



NextGen Insight

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Publications Committee Chair: Greg Lindberg

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Title Page Image Description: Background - Black night sky with dim stars in a horizontal rectangle. Foreground - All text is in white font. NextGen spans the width of the image with the N and G capitalized. ACB is in capital letters above the word Next. A yellow star is shooting out of the top right corner of the letter x and hovering over the word Gen. Underneath and spanning the width of the word NextGen are the words Develop Lead Elevate (1/3 of the font size of ACB NextGen) with a dot between each word.

*“Self-examination is the key to insight,
which is the key to wisdom.”
– M. Scott Peck*

President's Message

Dear ACB Next Generation Family,

This time of year always brings me joy for many different reasons. The holidays are approaching, and for those of you who have been a part of NextGen since the very beginning, you may remember that this time four years ago was when we got started. This time of year also serves as a time for me to reflect on things I am thankful for in NextGen such as our members, friendships, networking, teamwork, and last but certainly not least, the comical moments. It's all because our members and our leadership enjoy what they do and are brave enough to share their hearts with one another. When we share our stories about NextGen, great things happen.

We had another outstanding year participating in the ACB Brenda Dillon Memorial Walk. Our ACB Next Generation Allstars team raised around \$2,800. We will split that amount with ACB. Way to Go, Allstars! Because of you

and sharing your love for NextGen, we can create more opportunities for our members.

Fall is definitely in the air. Most organizations hold festivals and carnivals. In NextGen, we hold our annual business meeting and elections, which can be just as exciting. This year, our annual business meeting will be held on Monday, December 5 at 8 p.m. ET, 5 p.m. PT, including elections for officers and voting on proposed amendments. Please watch our email list for important information such as, announcements, the proposed amendments and resolutions from the Constitution, Bylaws, and Resolutions Committee, and a call for nominations from our Nominating Committee. If you have any questions regarding proposed amendments and resolutions, please contact Matt Selm, chair of our Constitution, Bylaws, and Resolutions Committee. For questions regarding nominations or the election, please contact Kristen Kelling, chair of our Nominating Committee. Make plans now to attend our annual business meeting, and you may be the lucky winner of a door prize, and of course will receive important information about our affiliate.

Get ready to cook up a storm and knock out your holiday shopping. We have a fundraising trio perfect for this time of year. We will be launching a cookbook jam-packed with

recipes submitted by our affiliate membership and friends. We will also hold a Pampered Chef fundraiser so everyone can get the tools they need to cook just in time for the holidays. Lastly, don't forget about our fundraiser through RaiseRight. This is a wonderful opportunity to purchase gift cards for your friends and family and support NextGen at the same time. For more information or if you have any questions, please send an email to Fundraising@acbnextgeneration.org.

As we approach the holiday season, I want to say thank you to everyone who works hard to keep our affiliate running. Thank you for your hard work and dedication. If you are not yet involved and you're not sure how to get involved, maybe 2023 is your year to reach out and say, "Hey, I'm ready!" You can find all of the information about our committees and activities on our website as well as our contact information at the end of this newsletter. I always enjoy concluding this message with a quote, and I thought this one was appropriate. "Be present in all things and be thankful for all things." – Maya Angelou

Warmest regards and season's greetings,
Amanda Selm
President, ACB Next Generation

Annual Business Meeting and Elections

This year's ACB Next Generation annual business meeting and elections will be held Monday, December 5 at 8 p.m. ET, 5 p.m. PT, via Zoom.

If you have an interest in serving on the Board of Directors, reach out to the Nominating Committee at elections@acbnextgeneration.org and watch your email and social media apps for candidate information and applicable deadlines.

Membership Renewal Reminder

By Matt Selm

Membership Committee Chair

It is my sincere hope that all of our 2022 members will rejoin us for 2023. Starting on September 1, members can join or renew for 2023 for only \$15. This year, the Membership Committee has created several new programs in order to provide value for our members. In the early Summer, we awarded our first Assistive Technology Grant to help a member purchase a device to attend school this fall. We provided financial assistance to

several members to attend the DC Leadership Meetings in March, as well as the ACB Conference and Convention in July. Finally, we recently announced the start of the ACB Next Generation Excell Mentorship Program. Through January 31, as an extra incentive, for each friend you refer who joins ACB Next Generation, you will receive 1 entry to win a \$25 gift card. You will also be entered into a separate drawing for a different \$25 gift card if you renew. We hope you will renew and encourage your friends to join us for 2023.

Fundraising Roundup

By Moe Carpenter

Fundraising Committee Chair

Hello, Allstars!

Thanks to your help during the Brenda Dillon Memorial Walk, ACB NextGen brought in just over \$1,400! This will help us fund our Assistive Technology Grant scholarships for 2023.

We have a few other updates from your fundraising committee. The cookbook is almost here! Well, depending on when you are reading this, it may already be on your

computer, or in your e-reader of choice. There will be more about this in the newsletter, as well as a recipe from one of our great ACB NextGen members. In addition to the cookbook, we will be holding a Pampered Chef fundraiser, so if you don't have the tools you need to make the recipes, you can get them, and help out ACB NextGen too. We do not want events to overlap, so we will most likely be moving the Sees Candy fundraiser to January instead of November. Lastly, we are nearing the finalization of the details for our first-ever ACB NextGen Auction. We are planning this for April of 2023; however, we do not have an official date yet. We will start asking for item donations soon, so if you have something or know of someone for us to ask, please email fundraising@acbnextgeneration.org.

Thanks, as always, for your continued support, and thanks once again, to our contributors and team members for the walk this year. We can't wait for next year!

Coming Soon: The ACB Next Generation Cookbook

“What’s for dinner?” The dreaded voice of someone in your house calls to you. Your reply, “I don’t know?” What if

you could have two new meals a week? The ACB Next Generation Cookbook is for you. This cookbook is jam-packed with over 100 recipes, many tried and true recipes from our members and friends. Each one is complete with step-by-step directions, helping you try new things and enjoy wonderful foods. Are you ready to purchase your copy? It is our gift to you when you donate \$20 to ACB Next Gen and will be downloadable in multiple formats.

Chicken in Shoyu Dip

Note: There were no frying instructions given. Often a cooling rack and a pan for it to sit in can replace the need for paper towels to catch the drippings. Also, tbsp = tablespoon and tsp = teaspoon.

What they used...

Meat

- 2 lbs chicken wings or drumettes
- 2 cups flour
- vegetable oil (enough to cover meat)
- paper towels (for draining)

Sauce

- 6 Tbsp Shoyu sauce
- 1/2 cup sugar
- 1 tsp sesame seeds

- green onions
- 2 tsp grated ginger

How they made it...

1. Start with the chicken dipping sauce. Mix well, equal amounts of Shoyu sauce and white sugar.
2. Add sesame seeds, green onions, and grated ginger into the sauce and mix well.
3. Flour chicken and fry.
4. After the frying, dip the chicken in the Shoyu sauce
5. Stand chicken upward on a plate with a paper towel so excess sauce can drain.
6. Place chicken on a platter.

Cosmic Committee Corner: Spotlighting the Constitution, Bylaws/Resolutions Committee

By Matt Selm

Constitution, Bylaws/Resolutions Committee Chair

The Constitution and Bylaws/Resolutions Committee has the task of preparing amendments and resolutions for consideration by the membership. While amendments mainly deal with how our organization functions, resolutions serve as a position of the organization. As an

advocacy organization, resolutions are the collective voice of our organization to both internal and external entities. As a committee, we help to mold and shape amendments and resolutions as a part of the review process. We are also called upon to interpret the constitution and answer questions That arise.

Affiliate News: Kentucky Council of the Blind Next Generation

By Benjamin Wright

Hello!

I hope everyone is having a great day. Writing this article is bittersweet. This will be my last article as this is my last time being the president of the Kentucky council of the Blind Next Generation. So, next time you see an article from Kentucky, it will be written by someone else. It has been a pleasure writing these articles for you.

Our chapter has been very active, especially right now as we are gearing up for our state convention November 18 and 19. The theme for the convention is a cruise. It is going to be a hybrid convention, so it will be in person and on ACB Media and Zoom so anyone can come.

Registration will open at the end of this month. We are so excited to be able to meet in person again. The KCBNG will be sponsoring a few of the sessions.

KCBNG is also excited to have our first in-person event at 2 p.m., Saturday, October 22, at Saints Pizza and Pub in Louisville. We haven't had a dine-out event for a while, so it will be good to get together again. Some of us haven't seen each other since 2019 and it has been way too long.

Independent Visually Impaired Entrepreneurs (IVIE) Online Business Expo

IVIE is offering the following opportunity to business owners/entrepreneurs. If you join in our Online Business Expo, you can describe your products and services. Besides giving a presentation on your products or services, you can pass on contact info and allow time for questions. IVIE members would pay \$10 for a half hour session, or \$20 for an hour. If you are not an IVIE member, you would pay \$25 for a half-hour session, or \$35 for an hour. Nonmembers would have the option of reducing their IVIE dues payments by half. This will result in a savings of \$15.

The Zoom line is the same for all those participating. The date and time will be November 12 from 11:45 a.m. Eastern to 6 p.m. Eastern, or later. At 11:45 a.m., an introduction of all the vendors participating with their specific timeslots will take place, along with instructions for those attending. A wrap-up at the end of the presentations will be available for anyone to ask any final question of the vendors.

For those wishing to purchase a timeslot or ask questions, send an email to info@ivie-acb.org with your request to present or exhibit. Please send your business name, product line, your telephone number, and your email address. You will be sent a link for payment and additional information. If you wish to attend the IVIE Online Business Expo, there is no cost. However, please send an email to register so we can send you the Zoom call details. Send the email query to, info@ivie-acb.org or contact Ardis Bazyn by phone at 818-238-9321.

A Quick Travel Tip

By Terry Suarez

When flying, take a photo of any luggage you are checking. That way, you can show someone at baggage

claim a photo of the luggage on your phone so that they know what to look for to help you visually identify your bags more quickly.

Tech Tip: Todoist

By Michael Babcock

Todoist

Todoist is the task management tool I have chosen to use since 2017. The Todoist System allows an individual to add tasks to projects, tag those tasks to break down projects even more, and connect to third-party applications to automate your task management.

Projects in Todoist

In Todoist, you use projects to organize tasks. I typically have ongoing projects like my day jobs, publishing the DM Series, and household chores. And inside of these projects are tasks that need to be completed.

Quickly Adding Tasks to Todoist

One of my favorite features for this application is no matter what platform you are using it on, you can use the quick add functionality. I will give you a few examples that I can add to Todoist quickly and outline the result of those

specific commands. All of these are simply typed or dictated into the quick add edit box which is accessed by tapping the letter Q on Mac OS or Windows, or a two-finger double tap in iOS anywhere within the application.

Get my part of the Todoist article done on March 9:

- This would result in a task being added to the project I'm currently in, probably ACB Next Generation, and the task would be due on March 9.
- Adding a due date puts the task in your today view, or the upcoming view if you want to quickly see what tasks need to be completed.
- If you simply write a task such as work on filling in the outline, this will only show up in the project you have added the task to and will not show up in any calendar views.

Publish to Facebook every Tuesday:

- This will add a task to my Todoist with a recurring due date of every Tuesday. If a Tuesday goes by and you do not complete the task, the task will show up in your Overdue View and not show up for next Tuesday until it is completed.

Change the water filter every! 90 days

- Every 90 days or so, I need to change my water filter; however, sometimes I run out of filters. So, I have

created a task that says every 90 days change the water filter. You will notice there is an Exclamation Mark directly after the word every. This tells Todoist that every time you mark this task complete, set the due date from 90 days from then. For example, 90 days from March 18 is June 16.

- If you completed the task on March 20, the task would then be due on June 18.

There is a great resource that Todoist put together you can find to help with wording your tasks and quickly get them into your projects.

Todoist With 3rd Parties

One of the things that keeps bringing me back to Todoist is the ability to automate the creation and completion of tasks. I do not currently have an example of this; however, because Todoist is online and not limited to just being on your device, you can use Alexa or the Google Assistant to add tasks to your projects for you. You can also complete tasks, as well as listen to a list of tasks in a project or with a specific due date, simply by using your voice.

Is Todoist For Me?

Oftentimes, we use reminders or our calendars in order to keep the tasks we have straight. The natural language

input abilities previously outlined in Todoist, as well as integrations with alternative tools, make Todoist the right project manager for me. I also like the ability to organize your tasks into projects, so you do not have to assign a due date for everything and can quickly go look at what needs to be completed in a project.

Todoist is for the person who wants a way to quickly add tasks to their project management tool without really thinking about it. It is also for the person who wants to drill down and see what tasks need to be completed, based on what project they are added to or other filtering abilities that you have. If you are seeking a tool that has integration with 3rd parties and is cross-platform, Todoist may be the tool for you. You can get started for free and for additional features pay annually or monthly.

Holiday Gift Guide

We present to you a gift guide from apps and games to everyday items. This content was compiled by DJ McIntyre.

Apps

- Be My Eyes: free to use, connects the user with a sighted volunteer to help you read directions or documents
- Color ID
- KNFB Reader: reads columns and longer sections of scanning (this is not a free app)
- LookTel Money Reader
- TapTapSee: takes photos of any object, identifying it out loud for the user via VoiceOver
- Soundscape App: great for setting up paths to walk around town or even your own subdivision using 3D sound

Games from MaxiAids.com:

- Scrabble - Braille tiles (not Large Print)
- Dominos - tactile, raised dots
- Uno - Braille cards
- Skip-Bo and Uno combo - Large Print and Braille
- Play Nine - Braille cards

Practical Gifts from Maxiaids.com:

- Braille / Large Print Ruler
- Talking English Tape Measure (16 ft. long)
- Talking Clock Keychain
- Pill Box with Braille
- Bump Dot Stickers
- Aluminum Braille Clothing Tags
- PC Bluetooth Mini Keyboard Large Print (black letters on yellow keys)

Five Ways to Face Your Fear

By Christopher Peterson

Founder, President, and CEO, Penny Forward

Last week, I participated in a panel discussion about the benefits of ABLE accounts at the 2022 No Barriers Summit.

According to No Barriers USA, “The No Barriers Summit brings people of all abilities to break through barriers. Participants connect for shared experiences of outdoor adventure, entertainment, and inspiration while joining together to create collective impact.” [Click here to learn more about No Barriers USA and The No Barriers Summit.](#)

While I was there, I was able to participate in several challenging activities such as rock climbing and archery. The best part, though, was celebrating with each other as we reached the top of the wall or honed in on the bullseye. I think the rock wall is also a very appropriate metaphor for how we're building Penny Forward. When I started Penny Forward in 2020, I took a few very tentative steps not really knowing where I'd go next. Similarly, as I stepped onto the first foothold on the rock wall, I wasn't sure where the next one could be found. In both cases, my belief that I could find the next toehold, and a strong team of supporters, kept me going until I did.

A lot can go wrong when you're starting a business or climbing a wall, though, and it's easy to get stuck because you're afraid.

Fear is a mechanism in the most primitive part of our brains that keeps us safe by telling us when to fight, when to run, and when to hide. The problem with fear, though, is that it's often wrong if we act on it too quickly. Here are some ways to face your fear and use it to succeed.

Tell someone about it

When you're afraid, take some time to talk to someone who will encourage you. Tell them how you feel and what you're afraid of. Try to be specific, but don't worry if you

can't. It's not always easy to name our fears. Still, talking with someone will help take the edge off so you can take the next step, and they'll have ideas that could be just what you need to succeed.

Plan The First Few Steps

Fear can help us to identify some of the things that might go wrong. Some of those things are very likely, while others may never happen outside of your imagination. Planning can help, but overplanning can get you stuck again. Try planning the first three or four steps, then plan to make another plan. When climbing the wall, I was easily able to feel the hand and footholds within the first seven feet from the ground. Taking those first few steps let me reach higher on the wall, making it possible for me to find more hand and footholds.

Build A Team

No Barriers taught me that climbers don't climb alone. Their rope team helps them stay safe by helping them to identify safe paths and protecting them from falls. As I began building Penny Forward, I found myself building my own rope team to help me. They're climbing with me because we all believe that blind people must be included when building financial wellness education programs. [Click here to learn about them.](#)

Learn As You Go

When I started Penny Forward, I started doing what I knew how to do and learned new things as I needed them. I knew how to build a basic web site, so I did. I didn't know how to maintain the books for a business, so I, and Penny Forward treasurer Eric Yarberry, struggled with that until we found a system that works for us. You don't need to do everything yourself, though, but you'll be proud of yourself when you learn new skills, and your team will be proud of you too.

Be Willing To Change Direction But Don't Turn Around

When you hit a roadblock, you can either go around it or turn back. Days before Penny Forward launched its first online course in March of 2022, we discovered that the course software we'd chosen could not create courses that were accessible to screen reader users. Since Penny Forward's mission is to help blind people navigate the complicated landscape of personal finance through education, mentoring, and mutual support, this was a major roadblock for us and something that kept me awake at night until I found an accessible software package. If you're like me, roadblocks can seem impossible to overcome in the moment, but if you take some time to find your way around them, you'll find yourself confidently

moving forward and not as afraid of the next thing blocking your path.

One More Thing

It's easier to take on a challenge for others. Whether you're climbing a wall, looking for a job, or starting a business, focusing on the people you'll help by overcoming your challenges is a powerful way of overcoming your fear. You and your rope team are climbing together for a reason, and your dependence on each other keeps all of you safe and successful.

NOTE: This article was originally published on the [Penny Forward website](#) on 08/31/2022 and has been re-published with permission.

Calendar of Events

Everyone is welcome to attend these events by accessing the Zoom mobile app, visiting the Zoom website at <https://zoom.us> or calling (312) 626-6799, and entering the appropriate meeting ID and passcode.

You may sign-up to receive reminders and Zoom details by subscribing to the ACB Next Generation email list.

Please send a blank email to

main+subscribe@acbnextgeneration.groups.io

In addition, many ACB Next Generation events are listed on the ACB Community Call schedule.

October

18 – Monthly Education Program (Note Taking 101 Pt 2 – The Tech Side) - 8 p.m. ET

22 - Saturday Night Live Hangout (Halloween-theme) - 7 p.m. ET

November

7 - ACB Next Generation Board Meeting - 8 p.m. ET

15 - Monthly Education Program (NextGen Officers)- 8 p.m. ET

19 - Saturday Night Live Hangout (Thanksgiving with the Framily) - 7 p.m. ET

December

5 - ACB Next Generation Annual Business Meeting and Elections - 8 p.m. ET

12 - ACB Next Generation Board Meeting - 8 p.m. ET

17 - Saturday Night Live Hangout (Holidays Around the World) - 7 p.m. ET

January 2023

9 - ACB Next Generation Board Meeting - 8 p.m. ET

15 - January NextGen Insight published

ACB Next Generation Board of Directors

President – Amanda Selm

1st Vice President - Matt Selm

2nd Vice President – Melanie Sinohui

Secretary - Greg Lindberg

Treasurer - Maria Kristic

Director - Shane Aguilera

Director - MOe Carpenter

Director - Kristen Kelling

Director - Onkar Nerurkar

Director - Cassie Trosper

How to Reach Us

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Phone Number: (202) 524-0909

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Social Media:

<http://www.acbnextgeneration.org/contact-us>

ACB NextGen Blog:

<http://www.acbnextgeneration.org/blog>

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