

# **"Sightings"**

**Wyoming Council of the Blind**

**<https://www.wycb.info> (307) 629-1916**

**February 2026**

**Note: To navigate to the beginning of next article use "# #" without the quotes.**

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**# #**

## **President's Address by Cheryl Godley**

**Hello Folks,**

**When I think about the month of February, I think about Valentine's Day; a time to remember the people who are**

**special in our lives. All of us require support, love, encouragement, and validation. For those of us who experienced B/VI, the most important people in our lives are those who see us for who we are, and do not define us by our visual limitations. They simply see the B/VI as a small part of who we are.**

**So, the question becomes, how do we find these people for our lives? Generally, we find them through work, school, church, activities we participate in, and support groups. There are support groups and activities run by the American Council of the Blind. ACB provides numerous activities in which to participate online by Zoom.**

**WyCB offers low-vision support groups in various parts of Wyoming, the details of when and where they meet are listed below. If there is not a group in your area and would like to start one, we would be eager to assist you. WyCB also has a convention each year that brings us together for fellowship, support, encouragement, and to learn new information regarding B/VI. In addition, WyCB members have been invited by the Lions Club to a long-weekend retreat at Casper Mountain to be held this July 16-19, 2026.**

**Our challenge is not to isolate. The isolation related to B/VI is real. Remember, we will not likely meet others by staying at**

home, and not reaching out ourselves. I encourage each of us to challenge ourselves to reach out and participate in activities so that we might meet others whom we may let into our lives, and let others get to know us, as well. In doing so, we may actually find ourselves supporting and encouraging others in their lives, and also gaining support from others. In this way, we may reciprocate the support of others and build a supportive community wherever you live.

WyCB sponsored Low Vision Support Groups are for people of all ages who are losing or who have lost their sight. Their families, friends, and caregivers are also strongly encouraged to attend. These are wonderful opportunities to learn about Assistive Technology, resources available to us in Wyoming, B/VI events/concerns in our communities, and to gain support and meet with others who are living life with vision loss.

### **Buffalo Low Vision Support Group**

**Meets the second and fourth Monday of the month**

**at 11:00 AM at:**

**Buffalo Senior Center**

**671 W. Fetterman Street Buffalo, WY 82834**

**307-684-9551**

### **Casper Low Vision Support Group**

**Meets the second Monday of the month from**

**10:00 AM to 12:00 PM at:  
Central Wyoming Senior Services  
1831 E. 4th Street Casper, WY 82601  
Group Facilitator: Cheryl Godley 307-629-1916**

**Low Vision Support Group of Powell  
Meets the second Tuesday of the month at 1:15 PM at:  
Rocky Mountain Manor  
140 N. Cheyenne Street Powell, WY 82435  
Group Facilitator: Tom Lealos 307-764-3664**

**Sheridan Low Vision Support Group  
Meets the third Thursday of the month at 1:00 pm at:  
Cascades of Sugarland Ridge  
1551 Sugarland Drive Sheridan WY 82801  
Group Facilitator: Linda Woodruff 208-313-3987**

**These meeting times and places are also listed on our  
WyCB.info website under the Resources tab. If you are  
interested in developing a new support group in the state,  
please contact Cheryl Godley at 307-629-1916. If you would  
just like to attend a support group, but there is not one in your  
area, please call us and we will try to find a way for you to join  
a group by telephone.**

**# #**

# **Save the Date! WyCB Summer Retreat: Hosted by the Lions of Wyoming** by Bonnie Harrison

**The Wyoming Council of the Blind is excited to announce a Summer Retreat to be held July 16 through July 19, 2026, at the beautiful Allen H. Stewart Lions Camp on Casper Mountain.**

**This special retreat is being generously hosted by the Lions of Wyoming, who have waived the camp rental fee. Thanks to their support, the cost to participants will be limited to food and optional craft supplies.**

**The retreat will begin Thursday afternoon and conclude Sunday morning. Our goal is to create a welcoming, relaxed weekend focused on connection, recreation, and shared experiences. Whether you enjoy learning something new, spending time in nature, participating in group discussions, or simply visiting with friends, this retreat will offer something for everyone.**

**Possible activities may include:**

**Group discussions and sharing sessions**

**Arts and crafts**

**Light outdoor recreation**

**Games and social time**

**Live music and entertainment**

**Campfire gathering (weather permitting)**

**The Allen H. Stewart Lions Camp provides a peaceful mountain setting with accessible facilities and comfortable lodging. It is a wonderful opportunity to enjoy Wyoming's summer beauty while building friendships within the WyCB community.**

**Additional details, including registration information and a tentative schedule, will be shared in the coming months. We hope you will mark your calendar now and plan to join us for this special weekend of fellowship and fun!**

**# #**

## **Ten Life Hacks for Low Vision Living by Sarah Sexton**

**Here are ten tips or life hacks I use to make my life easier:**

**Clean ceiling fans without getting dust in your face and all over your house by sliding an old pillow case over each fan blade and then slowly sliding it off.**

**Freeze white vinegar in an ice cube tray. and drop the cubes into your garbage disposal. Run the garbage disposal until all of the cubes are gone. The vinegar not only cleans the blades of the garbage disposal but it will also make it smell better.**

**Keep track of small items in a large drawer by placing a shallow plastic container in the front of the drawer just for those small items.**

**Oven mitts now come with 17 inch or longer sleeves to prevent burns on the forearms.**

**To make scooping ice cream easier, dip your ice cream scoop into a cup of hot water. The scoop will cut right through even the most frozen ice cream.**

**Aluminum foil has a shiny side and a dull side for a reason. The shiny side reflects heat the dull side absorbs it. Place the shiny side up if you want your food to get crispy in the oven. Put the dull side out when wrapping food to keep heat in. The shiny side is on the bottom of the sheet when you unroll it.**

**Keep your cell phone charging cord on the night stand with a binder clip. Attach the binder clip to the edge of the nightstand and loop the charging cord through the metal arms of the clip.**

**Make peeling hard boiled eggs a breeze by placing them in cold water and then sprinkling some baking soda on top of the water. After the eggs have cooled, rinse them again with cool water.**

**In need of a cord-free heating pad? Fill a clean sock with dry rice and tie the end off. Add a few drops of your favorite essential oil (if you want) and microwave to your preferred temperature.**

**Laundry soap now comes in the form of a single serve sheet. Much like dryer sheets, they come in a box and require no pouring or scooping. Just pull the laundry soap sheet from the box and drop it into your washer. There are many brands and varieties.**

**# #**

**What a Grandfather Teaches About Blindness and Mobility: My Review of “Grandpa’s White Cane” by Jim Hoxie and Joanna Jones. by Abbie Johnson Taylor**

**In this children’s picture book, based on Jim Hoxie’s real-life experiences, a grandfather shares how he lost his vision and**

**later attended a rehabilitation facility for veterans. There, he learned to use a white cane and developed other essential skills for independent living. He also describes how he shares his experiences with schoolchildren and members of the Lions Club in Spearfish, South Dakota, where he lives.**

**Grandpa emphasizes White Cane Safety Day and the importance of educating children about the white cane. He explains the most effective ways to assist blind and visually impaired people and why awareness and understanding matter. The book also includes helpful references and a glossary, making it both educational and accessible.**

**In September 2025, I attended the Wyoming Council of the Blind convention virtually and met Jim Hoxie and Joanna Jones when they presented about this book. Their story captured my interest.**

**I love the book's conversational tone. A child asks Grandpa why he uses a white cane, and Grandpa responds with thoughtful, detailed answers. Each page of text has a sidebar on the left with a single helpful tip or suggestion related to interacting with people with B/VI. This adds a meaningful layer that both children and adults can appreciate.**

**I believe this book's message is valuable for readers of all ages. It's a wonderful book for children and parents to enjoy together and a great way to spark conversations about independence, inclusion, and understanding.**

**As a visually impaired person, I know how vital it is to educate the public about blindness and low vision. It's equally important to remind drivers to stop and allow people with white canes to cross streets safely. I hope you'll pick up this book, whether you're blind, visually impaired, or sighted, and agree it's a valuable resource.**

**Grandpa's White Cane can be downloaded from BARD as DBC06000 and is also available for purchase online.**

**Abbie Johnson Taylor has published three novels, two poetry collections, a memoir, and a collection of short stories. Her work has appeared in The Weekly Avocet, Magnets and Ladders, and other publications. She is visually impaired and lives in Sheridan, Wyoming, where she worked as a registered music therapist with nursing home residents and in other facilities. She also cared for her late husband, who was totally blind and suffered two paralyzing strokes after they were married. This is the subject of her memoir and many of her poems.**

**# #**

## **Dave Steele, The Blind Poet, shared by Sherry Leinen**

**Dave Steele lives in Manchester, United Kingdom. He is an award-winning poet, author, speaker, singer and advocate for the blind. He was diagnosed with Retinitis Pigmentosa (RP) in 2014 which left him “severely sight impaired.” His mission is to inspire others globally, transforming challenges into triumphant achievements, and resolutely proclaiming that “Disability isn’t an excuse to do less but a reason to be more.” Dave Steele granted permission to share his story and his poetry. Copyright-2023-2025 by Dave Steele, The Blind Poet**

### **Untitled Poem by David Steele**

**I get scared of blindness.  
I worry for what's to come.  
I feel like I'm to blame, that I might one day pass it on.  
I think that I'm a burden.  
I panic I'm in the way.  
I doubt my own self-worth and wonder why my loved ones stay.  
I give in to the voice that tells me I should stay inside.  
I refuse to use my cane outside because of foolish pride.**

**I compare myself to others.  
I measure what I've lost.  
I focus on the things I can't, and count them as the cost.  
I replay every stumble.  
I relive each awkward stare.  
I tell myself I'm weaker, though I know that's not fair.**

**But most days I face blindness.  
I stand up to what may come.  
I know I'm not to blame, and it's no fault to pass it on.  
I prove I'm not a burden.  
I show up anyway.  
I see my worth reflected in the love that makes them stay.  
I silence that old whisper trying to keep me small.  
I step out with my cane held high and walk through it all.**

**I back myself in public.  
I ask for help with grace.  
I educate with patience when I meet a puzzled face.  
I turn my fear to fuel.  
I turn my pain to art.  
I build my strength from every doubt that once tore me apart.**

**I choose to keep on training.  
I choose to share my voice.**

**I choose connection over fear; isolation's not my choice.  
I lead with lived experience.  
I speak so others see  
that blindness doesn't steal the man I'm meant to be.**

**We show up for our children.  
We show up for our friends.  
We show up for ourselves again and again and again.  
We learn new ways of living.  
We adapt, adjust, refine.  
We prove that loss of eyesight doesn't mean a loss of shine.**

**We laugh a little louder.  
We hold our loved ones tight.  
We chase our goals with everything, despite the fading light.  
We build, create, encourage.  
We rise when we could fall.  
And most of what we fear inside  
was never true at all.  
# #**

**Sightings Wants Your Stuff** by Abbie Johnson Taylor  
and editor Tom Smyth.

**We are looking for material of interest to blind and visually impaired people in Wyoming. We encourage all members of the Wyoming Council of the Blind to submit articles for future issues of Sightings. Have you had any interesting, emotionally moving, or funny experiences related to your blindness or vision loss? Have you read any good memoirs by blind authors or fiction with visually impaired characters? Do you use any products or software related to blindness or low vision that you really love? Do you have any favorite recipes? Why not tell us about it?**

**If you are nervous about your writing we can help you polish up your submission. Let us share your experiences so that others might sympathize or learn from them. Or maybe share a laugh with you.**

**You can check out past issues of Sightings at our website, <https://www.wycb.info>, to get an idea of what we print. Please email articles or questions to: [treasurer@wycb.info](mailto:treasurer@wycb.info). Or call us at 307-629-1916. We'd love to hear from you at any time!**