

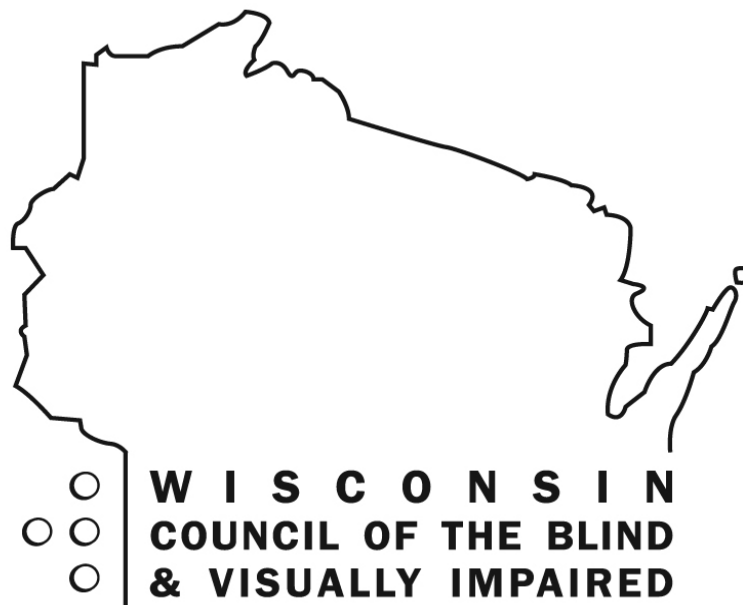
WCB&VI Recreation Activities Handout

**Recreation Activities Handout
created by the
Recreation Committee
of the
Wisconsin Council of the Blind and Visually Impaired**

March 2010

There are numerous recreation activities in which blind and low vision individuals can participate. After reading this handout you may find a variety of recreational sources and contacts that you never knew existed.

This publication was created by the Recreation Committee of the Wisconsin Council of the Blind and Visually Impaired. If you have additional recreation activities which you would like to share with us, please contact the Council at: 1-800-783-5213. This publication will be updated January 2011.



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1 - Art and Music

1.1 Art competition and exhibition

The American Printing House holds an annual art competition for all ages. There are separate age groups ranging from school grade levels to a category for adults. The competition categories range from painting to craft-type art. The artwork must usually be submitted to the judges by mid-April of each year. This event is reserved only for legally blind participants and this challenge is only once a year, so you will have plenty of time to prepare and submit your work of art.

The individual award winners are invited to meet with the judges and other winners at the annual exhibition, with some funding available to help defray travel expenses. Additionally, all art is returned to the participants of this competition prior to or after the exhibition.

Contact:

Rebecca Williams

The American Printing House for the Blind, Inc.

1839 Frankfort Avenue

P.O. Box 6085

Louisville, Kentucky 40206-0085

Phone: 502-899-2357 Toll-Free Customer Service: 1-800-223-1839 (U.S.).

1.2 Music by Ear

At no charge, Guitar by Ear and Piano by Ear lessons are available in tape format in the Music Section of the National Library Service for the Blind and Physically Handicapped. Because of the ongoing purchasing of "by ear" lessons by the Library of Congress, anyone who wants to learn using Guitar by Ear and Piano by Ear products can do so by simply contacting their library. Also, those who are blind or visually impaired can obtain cassette players and/or digital players on a permanent check-out through the Library of Congress.

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Additional Contacts:

**Wisconsin Regional Library for the Blind and Physically Handicapped
813 West Wells Street**

Milwaukee, WI 53233-1436

Phone: 414-286-3045, Toll-free (in-state): 1-800-242-8822.

<http://www.loc.gov/nls/>

For a fee:

Music for the Blind

704 Habersham Rd.

Valdosta, GA 31602

Email: Bill@musicvi.com

2 - Accessible Books in Tape and/or Digital Format

2.1 Wisconsin Library for the Blind

To have books sent to your home from the Wisconsin Library for the Blind and Disabled, you must fill out an application. The application must be endorsed by a doctor or a professional person who can verify your low vision or no vision. The recorded books they send you are on cassettes and/or digital format. The cassettes are recorded at a slow speed. In addition to the books, the library will also send you a tape or digital player that will play at regular or slow speed. Once you get started, all you do is call the toll-free number and give them titles, authors, or a list of topics that you enjoy. There is no maximum time that you can keep a book, and there are no late charges.

These materials are mailed to you, and you mail them back as Free Matter for the Blind. That way, there is never a charge to you.

Contact:

Phone: Toll-Free: 1-800-242-8822 to apply for these services.

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2.2 National Federation of the Blind (NFB) Newsline

Would you like a newspaper with your morning cup of coffee? NFB-Newsline just added its 300th publication AND it's still growing. Five Spanish-language newspapers are now available to all subscribers. The service handles thousands of phone calls each day for individuals across the country who now access daily newspapers and magazines as never before. The toll-free, centralized call-in center provides service on demand to any subscriber. This also enables those who cannot read conventional print to have access to all content offered on NFB-Newsline when traveling throughout the United States twenty-four hours a day, seven days a week.

Every day, a subscriber can choose that day's, the previous day's, or the previous Sunday's issue of any newspaper in the service. Additionally, the user can easily choose which newspaper, section, and article to read, using a standard touch-tone telephone. The menu allows you to change the speed and voice settings, spell out words, or search for a particular word or subject.

NFB-NEWSLINE now offers more choices than ever, including special local channels to distribute announcements of specific interest to the blind. THE NEW YORKER, THE ECONOMIST, AARP the MAGAZINE, DIABETES SELF-MANAGEMENT, NARFE MAGAZINE, PARADE, POETS and WRITERS, POPULAR SCIENCE, SCIENCE NEWS, SMITHSONIAN, TIME and USA WEEKEND, Arts and culture, national and international news plus much more, are available through magazines simply by pushing option 7.

Subscribing to Newsline is quite simple and straight forward. First, call the Wisconsin Regional Library Service Braille and Talking Book Library. Request an application for Newsline. This application will be sent to you and must be returned to the library. Upon calling, you will be given a Newsline ID number, and a four-digit personal ID number. Following the prompts is easy, and a brief tutorial is provided for first-time users, or for those who may need a memory nudge. You can select from a variety of newspapers and magazines. It is easy to navigate through publications and articles by using your telephone keypad. For those who own a Victor Stream, you can get your favorite newspapers downloaded to that device each morning before you head out to do business for the day.

Contact: Toll-free phone: 1-888-882-1629 or 1-800-242-8822.

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2.3 The American Printing House for the Blind

The American Printing House for the Blind is the largest producer of books and educational materials for people who are blind or visually impaired. You can purchase textbooks, leisure reading texts, adapted maps, puzzles, and games, and much, much more.

Contact:

Phone: 1-502-895-2405. Toll-free: 1-800-223-1839.

Email: info@aph.org

2.4 The National Braille Press

The National Braille Press produces self-help books, cookbooks, computer-related books, and much more. Members of its Children's Book Club receive one book each month. Since each of these titles contains both print and braille on each page, everyone in the family can read together.

Contact:

Phone: 617-266-6160. Toll-free: 1-888-965-8965.

Web site: www.nbo.org.

2.5 Seedlings Braille Books for Children

Seedlings Braille Books for Children produces Braille books at each level of development, from toddler board books to classic literature for older children. Donations enable the company to sell these books at far less than the cost of producing them. The average cost of a Seedlings Book is \$10.

Contact:

Seedlings Braille Books for Children

P.O. Box 51924, 14151 Farmington Road

Livonia, MI 48151-5924

Phone and Fax: 734-427-8552, Toll-free: 1-800-777-8552.

3 - Instruction and Activities

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3.1 Hadley Seminars

Hadley offers one-hour seminars monthly on a variety of topics such as: creating gift ideas for the holidays, numerous outdoor activities, computer usage and much more.

Contact:

The Hadley School for the Blind

700 Elm Street

Winnetka, IL 60093-2554

Phone: 847-446-8111 Toll- Free: 1-800-323-4238.

Email: info@hadley.edu

3.2 Blind MiceMart

Blind Mice Mart is an online gift shop benefitting students who are blind or visually impaired. It is operated by people who are blind or visually impaired. It offers adaptive products like the Sense-sational Talking ABC Book, a talking cookie jar that teaches math skills, adapted games like chess and dominoes, accessible computer games, and adapted sports equipment like beeping soccer balls and a buzzer to aid in playing basketball. Products like these help create fun for the entire family.

Contact:

Phone: 713-893-7277.

Email: blindmicemart@att.net

4 - Outdoor

4.1 Wisconsin Lions Camp

Since its beginning in 1956, the Wisconsin Lions Camp has been dedicated to providing a quality camping experience free-of-charge to Wisconsin residents with disabilities. They serve youth with mild cognitive disabilities and with Type I and Type II Diabetes, as well as youth and adults who are Deaf and Hard of Hearing or Blind and Visually Impaired. The facilities are handicapped accessible. They provide opportunities for swimming, boating, hiking, archery, rock climbing, biking, and more.

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Each week contains typical camp activities, including: nature hikes, campfires, games and skill building activities like the climbing wall, archery course and ropes courses.

Contact:

Wisconsin Lions Camp

3834 County Road A

Rosholt, WI 54473

Phone: 715-677-4969

Web site: info@wisconsinlionscamp.com

4.2 Fishing Has No Boundaries

Begun in Hayward, Wisconsin, in 1986, these are wonderful two-day events located at numerous lakes or rivers throughout our state. The programs are designed to remove barriers and promote the opportunity to fish for people who are blind and low vision as well as for others with disabilities. The event usually includes meals and an awards ceremony. There is a fee to participate, and preregistration is required. All fishing equipment and a guide with boat are provided.

Contact:

Phone: 773-274-2300

Web site: info@blackcatfilm.net

4.3 Wisconsin Department of Natural Resources (DNR)

Specially-priced Permits and Licenses for People with Disabilities

Wisconsin law provides for a variety of hunting, fishing and recreational use permits to help people with disabilities enjoy the state's natural resources. The following information is important if you have a permanent or temporary physical disability or if you are legally blind. DNR issues a variety of permits that allow you to:

- Hunt from a stationary vehicle - Class B for temporary injury or Class A for permanent disability.
- Hunt with a crossbow - Class B for temporary injury or Class A for permanent disability.
- Receive a discount on your resident annual fishing license.
- Fish while trolling with an electric motor.
- Sponsor or participate in gun deer hunts for people with disabilities.

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A brochure is available that provides the requirements and application procedures for disabled permits and licenses. Unless otherwise specified, completed applications should be mailed to your local DNR Service Center.

Fishing Licenses are available at any licensed sales location. You are required to present evidence that you are receiving benefits as the result of a disability or have been determined to be legally blind.

Contact:

Wisconsin Department of Natural Resources

Web site: <http://www.dnr.state.wi.us/Org/land/parks/access/> or <http://www.dnr.state.wi.us/Org/caer/cs/disabled.htm>.

Phone: your Wisconsin Department of Natural Resources

101 S Webster Street

PO Box 7921

Madison, WI 53707-7921

4.4 Accessible State Parks

Many people with disabilities explore and enjoy Wisconsin's beautiful state parks, forests, and trails each year. Many enjoy the great outdoors by camping in accessible campground sites. Most picnic areas, park offices, and toilet/shower buildings are accessible.

For those unable to use outdoor campsites, the Wisconsin state park system offers seven specially designed and equipped cabins, each with kitchen and an accessible bathroom, and two accessible, one-room rustic cabins. These units also have air conditioning.

Contact:

Wisconsin Department of Natural Resources

101 S Webster Street

PO Box 7921

Madison, WI 53707-7921

Web site: <http://www.dnr.state.wi.us/Org/land/parks/access/>

4.5 B.O.L.D. (Blind Outdoor Leisure Development)

BOLD's purpose is to allow the blind and visually impaired to experience outdoor sports and leisure activities while developing their social and athletic skills.

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What started out nervously in January 1974--with 5 blind people wanting to go downhill skiing--has grown into an average of **26 different summer and winter activities**. Some event is scheduled almost every other weekend. These activities are identified in the club's newsletter.

Some of these activities include:

- Horseback riding
- Harley Motorcycle rides
- Harbor fishing
- Skiing
- Camping
- Roller skating

Today, Southeastern Wisconsin Lions BOLD Inc. is by far the largest and most active BOLD organization in the USA. This is something that all Lions and Lionesses of Districts 27A1 and 27A2 can be really proud of! BOLD is open to all legally blind people. Event participation is free. The organization is managed by a 10-person Board of Directors, of which six must be Lions or Lioness Club members.

Contact:

Lion Bruce Laken, BOLD President

Phone: 262-657-7255 or email: bruce@fpswi.com

<http://www.wisconsinbold.com/graphics/index.html>

5 - Woodworking

5.1 Web site for Blind Woodworkers

This is a place where blind and sighted woodworkers can share with each other techniques and skills that lead to safe and successful woodworking. They do this by email discussions and postings to the Reader's Page. "We need woodworkers of all experiences and abilities to join us."

<http://blindwoodworker.com/>

6 - Descriptive Movies

(available by delivery or computer download)

Descriptive videos are regular, commercial films that have been augmented with special narration which describes the action for people who have visual impairments. As a descriptive video plays, it describes the

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visual elements of action, characters, locations, costumes and sets to the viewer, without interfering with the movie's dialogue or sound effects.

6.1 Website

This is a Web site that allows you to download the sound track and descriptive service onto your computer, and then either "watch" (listen to) the movie on your computer screen or you can send it to your MP3 such as Victor Stream, etc. It's much less trouble than the big, bulky descriptive videos that you have to bother about mailing back, etc.

Contact:

http://www.blindmicemart.com:80/assets/product_images/movies2.html

6.2 Sony Pictures Home Entertainment

Sony Pictures Home Entertainment will partner with WGBH Media Access Group to release select film titles on DVD with Descriptive Video Service®, or DVS® as an optional feature for audiences who are blind or have low vision.

The ability to enjoy movies with descriptive narration on DVD and Blu-ray Disc™ is extremely important to the nation's 12 million movie fans with vision loss. It is the single most requested service of the Media Access Group. Among the first Sony Pictures Home Entertainment titles to be released with the description feature are *The Taking of Pelham 123*, *The Ugly Truth*, *Julie & Julia*, and *District 9*.

Over the last decade, Sony Pictures has been a leader in providing descriptive audio for theatrical releases in movie theaters equipped with WGBH's Motion Picture Access, or **MoPix**® systems. Beginning in the fall of 2009, all Sony Pictures theatrical releases with descriptive audio will also include the feature when they arrive on DVD and Blu-ray Disc™.

Contact:

Media Access Group at WGBH

Web site: www.mediaaccessgroupwgbh.org

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Additional Web site: [http:// http://www.mediaaccessgroupwgbh.org/](http://http://www.mediaaccessgroupwgbh.org/)

The Media Access Group maintains a list of DVDs with DVS at this page of its site:

<http://main.wgbh.org/wgbh/pages/mag/resources/accessible-dvds.html>

Follow the Media Access Group on Facebook:

<http://www.facebook.com/pages/Media-Access-Group-at-WGBH/91628220291?ref=ts>

Pictures Entertainment : <http://www.sonypictures.com>

You can also purchase these movies on Amazon. They are located next to the Spanish and French movies.

6.3 Theaters That Offer Descriptive Movies

We are aware of only two theaters in the entire state of Wisconsin that are equipped to show movies that have been recorded in the descriptive format for the blind or low vision person. One is in Appleton. The other is in a suburb of Milwaukee.

Contact:

Regal Theater

College Avenue, Appleton, WI

Phone: 920-831-0431

Mayfair Mall Theater

2500 Mayfair Road Wauwatosa, WI

Phone: 414-777-0467

Note: At both theaters, it is imperative that you call first to find out what feature is being shown in the descriptive format and at what time. In the case of the Appleton Theatre, the feature may be shown four or five times a day, but only once using the equipment for blind customers.

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7 - Telephone Usage

There is a free and easy way to find a business phone number.

Have you ever noticed the itemized costs incurred when you call Information from your land line or your cell phone? It's outrageous. I discovered a solution that works accurately and quickly. Just leave it to Google to come up with something like this!!!

Listed below is a number worth putting in your cell phone or your home phone speed dial. This is an awesome, free, nationwide service. It's especially great when you are on the road. You don't have to waste your money on Information calls, and you don't waste time manually dialing the number.

So, I am riding along in my car, and I need to call a particular business. I forgot the phone number, and I don't want to pay for the expensive traditional Information call. I hit the speed dial for Information, and then I say, "Firewheel Golf Course, Garland, Texas." The voice replies, "Connecting," and Firewheel answers the phone. How great is that?!

One caution: This works on cell and landline phones, but it does not contact individual residences.

Contact:

Phone: Toll- Free: 1-800-goog411 or 1-800-466-4411.

8. Cooking

8-1 Sue's Kitchen

Learn how to cook with limited or no sight through this web site. You'll find several verbal recipe techniques and learn about equipment you need for everyday cooking.

Contact:

Web site: <http://www.tafn.org.uk/kitchen/cookery.htm>

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8-2 Cooking Supplies

The Sharper Vision Store of Wisconsin Council of the Blind and Visually Impaired offers cooking timers, verbal measuring devices and various other gadgets to assist with your cooking needs.

Contact:

The Wisconsin Council of the Blind and Visually Impaired

Phone: Toll-Free: 1-800-783-5213

8-3 Cooking Web sites

Here are some helpful Web sites for anyone who likes to cook. They provide thousands of recipes, including some tasty, healthy, and weight loss-oriented dishes. Check out these great sites for ideas on creating your next meal or dessert.

Contact:

* recipes.com

* cookscountry.com

* cooking.com

* tasteofhome.com

9 - Games

9.1 Board, Computer, and Card Games

The Sharper Vision Store of the Wisconsin Council of the Blind and Visually Impaired has a wide selection of card, board and computer-type games. Here you'll find large print and Braille playing cards, large print and Braille specialized card games (Crazy 8's, Uno, Rook, etc.), large print and Braille Bingo boards, Braille Monopoly and Scrabble, adapted Dominoes, and magnetic Backgammon. The list goes on. There's fun available for people of all ages!

Many of these games are designed to be used by both blind and sighted players.

Contact:

The Wisconsin Council of the Blind and Visually Impaired

Phone: Toll-Free: 1-800-783-5213