



STORIES TO  
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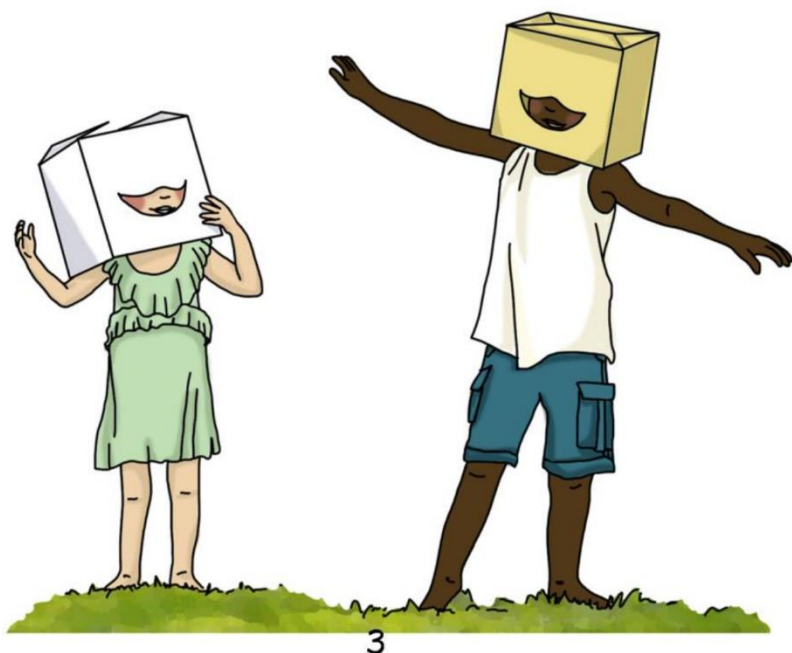


REGINA  
THE COOKING WHIZ

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Color and trim along the solid line. Double by the dashed line



## ABOUT DEAFBLINDNESS

Deaf blind people **CAN'T SEE AND HEAR** like you do, they see and hear in a different way. It's easy to spot a deaf-blind person because they use a **RED AND WHITE CANE** so that they can be identified. Which doesn't mean they're all Atlético Madrid fans though!

Although it may seem to be the case, **DEAFBLINDNESS** isn't a combination of two separate disabilities, it's a single disability, with its own characteristics.

Some people are born with this impairment, whilst others have lost some of these two senses **LITTLE BY LITTLE**. Anyway, what all deaf-blind people have in common is that they have difficulty in communicating and that's why they need the help of a **mediator**. Using their hands, the mediator communicates everything that's going on, whilst helping and offering advice to allow the deaf-blind person to better identify the feelings they are unable to perceive.

Regina is a deaf-blind girl who, despite the trouble she has in communicating, has managed to build a magical world around herself.

**Would you like to see it?**

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Hi guys, I'm Regina,  
the cooking whiz!!!

**that's what they call  
me anyway.**

Do you want to find out why?

I live on a cattle farm in  
Galicia with my **PARENTS**.



Living somewhere like this is  
really invigorating because it's so full  
of life. The thing is that for some  
reason, my sight and hearing have  
become weaker over time. However, the rest  
of **my senses** have become  
**MORE ACUTE**. My sense of  
**smell, taste and touch...**

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I bet you've never stopped to **think** that  
the world can be **SMELL** (👃)

**TASTED** (👅)  
and  
**FELT?** (👉)



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Before losing my sight,  
I used to run around the  
**FARM** whenever I liked.

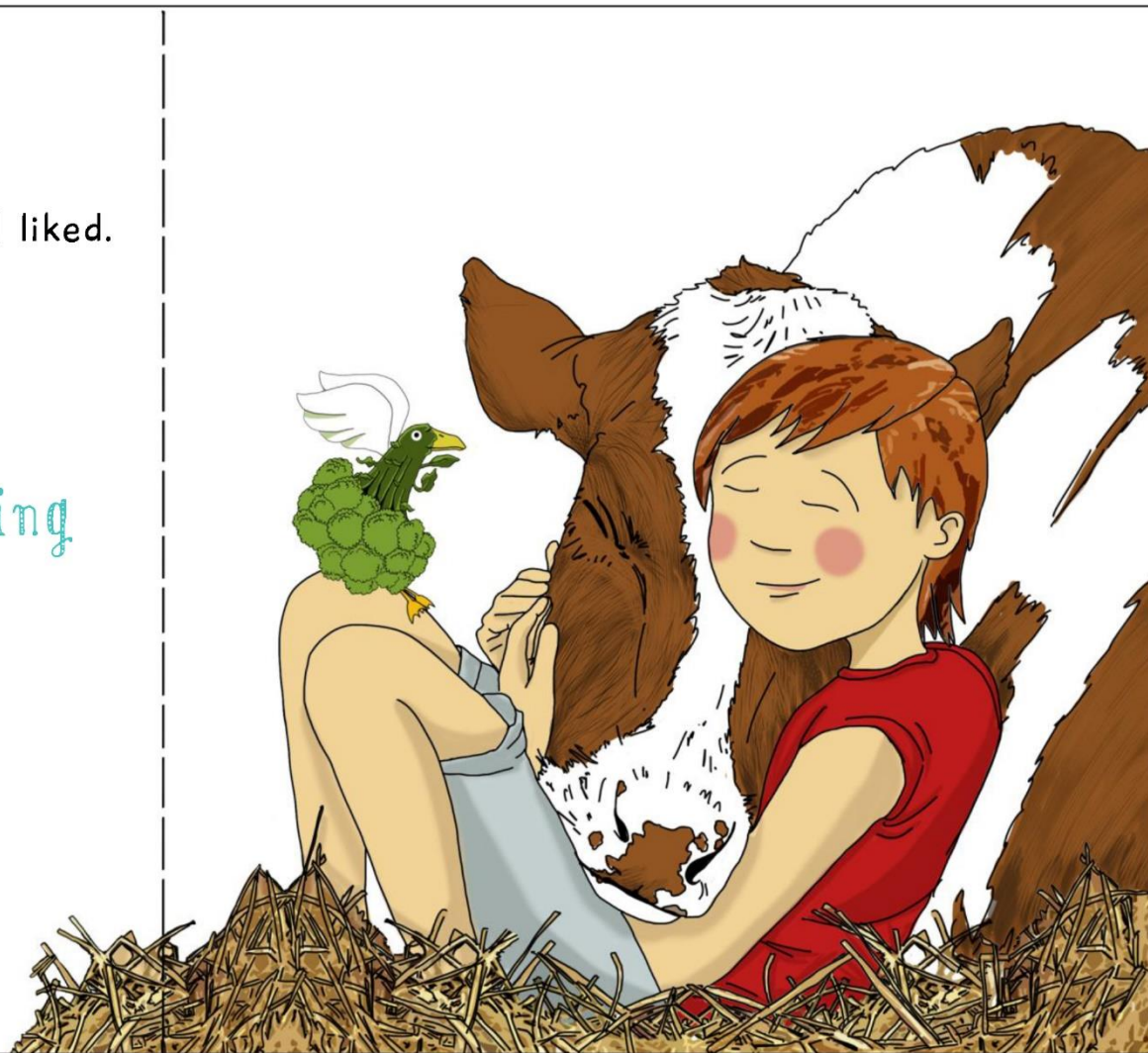
That's why I can now  
**REMEMBER EVERY CORNER**  
of it, even though I can't see them.

I make **the most of everything**  
**around me to learn,**

I feel connected to the world:

**THE DEW ,**  
**THE FLOWERS,**  
**the snail's slime,**  
**THE RAIN...**

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For example, the scent of the

## CLEAN SHEETS

my Mum hangs out to dry make

me feel like **I'VE GOT WINGS.**

*I skip among them as  
the wind caresses my **CHEEKS.***



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Another funny feeling  
is when

**I TOUCH**

my Dad's  
working **clogs**,  
which are caked  
in mud and cow pats.

I IMAGINE THAT IT'S  
A TROLL'S BOGEY



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Communication is really essential.

Most people communicate with **words**.

I use sign language and an  
alphabetic hand touch system  
(I mean, I spell out what I want to say with my hands).

Agostiño is my mediator and was the one who  
taught me and all of my **FAMILY** to communicate  
in this way.

But, as I'm also very creative, I use cooking  
to express myself. That's why they call me  
the '**CHAMPION COOKING WHIZ**'.

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**MY GRANDMA**, Genoveva,

was a cook and she  
taught me all about

smells,  
tastes  
and textures.

It's such good fun to get  
mixed up in flour,

**BREADCRUMBS**  
vegetable  
and oil.



When I'm feeling insecure I ask my Grandma  
to help me and I go into the **KITCHEN** and cook  
a Galician soup.

When I'm **Feeling Happy** I make a traditional  
**SANTIAGO ALMOND CAKE**.



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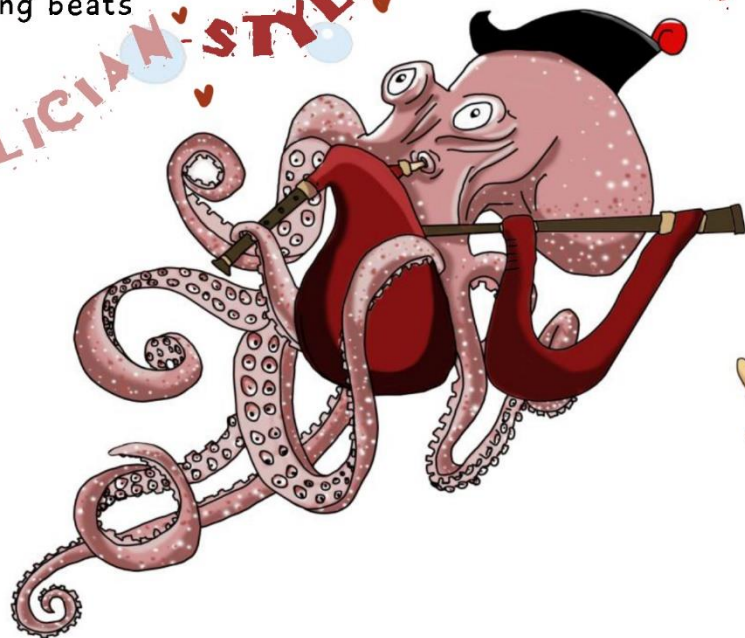
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When I need to let  
someone know

*i love them,*

nothing beats

**GALICIAN-STYLE OCTOPUS.**



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When it comes to cooking, you have to have  
A LOT OF PATIENCE, A PINCH OF TALENT, ALL THE LOVE IN THE WORLD  
AND BE PRETTY KEEN TO WORK HARD.

As Grandma Geno used to say:

*"Eating without having worked shouldn't be allowed."*

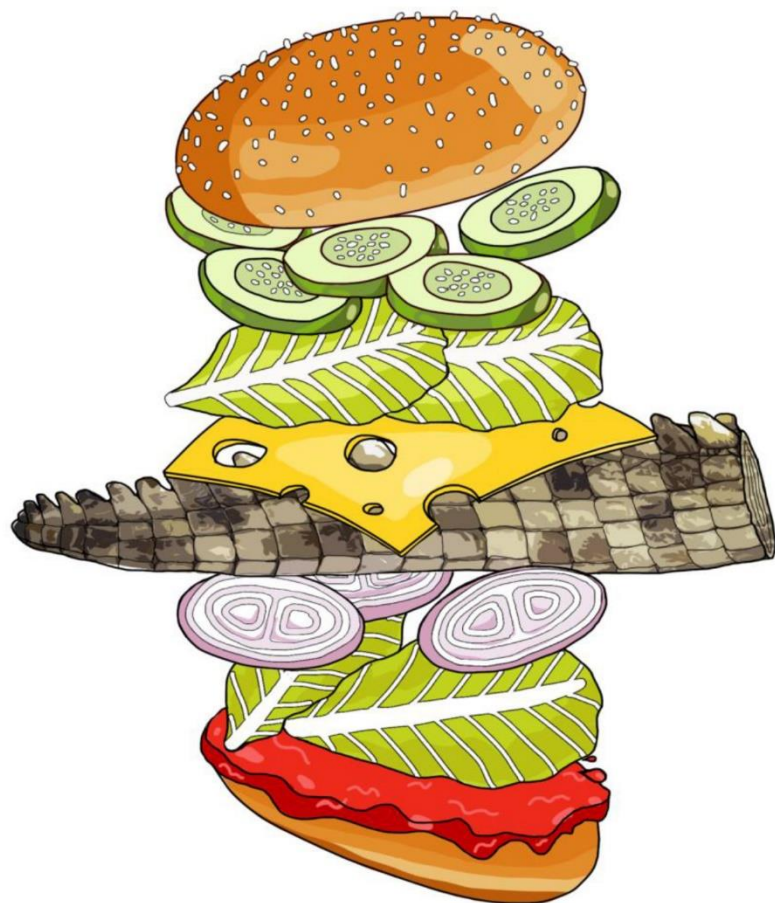


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So I make an effort to keep on learning new recipes  
and then I post them on my **blog**.

Did you know?

*I've got a Braille-adapted computer*

One day I'll be a well-known figure in the cooking world.

Given my **adventurous tastes**, I'll travel the world  
in search of new flavours to share with my **followers**.

**Did you guys know that**  
**they have crocodile hamburgers**

THE END

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