



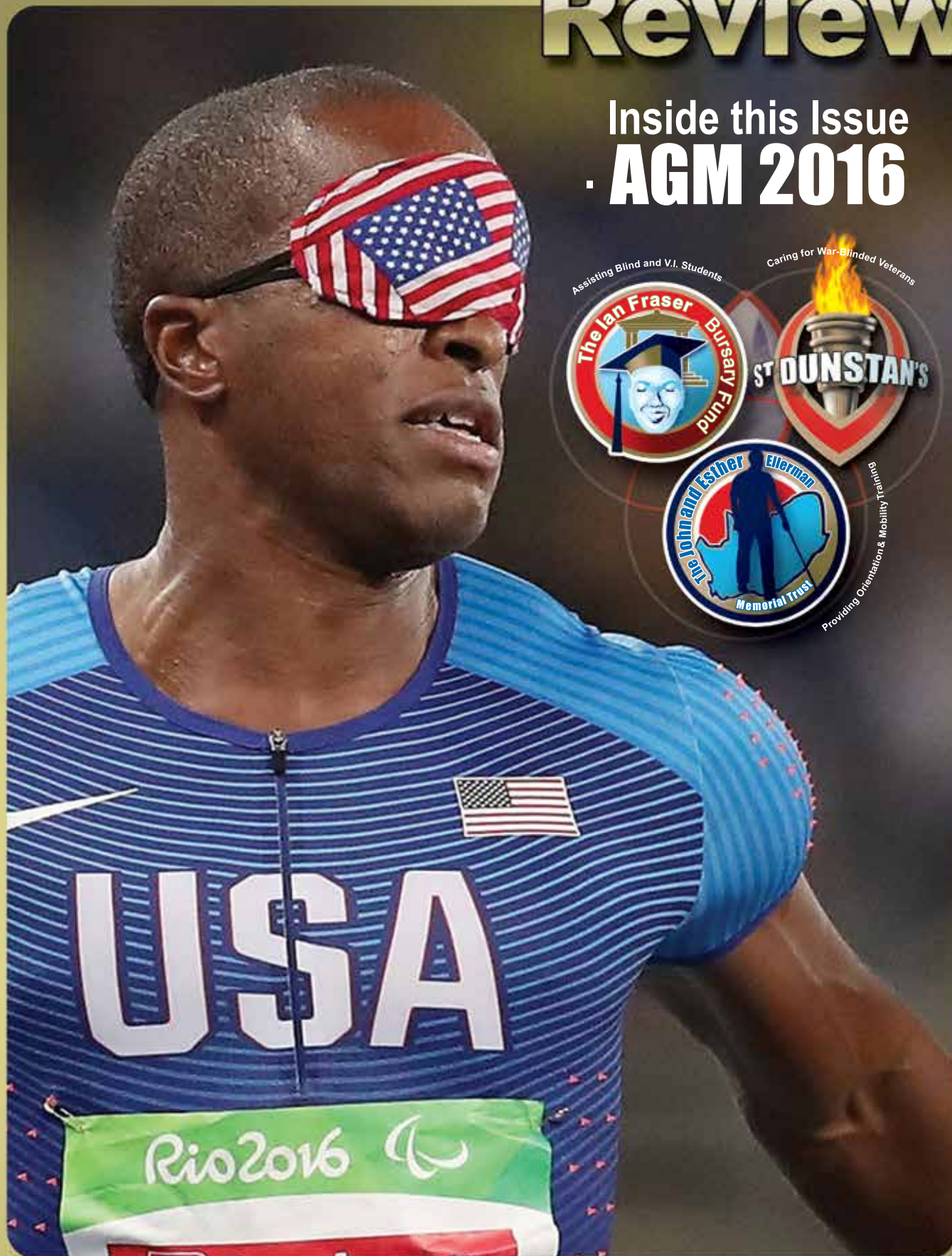
DUNSTAN'S

Issue 87 - September 2016

Review

Inside this Issue

• **AGM 2016**



Assisting Blind and V.I. Students



Caring for War-Blinded Veterans



Providing Orientation & Mobility Training

ST

DUNSTANS

Review

Quarterly Publication

Association for South African War-Blinded Veterans
Vereniging vir Suid-Afrikaanse Oorlogs-Verblinde Veterane

message from the Chairman



Dear St Dunstaners

In the last issue I raised my concern about the state of the world with events in the US and UK, migration matters in Europe and the burning of schools in South Africa. Now we have a new crisis with the demand for free higher education and the associated violence and destruction that this demand from the students has been linked to.

It seems as if our South African society at all levels has become a “demand” society and if we do not get what we are demanding then we resort to violence. This violence can be physical or verbal aimed at an individual or individuals who do not agree with our demands. This culture of entitlement is evident among the young and even the adults and the extent to which individuals will go to insist

on their demands is astounding. How did we get to the point where intelligent people convince themselves that they are entitled to a good or service for which they have made no contribution or for which they are not paying? Tax payers are entitled to demand that the state spend their money wisely, parents who are tax payers can ask that education be free but then they must also be prepared to perhaps pay more tax. But under no circumstance can we justify violence in pursuit of our demands.

You may ask what this has got to do with St Dunstans. I am hoping that as St Dunstaners we can contribute is some small way to changing these destructive attitudes by dialogue within our own families so that we and our children adopt a more respectful method of resolving conflict. This calls for a method that protects each person’s dignity and leaves no individual belittled or damaged at the end.

On a more positive note it is a great pleasure to welcome our new CEO, Gareth Morgan, who started on the 1st October. The Board looks forward to working with Gareth and will at the appropriate time thank Charles Dickson for his 18years of caring service.

Once again our Paralympians did a sterling job in Rio and we thank them for flying the South African flag so proudly.

Finally Ncumisa Khoali, Palesa Mtimkulu’s daughter, graduated with a B Comm from UNISA and we want to congratulate her and wish her well for the future.

I look forward to seeing all of you at the reunion.

God Bless

B Figaji

We welcome any contributions, suggestions and comments (bric-a-brac and bouquets!!)

Please write to: The Editor

ST

DUNSTAN'S

Review

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Tape Aids for the Blind generously make the magazine available (in audio form) to our readers, free of charge. Should you wish to make use of this service, kindly contact the St. Dunstans Office. Contact details are on the back of this issue.

Have you thought of leaving a lasting gift?

St Dunstan’s, like many other charities, relies heavily on bequests/legacies to carry out its work, and a simple gift can transform the lives of blind ex-servicemen and women. You could help St Dunstan’s continue its tradition of helping people come to terms with their blindness, achieve and maintain a level of independence in their daily lives. In this way you can literally leave the world a better place. Should you require confidential assistance in adding St. Dunstan’s to your Last Will & Testament, please feel free to contact our Chief Executive Officer (CEO), Dr. Charles Dickson, who will gladly assist you.

The Paralympic Games 2016



The 2016 Summer Paralympics (Brazilian Portuguese: Jogos Paralímpicos de Verão de 2016), the fifteenth Summer Paralympic Games, were a major international multi-sport event for athletes with disabilities governed by the International Paralympic Committee, held in Rio de Janeiro, Brazil, from 7 September to 18 September 2016. The Games marked the first time a Latin American and South American city hosted the event, the second Southern Hemisphere city and nation, the first one being the 2000 Summer Paralympics in Sydney, and also the first time a Lusophone (Portuguese-speaking) country hosted the event. These Games saw the introduction of two new sports to the Paralympic program: canoeing and the paratriathlon.

The lead-up to these Paralympics were met with financial shortcomings attributed to tepid sponsor interest and ticket

sales, which resulted in cuts to volunteer staffing and transport, the re-location of events and the partial deconstruction of the Deodoro venue cluster. However, ticket sales began to see increases as the Games drew nearer; on 14 September 2016, the IPC announced that over 2 million tickets had been sold, overtaking Beijing 2008 as the second-most-attended Paralympic Games ever.



The opening ceremony of the 2016 Summer Paralympics took place on the evening of 7 September 2016 at the Maracanã Stadium. With the theme "Todo Mundo tem um Coração" ("Everybody Has a Heart"), the artistic portions of the ceremony featured sequences themed around the culture of Brazil and inclusivity. The official portions of the ceremony were afflicted by notable political gestures:



a Belarusian official carried a Russian flag alongside his delegation to protest Russia's ban from the games. In the wake of ongoing protests over political instability in Brazil, spectators booed organizing committee head Carlos Arthur Nuzman after he thanked governments for their role in organizing the Games, and President Michel Temer whilst he opened the Games, in response to the recent impeachment of former president Dilma Rousseff.

The Opening Ceremony

In an opening speech, IPC president Phillip Craven invited viewers to "see the true meaning of sport and the true definition of ability", explaining that "in a country which has faced major challenges of late, Paralympians

will switch your focus from perceived limitations, to a world full of possibility and endless opportunity. They will surprise you, inspire and excite you, but most of all they will change you." The Paralympic cauldron was lit by Brazilian para-swimmer Clodoaldo Silva.

The Closing Ceremony

The closing ceremony of the 2016 Summer Paralympics took place on the evening of 18 September 2016 at the Maracanã Stadium. It featured concert performances by an array of prominent Brazilian musicians, as well as the formal handover to Tokyo, host of the 2020 Summer Paralympics, and closing remarks. IPC president Phillip Craven led a moment of silence for Iranian cyclist Bahman Golbarnezhad (who was killed the day before in a road cycling accident), stating that his death had "affected us all and left the whole Paralympic Movement united in grief." Craven went on to praise Brazil's reception to the Games and the overall performances of athletes, stating that people "were in awe at what you could do and forgot about what they believed you could not. You showed to the world that with a positive attitude the human body, and above all the human heart and mind, knows no limits and absolutely anything is possible." Craven also announced that he would bestow the Paralympic Order - the IPC's highest honour, on the people of Brazil and Rio de Janeiro for their "outstanding support" of the Paralympics.

Source: www.wikipedia.org

Above: Louzanne Coetzee who participated in the 1500m T1.
Below: Hilton Langenhoven won Gold in the Men's Long Jump T12 and Silver in the Men's 200m T12.





Introduction

The year 2016 marked the commemoration of a significant international event, namely, the Commemoration of the Centenary of the Delville Wood Battle. This battle made a major contribution to the victory of the Allied Forces in WW11. Mr. Leslie Masterson represented St Dunstan's at the Commemoration of the Delville Wood battle.

The 2016 calendar years also saw the beginning of some important developments. We continued the development of our relationship with Blind Veterans UK by sending an investigative team of three people to visit the facilities of Blind Veterans UK. The purpose was to observe and learn with the purpose of indentifying potential programmes and activities, which could enhance and or advance the services provided by St Dunstan's S A to its beneficiaries.

During the 2015/2016 St Dunstan's provided assistances



Honorary Treasurer - Mr. David Mitchell

Chief Executive Officer - Dr Charles Dickson

Hermanus Holiday House

The administration of the holiday house has been done by an agency in Hermanus for the last number of years. In its last meeting for 2015, FNB Trustees together with the three beneficiaries of the Bud O'Brien Trust agreed to transfer the administration of the holiday house to St Dunstan's Association. Steps will be taken in the next financial year to give effect to this decision. A number of other changes will also be implemented. These will be reported on in the report for the 2016 -2017 financial year.

New Beneficiaries

The Board received no new beneficiary applications for consideration.

Standard Benefits

The Board reviewed benefits and made changes to give effect to the impact of inflation. The

and services that dealt with challenges in the areas of health, finance, bereavement and the education of children, to name a few. Special emphasis was placed this year on the provision of assistive devices. We continued to celebrate the achievements of the beneficiaries and their families, as well as that of blind and visually impaired persons in general, through the quarterly St Dunstan's Review magazine, and brought news about new developments in technology relevant and of interest to persons with visual impairment.

This report indicates that the financial and administrative state of St Dunstan's is very healthy despite the challenging financial environment in which it operated during the 2015/2016 financial year.

Directorate

The Officers who served during the financial year under review were:

Chairman - Prof Brian Figaji



benefits schedule was also reformatted to make it easier to understand. Certain benefits were also reworded.

Decentralised Services

Contracted Social Workers continue to make an invaluable contribution to the support provided to beneficiaries by visiting St Dunstaners and Widows in their homes.

We were able to retain the services of all the Contracted Social Workers for the calendar year January to December 2015. We are still attempting to get the services of an additional Social Worker for Mafikeng. The distance between Vryburg and Mafikeng, makes effective service delivery problematic.

Members of the Association

No new applications for membership were received during the period under review.

Staff

During the period under review

the Social Welfare Officer, Mrs Sonét Boisits, resigned after seven and half years of dedicated and committed service to St Dunstan's and St Dunstaners and Widows. She made an invaluable contribution to the care and well-being of St Dunstaners and their families. We wish her well as she pursues a new direction and opportunity.

We welcome in her place Mrs Andrea Burton. Mrs Burton comes to the position with extensive experience in Social Welfare acquired in both South Africa and the UK. We trust she will enjoy many satisfying years of services at St Dunstan's.

We pay tribute to our Chief Executive Officer, Dr Charles Dickson, and the loyal and devoted members of our staff whom he leads. Their deep concern for and interest in the welfare of all our beneficiaries is commendable and highly appreciated. We thank them most sincerely for their dedication and loyalty. They are a great team and a credit to the organisation.

Deaths

There were no deaths recorded for the 1 April 2015 to 31 March 2016 financial. However, on 13 May 2016 Mrs. Catharina Naude, the wife of St Dunstaner Mr Abraham Naude, passed on after a period of illness.

5.2 Finances

5.2.1 Support for Orientation and Mobility Training

The three-year O&M Implementation plan ended on 31 March 2016. Over this period, St Dunstan's provided funding to increase the number of trained O&M Practioners that would be available to train blind and visually impaired persons. St Dunstan's provides funding for 13 of the 25 O&M Practioners who currently receives subsidies.

5.2.2. Finance Management

We place on record our sincere appreciation for the conscientious way in which our Honorary Treasurer, Mr. David Mitchell, and the responsible staff members watched over our finances. Thanks to them costs remain contained and we were able to review and increase benefits as and when required.

We remain extremely grateful to all the generous people who continue to support our work through bequests and donations. In this regard, we would like to express our thanks to the following organisations and individuals:

AWE Larpent Charitable Trust
Bud O'Brien Trust
Colin Weedy Trust
F and D Middleditch Trust
Frater SAMH
Florence Una Will Trust

Annual General Meeting 2016

Gous J B
JHB Armstrong Trust
Joseph Nevens Will Trust
M A Black Will Trust
Maskew Miller Trust
MV McKenzie Will Trust
M.O.T.H. Cape WP Dugout
Neal N E
PC Lilburn Trust
Roberts A
W Curry Trust

5.3 Annual National Reunion

The St Dunstan's 2015 reunion took place on the Durban South Coast at Pumula Beach Hotel from August 21-24. Beneficiaries travelled on the Thursday from various parts of the country to Durban.

On arrival at Pumula Beach Hotel we were met by the staff who went ahead to check on the final arrangements. What struck a person on arrival is the business of the place. The private schools were on holiday and so there a number of families who were sharing the hotel facilities with us. We checked in, collected our

room keys and we were off to go to unpack and got ready for the rest of the weekend.

Michael Purse, Head of Membership and Reunions at Blind Veterans UK (formerly St Dunstan's UK) joined us for the reunion. His Irish flavoring input contributed to the success of the winning potjie.

Drinks and snacks were served on the veranda, which quickly became a hive of activity and chatter as St Dunstaners sat around in groups catching up and enjoying the welcomed snacks.

At suppertime, everyone enjoyed a delicious buffet and relaxed in the lounge.

Friday was the Braai Master Competition. The staff of Beach and Bush who organised the activity grouped St Dunstaners into four groups. Each group was given equipment and the ingredients for a potjie; four different potjies were cooked: a vegetable potjie; a chicken potjie, a meat potjie and a lamb potjie. The challenging aspect of

this activity was the fact that the potjies were the lunch for the day. Points were awarded for different aspects of the cooking and presentation of the potjie. The chefs of Beach and Bush judged the different potjies. The winner of the potjiekos competition was team number one for their African Fusion potjie, fusing African and Irish flavours. At lunchtime, we helped ourselves to delicious potjiekos.

Ushaka Marine Sea World is the popular tourism attraction in Durban. Saturday was spent at Ushaka Marine, sightseeing and enjoying a number of interesting activities. The day turned out to be a very informative and entertaining day with lots to see, experience and to enjoy. In the evening, the Gala Dinner took place and afterwards St Dunstaners had a lot of fun while they danced the night away.

After breakfast on the Sunday, there was a morning service and then we got ready for the return journey home.





Reunion 2015 was a different experience; there were lots to see, take in, experience and to appreciate. Everyone enjoyed themselves at the 2015 reunion.

5.4 Trusts

5.4.1 The John and Esther Ellerman Memorial Trust

The Trust contributes towards the welfare of civilian blind persons in South Africa by providing subsidies to a number of Organisations of and for the Blind who employ Orientation and Mobility Practitioners to do the training of civilian blind persons. The training also includes skills for daily living and other development skills.

The 2016 financial year was the last year of the three-year plan to increase the number of O&M Practitioners subsidized from twelve to twenty-five. In the February 2016 board meeting, the CEO reported that the target of twenty-five subsidized O&M Practitioners had been achieved. The Board agreed to keep the number at twenty-five for 2017 and 2018. The situation will be

reviewed in 2019. Therefore, at 31 March 2016 twenty-five O&M Practitioners were subsidised. St Dunstan has provided funding of R1, 128, 180 for thirteen of the twenty-five O&M Practitioners.

5.4.2 The Ian Fraser Memorial Bursary Fund

(i) Bursaries: The Fund continued its vital role of assisting blind and partially sighted persons with their tertiary education. The 2015 academic year commenced with twelve (12) students who received bursaries and who were continuing with their studies. These students enrolled at various universities / technikons. At the end of 2015, three (3) students completed their studies: Post Graduate Certificate in Translation; National Diploma in Internal Auditing; N4 Certificate in Management. One student discontinued his studies in 2015.

At the beginning of 2015 eight (8) students from 2015 still had to complete their studies. All eight (8) students re-applied for bursaries. Seven (7) new bursaries were awarded and together with the eight (8) students from 2015,

fifteen (15) bursaries were awarded for the 2016 academic year. The estimated cost of the 2016 bursaries is R360, 000.

Except for the one student who discontinued his studies, all the students had a successful 2015 academic year. To ensure that student performance continue to improve during the 2015 we implemented a plan which entailed contacting students by May 2015 to ensure they had no difficulties with study material and logistics in preparation for the examinations. These were the areas that impacted most on student performance. Those who had problems were assisted, and the problems were resolved. Therefore, all students were able to write the November / December 2015 examinations.

All students who wrote examinations at the end of the 2015 academic year did well. Some students completed the requirements for their respective qualifications.

(ii) The income was sufficient to fund the allocated bursaries.

Heart-warming Reunion:

Stolen guide dog returned to blind owner after massive online campaign



Thousands of reposts by angry and outraged Muscovites: that's how the internet reacted to the news of a stolen guide dog owned by a young blind woman. The online uproar led to the head of the Investigative Committee personally ordering the search for the animal.

"A guide dog was stolen from a visually impaired woman in a public place!" the initial post about the lost dog read, accompanied by a photo of the golden Labrador.

It triggered hundreds of impassioned requests to the thieves to return the dog immediately.

"What's wrong with you, people? Get over yourselves! If we can do such things for money, there is no hope," read a post that summarized the Russian online community's reaction.

The dog was snatched last week in western Moscow - the owner left her by a shop entrance, and the animal was missing when she returned. A witness claimed she had seen a sighted woman with the missing dog on the metro minutes after its disappearance. A dog collar with the owner's phone number

was later reported found, having been discarded by a nearby metro station.

Yulia Dyakova relies completely on her dog to get around the city, so the news triggered a massive outcry among compassionate Muscovites, with volunteer teams searching for the animal and investigators mounting a probe.

The head of the Russian Investigative Committee, Yuri Bastrykin, personally ordered his forces to join the search, after he read about the blind woman's plight in the media.

Eventually, the guide dog was found at a shelter in another part of the city.

RT witnessed the happy reunion.

"It's Diana. Her nose, ears... Of

course it's Diana. Yes, it's my dog. Thanks," Yulia, the owner, told journalists, as she burst into tears.

"What can a person feel if their friend, their child is taken away? I don't have children myself, Diana is like a child to me. I've been worried about her all the time. I knew what was going on with me, but I didn't know about her, I didn't know if she was fed and taken care of, if she was even alive," Yulia told RT, also speaking about several heart-breaking botched attempts to return the dog.

"People have been finding dogs and calling me, saying they found a similar doggie. I came at each call, and it was not Diana, it was clear for me in one moment."

"I know the nose of my dog. My Diana is used to me touching her nose, and she never turned away. Same thing with the ears. One time they showed me a doggie, but I said that my Diana has softer ears," Yulia said.

She spoke about their everyday routines, and how wonderful the dog is at helping her out.

"We leave the house, and I say: Diana, shop. Diana, institute. And she always knows where to direct me. No other instructions are needed," Yulia said.



<https://www.rt.com/news/311925-dog-guide-blind-found/>



Wiseman Mposula
Wiseman Mposula obtained his N4 as Management Assistant at Kaleidoscope in July 2016.



Karli Dürr
Karli Dürr obtained her Post Graduate Diploma in Translation at the University of Stellenbosch in January 2016



Zaahid Jhaveer
Zaahid Jhaveer obtained his National Diploma in Internal Auditing at the Durban University of Technology in March 2016.



Micheal Balopedi
Micheal is a 24 year old studying toward an Honours degree in Communication Science at the University of Freestate.

He describes himself as creative and loves activities that promote challenges and innovation. He loves music and is interested in advertising and the science of communication. Michael writes, produces, and records music in his spare time.

With the knowledge he is gaining from his course, he would like to enable organisations to communicate more effectively with society. He believes this will improve the performance of organisations.

Micheal is partially sighted and he has learnt that acceptance goes a long way. What he cannot see, he enlarges. He turns to audio when enlarging text does not work for him. And if both options do not work he accept it and moves on.



Whitney-Carol Mohlokoane
Ms. Mohlokoane; 23 years old and studying toward an Honours degree in Financial Analysis and portfolio management at UCT.

In the near future she would like to take on projects that involve renewable energy. She also aspires to give back to society by contributing to social responsible investing behaviour programmes.

Whitney-Carol is very spiritual and spends her free time reading content that stimulates and feeds her soul. God is her anchor in life and her strength lies with her perseverance. To her, family is the most important thing.

Whitney is partially sighted (Albinism) and it is quite challenging for her to see in class although she is seated in the front. She listens attentively and takes notes. She also compares notes with friends in case she missed anything. She credits as her family, enlarged software and the disability unit at the university as her support system.



Lenky Molamu
At 49, Lenky studies toward a Master's in Business Administration at Unisa. She loves catching up on news, cooking, reading and describes herself as a foodie.

She is a positive thinker and motivates others to do the same. Her goal is to support the community in business development and also to enable people to see business opportunities. In addition, she would like to raise awareness on disability and write articles on this subject. She sees herself as a lecturer at a university upon completing her degree.

Lenky had to overcome a few challenges due to her partial sight; in a previous opportunity she didn't make the short list as she has no driver's licence and more disappointing is that the position was office based. Lenky put her trust in God in order to find a good job and currently works as a state accountant in government. She believes that all experiences are foundations for great testimonies.

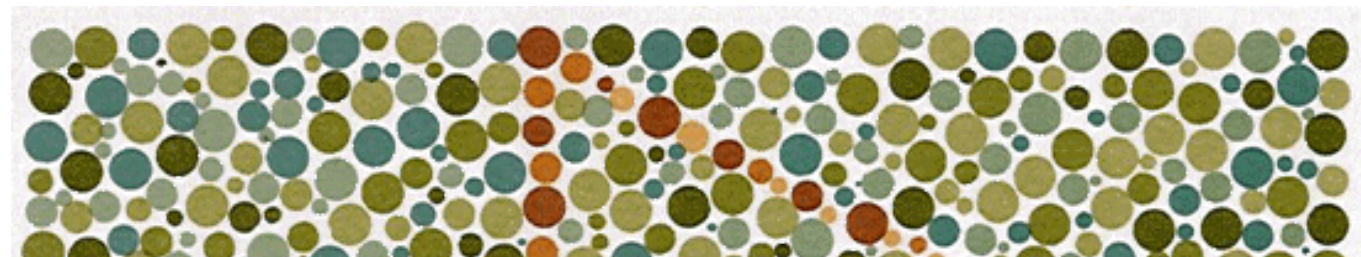


Reinetta Taljaard
23 year old, Reinetta is studying towards a BA Law degree at the University of Pretoria and believes that knowledge is power.

She enjoys acquiring knowledge in her different field of interests and would like to become a lawyer one day. Her dream is to enable underprivileged people access to justice by means of legal education and law reformation. In addition she would like to specialise in medical malpractice.

Reinetta loves to read and spend quality time with friends and family. She values kindness in a person and believes that interpersonal skills are very good characteristics.

As a blind person, Reinetta also experience some challenges. It was not always easy to interact with total strangers and to ask for help or make friends. She dealt with this by swallowing her pride and shyness, and to just turn around and be part of a conversation she deems interesting.



A Mother's Journey into Colourblindness

by Karen Levine

When my son Andrew was four years old his pre-school teacher told me that he was having trouble understanding simple patterns. I was already concerned that he couldn't always identify colors correctly. Were these signs of a learning disability, or was it something else?

"Do you think he could be colorblind?" I asked his teacher. Her eyebrows went up. "Now that you mention it, that could be it."

Our pediatrician didn't have a color vision test, and referred me to an optometrist.

The optometrist showed my four-year-old a book of pictures with shapes. These shapes would apparently not be visible to the colorblind. When they were finished, the doctor informed me that Andrew was red-green color deficient, or colorblind.

As I was trying to remember all the questions I wanted to ask, he was saying, "It doesn't matter. There's nothing you can do about it."

I was relieved to know that Andrew had a seemingly minor vision problem, and not a learning deficit but I wasn't sure it didn't matter. From my experience with my two older children, colors

were an integral part of the early education curriculum. I wanted to know if Andrew would be at a

disadvantage when he started kindergarten. I wanted to know how he saw the world.

I began to learn more about color blindness. Traveling through libraries, bookstores and the Internet, I tried to extract practical information from the maze of scientific books and articles.

Very few publications were written in layman's terms, addressing the day-to-day issues of the colorblind.

A Different View of the World

I grew up with a colorblind father. My mother helped him match his clothes. He was restricted from choosing paint colors. And he occasionally needed some immediate assistance in determining the color of a traffic light. But those obstacles seemed to pale in comparison to the extremely color-oriented world that Andrew was going to face in kindergarten.

Andrew can usually recognize a vibrant red or green but not lighter or duller hues. For instance, he can tell you the fire truck is red, but if you ask him to draw a picture of it, he could easily choose a brown crayon.

Andrew made me a Valentine with a beautiful heart colored with forest green. He drew a pickle with a brown crayon. Sometimes those rosy faces he loves to draw are



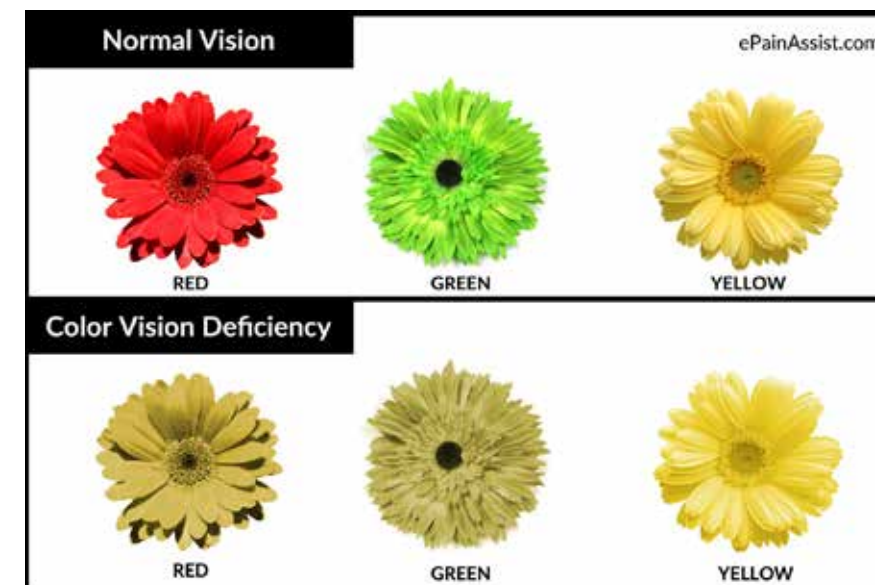
actually lime green. If you don't know your child is colorblind, this kind of artwork can be puzzling.

Coping at Home

The most important goal for me, and for any parent I think, is to have a happy, confident child. I was never concerned that colorblindness itself would be extremely limiting for Andrew. However, I did

recognize that it had the potential to do some serious damage to his self-confidence.

How many times already was he told he was wrong when he chose a color, or completed a



pattern, or moved to a space on a game board? It might not seem catastrophic to an adult, but to a child these repeated situations can be disturbing.

A colorblind child has no frame of reference to say, "Maybe I can't see that color," or "Maybe those are different colors that look the same to me." A child's natural reaction would be, "I must not be smart enough to know that."

The solution was awareness. I told Andrew matter-of-factly that he had a special way of seeing colors. It wasn't bad; it was just different. I told him that if he was ever confused about colors, he could just say so, and ask for help.

I let Andrew know that there were many people who were colorblind, including his grandfather. When the family was together, we talked about it casually.

Andrew's older brother and sister asked him questions about it. Andrew was happy that they thought it was "really cool." It was important that we kept the discussion light. Andrew was put at ease because we treated as an interesting circumstance, and not as an earth-shattering condition.

Coping in School

When Andrew started kindergarten, I wrote a letter to his

teacher to let her know that he was colorblind, and explained some of the ways that he could confuse colors. I didn't expect her to get busy changing all the color-coded material in the classroom. I did at least want her to understand right away if Andrew told her he was confused.

I followed up with a conference (without Andrew) and pointed out some of the areas in the classroom that might be a problem. She reacted very positively, and promised to keep an open mind when it came to Andrew and colors.

I was surprised to learn that she, and almost all the other teachers I've spoken to since, knew very little about color blindness. A veteran teacher told me, "I've never had a colorblind child."

About one out of twelve boys and one out of 200 girls are color blind. I thought, you've probably had one every year!

Andrew's teacher and I worked together. During a brief stop in the classroom, I noticed the pictures on November's calendar were demonstrating a pattern... brown turkey, orange turkey, brown turkey, orange turkey.

I offered to create new pictures for each day. I substituted a

pilgrim's hat for the orange turkey, creating a pattern that was easier for Andrew to identify: turkey, hat, turkey, hat.

During the scheduled parent-teacher conference, I was very pleased with Andrew's academic and social progress. I was also delighted to find out that Andrew spoke up on more than one occasion to ask for help with colors. Once, Andrew handed an assignment to the classroom aide, who told him it was the wrong color.

He explained that he was colorblind, and shrugged off the mistake. Andrew asked the same aide to line up the crayons for him when he wanted to draw a rainbow. He was also overheard asking friends to help him with color choices.

I felt that all that time and effort had paid off. I had a great kid with a terrific attitude. I'm sure there were times when he was confused or at a disadvantage because of color usage. If he couldn't make out the cherries on George Washington's cherry tree, he wouldn't understand that it was because of his color vision. But Andrew seemed to be able to compensate. His selfconfidence was intact.

The Bigger Picture

I was just reaching around to pat myself on the back, when I realized that it wasn't enough. What about all the other students in the school, or even in the district?

I started writing stories that would help kids, parents and teachers understand colorblindness. I hired an illustrator and produced and published the book myself. All About Color Blindness: A Guide to CVD for Kids (and Grown-ups too) tells the story of Corey, a boy who struggles in Kindergarten because of his color vision

A Mother's Journey into Colorblindness

deficiency. Along the way, Corey learns coping skills and keeps a positive attitude.

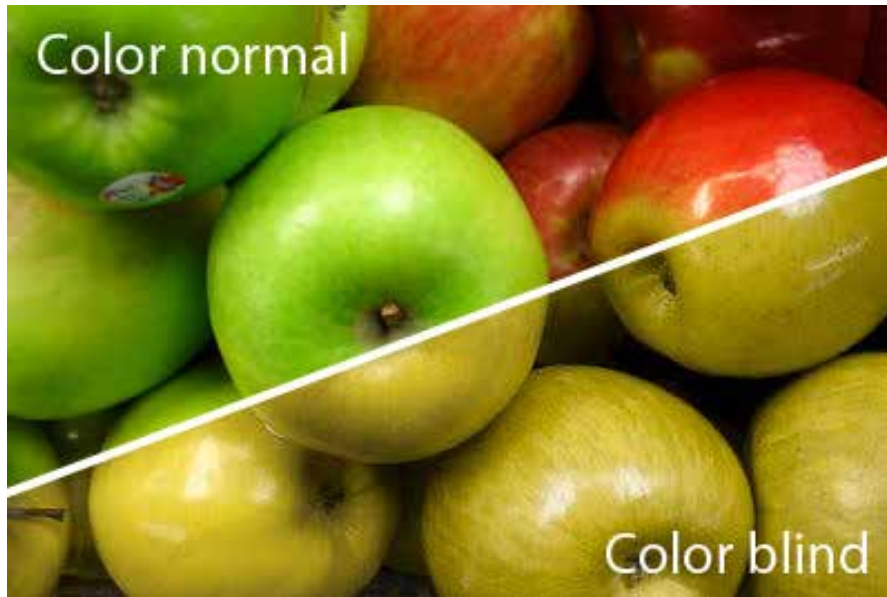
So many years later, my amazing son Andrew is all grown up. He's been hurdling color obstacles throughout his life and he always will be. But he's developed a good set of coping skills.

I asked him if he ever had trouble with Chemistry experiments and he implied it was a matter of course to depend on a lab partner. I asked him if he told his Chemistry teacher about his color vision and he said, "No." He probably didn't want to deal with the queries that would entail or pronounce himself "different" from everyone else.

Even though so many of Andrew's classmates share the same condition, I believe there's still a stigma involved with colorblindness and this, of course, is due to a lack of awareness.

As an adult, Andrew's career choices will be limited, and it's important that he knows it from the start. He probably can't be a house painter, a geologist or a pilot. On the other hand, there is still a world of opportunity.

Among the many professions I know the colorblind have had are: salesperson, engineer, computer programmer, journalist, principal, and teacher (including an art



teacher!). One woman told me her father worked for a cosmetics company. Apparently, he could tell the shades of lipstick better than anyone.

Parent's Color Vision Checklist

If you suspect that your child is colorblind:

- Have him or her evaluated by a professional. Before you make the appointment, make sure the office has a color vision test, and that it is appropriate for your child. If your child is not confident with numbers, there are tests that use shapes instead.

If your child is colorblind:

- Don't let anyone tell you it doesn't matter.

- Make sure the teachers know. Start with a letter to the classroom teacher, explaining your child's problem colors. Then follow up with a conference. Don't forget to make contact with the art, music and gym teachers, and perhaps a reading teacher or occupational therapist if you use one. Remember, approaching a teacher as a partner is more effective than making demands.

- Communicate with your child honestly and matter-of-factly. Keep a sense of humor. It's not the end of the world. It's just a different view of it.

Source: www.wearecolorblind.com/article/

Guide dog throws itself in front of oncoming school bus to save blind owner

A New York service dog channeled his inner Lassie when he jumped in front of an oncoming mini school bus, protecting his blind owner from serious injury.

Golden retriever Figo and his owner Audrey Stone were walking in Brewster, New York on

Monday morning as a mini school bus carrying two kindergarteners drove towards them.

As Stone and Figo crossed the street, the guide dog saw the bus heading towards his blind owner.

His training and protective

instincts kicked in, and Figo threw himself in front of the vehicle, the Lower Hudson Journal-News reported.

The bus struck the dog, leaving fur stuck to the front driver's side wheel and in the middle of the road.

"I don't know if [the driver] thought



[Stone] was going to move faster, but it looks like the dog tried to take most of the hit for her," Paul Schwartz, who saw the accident and ran to the scene to help, told the Journal-News. Schwartz thought the dog's name was Bigo.

Figo's front right leg was cut to the bone.

Stone was also hit. When Schwartz reached her side, she was bleeding from her head and complaining of hip pain, he said.

"There were 15 EMTs and people all around her, and the dog didn't want to leave her side," Schwartz said. "He was flopping over to her and she didn't want him to get away from her, either. She kept screaming, 'Where's Bigo? Where's Bigo? Where's Bigo?' We kept telling her he was fine."

Even as emergency medics

tended to the 62-year-old Stone, one took care of Figo, bandaging his injured leg.

"The dog was being a good sport, really calm," Schwartz said. "He sat with me the whole time. He was limping as we put him on a big blanket on the sidewalk and it started to rain. He let us wrap up his leg without any problem. He wasn't barking or crying or yelping. But he kept pulling toward her. After she was put on a gurney and taken away, he stopped doing that. He seemed a little lost after she left."

Stone suffered a fractured right elbow, three broken ribs, a fractured ankle and a cut to her head in the accident, Brewster Police Chief John Del Gardo told the Journal-News.

"The dog did not want to leave the side of the woman at all...it was the same thing with her, she did

not want to leave the dog's side," Del Gardo told WCBS. "She was very, very concerned about the dog. My officers that were there and the Fire Department assured her everything would be fine."

Per regulations, Figo was not allowed to join Stone in the ambulance.

Stone was taken to a Connecticut hospital, while Figo headed to a nearby vet in a fire vehicle, where he had surgery to address the deep gash on his leg.

"Figo is on the mend and doing extremely well," a staffer at Middlebranch Veterinary told the Journal-News. He will remain there "as long as Audrey needs before she takes him home."

In nearby Danbury Hospital, a Brewster police officer updated Stone on Figo's condition. She said that friends are working out the details of taking care of the golden retriever while she recovers, according to Del Gardo.

The minibus driver told police he never saw the blind woman and her guide dog as he turned into them in the intersection. He was given a summons for failing to yield to a pedestrian, Del Gardo said, adding that the bus wasn't traveling very fast and stopped without leaving skidmarks in the intersection.

The kindergarteners were uninjured and taken to school in a different vehicle, Steven Moskowitz, Brewster's assistant superintendent for human resources and technology, told the Journal-News.

The driver was taken off duty and sent for routine post-accident drug and alcohol testing, Moskowitz said.

Source: <https://www.rt.com/usa/266155-dog-saves-blind-owner-bus/>

Blind bandmates say performing live is out of sight

VisionQuest director says it's time for sighted world to see what they can do

Victoria Johnson-Gore, left, leads the all-blind band VisionQuest at an Illinois Center for Rehabilitation and Education commencement. (Chris Walker, Chicago Tribune)

The room was rocking to the 1960s dance song "Twine Time." The keyboards were layering on the chords, the drums were pounding, and people were standing in front and dancing.

"Lookin' good up there, graduates!" vocalist Margoline Martin called out.

But Martin couldn't actually see how they were looking, and neither could any of the other musicians.

They are members of VisionQuest, a band of musicians who are blind and cognitively disabled.

Think of it as the house band of the Chicago Lighthouse. The agency for the blind and visually impaired created VisionQuest as an activity for clients in 1971, and has been running the band and sending it out on gigs ever since.

VisionQuest plays '50s and '60s standards, rhythm and blues, and gospel. At a show this month, for a graduation at the Illinois Center for Rehabilitation and Education's facility on Wood Street in Chicago, the band's set included "Secret Agent Man." Tall and dapper Carl Crawford, wearing a dark brown sweater and dark glasses, sang lead.

"I love it. I love it," he said. "I would rather sing than eat."



VisionQuest's sound is rich — four vocalists in tight harmony, three people on keyboard, one on the drums and another playing congas.

Several band members, who range in age from 37 to 65, have been playing for years. Silas Gwin began playing the piano when he was 3. He reads Braille music and plays keyboard at his church.

Admission to the band is by audition. Blind people from outside the Lighthouse sometimes call to ask for one.

Not everyone passes. The band's director for the last three years, Victoria Johnson-Gore, is unapologetic about her expectations: Band members must have skill and experience.

"You have to know what you're doing," said Johnson-Gore, who herself is blind but not cognitively disabled and who has written more than 75 songs and is producing her own gospel CD. She also plays keyboard and sings with the group.

She wants to expand VisionQuest's audience beyond

the disability-related events where they usually perform.

"The sighted world needs to see them now," she said.

Robert Mantsh, the Lighthouse's director of adult day services, shares that goal. VisionQuest's polished, professional performances make powerful lessons about what disabled people can accomplish, he said.

However, budget cuts have made booking the band more challenging.

By design, playing in the band is a paid job. "Our philosophy is that what they're doing is worth something, and they by extension should be paid something," Mantsh said.

Whoever books VisionQuest must pay the musicians union scale. But "a lot of the events where we play annually have been slashed because of budget cuts," Mantsh said. "And a lot of new things we're pursuing are not open to us because of their budget constraints."

Nonetheless, VisionQuest still performs regularly. At this recent show, the band not only provided

Blind Workers: Clockmakers for USA



May 01, 2009 | By Rex W. Huppke, TRIBUNE REPORTER

There's a reality Albert Harris has faced for more than three decades, since the day a mugger stole his vision with a gunshot in the head: "A lot of places, they don't like to hire you when you're blind."

That's not as true now as it was when Harris first lost his sight, but it's still true enough that he feels blessed each day to come to his job. Harris is a clockmaker, part of a small but ferociously productive Chicago company that supplies wall clocks to U.S. government buildings across the country and around the world.

"If you go to the post office here in Chicago, you'll probably see one of our clocks," said Jean-Claude Kappler, director of Chicago Lighthouse Industries, a facility on Roosevelt Road where blind and visually impaired people have been hired to build clocks since the late 1970s. "And if you go to the U.S. Embassy in London you'll probably see one of our clocks there too. They're everywhere."

With a staff of 22, the company -- part of the Chicago Lighthouse program -- makes nearly 170,000 wall clocks a year, earning enough to cover all costs and even making a little money to

share with other Lighthouse work programs.

Dan Lee, a former director of the plant and longtime Lighthouse board member, said he believes the decades-long success of the clock factory proves the effectiveness of blind workers.

"All the time I hear people say, 'Blind people can't do that,'" said Lee, who is visually impaired. "But you look around in here and you see we can do it. We do, do it."

Rita McCabe has been doing it for 29 years, coming in each morning and swiftly attaching faceplates to 12-inch diameter plastic frames, deftly screwing black metal hour and minute hands into place. Her movement is effortless, her lack of vision irrelevant. By day's end, she'll have assembled several hundred clocks, sending them down a conveyor belt where another visually impaired worker will inspect them by feel and by listening for the faint hum of the battery-powered motor.

"It's nice to be able to come to work, for one thing, to earn a living," said McCabe, 58. "A lot of people here have had a hard time finding jobs. I thank God every morning that I have this job."

Kappler said the unemployment rate for blind people is about 70 percent. Workers at the Lighthouse clock factory earn \$8.75 an hour and receive health benefits.

The ideal is that blind people -- many of whom have never had a chance to work -- will come to the factory, learn the skills needed to hold down a job and then move on to other companies.

That happens to an extent, though Kappler says the outside opportunities can be scarce.

And some, long held back by their disability, aren't as able or willing to settle into the workaday world.

"There's a lot of fear in the beginning, and we have some that don't succeed," Kappler said. "But the vast majority that come through here, once they're given the opportunity, they run with it."

The program started in 1977, focusing on clocks because the assembly process is straightforward and, with proper training, adaptable to people with limited sight. Since its inception, Chicago Lighthouse Industries has been a leading provider of clocks for the U.S. government, though about six years ago the company also branched into the commercial market. Clocks made by McCabe and Harris are now sold through major office-supply stores, and the company's catalog of styles has expanded from simple 12-inch office clocks to more decorative wood-framed clocks and even ones with special-order faceplates bearing almost any design.

"That's one of the things I like here," said Roy Killins, a 57-year-old plant supervisor who lost his job as a mechanic years ago because his company's insurance wouldn't cover him. "I enjoy the challenges of starting new products, figuring what we can do next. This job has allowed me to feed my family, to stay productive. That's all I can ask for."

Source: articles.chicagotribune.com



Centenary of the Battle of Delville Wood Memorial

17 July 2016

The Battle of Delville Wood was the scene of sacrifice for many South Africans, including Capetonians.



The Battle of Delville Wood was the scene of sacrifice for many South Africans, including Capetonians.

Reports of 100 years ago can only begin to help us perceive the horror faced by our soldiers in those fateful few days. We are eternally grateful for their sacrifice.

Our world is what it is today because so many people stepped forward in so many places to confront threats to our safety and freedom. In so doing, they laid the foundations of freedom and safety we enjoy today.

We did not know them, nor did those who fell at Delville Wood know us, but we owe them the duty of memory.

May their souls know our gratitude and may they be at peace.



Message from Lt Col F S Marais MMM

Officer Commanding, Cape Town Rifles (Dukes)

The 1st SABrigade would achieve much more than their mission when they entered Delville Wood on 15 July 1916. They left a legacy of courage, fortitude, leadership and camaraderie to be embraced by all soldiers of the South African military.

The Battle of Delville Wood occupies an important place in the history of our country and nation. It confirms the courage our armed forces have displayed through two World Wars up to the Battle of Bangui in the Central African Republic, and recent peacekeeping in the Democratic Republic of the Congo.

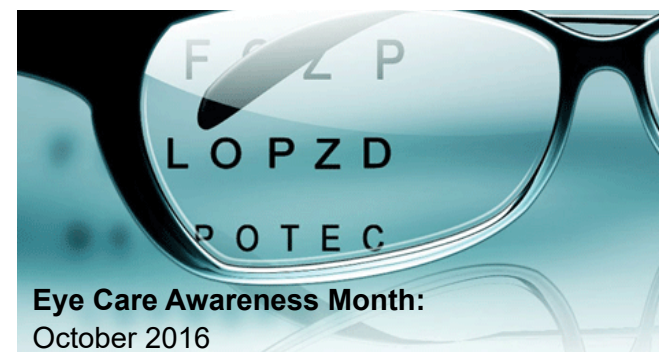
The sacrifices made at Delville

Wood should not be in vain. We remember them annually at a parade but we must remain aware of the daily sacrifices of our soldiers. The fighting spirit of Delville Wood is embodied in our soldiers today. It gives us the foundation for the patriotism and pride that all South Africans must show their comrades in arms and the people of our country.

Spare a thought for those who fought on the other side. There are no winners in war – only different levels of sacrifice and success.

Today we honour the willingness to sacrifice – to overcome fear in the national interest – epitomised by the men at Delville Wood in July 1916.

Source: <http://www.capetownremembersww1.co.za/content/centenary-battle-delville-wood>

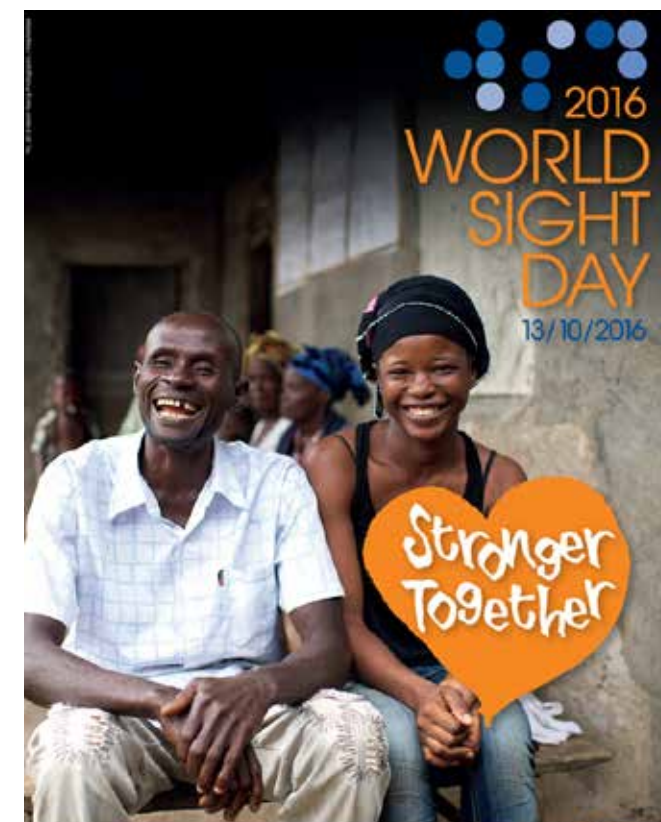


Long Cane Rally, Rondebosch Common
15 October 2016



Congratulations to Palesa Mtimkulu and her daughter Ncumisa Khoali in achieving her BCom in Industrial and Organisational Psychology.

Quote : 'I may be a blind man but I am damned if I am going to be an unhappy one.'
Robin Millar, record and music producer



World Sight Day:

World Sight Day (WSD) is an annual day of awareness to focus global attention on blindness and vision impairment, and is held on the second Thursday in October each year.

World Sight Day will fall on Thursday 13 October this year.

St Dunstan's Reunion:

27 – 30 October 2016

Remembrance day:

11 November 2016

Happy 50th Birthday to Carina Welgemoed.

Have an amazing blessed day from all the St Dunstaners. 50 is a wonderful milestone so we hope you are spoilt by friends and family.

ST DUNSTAN'S

**Association for South African War-Blinded Veterans
Vereniging vir Suid- Afrikaanse Oorlogs-Verblinde Veterane**

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Caring for War-Blinded Veterans



**Assisting Blind & Visually Impaired
Students**



**Providing Orientation & Mobility
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