BREAKING NEWSLETTER

Issue 34 November/December 2021

# President’s note

**Greetings Federation Family,**

**It gives me great pleasure to provide the Presidential Report to the Florida Affiliate.**

**Let me start by saying Happy Thanksgiving. Wishes and well-being to you and your love ones. Safe travels and hope that your day of giving thanks was spent enjoying time with those who are very special to you.**

**I am still wearing my hard hat and construction is in full swing. The Affiliate Board is working diligently to ensure our conventions for the next couple of years are secured and we have made great progress on this front. Also, the Affiliate Board has been assigned new liaison to chapters and divisions for the next year and I encourage all members to know who is assigned to your chapter or division. Moreover, I encourage that the chapter and division Presidents invite your liaison to participate in your meetings so you can build a strong relationship with your liaison. We are awaiting information on the Washington Seminar. As soon as we have a clear picture of how we are going to participate, we will pass on the information to our members.**

**As the Holiday Season has started, my blessings to you and your love ones. Let’s take time to reminisce on the past year and look into the future of the Florida Federation. We are all as one, we are striving for the same goals, we have pledged to achieve equality, security and opportunity for the blind. Let’s break down those barriers that are holding us back. Let’s join as a collective group and inspire our members to live the life we want. Let’s go build the National Federation of the Blind of Florida.**

**Sincerely**

**Paul M. Martinez, President NFB OF Florida**

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**president@nfbflorida.org**

**Facebook & Twitter @nfbflorida**

**Find us on twitter and FB @nfbflorida**

# How to navigate our newsletter with headings:

To enable the quick keys on/off with JAWS use the command “insert + z”. By default, the quick keys are off in Microsoft Word. To browse through the headings of the newsletter. Make sure you have quick keys on and then press the letter “h”. This keyboard command will move from heading to heading on the document. When you find the title of the heading you would like to read, you can use the “insert +down arrow” or the “insert +numbpad2”.

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# Birthdays & Celebrations

**The NFBF would like to celebrate:**

**Birthdays:**

**November:**

***Theresa Cruz – Melbourne***

***Jeff Davis – Tallahassee***

***Carol Massey – Gainesville***

***Joan Miles – Gainesville***

***Earline Outman-Norton – Daytona***

**December:**

***Shirley Czaja – Melbourne***

***Jada Christie – Tallahassee***

***Kathy Davis – Daytona***

***Beth Haderer – Melbourne***

***Bill Outman – Daytona***

***Juan Perez – Melbourne***

***Peter Poley – Melbourne***

***Sylvia Young - Tallahassee***

***Anniversaries:***

***Brian and Earline Norton – November***

# Important Calendar Events

**Monthly Calendar Meetings**

﻿1st Monday

Tallahassee Chapter at 6:30pm call 1-605-313-4802,790189

1st Wednesday

Diversity & Inclusion at 8pm via Zoom - https://zoom.us/j/91398845944

1st Thursday

Senior Concerns at 8pm via Zoom - https://zoom.us/j/99374511935

﻿1st Saturday

Jacksonville Chapter at 10am via Zoom - <https://us02web.zoom.us/j/9851473331> or (646) 876-9923,9851473331#

2nd Sunday

Deaf/Blind Division at 5pm via Zoom - https://zoom.us/j/95238018615

2nd Monday

Communications Committee at 7pm via Zoom - https://zoom.us/j/96004539043

Palm Beach Town Hall at 8pm via Zoom - https://zoom.us/j/96103969485

2nd & 4th Thursday

Sunrise & Shine with Newsline at 9am via Zoom - https://zoom.us/j/96184895393

2nd Saturday

Broward Chapter at 10am via Zoom - https://zoom.us/j/92442860215

Gainesville Chapter at 2pm call (857)357-0254, 195715#

Melbourne Space Coast at 10am via Zoom - https://zoom.us/j/2515826459

Polk Chapter at 10am call 605-475-4700,800550#

Treasure Coast Chapter at 10am call 1-712-770-4708,612583#

3rd Sunday

FABS at 6pm via Zoom - <https://zoom.us/j/98656132846>

Statewide Chapter at 8pm via Zoom - <https://zoom.us/j/97396225920>

3rd Monday

Communities of Faith at 8pm via Zoom - https://zoom.us/j/91398845944

3rd Tuesday

Book Club at 8pm via Zoom - https://zoom.us/j/92344776358

3rd Wednesday

Blind parents at 8:30pm via Zoom - https://zoom.us/j/98575570497

3rd Thursday

Miami Dade Chapter at 7pm call (305) 848-8888,3336914851

3rd Saturday

Central Florida Chapter at 12pm via Zoom https://us02web.zoom.us/j/5255743503?pwd=RVBBT1cycGFIT21rbTRiRHAxM1o3dz09&fbclid=IwAR16DWenS-YjUPTLAAUlN\_sNYpGnoFr3otSdkg7WYmgcvStPrJhljBtbWUk

4th Monday

Technology at 8pm via Zoom

4th Thursday

Legislation Committee at 8pm via Zoom - https://zoom.us/j/94416346364

4th Saturday

Tampa Bay Chapter at 12pm via zoom - https://zoom.us/j/98776627448

Daytona Beach Chapter at 1:15pm via Zoom https://us02web.zoom.us/j/9357099741?pwd=YVhxTVg0Nm1KQytCQ0xJM1JvZDhYUT09

# Articles, Announcements and Comments

**In Memory of:**

**Elizabeth Bowen-Dyal**

It is with great sadness and a profound sense of loss that the NFB of Florida Greater Jacksonville Chapter announces the passing of Elizabeth (Beth) Bowen Dyal on October 4, 2021, at the age of 81.

Beth played a pivotal role in the formation and growth of the National Federation of the Blind of Florida, the Federations 45th Affiliate, founded on November 14th, 1970, as the Florida Association of the Blind. She and her husband Jim took on leadership roles, (including those of President of the Jacksonville Chapter), one of the Affiliates four charter chapters. Beth served as an invaluable member and leader not only in Florida but on a national level as well.

Active in local, State and National politics, she was a strong and steady voice championing those issues that affected the blind. Beth, along with her late husband Jim Bowen, was instrumental in passing legislation to help the blind participate more on an equal footing with the fully sighted.

She mentored and advocated on behalf of blind individuals who had issues in dealing with various rehabilitation agencies, the Social Security Administration and private employers. Beth also instilled in the people she mentored self-reliance and taught her mentees how to advocate for themselves.

Beth lived a full and active life and never let her lack of eyesight keep her from accomplishing her goals. She raised four children, was active in her church, was well known in local and State politics, supported women's concerns, blindness issues and was employed full-time as a medical transcriptionist.

In times of darkness, love sees.

In times of silence, love hears.

In times of doubt, love hopes

In times of sorrow, love heals.

And in all times, love remembers.

An update from the Miami Chapter

Lorna Gray of the Miami Chapter sent an update on the many activities their chapter has been up to as of late.

They continue to remain active in the community, while upholding the goals of the Federation. They celebrated a Wedding earlier in the year, and yet another celebration was had in August when Jorge Hernandez was appointed Chair of the Rehab Council.

The Miami chapter sent a few to the State Convention, and they came away with the feeling that this was a great family reunion.

In closing, Lorna and the rest of the Miami Chapter wishes everyone a happy holiday season and a prosperous 2022.

Congratulations

The National Federation of the Blind of Florida Congratulates Kathy Roskos, of Gainesville on her new job. She recently began a new Customer Service job with the Lighthouse of Central Florida.

We wish Kathy the very best with this new and exciting endeavor and know that she will do great things.

An Announcement from FLAGDU

Greetings to my fellow federationist! I would like to proudly announce The brand new board for the Florida Association of guide dog users, FLAGDU!

Our officers are:

Brittany Fraer – president

Scott Siegle – Vice President

Sherrill O’brien – secretary

Debbie Hietala – treasurer

and our board members are Sherri Brun, Scott Wilson and Miranda Kilby!

We are now holding open meetings for all to join every other month! Our next one is scheduled for January 18! We hope to see you there! For any questions or if you would like to join Flagdu please contact Brittany Fraer at 804-274-8908 or you can email her at flagdu@nfbflorida.org.

**Fun Facts**

**Betcha Didn't Know ...**

The liquid inside young coconuts can be used as a substitute for Blood plasma.

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No piece of paper can be folded in half more than seven (7) times.

Oh, go ahead. I'll wait...

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Donkeys kill more people annually than plane crashes or shark attacks.

(So, watch your A.)

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You burn more calories sleeping than you do watching television

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Oak trees do not produce acorns until they are fifty (50) years of age, or older.

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The first product to have a bar code was Wrigley's gum.

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The King of Hearts is the only king without a moustache.

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American Airlines saved $40,000 in 1987 by eliminating one (1) olive

>From each salad served in first-class.

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Venus is the only planet that rotates clockwise.

(Since Venus is normally associated with women, what does this tell you?)

(Those women are going in the 'right' direction...?)

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Apples, not caffeine, are more efficient at waking you up in the morning.

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Most dust particles in your house are made from DEAD SKIN!

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The first owner of the Marlboro Company died of lung cancer.

So did the first 'Marlboro Man'.

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Walt Disney was afraid OF MICE!

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PEARLS DISSOLVE IN VINEGAR!

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The ten most valuable brand names on earth: Apple, Coca Cola, Google, IBM, Microsoft, GE, McDonald's, Samsung, Intel, and Toyota,

in that order.

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A duck's quack doesn't echo, and no one knows why.

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Dentists have recommended that a toothbrush be kept at least six (6) feet away from a toilet to avoid airborne particles resulting from the flush.

(I keep my toothbrush in the living room now)

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Turtles can breathe through their butts

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Remember, knowledge is everything, so pass it on......

**Now Go move Your Toothbrush**

# Travel the World

NEW SECTION OPEN NOW:

In this section members are encouraged to share experiences during their travels both near and far.

I have always loved to travel, and over the years, I have wondered if there was, or why there was not a website, or blog just for the blind traveler. I never really took the time to research this, but in my efforts to locate an article for this section, I found the following link.

[https://blindtravelersnetwork.org/](about:blank)

Here is what the Blind Travelers Network has to say about their site. Feel free to check it out, and let me know what you think, or submit an article about your favorite travel destination.

Get ready to expand your horizons, leave your comfort zone behind, and explore new places. Perhaps you’re a blind or low vision college student who plans to study abroad and you’d like to learn more about resources and non-visual accessibility in your host country. Perhaps you’re a young blind professional who is interested in taking your first cruise, but you’re not sure which cruise lines are most accommodating and which cruise ships and ports of call are easiest to navigate. Perhaps you are a blind parent who wants to take your children to Disney World, but you’re concerned about how you’ll navigate the theme parks. Perhaps your eyesight isn’t as sharp as it used to be, but you still have your heart set on spending your retirement traveling. Or maybe you’re a sighted parent of a blind child and you want to plan vacation activities that everyone in your family can enjoy.

The Blind Travelers’ Network (BTN) is here to help you!

Our Blogs section contains blogs written by several blind and low vision travelers who have a wealth of knowledge, experience, and advice to share. This section also features an advice column from a blind orientation and mobility instructor. We welcome you to comment, ask questions, and engage in discussion with the bloggers and other readers.

In our Reviews section, you can read reviews of resorts, cruise ships, museums, theme parks, restaurants, and other places by other blind and low vision travelers. Unlike reviews you will find in other resources, reviews here are all written from a non-visual or a low vision perspective. You can also leave your own reviews of places you visit in order to help other blind people who may be interested in traveling there in the future.

In our Discussion Boards section, you can ask questions of other blind and low vision travelers and get the answers you need to make the best travel decisions for you. Perhaps you want to know if anyone has a good recommendation of an adaptive ski program in Colorado that is appropriate for experienced skiers. Or maybe you’d like to find a place to scuba dive in the Caribbean that is welcoming and accommodating to people who are blind. This is the place to ask questions and get the information you need. This is also the place to share your advice and discuss the tools, techniques, and traveling hacks that have worked for you.

In our Events section, you can plan meetups with other blind and low vision people in your area. Perhaps you’d like to get a group together to attend a festival, explore a museum, or check out a concert.

The Blind Travelers’ Network is not intended to replace your other favorite travel websites, such as TripAdvisor, Yelp, Oyster, and Cruise Critic. When planning a vacation or excursion, we encourage you to use other mainstream resources to learn as much as possible about your destination and options. For example, you may wish to start your search on BTN, get some ideas of what museums are most blind friendly, and then learn more general information about these museums on sites like Yelp and TripAdvisor. Alternatively, you might first want to learn about the differences between cruise lines and cruise ships on sites like Cruise Critic and then come to BTN with specific questions about ships that interest you.

Whether you’re looking to check out an attraction in your own hometown for the first time or travel around the world, we hope you will find the information you need to make the best decisions possible with your vacation time and money. We hope that, by learning from the experiences of other blind people who have “been there,” you will be a more confident, informed, and savvy traveler.

Contact us at blindtravelersnetwork@gmail.com.

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# Tips and Tricks

Every day I am amazed at the things our friend Alexa can do. She seems to advance more and more all the time. Here are some of the top, most used commands that you can issue to Alexa. Give them a try.

Time

Weather

News

Alarms and timers

Numbers and addresses for businesses, such as: restaurants, stores, supermarkets etc. and their hours

Games like Song Quiz, Jeopardy, price it right

Tell me a joke

Quote of the day

Tell me a story

Make announcements to other devices on the Amazon account

Slow or speed up speech

Drop in and listen to the other devices

Question of the day

Sleep sounds

Trivia

NFB Newsline: play nations blind

ACB Radio

Change her wake name: Ziggy, computer, Echo or Alexa

Change voice

Spell words and get definitions

Math problems

Tell you how far another location is from your location

Get recipes

Get time and temperatures for cooking foods

Shop on Amazon

Find my phone

Call someone in my contacts by name or give your device a phone number to call

Play music

Play radio stations and podcasts

Set reminders

Stock Market reports

Make shopping list

One final neat Alexa trick I learned recently, thanks to Russ, is that you can name your specific timers. For instance, I set a timer twice a day for my breaks at work. Now instead of saying “Alexa, set timer for 15 minutes,” I can say “Alexa, Set Break timer.” Imagine what she will be able to do in 10 years.

# Laugh it up!

It's been said that 'Laughter IS the Best Medicine.' Nothing works faster or is more dependable to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. Here's to living a longer, healthier, and happier life! Laughter is the best medicine. Take as much as you can, several times a day.

Jack, age 92, and Rose, age 89, living in Miami, are all excited about their decision to get married.

They go for a stroll to discuss the wedding, and on the way, they pass a drugstore.

Jack suggests they go in. Jack addresses the man behind the counter: "Are you the owner?"

The pharmacist answers, "Yes."

Jack: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course, we do."

Jack: "How about medicine for circulation?"

Pharmacist: "All kinds."

Jack: "Medicine for rheumatism?"

Pharmacist: "Definitely."

Jack: "How about suppositories?"

Pharmacist: "You bet!"

Jack: "Medicine for memory problems, arthritis and Alzheimer's?"

Pharmacist: "Yes, a large variety. The Works."

Jack: "What about vitamins, sleeping pills, Geritol, antidotes for Parkinson's disease?"

Pharmacist: "Absolutely."

Jack: "Everything for heartburn and indigestion?"

Pharmacist: "We sure do."

Jack: "You sell wheelchairs and walkers and canes?"

Pharmacist: "All speeds and sizes."

Jack: "Adult diapers?"

Pharmacist: "Sure."

Jack: "We'd like to use this store as our Bridal Registry

# Florida Spotlight

Group Spotlight –

In this issue, instead of having a group spotlight, we will shine our light on 2 different members.

Since the Florida Division of Blind Students was recently revitalized, it is my great pleasure to feature their new President, Jannik Pesch. I know that he and the students will do great things not only in the National Federation of the Blind of Florida, but in life.

Here is what he has to say.

My name is Jannik Leon Pesch and I was born on May 16, 2000, near the city Köln, Germany. Growing up, I enjoyed playing a whole variety of sports such as soccer, tennis, track, basketball, and cycling. My family and I traveled a lot when I was younger, which allowed me to experience the sheer diversity of the world from a young age. For example, we used to travel to the Netherlands on weekends to spend quality time on our boat and sailed to various locations. Throughout my life, there are two major events that have dramatically changed and redefined me as the person that I am today.

The first event was when my vision began to deteriorate in 2011. I became a lot more focused on my future and contemplated many aspects of my life, not knowing how blindness would affect me. While other kids were busy arguing over what toys are the best, I was occupied with trying to understand the profound change that I was about to experience. It was certainly very difficult at first, but my family always supported me, and my new motto became “Never give up, no matter what”. Over the years, I gained the ability to accept my disadvantage and became obsessed with the expression “turn your weakness into your biggest strength”. I wanted to prove to myself that I can still accomplish my dreams and aspirations even if I have to invest a bit more effort than others.

The second event that changed my life was when I moved from Germany to the United States in the summer of 2013. I already knew English as I learned it starting from third grade. Nonetheless, the switch in culture, beliefs, and ideologies also profoundly changed me and my perspective of the world. I gained the ability to objectively analyze the distinctions of two drastically different countries, allowing me to actively decide what kind of person I aspire to become and the kind of role I wish to play in this international society that I have become a part of.

After moving to Florida, I obtained my high school degree from Riverview High in Sarasota and moved to Fort Myers to pursue a Bachelor of Science in Business Management with an international focus at Florida Gulf Coast University. Currently I am a senior and will be graduating after the upcoming Spring 2022 semester. During my time at FGCU I have held several positions which have given me the valuable opportunity to develop my leadership skills and properly prepare myself for a competitive global business career. For example, I am currently the President of the FGCU International Business Association, President of the Florida Association of Blind Students of the National Federation of the Blind (NFB), and I am Board Member #2 of the Florida Statewide Chapter of the NFB. I have also served as a peer mentor for incoming students at FGCU and have tutored upper-level students in the subjects Financial Accounting and Statistics. My time with the National Federation of the Blind has been especially fulfilling as it has connected me to likeminded students that are faced with similar adversities as I am. It has become a network of love and support and I plan to contribute my efforts to this organization for the rest of my life.

Once I graduate from FGCU, I plan to pursue the International Master of Business Administration at Florida International University to further expand my knowledge and research capabilities on groundbreaking global business topics. After that, I am also considering a PHD in International Business Management.

Our second member spotlight is very fitting for the Christmas season. We will now shine our light on none other than Santa Clause. Now, all you Chapter Treasurers, don’t go looking through your membership spreadsheet for his name, and when he last paid his chapter dues, you likely will not see it, but as many holiday songs will tell us, he is always watching.

**Santa Claus**—otherwise known as Saint Nicholas or Kris Kringle— has a long history steeped in Christmas traditions. Today, he is thought of mainly as the jolly man in red who brings toys to good girls and boys on Christmas Eve, but his story stretches all the way back to the 3rd century, when Saint Nicholas walked the earth and became the patron saint of children.

The Legend of St. Nicholas: The Real Santa Claus

The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas. It is believed that Nicholas was born sometime around 280 A.D. in Patara, near Myra in modern-day Turkey. Much admired for his piety and kindness, St. Nicholas became the subject of many legends. It is said that he gave away all of his inherited wealth and traveled the countryside helping the poor and sick. One of the best-known St. Nicholas stories is the time he saved three poor sisters from being sold into slavery or prostitution by their father by providing them with a dowry so that they could be married. Over the course of many years, Nicholas’s popularity spread, and he became known as the protector of children and sailors. His feast day is celebrated on the anniversary of his death, December 6. This was traditionally considered a lucky day to make large purchases or to get married. By the Renaissance, St. Nicholas was the most popular saint in Europe. Even after the Protestant Reformation, when the veneration of saints began to be discouraged, St. Nicholas maintained a positive reputation, especially in Holland.

“Santa Claus is coming to Town”:

“He's making a list

And checking it twice;

Gonna find out Who's naughty and nice

Santa Claus is coming to town

He sees you when you're sleeping

He knows when you're awake

He knows if you've been bad or good

So be good for goodness sake!”

Merry Christmas to all and to all a Good Night!

# Recipe Conner

Submitted by Kaye BakerWith Christmas fast approaching, everyone’s mind is turning to of course, the menu. Families are again gathering for the first time in over a year, and the food has to be fantastic! In this holiday issue, I will feature 2 recipes. One for an entree, and the other for a dessert.

I hope these holiday recipes bring much joy to you and your family. If you have a recipe to share in future issues, feel free to send it to [nfbjax@gmail.com](about:blank)

Oven Roasted Turkey Breast

¼ cup butter, softened

1 clove garlic, minced

1 teaspoon paprika

1 teaspoon Italian seasoning

½ teaspoon salt-free garlic and herb seasoning blend (such as Mrs. Dash®)

salt and ground black pepper to taste

1 (3 pound) turkey breast with skin

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C).

Step 2

Mix 1/4 cup butter, garlic, paprika, Italian seasoning, garlic and herb seasoning, salt, and black pepper in a bowl. Place turkey breast with skin side up into a roasting pan. Loosen skin with your fingers; brush half the butter mixture over the turkey breast and underneath the skin. Reserve remaining butter mixture. Tent turkey breast loosely with aluminum foil.

Step 3

Roast in the preheated oven for 1 hour; baste turkey breast with remaining butter mixture. Return to oven and roast until the juices run clear and an instant-read meat thermometer inserted into the thickest part of the breast, not touching bone, reads 165 degrees F (65 degrees C), about 30 more minutes. Let turkey breast rest 10 to 15 minutes before serving.

CHEWY PECAN PIE BARS

YIELD 24 2-INCH BARS

PREP TIME 30 MINUTES

COOK TIME 55 MINUTES

TOTAL TIME 1 HOUR 25 MINUTES

Chewy Pecan Pie Bars are a fantastic twist on traditional pecan pie!

**INGREDIENTS**

**FOR THE CRUST AND STREUSEL:**

**• 1 & 1/4 cups (150g) all-purpose flour**

**• 1 cup (200g) granulated sugar**

**• pinch of salt**

**• 1/4 cup (56g) unsalted butter, cold and cut into 1/2-inch pieces**

**• 2 cups (240g) very finely chopped pecans**

**• 1 tablespoon cold water**

**• 1 large egg, lightly beaten**

**FOR THE FILLING:**

**• 1 cup (170g) white chocolate chips or roughly chopped white chocolate (NOT white baking chips or bars)**

**• 1/2 cup (113g) unsalted butter**

**• 1 & 1/2 cups (180g) roughly chopped pecans, toasted\***

**• 2/3 cup (80g) all-purpose flour**

**• 1 teaspoon salt**

**• 1/2 cup (100g) light or dark brown sugar**

**• 4 large egg yolks, at room temperature**

**• 1 cup (237ml) heavy cream, at room temperature**

**INSTRUCTIONS**

**TO MAKE THE CRUST AND STREUSEL:**

**1. Preheat oven to 350°F. Grease a 9"x 13"x 2" baking pan.**

**2. Stir together the flour, sugar, and salt. Add the butter, and use a pastry blender, a fork, or your fingers to mix until the largest pieces of butter are about the size of peas.**

**3. Add the chopped pecans, water, and egg, mixing until the mixture is moistened.**

**4. Set aside 1/3 of the mixture for the topping.**

**5. Transfer the remaining mixture to the prepared pan, and press evenly into the bottom of the pan.**

**6. Bake 10 minutes, or until the edges are lightly browned. Cool for 10 minutes.**

**TO MAKE THE FILLING:**

**1. Reduce the oven temperature to 325°F.**

**2. Melt the white chocolate and butter either in a double boiler over low heat or in 30-second increments in the microwave until the butter has melted and the white chocolate melts when stirred. Set aside to cool slightly. Don't worry if the mixture separates while cooling.**

**3. Combine the toasted pecans, flour, and salt in a small bowl. Set aside.**

**4. Whisk together the brown sugar and egg yolks in a medium bowl until thoroughly combined. Add the white chocolate mixture, and whisk to combine. Whisk in the cream.**

**5. Fold the pecan mixture into the white chocolate mixture, mixing just until combined.**

**6. Transfer the filling to the pan, spreading it evenly over the partially baked crust.**

**7. Sprinkle the reserved crust mixture over the top of the filling.**

**8. Bake 40 to 45 minutes, or until the bars are golden brown and appear set.**

**9. Cool in the pan on a wire rack. Serve warm or at room temperature.**

**NOTES**

**\*To toast pecans, spread them in a single layer on a lined rimmed baking sheet. Bake at 350°F for 10-12 minutes, or until fragrant and toasted.**

**For those of you who like your pie in a more traditional round presentation, you can make two 9-inch pies from this recipe. Or half the recipe to make a single 9-inch pie.**



# Health and Wellness

If you have an article you would like to submit for this section, or a suggestion for something you would like to see covered, send it to [nfbjax@gmail.com](about:blank) and I will make every effort to include in an upcoming issue.

For now, have a safe and healthy holiday season.

# Link City

Here are some important links that may be of interest.

NFB: [https://nfb.org/](about:blank)

NFBF: [http://nfbflorida.org/](about:blank)

Braille Monitor –, December 2021 https://nfb.org//images/nfb/publications/bm/bm21/bm2111/bm2111.htm

Presidential Release: December 1, 2021 - #511 https://nfb.org/sites/nfb.org/files/2021-12/pr511\_december\_2021.mp3

Inspiration Corner

**Inspiration Conner**

***“A leader is one who knows the way, goes the way, and shows the way.”***

**John C. Maxwell.**

# Legislative Updates from the desk of Camille Tate

**Legislative Committee**

**By Camille Tate**

All members are strongly encouraged to come to our monthly Legislative Committee meetings. We discuss any trends in legislation, bills we are working on and a host of other topics of interest in advocacy work. The Legislative Committee meets on the fourth Thursday of each month, at 8 p.m.

Meeting notices are posted to the Florida email list in advance of each meeting. We will also send out legislative alerts when there is urgent or pressing matters that need our involvement. We stand on our advocacy work throughout the National Federation of the Blind.

Watch the Florida List for information about the 2022 Washington Seminar.

National Legislation: Russ Davis – 904-993-8433. russell@radiorusty.com

State Legislation: Camille Tate – 321-372-4899, Ctate2076@att.net

# Photo Gallery

**COME BACK NEXT ISSUE!**

# Chapters

**Greater Broward Chapter:**  Jake McEntyre, President, Phone: 954-946-4148, Email: [jmac1920@yahoo.com](about:blank). Meetings are held the 2nd Saturday of each month at the Westfield Broward Mall located at 8000W. Broward Blvd. Plantation, Florida 33312 from 10:30 a.m. until 12:30 p.m. meetings take place inside the Plantation Police Outreach Center, just inside the north entrance to the mall.

**Central Florida Chapter:** Marilyn Baldwin, President, 407-293-0565 Home and 407-810-0554 Cell. Meetings are held the third Saturday of each month from 11 A.M. to 1 PM at Lighthouse Central Florida, 215 East New Hampshire Street Orlando, Florida 32804. Please like us on Facebook at: <https://www.facebook.com/groups/410985858949160>.

**Greater Daytona Beach Chapter:** Brian Norton, President, Phone: 386-871-3359 Email: brian.edward.norton@outlook.com. Meetings are held the fourth Saturday of the month from 1:00 till 3:00pm at Houligans Speedway restaurant, 1725 International Speedway Blvd. Daytona Beach, Florida. You can also attend our meetings on Zoom with the following link: https://us02web.zoom.us/j/9357099741?pwd=YVhxTVg0Nm1KQytCQ0xJM1JvZDhYUT09

Meeting ID: 935 709 9741

Passcode: 8888

Follow Us on Facebook: [www.facebook.com/nfbdaytona](about:blank).

**Gainesville Chapter:** Judith Hamilton, President; Phone: 352-373-7806, Email: hamilton.j.r.2309@gmail.com. The Gainesville Chapter has been meeting monthly on 2nd Saturday by Free Conference Call due to COVID 19. UPDATE - NEW FREE CONFERENCE CALL IN NUMBER FOR GAINESVILLE CHAPTER MEETING(S): (857) 357-0254; Meeting I.D. has not changed-remains 195715. We are looking forward to making more connections and serving in our community when it is safe to do so. We invite and welcome members and those interested in learning about the National Federation of the Blind. Let’s move forward to build the Federation together!

**Greater Jacksonville Chapter:** Kaye Baker, President, phone: (904) 580-6819, Email: nfbjax@gmail.com. Meetings are held the first Saturday of each month. For now we are still meeting on Zoom with meeting ID 9851473331. The Greater Jacksonville Chapter welcomes anyone wishing to attend.

**Melbourne Space Coast Chapter:** Camille Tate,President, Phone: 321-372-4899, Email: [ctate20176@att.net](about:blank). Facebook: [www.facebook.com/nfbmelbourne](about:blank). We meet on the second Saturday of each month, currently via Zoom. Please contact Camille Tate, President for ways you can join us.

**Greater Miami Dade Chapter:** Jorge Hernandez, President, Phone: 305-877-2311, Email: jeh6@bellsouth.net. The chapter continues to meet virtually, and members are encouraged to participate. Our meetings are held on the third Thursday of each month, from 7:00 p.m. until 8:30 p.m.

**Polk Chapter:** Joe King President, Phone: 863-293-5648, Email: [joenkitty@earthlink.net](about:blank). Our meetings are held the second Saturday of the month at Perkins Pancake House and Bakery located at 6005 Cypress Garden Blvd. Winter Haven, FL 33884 from 10:00 AM-12:00 Noon.

**Florida State-Wide Chapter:** Paul Martinez, President; Phone: 813-390-5720; Email: nfbf.statewide@gmail.com. The Statewide Chapter meets via Zoom every third Sunday of the month at 8:00 pm. Join us with the following link: https://zoom.us/j/97396225920

Meeting ID: 973 9622 5920

Everyone is welcome to attend.

**Tallahassee Chapter:**  Jada Christie, President; Phone: 850-766-9378 Email: [emeraldpink15@gmail.com](about:blank). We meet the first Monday of each month from 6:30-8:00 p.m., normally at the Lighthouse of the Big Bend located at 3071 Highland Oaks Terrace, Tallahassee, FL 32301. However, we are currently meeting via telephone conference until further notice due to the COVID-19 restrictions at 605-313-4802 access code 790189

**Tampa Chapter:** Miranda Kilby, President; Phone: 352-942-0417; Email: [NFBF.Tampa@gmail.com](about:blank). Join us on the fourth Saturday of each month at our Zoom Meeting [https://zoom.us/j/98776627448](about:blank) Meeting ID: 987 7662 7448Tampa Bay Chapter.

**Treasure Coast Chapter:** Nicole D. Fincham-Shehan, President; 410-493-4461, E-mail: treasurecoastnfb@gmail.com. The Chapter will have conference call meetings until further notice. Our calls are held the 2nd Saturday of each month at 10am.

# Divisions

**Deaf-Blind Division:** The Division meets on the second Tuesday of the month. Keep an eye on the Florida List and Save the Date calendar for meeting notices and announcements. President: Brian Norton, president. Phone: 386-871-3359 Email: brian.edward.norton@outlook.com.

**Florida Association of Guide Dog Users (FLAGDU):** Sherrill O’Brien, President; Phone: **813-935-0474**, Email: flagdu@nfbflorida.org

**Florida Organization of Parents of Blind Children (FOPBC):** Cherice Togun, President; 407-257-7637; [chericeflemingtogun@hotmail.com](about:blank). Contact the President for meeting date and time.

# Groups and Committees:

**Blind Parents Connect - NFB of Florida:** Miranda Kilby – coordinator. Phone: 352- 942-0417; Email: [mbkilby@gmail.com](about:blank). If anyone has any questions or concerns, please feel free to contact me.

**F.A.B.S. - Florida Association of Blind Students: Jannik Pesch, President**

**Communication Committee: Chair -** Douglas Ingram contact information: Phone: 850-567-8123; Email: dingram59@comcast.net

**Communities of Faith Group:** We meet on the second Monday of each month at 8:00 P.M. Our group is continually growing, and all are welcome. If you are interest in joining us in this uplifting and comforting committee, call 712-775-7031, Code 938047311# or 1 touch mobile: 712-775-7031,938047311# Marilyn Baldwin Chair or Kathy Davis co-chair.

**Diversity and Inclusion:** The committee meets on the first Wednesday of each month at 8 p.m. The call-in number is 712-775-7031, access code 938047311. Keep an eye on the list for any notices from the committee. Chair: Marilyn Baldwin.

**Fundraising Committee:** Douglas Ingram contact information: Phone: 850-567-8123; Email: [dingram59@comcast.net](about:blank) or [fundraising@nfbflorida.org](about:blank)

**Legislative Committee:** The Legislative Committee meets on the third Tuesday of the month. Keep an eye on the Florida List for meeting notices. Co-Chairs: Russ Davis and Camille Tate.

**NFBF Book Club:** The book club meets the fourth Thursday of each month at 8 p.m. The call-in number is 712-775-7031, access code 938047311. Keep an eye on the Florida List for meeting notices and the selection for the month. Coordinator: Camille Tate.

**Newsline:** Russ Davis, Chairperson. 844-827-7371, [newslinesupport@nfbflorida.org](about:blank)

**Presidents and Vice Presidents Committee:** We would like to know what you all would like to discuss next. We are stronger together when we work together! Call in number: 712-775-7031, access code: 938047311.

**Senior Concerns Committee:** Gloria Mills-Hicks, Chairman; Phone: 813-340-9754; Email: Glorianfb@irescuetax.com. Meetings are held the First Thursday of each month at 8pm via conference call using the following telephone number and access code: 712-775-7031,938047311#.

**Technology Q and A:** Jorge Hernandez – Chair. Phone: 305-877-2311; Email: [jdh6@bellsouth.net](about:blank). Meetings are held monthly on the fourth Monday at 8:00 pm via conference call using the following telephone number and access code: 712-775-7031,938047311#.

**The National Association of Blind Veterans:** "BLIND VETS SERVING BLIND VETS" Dr. Vernon Humphrey, President; The National Association of Blind Veterans, PO Box 784957, Winter Garden, Florida 34778; Email [mr\_president@nabv.org](about:blank), Phone: 706-329-7690

# NFBF Board of Director’s Information

Please contact any of the board with questions, comments, concerns or for general information.

***Paul Martinez - President***

Phone: 813-390-5720

Email: [Paul09MS@gmail.com](about:blank) or [president@nfbflorida.org](about:blank)

***Jorge Hernandez – 1st Vice President***

Phone: 305-877-2311

Email: jdh6@bellsouth.net

***Camille Tate – 2nd Vice President***

Phone: 321-372-4899

Email: ctate2076@att.net

***Jerilyn Higgins - Secretary***

Phone: 973-900-4844

Email: jerilynhiggins@gmail.com

***Sylvia Young - Treasurer***

Phone: 850- 322-5937

Email: Treasurer@nfbflorida.org

**Board Members:**

***Russell Davis***

Phone: 904-993-8433

Email: russell@radiorusty.com

***Denise Valkema***

Phone: 305-972-8529

Email: [valkemadenise@aol.com](about:blank)

**Peggy Fleischer**

Phone: 386-931-2132

Email: peggyfleischer@bellsouth.net

***Douglas Ingram***

Phone: 850-567-8123

Email: dingram59@comcast.net

# Editor: Kay Baker

To have something posted in the NFBF Newsletter please submit it to the editor, Kaye Baker at kaye.j.zimpher@gmail.com by the 15th of each odd month.