**The Campbell’s Corner Neighborhood Newsletter, Number 2**

May 4, 2015

Coming to You from the Campbell Kingdom

by

Patty L. Fletcher

Edited by Leonore H. Dvorkin

**Website:** [www.dvorkin.com/pattyfletcher/](http://www.dvorkin.com/pattyfletcher/)

**Email:** [patty.volunteer1@gmail.com](mailto:patty.volunteer1@gmail.com)

**Getting the Newsletter:** Simply email me to subscribe to this free newsletter. Please send your first and last names and your email address with your request.

**My Book:**

I’m the author of the autobiographical book *Campbell’s Rambles: How a Seeing Eye Dog Retrieved My Life,* C 2014.

It’s in e-book and print on Amazon and other online buying sites.

For full details and handy buying links, see my website above.

**Moon Phases for This Month:**

Full Moon, May 3

Last Quarter, May 11

New Moon, May 17

Go here for details: <http://www.calendar-365.com/moon-calendar/2015/May.html>

**###**

**Table of Contents:**

1. News from the Campbell Kingdom

2. Newsletter submission guidelines and prices

3. Essay: “What Does It Mean To Be Mindful?” by Patty L. Fletcher

4. Review of costs for ads / Ads for books, a lullaby CD, massage services in Orlando, and more

5. A poem by Brian Nash: “A Heart of Ice”

6. About the editor of this newsletter, Leonore Dvorkin

###

**1. News from the Campbell Kingdom**

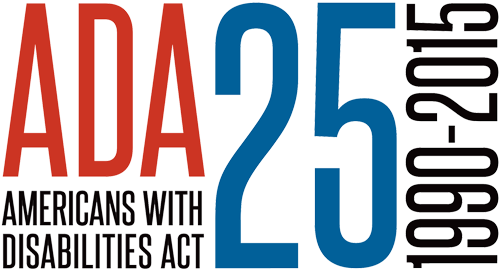
Hello, and welcome back to another edition of The Campbell’s Corner Neighborhood Newsletter! The magnificent May days are here, and so are lots of awesome happenings on Campbell’s Corner and throughout the nation. I’m glad that you’ve come back for another month, and I also welcome all new subscribers.

I always like to get bad news over with first, so I need to let you know that The Seeing Eye Pancake Breakfast and Book Sale did not work out. Due to a lot of different issues, I just couldn’t make it happen. But that’s the way it is with fundraising. Sometimes it works and sometimes it doesn’t. All one can do is roll with it and keep on keepin’ on. Forward!

**###**

**Now for some good news.**

Campbell and I have been invited to take part in the ADA Legacy National Tour, in Johnson City, Tennessee, on May 12. We are very excited to have been given such an opportunity. Details are below.



The ADA Legacy National Tour is rolling into Johnson City, Tennessee

Where: The disABILITY Resource Center, NE TN

The Professional Building parking lot

112 E. Myrtle Avenue

Johnson City TN, 37601

When: 10:30 a.m. - 6:30 p.m., May 12, 2015

Featuring display booths by service agencies and businesses

About the Tour

The tour kicked off this past July 26, 2014, in Houston, TX, the home of President George H.W. Bush, who signed the ADA. It will end up in Washington, D.C. on July 26, 2015.

The tour includes: A four-panel display on the history of self-advocacy, courtesy of the Museum of disABILITY History; displays on the ADA Legacy Project and its efforts to preserve disability history, celebrate its milestones, and educate future generations of advocates; a "Because of the ADA" booth where you can post your thoughts and photos to illustrate the difference the ADA had made in your life; a table with information on the ADA and the Legacy Project, fun giveaways, and material from our partners, sponsors, and other community agencies.

In order to raise awareness and build excitement around the 25th Anniversary of the Americans with Disabilities Act in 2015, disABILITY Resource Center- NE will serve as a host site for the ADA Legacy National Tour.

**###**

**Writing-Related News:**

We’re also happy to report that we now have copies of our book, *Campbell’s Rambles: How a Seeing Eye Dog Retrieved My Life,* in a book store in our local mall. The owner took six copies on consignment. Should all those sell, he will talk with me about buying copies of my book from me on a regular basis, copies that he will then resell. Campbell and I are extremely excited about this, and we did have an adventure making it happen. If I get requests, I will submit a piece about that in next month’s issue. So write in.

Also, if anyone has a favorite among any of my short stories, such as from my Campbell’s Calamities collection, please let me know. I’ll be happy to publish one.

If you have any other comments, please make sure to send them along as well. Email me at: <patty.volunteer1@gmail.com>

Please let me know if you’re uncomfortable having your comments in the newsletter for all the Campbell’s Corner Neighborhood to see. ☺

###

**2. Newsletter Submission Guidelines and Prices**

Please read the following information carefully. If you’d like to submit something, please have it to me no later than the 20th of the month prior to the month of publication. That is, if you wish to have something appear in the June issue, have it to me no later than May 20.

Please send all submissions to [patty.volunteer1@gmail.com](mailto:patty.volunteer1@gmail.com)

The costs for inclusion in the newsletter are:

$5 for an ad up to 150 words in length / $10 for an ad of 151 to 250 words

Volume discount: Pre-pay for 5 months and get 6 appearances of your same ad / Pre-pay for 10 months and get 12 appearances of the same ad (1 year)

$5 for submitting a poem, a short story, or a narrative (2,000 words maximum)

That is, you pay me to have your work published. Granted, that may be a bit unusual, but in return for your $5, you will have your work published, gain some exposure, and also be able to advertise your website or your blog. I can also put in any other contact information that you wish to have included.

Your literary work will be protected by a Common Copyright.

Word limits: 250 words for an ad / 2,000 words for a poem or story

So that the newsletter won’t become overly long, I’m setting the following limits per issue: 10 ads, two poems, and one short story or narrative.

If I start getting a lot of literary submissions, I will consider starting a separate literary newsletter.

-- Patty Fletcher

###

**3) “What Does It Mean to Be Mindful? And Do We Actually Practice What We Learn?”**

An essay by Patty L. Fletcher, Copyright April 12, 2015

As I’ve begun the newest leg of my life’s journey, I’ve begun to learn more and more about how important it is to be mindful. However, I’ve come across several things along my way which have caused me to ask the questions which make up the title of this writing. I hope that you will join me in this exploration of mindfulness. I’m going to break this subject down into several parts.

**Part One: Sunday, April 12, 2015, 8:09 a.m.**

As I began to come awake in my bed early this day, I became aware of sounds around me. I needed no clock beside my bed or watch on my wrist to tell me what time it was. I couldn’t give the time to the exact minute, but I knew from what I heard outside that it was somewhere between 6:00 and 7:00 a.m. I could also tell from the sounds of the neighborhood what day it was. So I didn’t need a clock, a calendar, or any other time-recording device.

Have I always been that attuned to my surroundings? No, I have not. There was a time that my head was so filled with chatter from all the noise and stimulation I always had going on around me that I could hear nothing of nature, the sounds of my neighborhood, or what they had to tell me.

**Part Two: Are you mindful? And what do you consider to be mindfulness?**

Let’s take this question and break it down into a couple of parts. Some would say that being mindful is checking on an elderly neighbor during cold weather to make certain they’re warm and safe. They would be correct. Some would say that being mindful is taking the disabled neighbor food for dinner, and they would be correct as well. So yes, doing for others is being mindful. If you do these or similar things, then you are being mindful of others. And that is both good and important.

But what other things represent mindfulness? Let’s go back to the very beginning of this writing, and think about what alerted me to the time and day. Do you know what the early morning sounds in your neighborhood mean for each day of the week? Do you know how your part of town normally smells? Would you notice if something was amiss? Would you recognize it if something small changed within the places you most frequently go?

Could you answer yes to any of these questions? If you could answer yes to one, you’re on the right track. If you could answer yes to two, you’re really learning and growing. If you could answer all of those questions with a firm and sure yes, then you are doing a fantastic job of being mindful of your surroundings. In fact, you are doing better than me, the one writing this lesson. ☺

If you couldn’t answer even one of those questions with a yes, and you’re now thinking that maybe you haven’t been putting into action all you said you believed about being mindful, you are in fact being mindful. That’s because becoming more aware of not being aware is indeed the first step to becoming more mindful. Thus you are becoming more mindful right now.

**Part Three: Why is it important to be mindful of our surroundings?**

Being mindful of one’s surroundings does many things.

a) It helps you stay oriented and balanced, thus giving you a sense of security and comfort within the area in which you live.

b) It assists you in your everyday tasks. If you are mindful, your mind is clearer and you can process thought more effectively. This makes it easier for you to complete projects more efficiently.

c) Being mindful can even help keep you safe. If you are aware of the usual sights, sounds, and smells in your area, you can be alerted when there is possible danger in the area—possibly before anyone else. This helps to keep you and those around you safe.

**Part Four: I will leave you with this.**

To do this month: Take time each morning when you wake up to listen to all of the noises inside and outside your house. Learn what each of them means. Do this before you turn on the TV, the radio, or any other noisy device. Once you have made this a habit, you will find that you are more comfortable and at home with yourself and within your surroundings than ever before. You will also become aware if there are things within your home environment that are troublesome to you.

I’ll be back next month with the second part of this lesson. Until then, this is Patty and Campbell the Seeing Eye dog, saying, “Be Mindful, and Blessid Be.”

Note: If you would like to have Campbell and me come and give a more in-depth talk on this topic, please contact me to learn how to make that happen.

Email: [patty.volunteer1@ gmail.com](patty.volunteer1@%20gmail.com) / Cell phone: 423-963-9476 (in Kingsport, Tennessee)

###

**4. Advertisements**

To review some of the information from above, Section 2:

Ads are limited to 10 per issue.

Ad prices: $5 per month for an ad up to 150 words / $10 per month for an ad of 151 to 250 words

Volume discount: Pre-pay for 5 months and get 6 appearances of the same ad / Pre-pay for 10 months and get 12 appearances of the same ad (1 year)

**###**

**Four Books by Robert T. Branco**

The first three of these books are available in e-book and print from Amazon and other online sellers. Details and handy buying links are on Bob’s website: [www.dvorkin.com/robertbranco/](http://www.dvorkin.com/robertbranco/)

1. *My Home Away from Home: Life at Perkins School for the Blind* (C 2013)

From the ages of 12 to 19, the author attended a school for the blind. He tells about life in the "cottages," academics, sports, field trips, vocational training, and more. He had good and bad teachers, followed wise rules and absurd ones, met good friends and bullies, and welcomed administrative changes. Perkins educated him well; this book will surely educate and entertain many others.

2. *As I See It: From a Blind Man’s Perspective* (Revised and Expanded Edition, C 2013)

The author discusses numerous issues pertaining to blindness, including legislation, discrimination, employment, myths about blindness, and adaptive technology. This second edition includes two dozen new essays on website accessibility, relationships, Beep Baseball, personal care issues, and more.

3. *Weighing Things Up: Essays on Trends, Technology, and Present-Day Society* (C 2014)

This book includes 30 essays on issues pertaining to blindness and the blind, then another 73 essays having to do with bureaucracy, holidays, legislation, politics, sports, scams, technology, and social issues. Editor's notes and links to articles add information and sometimes a different point of view. (These three books were all edited by Leonore Dvorkin.)

4. *What We Love to Eat*

A cookbook featuring recipes all contributed by blind individuals. Available in large-print format and audio CD from the author. A few Braille copies are also available. Email Bob at <branco182@verizon.net>

###

**A novel by Leonore H. Dvorkin**

*Apart from You* (Revised edition: Copyright 2010)

The novel is set in 1967 and 1968, first in Mobile, Alabama and then on the Bloomington campus of Indiana University. However, the story is in no way a 1960s political novel. Vietnam barely gets mentioned. The themes are infidelity, sibling rivalry, deception, self-deception, separation, and miscommunication.

The two main characters are Elizabeth Nye, a 20-year-old German major, and Brian Petersen, the 27-year-old history teaching assistant with whom she has a five-week affair while she's temporarily separated from her liberal-minded fiancé, Alan Abrams.

Minor characters include Elizabeth's self-indulgent academic father, her sexy younger sister, a not-so-merry widowed neighbor, Brian's excessively beloved older sister, and his pined-after lost love.

Elizabeth is dishonest and selfish while Brian is naive and idealistic, but virtually no one in this story is either all good or all bad. That's what makes them people rather than stereotypes.

The narrative technique involves the use of several different points of view. A given scene may allow the reader to see the same action from starkly contrasting points of view. This reinforces the overarching theme of the book, which is the unending difficulty of human communication.

Review quotes: "A brilliant first novel, thoroughly evolved and gorgeously executed." "Dvorkin writes with confidence and clarity." "Gripping and powerful." "It made me think and feel long after I turned the last page."

In e-book and print on Amazon and other online buying sites. Full details, excerpts, and buying links: <http://www.leonoredvorkin.com/afy/index.php>

###

**A CD of Lullabies**

*Lullaby* – a CD by Anne Hardy Biswell (#1 of 2 appearances of this ad)

A collection of 12 light and harmonious songs designed to put you and your little ones in a mellow mood. In every culture, babies are lulled to sleep with tender music shared with loving kindness. In this collection, drawn from the wide world of cultures and in several languages, some songs may be familiar and others may be new to you. Listen and enjoy! Or better yet, learn and sing these songs to your own babies. The mother’s (or father’s) voice is a powerful tool for connecting, learning, growing and healing. Vocals and guitar work are done by Anne; keyboards and cello by her sister, Cathy Hardy Pouligny.

**Cost:** $15, which includes postage. Pay via PayPal at [anniegeebiz@gmail.com](mailto:anniegeebiz@gmail.com) Send me a message with your name and address, and you will receive a CD. Also available on iTunes and many other online music stores.

###

**Massage in Orlando, Florida, from Mike Tate**

Treat yourself to experiencing the difference of a healing hour of relaxing deep tissue massage done by a therapist who has seen the world with only his hands, mind, heart, and soul for the last 30 years of life. I will work with you at your home or business. Email me today for more information. Appointments in the metro Orlando area only.

[Mike.tate1970@gmail.com](mailto:Mike.tate1970@gmail.com)

Michael D. Tate / Massage license number ma44618

###

**Ad for *The Blind Post***

Post an ad on *The Blind Post*, a great place to share and sell! *The Blind Post* Classified News features ads and announcements from and for the blind. Excellent monthly columns on a variety of topics, and much, much more! Subscribe free: [foodlady@theblindpost.com](mailto:foodlady@theblindpost.com) or read the latest news at [www.theblindpost.com](http://www.theblindpost.com)

###

**Freelance Services for Nonprofits – from Patty L. Fletcher**

Hello!

Are you a nonprofit with half a dozen invitations to things like luncheons, where you know that if you say you can come, they are sure to ask you to speak? Do you have a whole calendar filled with information fairs to attend? Is there not enough time in your busy schedule to make them all, or do you simply not have enough volunteers to cover it all?

I have the solution to those and other issues as well. My name is Patty L. Fletcher, and I am a self-published author and motivational speaker, as well as a nonprofit consultant, located in Kingsport, Tennessee. I can cover many different positions and will be happy to do so for a onetime fee for each event or a set fee for several events.

What can I provide?

* I can learn what your organization does, what services it provides, what types of volunteers it needs, etc., and go out and do presentations or work information fairs for you.
* I can learn your organizational training methods and provide training services for you.
* I can give motivational talks to your staff/volunteers, talks designed to energize and motivate them to work hard at their service and feel great about doing so.

For more information about these services, please contact me by phone or by email:

423-963-9476 or [patty.volunteer1@gmail.com](mailto:patty.volunteer1@gmail.com)

We can discuss price for services at that time. Costs will vary.

Thank you for your time and your attention to this very important matter.

Patty L. Fletcher

[www.dvorkin.com/pattyfletcher/](http://www.dvorkin.com/pattyfletcher/)

Author and Motivational Speaker

Book: *Campbell’s Rambles: How a Seeing Eye Dog Retrieved My Life* (C 2014)

###

**Seeking a Housemate in Muncie, Indiana**

As another visually impaired person, are you looking for a decent, convenient place to live that won't strain your pocketbook? This might be the place for you. I am in search of another lady to share a wonderful home I own. Transportation stops right in front of my house and will take you downtown, only 15 or 20 minutes away, with many stores and other facilities nearby. I have one room for rent at $400 a month. That includes kitchen privileges and a fenced backyard if you have a guide dog that needs this. You must have your own furniture for the room. I am looking for an independent person who can take care of themselves. For more info, please contact me by email: [karenb7410@gmail.com](mailto:karenb7410@gmail.com) Please, no cats. There are already three dogs and two cats here.

###

**5. “A Heart of Ice”**

A poem by Brian Nash

Copyright April 2015

I met her through a friend on the telephone;

I was really fed up with being alone.

The days flew by and I could hardly wait,

So I summoned my courage and asked her for a date.

And this is what she said that crushed me!

“Now I don’t mean to be callous, nor do I mean to be unkind,

But if you want complete honesty, then you must know my mind.

For a guy to stroll arm in arm, especially with a girl likes me,

He must be almost perfect and he must be able to see.”

For the next few days I was really depressed;

I had little ambition and couldn’t get any rest.

My friends were quite supportive and tried to cheer me up,

But to be young and lovesick is to drink from a bitter cup.

“Let’s have a party at the river,” said Joe.

“It’ll be a really big bash.

We’ll take the ladies for canoe rides,

Play poker, and win lots of cash.”

The party commenced on a sunny day,

And the spirits of my friends were high.

“You need to kick up your heels,” they said,

So I decided to give it a try.

The desolation of rejection was still coursing through me,

Which put me in a distant mood.

I went light on the beer and spoke rarely and listlessly,

Picking at my food.

“There’s a girl that wants a boat ride,” they said.

“With you, we know she’ll be safe.

In spite of your blindness you’ve had lots of experience,

And in you, we have much faith.”

So with farewells, the lines were cast off,

And the excursion was ready to start.

Then into the boat climbed the girl I’d wept over,

The one who had broken my heart.

With the swish of oars through blue water

Came serenity that ran very deep,

Refreshing me, making me feel vibrantly alive,

Like when you’ve had a really good sleep.

On wings of stealth, reality came stealing,

As I thought of the girl astern,

Whose stereotypical ideas of my capabilities

Left her rigid, unable to learn.

My face must have mirrored these thoughts and emotions

As I heaved a long-drawn sigh.

Then a ray of sun touched her heart of ice

As she hung her head to cry.

Then she tearfully apologized

For all the things she’d said.

She hadn’t changed her mind,

But she asked for my friendship instead.

We were lulled by a sense of security,

And time did quickly pass.

Beneath our craft flowed a deceptive current,

Yet the surface was smooth as glass.

So engrossed in conversation were we,

At first we heard not the sound,

Of the treacherous rapids called “widow makers,”

In which many a sportsman had drowned.

I yelled to my partner to give me directions

And tell me which way to go.

She replied with a wail and an ear-splitting scream:

“I’m too young to die! Oh, no!”

We cut through the water like a ski boat,

Amidst towering whitecaps and foam,

So with oar in hand I made my stand

Against the river, alone.

We were out of control and spun like a leaf

That rides the autumn wind.

We keeled far over, taking on water,

And then were swept around a bend.

We’d almost made it. The rapids were receding

When fate dealt an unlucky card.

My fine canoe splintered when we struck a log;

We had hit it much too hard.

We were flung from the boat on impact,

Landing several feet away.

I shed my boots and clothes in haste;

I was scared but otherwise okay.

Then I used my ears

As I will never use them again,

And heard the sound of air bubbles

From my new-found, drowning friend.

I dove straight toward the sounds

Her feeble efforts made.

As I went down I imagined a rosary,

And at every bead I prayed.

I must have gone down nearly twenty feet,

Yet still she wasn’t there.

So with tortured lungs and a terror-ridden mind,

I shot toward the surface in despair.

I broke the water with lungs afire

And dragged in a breath of cool, fresh air.

Something brushed the side of my face,

And I grasped a lock of her hair.

I got my bearings from the sun on my face,

And so began the ultimate race.

The stakes were higher than medals or fame;

Life or death was the name of this game!

With a long-reaching breast stroke,

I pushed her ahead.

From the closeness of our bodies,

My spirits were fed.

There was heart-felt regret

That she’d not be my wife,

But reflections must come later.

“I now must save her life!”

Then came creeping like a thief in the night,

A weariness in every bone.

Thoughts of my friends and family were heightened

By the knowledge that I might never get home!

My body is becoming numb with cold, I thought;

We must be passing an underground spring.

To be seated by a fire with my Shepherd at my feet

Would be a heavenly thing.

Far-off voices seem to be calling,

But hope is too precious a dare.

Then strong arms take the girl from me,

And someone yells, “You’re almost there!”

The possessive current has reclaimed me.

Fingers brush mine with a frantic grasp,

But now I’m going down:

Fast, faster, ever so fast!

Now I’ve slipped back to my childhood,

With my Mom sitting on my bed.

In reverent voices we recited a prayer,

And this is what we said.

“If I should die before I wake,

I pray to God my soul to take!”

Suddenly I’m galvanized with such a sense of joy!

Tears well into my eyes,

And a gentle voice speaks to me,

Which comes as no surprise.

“Well done, my son!

I’m taking you home at last.

Where time stands still in rapture,

Free from present, future, or past.

Where waiting to be with you is your soul-mate,

Whom you will be able to see,

Who won’t be ashamed to be seen with you,

Not even in front of me!”

(END)

**A note from the editor:**

Brian Nash, who has been blind from birth, lives in Edwards, Missouri with his wife, Sue. He is the author of six books: four wonderful books for children from the ages of 3 to 12, and two books for teens and adults. Details about his books are on his website: <www.dvorkin.com/brianknash/>

###

**6. A Closing Note about the Editor:**

This newsletter was edited by Leonore H. Dvorkin, of Denver, Colorado. She also edited my book, *Campbell’s Rambles: How a Seeing Eye Dog Retrieved My Life,* as well as all of Brian Nash’s books and three of the books by Robert Branco.

Leonore is the author of four books:

1) *Apart from You*, a novel (See above for details, under Advertisements, Section 4.)

2) *Another Chance at Life: A Breast Cancer Survivor’s Journey*, about her 1998 breast cancer and mastectomy, with no reconstruction

3) That same book in Spanish, entitled *Otra oportunidad a la vida: El camino de una sobreviente de cáncer de seno*

4) *The Glass Family*: a humorous, one-act fantasy play about a family of drinking glasses in a cupboard and how they view their world / Photos by Leonore Dvorkin

All four books are available in e-book and print from Amazon and other online buying sites. The English version of her breast cancer book is also available in audio from audible.com.

For details, review quotes, excerpts, and buying links, please see her website: [www.leonoredvorkin.com](http://www.leonoredvorkin.com)

Leonore and David Dvorkin also offer editing and self-publishing services to other authors for very reasonable rates. Since 2009, they have edited and produced 21 books, both fiction and nonfiction, by other authors. Most of their clients are blind. Full details are here: <www.dvorkin.com/epubhelp/>