BREAKING NEWSLETTER

Issue 17 January/February 2019

President’s note:

Greetings Federation Family,

Now that the new year is here, we are busy planning our 2019 state convention in Boca Raton that will be held over Memorial Day weekend. We will hold a conference call for member input February 13th at 8pm by dialing 712-775-7031, code: 938047311#. We welcome everyone to attend. Be looking for more information soon. See you in Boca Raton! Let’s go build the federation!

Denise Valkema, President NFB OF Florida

president@nfbflorida.org

Facebook & Twitter @nfbflorida

Find us on twitter and FB @nfbflorida

We are filled with hope, energy and love by participating in the National Federation of the Blind. Every day we work together to help blind people live the lives they want.

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Birthdays & Celebrations:

**The NFBF would like to celebrate:**

**Birthdays:**

**January:**

*James Johnson – State-Wide*

*Paul Martinez – State-Wide*

**February:**

*Ineko Gary – Tampa Bay*

**Anniversaries:**

*Marion and Richard Debusk – Gainesville, February*

Calendar of Meetings and Events:

**Groups, Divisions, and Committees for February 2019**

February 12th - Deaf Blind Division at 7 pm

Phone: 515-604-9853

Code: 997037

Mobile users: 515-604-9853,997037

February 7th - Seniors Concerns Committee at 8 pm

Phone: 712-7757031

Code: 488550

Mobile users: 712-775-7031,488550

The conference calls below operate on the same number:

712-775-7031,

Code 938047311#

Mobile users: 712-775-7031,938047311

February 5th - Community Service at 8 pm

February 11th - Diabetes Awareness at 7 pm

February 12th - Blind Parents Initiative at 9 pm

February 13th - Convention Planning at 8 pm

February 18th - Communities of Faith at 8 pm

February 19th - Legislation Committee at 8 pm

February 25th - Technology Q and A at 8 PM

February 28th - NFBF Book Club at 8 PM

**ARTICLES, ANNOUNCEMENTS AND COMMENTS**

**NEW LOOK AT NFBF WEBSITE**

Take a look at what’s new on our website. Jorge Hernandez has been working day and night to make it something we can be proud of. He has given it a facelift, added some sparkle and made it more user friendly. Check it out and let us know what you think.

**2019-2021 STRATEGIC PLAN**

Mark A. Riccobono, President of the National Federation of the Blind released our Strategic Plan for 2019-2021. It consists of four major pillars. Each pillar outlines objectives and strategies to drive engagement and growth to its particular focus. As a result, numerous goals and action plans will emerge to pursue. This plan invites active participation of all of our stakeholders as we continue raising expectations and advancing our march for independence.

Strategic Pillars

Pillar I - Education, Rehabilitation, and Employment

Pillar 2 - Membership and Community Building

Pillar 3 - Advocacy

Pillar 4 – Development

For the full plan see the next Braille Monitor.

**ONLINE REGISTRATION 2019 STATE CONVENTION**

We are in the planning stages to develop an online registration for our 2019 State Convention. We hope this will make our registration process easier and smoother for all. It should help reduce your waiting time standing in line, give us more accuracy in our accounting and registrants and give you more accessibility options for registration. And you will still have the option to call in your registration. Keep your eyes on the NFBFL list for updates.

**RECIPES FOR THE BODY AND SOUL**

**Submitted by the Diabetic Group**

**Super Moist Zucchini Bread**

Ingredients:

Prep time: 20 minutes

3 cups grated zucchini

3 cups all-purpose flour

3 tablespoons ground cinnamon

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon salt

1 cup unsweetened applesauce

3 tablespoons vanilla extract

3 eggs

3 tablespoons butter, melted

1 cup chopped walnuts (optional)

Directions

Step 1: Preheat oven to 325 degrees F (165 degrees C). G

Step 2: grease 2 8x4-inch loaf pans or 2 12-cup muffin pans.

Step 3: Place the zucchini in a strainer and set aside to drain into a bowl or sink.

Step 4: Sift the flour, cinnamon, baking soda, baking powder, and salt together in a large bowl. Create a well in the middle of the flour mixture; combine the applesauce, vanilla, eggs, butter, walnuts, and drained zucchini in the center of the well. Mix until all ingredients are combined into a batter.

Step 5: Pour into the loaf pans.

Step 6: Bake the loaves in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour for loaves or 25 minutes for muffins. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

**Tomato & Basil Muffins**

Great for Breakfast-Brunch!

Servings: 12

Prep time: 30 minutes

Ingredients:

2 cup All Purpose Flour

1 tablespoon Baking Powder

1/8 teaspoon Sea Salt

1 pinch Freshly Ground Pepper

3/4 cup Sun or Oven Dried Tomatoes

2 Eggs

1 cup Buttermilk

4 teaspoon Fresh Basil - Chopped

1 clove Garlic Clove - Crushed

4 teaspoons Parmesan Cheese - Freshly Grated

6 tablespoons Olive Oil

Step 1: Preheat oven to 400 degrees. Grease 12-cup muffing pan or line with muffin papers. Sift together the flour, baking powder, salt & pepper into a large mixing bowl. Stir in tomatoes.

Step 2: Lightly beat the eggs in a large bowl then beat in the buttermilk, oil, basil & garlic. Make a well in the center of the dry ingredients and pour in the beaten liquid ingredients. Stir gently until just combined; do not overmix.

Step 3: Spoon the batter into the prepared muffin pan. Scatter the parmesan cheese over the tops of the muffins. Bake until golden brown and firm to the touch.

Step 4: Let muffins cool in the pan for 5 minutes, then serve warm.

**DOG FOOD RECALL**

Hill's Pet Nutrition is recalling multiple lots of BOTH its Prescription Diet and Science Diet dog foods due to elevated levels of vitamin D. Very high levels of vitamin D can lead to serious health issues in dogs, including kidney dysfunction. To learn which products are affected, please visit the following link:

Hill's Prescription Diet and Science Diet Dog Food Recall [<https://clicks.aweber.com/y/ct/?l=Hw92u&m=3m\_r\_SbQkyO0\_1z&b=xhpwj40qeINzeEYs93JXUA>](https://clicks.aweber.com/y/ct/?l=Hw92u&m=3m_r_SbQkyO0_1z&b=xhpwj40qeINzeEYs93JXUA)

**FREE LIVE DESCIPTION OF THE SUPER BOWL**

Aira Explorer Community are pleased to announce that we will be providing a free, live description of the Super Bowl on Sunday, February 3rd from 6:00pm to 10:30pm EST. Agents will be giving live audio descriptions of the opening ceremony, half-time show, and the closing ceremony. This is not an Aira-only activity-you are welcome to invite friends and family to join in on the live call. Information on how to tune in can be found at <https://aira.io/super-bowl-2019>.

**APPLE TIPS AND TRICKS**

Here’s a website that may be helpful when you are having problems with your technology.

**AppleVis**

A community-powered website for blind and low-vision users of Apple's range of Mac computers, the iPhone, iPad, iPod Touch, Apple TV, and Apple Watch.

AppleVis strives to empower the community by offering multiple pathways to access and share relevant and useful information. As a community, we seek to encourage and support people in exploring the many ways in which Apple products and related applications can offer opportunities to the vision-impaired for personal enrichment, independence and empowerment.

AppleVis also offers resources and mechanisms for raising awareness of the accessibility of Apple products and related applications, and for promoting further advancement in accessibility.

Link: <https://applevis.com/>

Let me know if you try this and if it is helpful. Sylvia Young

Link City: Here are some important links that may be of interest.

**NFB:** <https://nfb.org/>

**NFBF**: <http://nfbflorida.org/>

**Nation's Blind Podcast – January:** <https://nfb.org/sites/default/files/audio/nations-blind-podcast/nations_blind_podcast_january_2019.mp3>

**Presidential release - January:** <https://nfb.org/images/nfb/audio/podcast/presidential-releases-en/2019_01_english.mp3>

**Presidential release - February:** <https://nfb.org/podcast/presidential-release-en/479>

**Braille Monitor - February:** <https://nfb.org/sites/default/files/publications/bm/bm19/bm1902/bm1902tc.htm>

Inspiration Conner:

*“If you want a thing done, go - if not, send. “*- **Benjamin Franklin**

Legislative Updates from the desk of Camille Tate:

2019 Legislative Priorities and Post Washington Seminar

By Camille Tate

The National Federation of the Blind’s annual pilgrimage to Washington D.C. will be over by the printing of this newsletter, but our work will not be done. The shaping of our legislative year begins with Washington Seminar and continues until we achieve our objectives. Our determination fuels our success. Below is a look at our priorities, which will be pushed by the Florida delegation and our Federation sisters and brothers on Capitol Hill.

• Access Technology Affordability Act (ATAA): This important piece of legislation is continuing into the 2019 priorities because we have made some changes to the bill. In brief, ATAA provides a refundable tax credit for blind Americans to purchase certain assistive technologies that will aid in achieving and maintaining employment. However, some changes have been made to help push this bill forward. We are close, so close to moving to the next stage. The National Federation of the Blind lowered the amount of the refundable tax credit from $2500 to $2000. Additionally, there is a sunset provision in the bill, to remove it after five years.

• Greater Accessibility and Independence Through Non-Visual Access Technology (GAIN): Advances in digitized interfaces are creating accessibility barriers for blind Americans to utilize home appliances, home use medical devices and exercise equipment. These barriers prevent blind individuals from independently using devices or equipment essential for a high quality of life. This bill will allow the Food and Drug Administration (FDA) and Federal Trade Commission (FTC) to enforce accessibility in non-visual technology for home use medical devices and home use products, such as appliances and exercise equipment, respectively.

• Disability Employment Act (DEA): Statistics show that approximately 71% of blind Americans are either unemployed or underemployed. Many are subject to sub-minimum wages and are trapped in those jobs, with no ability to advance or integrate into higher wage employment. Particularly, the AbilityOne program, which awards contracts to non-profits, whom often pay their disabled employees sub-minimum wages does not provide avenues to integrated employment in our ever advancing, digital society. This bill will open more opportunities for both for-profit and non-profit employers to bid on contracts through a new commission. It will also remove the practice of paying employees below minimum wage and require them to pay the prevailing wage. Interestingly enough, this bill includes a trust fund to aid employers in providing the necessary equipment (required under the ADA for reasonable accommodation) to disabled employees.

To hear more in-depth information regarding these legislative priorities, come to the Legislative Committee meetings, held on the third Tuesday of each month. We encourage our members to become involved because it is through the collective voice of all that we can make change. To join our conference calls, keep an eye out for notices on the Florida list. Additionally, below is the call-in information:

Call-in number: 712 775 7031; Access code: 938047311

If you have any questions about any legislative priorities, contact the co-chairs of the Legislative Committee:

Camille Tate, [Ctate2076@att.net](mailto:Ctate2076@att.net), 321 372 4899

Merry Schoch, [merrys@verizon.net](mailto:merrys@verizon.net), 813 625 1850

The next meeting of the Legislative Committee is on Tuesday, February 19th, 8 p.m.

Photo Gallery:

Tekesha Saffold meeting with Mayor Scott Singer to formerly invite him to our annual state convention,



Chapters

**Greater Broward Chapter:**  Jake McEntyre, President, Phone: (954) 946-4148, Email: [jmac1920@yahoo.com](mailto:jmac1920@yahoo.com). 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:** Toni Moore, President. 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](mailto: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. Follow Us on Facebook: [www.facebook.com/nfbdaytona](http://www.facebook.com/nfbdaytona)

**Gainesville Chapter:** Judith Hamilton, President; Phone: 352-373-7806, Email: [gainesville\_nfb@earthlink.net](mailto:gainesville_nfb@earthlink.net). The Gainesville Chapter invites you to our chapter meeting Saturday, February 16, 2019 from 2:00PM to 4:00PM at the Alachua County Library, 401 East University Avenue, Gainesville, Florida, Foundation Room, Third Floor. Let's build the Federation in 2019. Please contact Judy Hamilton, Chapter President for more information and the number of attendee(s).

**Greater Jacksonville Chapter:** Marita Winston, President; Phone: (904) 580-6819, Email: nfbjax@gmail.com. Meetings are held the first Saturday of each month and take place at the Independent Living Resource Center, 2709 Art Museum Drive, Jacksonville, Florida 32207 from 10:00 AM until 12 Noon. Please join us if you are in the area.

**Melbourne - Space Coast Chapter:** Camille Tate,President; Phone: 321 372-4899; Email: [ctate20176@att.net](mailto:ctate20176@att.net). Facebook: [www.facebook.com/nfbmelbourne](http://www.facebook.com/nfbmelbourne). Meetings are held the 2nd Saturday of each month, from 9:30 a.m. until noon at The Fountains of Melbourne located at 4451 Stack Boulevard, Melbourne, Florida, 32901. Call Camille Tate, President, with questions.

**Greater Miami Dade Chapter** Jorge Hernandez – President; Phone: 305-877-2311; Email: jeh1065@comcast.net. Our meetings are held on the third Thursday of each month at Denny's Restaurant located at 5825 N.W. 36 Street Miami, FL 33166 from 7:00 p.m. until 8:30 p.m.

**Palm Beach Chapter:** Tekesha Saffold, President; 561-707-4799; Email: [tnsaffold82@gmail.com](mailto:tnsaffold82@gmail.com). Meetings are held the Second Saturday of each month at Duffys, 11935 Southern Blvd., Royal Palm Beach, FL from 11 a.m. until 1 p.m.

**Polk Chapter:** Joe King, President: Phone: 863-293-5648; Email: [joenkitty@earthlink.net](mailto:joenkitty@earthlink.net). 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](mailto:nfbf.statewide@gmail.com). Meetings are held the Third Sunday of each month at 8 pm (Eastern Time) via conference call using the following number: (605) 475-4700 using the access code 800550#. In the month of January, the Chapter hosted what’s new at the library with guest speaker, Mr. Jim Woolyhand from the Talking Book Library. We are excited that we voted in 7 new members our first meeting of the year. In addition, the chapter generated goals and ideas from every member for 2019. In February we will be holding elections for vice president, secretary, and board 2. We invite all to join us as we continue to grow and transform dreams into reality.

**Tallahassee Chapter:**  Jada Christie, President; Phone: 850-766-9378 Email: [emeraldpink15@gmail.com](mailto:emeraldpink15@gmail.com). We meet the first Monday of each month from 6:30-8:00 p.m., at the Lighthouse of the Big Bend located at 3071 Highland Oaks Terrace, Tallahassee, FL 32301. Happy New Year to all. The Tallahassee Chapter began our year with officer elections. All board members were reelected and will continue to serve in their positions for another 2-year term. Congratulations to all.

**Tampa Chapter:** Miranda Kilby, President; Phone: 352-942-0417; Email: [NFBF.Tampa@gmail.com](mailto:NFBF.Tampa@gmail.com). Join us on the fourth Saturday of each month, from 12 Noon to 2:00 PM at Beef O Brady's located at 8810 North Himes Avenue, Tampa, FL 33614. The chapter is excited that Yvonne Roseanelli and Merry Schoch will be attending Washington Seminar soon, and we will support all of our delegation here as they march the halls of the Hill. We are reviewing goals and responsibilities for 2019. The chapter is still alternating locations every other month to increase the awareness of the National Federation of the Blind across Hillsborough County. In addition, we are in the middle of planning out our next social activity and will share with everyone the final details on the NFBF list serve.

**Treasure Coast Chapter:** Tamika Butts, President; (772) 708-3749, E-mail: [tamika\_butts@gmail.com](mailto:tamika_butts@gmail.com). Meetings are held on the 2nd Saturday of each month from 10am - 12:00 Noon at WQCS Radio Station located @ IRSC, 3209 Virginia Avenue, Fort Pierce. Upcoming Event's: February 7th-Dining in the dark at 2nd St Bistro in Fort Pierce. Promoted by the Ft. Pierce Lions Club. This is not a fund raiser; February 16th yard sale fundraiser. At Lawnwood Stadium Parking lot in Fort Pierce; March 9th-Technology: Barbara Brown and Rachael Trinkowsky; March 21st-Chilies restaurant fundraiser; April 13th-Diabetes Awareness.

Divisions:

**Deaf-Blind Division:** Alicia Betancourt, President, Phone: (386) 589-7324, E-mail: [Licib85@gmail.com](mailto:Licib85@gmail.com). Meetings are held every second Tuesday of the month at 8:00pm by conference call. calling information:(515) 604-9853 and using the access code 997037#.

**Florida Association of Guide Dog Users (FLAGDU):** Merry Schoch, President, Phone: 813-625-1850, Email: flagdu@nfbflorida.org

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

Groups and Committees:

**Blind Parents Connect - NFB of Florida:** Nicole Fincham-Shehan – Coordinator, Phone: (410) 493-4461, Email: [nicoledfincham@yahoo.com](mailto:nicoledfincham@yahoo.com).Meetings are held the Second Tuesday of each month, at 9pm via conference call using the following telephone number and access code: (712) 775-7031,938047311#.

**F.A.B.S. - Florida Association of Blind Students:** Rafael Fernandez, Phone: (305) 903-6299, Email: [rafael.fernandez0617@gmail.com](mailto:rafael.fernandez0617@gmail.com). Call Rafael information and details.

**Communication Committee:** Communications committee: We would like to thank our 1st Vice President, Paul Martinez for hosting a Facebook fundraiser for his birthday. Creating a Facebook fundraiser is easy, and we encourage all to host one. Need help or more information on this, contact Miranda Kilby, Communications chair at info@nfbflorida.org. In addition, as we kick off 2019, we would like to remind everyone to utilize our list serve, Facebook, Twitter, and Newsline, to spread the excitement and materials across Florida.

**Community Service:** Tekesha Saffold – Chair, Phone: (561) 707-4799, Email: [tnsaffold82@gmail.com](mailto:tnsaffold82@gmail.com). Meetings are held the first Tuesday of each month at 8 pm via conference call using the following telephone number and access code: (712) 775-7031,938047311#.

**Diabetics Group:** Lauren Blum, Telephone: (352) 584-0795, Email: [laurenblum79@gmail.com](mailto:laurenblum79@gmail.com). Meetings are held the second Monday of each month at 7pm via conference call using the following telephone number and access code: (712) 775-7031,938047311#.The Diabetic Awareness Group held their meeting on January14th and had a lively discussion on what constitutes as a carbohydrate. In addition, we are starting to prepare for a fabulous workshop at the state convention. Our next meeting is Monday, February 11th at 7 PM, and all are invited to attend. During this meeting, we will have an overview on complex and simple carbohydrates and working them into your diet. See a healthy recipe in the articles and announcement section above. Have an exciting and healthy month!

**Diversity and Inclusion:** Marilyn Baldwin, Chairperson, Phone: (407) 293-0565, Email: [commMDB@aol.com](mailto:commMDB@aol.com). Meetings are held bi-monthly on the second Thursday at 8 pm via conference call using the following telephone number and access code: (712) 775-7031,938047311#.The committee will meet again Thursday, March 14th at 7 p.m.

**Fundraising Committee:** Paul Martinez – Chair, 11903 Rose Harbor Drive Apt: 113, Tampa, Florida 33625, Phone: (813)390-5720, Email: [fundraising@nfbflorida.org](mailto:fundraising@nfbflorida.org)

**Legislative Committee:** Come and check out our legislative priorities for 2019 by joining the Legislative Committee on Tuesday, February 19th, at 8 p.m. We meet on the third Tuesday of each month. Call in number: 712 775 7031, access code: 938047311. Co-chairs: Camille Tate and Marry Schoch.

**NFBF Book Club:** The Book Club Discussion Group meets on the fourth Thursday of each month, at 8 p.m. Keep an eye on the Florida list for notices of each month’s discussion item. Contact: Camille Tate.

**NFB411:** Our next NFB411 Call is in March. Have an idea on a topic that you would like presented? Please send them to Miranda Kilby at mbkilby@gmail.com.

**Newsline:** Russ Davis, Phone: (904) 993-8433, Email: Russell@radiorusty.com

**President and Vice President Committee:** Sunday, February 10th at 7pm we will be holding our Presidents and Vice Presidents’ committee call. On our last call we discussed membership and shared some great ideas. 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#. The next meeting is February 7th at 8pm (If dialing in from a smartphone, use this shortcut: 712-775-7031,488500# Remember that you need not be a senior to take part. We are going to have special guest speakers from Spectrum Cable to discuss accessibility features or the company's services. All are welcome!

**Technology Q and A:** Rafael Fernandez – Chair; Email: [rafael.fernandez0617@gmail.com](mailto:rafael.fernandez0617@gmail.com). Meetings are held Bi-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:** Dwight Sayer, President; 321-948-1466; Email: [president@nabv.org](mailto:president@nabv.org); PO Box 784957, Winter Garden, Florida 34778.

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

NFBF Board of Director’s Information:

***Denise Valkema -President***

Phone: 305-972-8529

Email: president@nfbflorida.org

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***Miranda Kilby – 2nd Vice President***

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Editor: Sylvia Young

To have something posted in the NFBF Newsletter please submit it to the editor, Sylvia young at [secretary@nfbflorida.org](mailto:secretary@nfbflorida.org) by the 15th of each odd month.