer work where she assisted the leader of the Exercise group as well as many other activities whenever she was called upon to help. When the position of Activities Coordinator opened up, it was an easy choice to make for the staff of the EBC and Tammy was hired.

In addition to Body, Mind and Spirit, Tammy is particularly proud of her work with a new eight week program, A Matter of Balance:

Managing Concerns about Falls. The fear of falling can itself be debilitating. This nationally recognized program is well structured and consists of eight, two-hour sessions that first teach participants how to manage their environment and reduce the risk factors that contribute to falls. Having greater control of their living and work space, participants gain confidence which then allows for greater ease of movement. The second half of the program introduces safe and simple exercises that increase flexibility and strengthen the muscles required to maintain balance. Tammy led the first eight-week program with great success! She has plans for the next eight week program to begin in the next few months. Check with EBC and plan to participate.

Not only was the A Matter of Balance program successful in increasing confidence, strength and flexibility among its participants under Tammy's caring guidance but from that experience emerged a new Support Group. The well designed program fostered a warm camaraderie during the eight-week sessions that led to the group's desire to maintain the supportive atmosphere. They now meet regularly to discuss a wide variety of topics. The trusting environment encourages members to share issues they might find troubling as well as offering stories of their varied lives.

Both the Body, Mind and Spirit Activity Group and A Matter of Balance require effort and dedication on Tammy's part but she has energy to spare. Also on her roster of scheduling is an Exercise Group that meets Tuesdays and Thursdays from 9-11 a.m. During the first hour clients rotate between two stationary bikes, a treadmill, a weight machine and a rowing machine. The second hour they are led through an easy session of stretching and

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balance work. By the end of two hours, clients are energized from their newfound strength and flexibility and looking forward to the next rotation. Ideally the participants of the Body, Mind and Spirit Activities Group will flow directly into the Exercise Group on the first and third Thursdays. Tammy feels both groups complement each other and the camaraderie they engender enhances the strength of the body, the mind and the spirit. Check the EBC schedule and plan to join one or all of these groups. You will find yourself refreshed and renewed!

A Worthy Tribute

Celebrating a loved one through a gift to the Earle Baum Center is a singularly meaningful way of honoring someone special to you. Remember a loved one through a memorial gift, or make an "in honor of" charitable contribution to recognize a loved one on a special occasion such as a birthday, anniversary or graduation. Simply fill out the enclosed reply envelope or contact us at (707) 523-3222 to make your special gift even more significant.

Deals Galore

A new web site, Blind Bargains, claims to be the home for the latest deals, and news for the blind and visually impaired. Blind Bargains scours the net to find sales, deals, and news on computers, screen readers, notetakers, braille printers, hard drives, accessible cell phones, memory cards, talking products, and much more. The site directs the user to the actual vendor of the sale merchandise. As with all web sites, the EBC urges caution before making a purchase. Blind Bargains can be found at <http://www.blindbargains.com/>

Seasonal Bounty

With the approaching warm days and cool nights, what better way to settle in for the evening than with a warm bowl of soup. And what better way to use the local bounty than this recipe for Apple-Cheddar Soup. And what better apples than our local Gravensteins, available in abundance and for free in the Earle Baum Center orchards. Come out any time and pick your fill.

Apple-Cheddar Soup

From Better Homes and Gardens

1/2 cup finely chopped onion (1 medium)
1 Tbsp. butter
2 medium baking potatoes peeled & diced
2 cups apple cider
1 tsp. fresh or 1/2 tsp. dried thyme crushed
1/2 tsp. salt
Dash of cayenne pepper
1 medium apple, peeled, cored & chopped
1/2 cup milk
2 Tbsp. all purpose flour
4 ounces sharp cheddar cheese, shredded
Apple slices
Green peppercorns

In a large saucepan, cook onion in hot butter over medium heat until tender. Stir in diced potatoes, cider, thyme, salt and cayenne. Bring to boil. Reduce heat. Simmer covered for 15 minutes. Add chopped apple. Simmer, covered 5 more minutes or until potatoes are tender.

In a small bowl, combine milk and flour. Stir into soup. Cook and stir until bubbly. Slowly add cheese, whisking until cheese is melted.

Divide soup into bowls. Top with apple slices and peppercorns. Makes 4 to 6 side dishes.

From the Center



Since opening our doors in 1999, we at the Earle Baum Center have discussed the need for an annual signature event that will both raise funds and bring significant attention to the EBC. We looked

at a variety of options and tested ideas but we never found anything that had great potential and a uniqueness that would become memorable and recognizable.

Well, we might have found our niche. On September 27, the EBC will produce a music festival of Americana music (which is also referred to as Roots music) called EarleFest. We have contracted with terrific recording artists to assure a music festival that we know will be memorable. Americana music includes many of the sounds that evolved in the U.S. including bluegrass, blues and folk. The genre is great for families and the spirit and energy is infectious. And this music is personal to the EBC; Earle Baum played the fiddle and loved to sing and write music. The day long festival will bring many people to the EBC to have fun and enjoy great sounds and the EBC will be the beneficiary of the proceeds.

Our dream is to establish a festival that will be so memorable that we will be expected to make it an annual event. It is an enormous undertaking to produce such a festival. We will have a large stage with a sound system brought to our athletic field with hundreds of chairs and plenty of space for blankets for those who prefer hanging out on the lawn. We will offer a variety of good food including paella by Gerard in addition to items hot off

the barbecue, local wines and microbrewery beers, etc. Our artists will make their CDs available to concert-goers and in addition, Jackalope Records will be here with CD's of many local musicians. We will also feature a silent auction, a raffle of a very special handmade quilt by a local artist and much more.

The success of the event is up to the community and supporters. We need to sell up to 1000 tickets which is no small undertaking. Some might think, "Great timing, putting on a large event in the midst of our rough economic conditions". That is precisely the reason we need this event to be successful. We are facing enormous challenges with dramatic State budget cuts and difficult times for so many.

If you plan to attend EarleFest, we will be thrilled to see you. If you are unable to attend, you might consider sponsoring others unable to afford to attend by purchasing tickets and having them delivered to me. I will be sure to give them out discretely. We also continue to seek event sponsors and silent auction items. Those larger donations are the foundation making EarleFest possible.

Please take a look at our web site, www.earlefest.com to learn more about the artists and plans. This is truly a "don't miss" event. We will report on EarleFest after September 27.

Allan Brenner, President/CEO



**FREE MATTER
FOR THE BLIND**



**EARLE BAUM CENTER
4539 Occidental Road
Santa Rosa, CA 95401**

MISSION STATEMENT

**To provide opportu-
nities for people
who are blind or
visually impaired to
improve and enrich
their personal,
social and
economic lives.**

Contact information: www.earlebaum.org email: ebc@earlebaum.org

Tel: (707) 523-3222

Fax: (707) 636-2768

Attention Techies

Because of the Labor Day Holiday, there will be no September Tech Club meeting.

The next Tech Club meeting will be on Monday, October 6 from 9:00 to 10:30 AM in Room 3. The topic of the October meeting will be accessible free games that can be downloaded, installed & played on your computer.

Exercising Change

The schedule for the twice weekly fitness class has been changed. The class will now meet on Tuesdays and Thursdays from 9:00 to 11:00 AM.

New Support Group

Our Matter of Balance class graduates have started a new support group that meets on the second & fourth Tuesdays of each month from 1:30 to 3:30 PM at the EBC. This exciting and dynamic group invites anyone interested to come and share their thoughts, ideas, suggestions or experiences. There is no charge to attend.

Save the Date

Don't forget to mark your calendars for EarleFest, coming September 27.