BREAKING NEWSLETTER

Issue 27 September/October 2020

# President’s note

**Greetings Federation Family,**

Our 50th convention was a time of sharing memories, learning, laughing, and enjoying being together virtually. Thank you to all who helped host, organize, lead, and participate.

Let us continue to reach out and share our love, hope and strength with one another.

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.

# 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:**

**September:**

*Rose Williams - Melbourne Space Coast*

*John Williams – Miami Dade*

*Willie Lucas – Miami Dade*

*Violet Witterker – Miami Dade*

*Loraine Clement – Miami Dade*

*Denise Valkema – Miami Dade*

**October:**

*Maryann Mraz – Melbourne Space Coast*

*Joe Naulty – Melbourne Space Coast*

*Maria Rigogliosi – Melbourne Space Coast*

*Linda Waddell – Melbourne Space Coast*

*Victor Edmund – Melbourne Space Coast*

*Morgan Hasslett - Melbourne Space Coast*

*Jorge Hernandez – Miami Dade*

***Anniversaries:***

*James and Sylvia Young - Tallahassee - October*

# Important Calendar Events

**Our 2021 State convention will be held in Tampa at the Embassy Suites at University of South Florida 1st weekend in October. We there or be …**

# Article, Announcements and Comments

**OUR 1ST VIRTUAL STATE CONVENTION**

**WOW! What an exciting event.**

This was our 1st virtual convention and I believe we did a great job of it. We had 241 registered for the convention and had as many as 96 participants in general session. We held a comedy Show with Moody McCarthy as our fundraiser and he was a hit. Our national rep, Ever Lee Hairston gave a most inspirational banquet speech and our grand door prize of $2,020 went to Scott Wilson.

Dan Hicks produced a History Project which was fantastic, and I believe it will be something we will treasure for years to come. Not only that but Sunrise and Shine with NFB Newsline replayed it Thursday October 8th for those who missed it the first time. If you still have not heard it or missed a portion of it, Jorge uploaded it to our website for all the hear. Great work, Guys!

We held elections:

The following officers were elected or re-elected:

1st Vice President: Paul Martinez by acclamation

Treasurer: Merry Schoch by acclamation

Board Member #1: Russell Davis by majority.

Board Member #4: Douglas Ingram by majority.

Current Board members not up for election this year are:

President: Denise Valkema

2nd Vice President: Miranda Kilby

Secretary: Sylvia Young

Board Member #2: Jorge Hernandez

Board Member #4: Camille Tate

**We gave 6 Student Scholarships**

**The Class of 2020 were:**

Meliora Hatcher

Sofia Nadramia

Z’Leah Nyirah Liburd

Jannik L. Pesch

Lea Schiefele

Erica Thomas

**New boards were elected for both FLADU and Deaf Blind Division**

FLADU officers:

President: Marion Gwaswald

Vice President: Debbie Malone

Secretary: Sherill O’Brien

Treasurer: Tom Bellone

Board Members: Patricia Lipovsky, Scott Siegel, Kathy Davis

Deaf Blind officers:

President: Brian Norton

1st Vice President: Marilyn Baldwin

2nd Vice President: Open

Secretary: Debbie Ryan

Treasurer: Nicole Fincham-Shehan

Board 1: Judy Hamilton

Board 2: Joe Naulty

**The following Awards Given:**

2020 Leadership Award to Denise Valkema

2020 Legacy Award to Marylin Baldwin

Presented by Merry Schoch, the first Thomas F Davis Memorial Award to Ronnie Silverman David. She received a plague and $500.

**Meet the Blind Month**

The National Federation of The Blind Palm Beach Chapter is inviting you to a scheduled Zoom meeting.

Topic: Meet the Blind Month: 2020 Vision for Gainful Employment by

Breaking barriers and changing misconceptions about employment for individuals who are blind or visually impaired.

Time: Oct 10, 2020 10:00 AM Eastern Time

Join Zoom Meeting with the following link:

<https://us02web.zoom.us/j/88597205822?pwd=UkZYVHhqUXJDZTFkNUdUZzZpOFU4UT09>

To use One tap mobile: +13126266799,,88597205822#,,993046

For those dialing in directly please call: +1 312 626 6799

When the system prompts you please enter the following Meeting ID: 885 9720 5822

You will then have to enter the following Passcode: 993046

Prepare to Share a Blind Voter Survey:

The National Federation of the Blind, blind voter survey will be out this week for all blind voters to complete regardless of a good or bad voting experience. Whether voting early, by mail, at the polling place, or on Election Day, please complete the survey. It helps us in our advocacy efforts to continue to move closer to full equal access to a secret, verifiable ballot for every single blind person in this country. The blind voter survey will be available on our voting resource page at [nfb.org/vote](https://www.nfb.org/resources/voting-resources).

Melbourne Space Coast Chapter will be celebrating Meet the Blind Month on October 10th with our 6th annual car and bike show. It starts at 10 a.m.! The address is Azan Shriners, 1591 W. Eau Gallie Blvd., Melbourne, FL 32935. Call Camille Tate, 321 372 4899, for further information.

Blind and Beyond Radio Show

Our very only Sherri Brun was the co-host on the Blind and Beyond Radio Show this Sunday, September 27, 2020.

#

# Apple Tips and Tricks

Apple Tips and Tricks

By Camille Tate

**Muting Group Messages**

This tip comes from our First Vice President, Paul Martinez. Have you ever been part of a group text and are tired of hearing everyone else’s responses chime in your ear? You know what I mean! Let’s say there are 15 people in a group. You send in your response, then get fourteen notifications as each person sends in their response. It just keeps going and going as people send in multiple responses. How can you stop that?

Paul taught me this trick and I’m sharing it with you. In your message list (not in the actual message itself), swipe down with one finger until you hear “Hide Alerts”. Double tap to activate. It is as simple as that. So, the messages are still coming in, but the constant notifications go away. Now you can clear those unread messages in whatever manner you like.

# Laugh it up!

Laugher is the best medicine. Take as much as you like.

A beautiful blonde gets on a plane and sits down in first class. As the flight attendants are checking tickets and making people comfortable. They find that she has a coach ticket and asked her to move back to the coach section. She responds, “I’m blonde, I’m beautiful and I’m going to Hawaii”. Well the flight attendant was not sure what to do, so she called for the head flight attendant. Head attendant told the young lady that the plane could not take off until everyone was in their purchased seat. She responds again, “I’m blonde, I’m beautiful and I’m going to Hawaii”. Now they really did not know what to do, so they called for the pilot. He proceeded to tell the young lady the same thing the attendants told her, and she told him the same thing she had told them. After thinking for a moment, the pilot leaned over and whispered something in her ear. She immediately got up and went back to coach. The attendants turned to him and asked, “What did you tell her?” He said, well I told her that first class was not going to Hawaii.

# Member Spotlight

Member Spotlight

Meet Jose Morales – He attended high school at the Florida School for the Deaf and the Blind. Jose joined a junior USA Goalball team in 2009. He is currently coaching youth in Jacksonville and is nationally recognized in the sport. Goalball is an adaptive sport for the blind and visually impaired.

Jose went on to graduate from the University of North Florida with a Bachelor’s in Political Science and a minor in International Studies. He is currently working at the Independent Living Resource Center (ILRC) as an ADA Manager. Jose says, "I hope to inspire, empower, and motivate people who face some of the same barriers I come across." He joined the team at his Center for Independent Living in Jacksonville, Florida as an Independent Living Coordinator. In 2018, Jose was promoted to ADA Manager and now combines his knowledge, skill set, and connections to illuminate and eliminate barriers to independence. His colleagues have selected him as the agency's "Employee of Excellence" on multiple occasions. Jose serves on the City's Hispanic American Advisory Council, Mayor's Disability Council, and National Federation for the Blind. Jose received a Congressional recognition from Congressman Al Lawson and Senators Nelson and Rubio have personally thanked Jose for his community leadership.

Jose actively encourages others to fully access their communities. This year at the National Council for Independent Living, Morales was chosen as the National Council on Independent living (NCIL) Region 4 Advocacy Award recipient. Region 4 represents Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee. The NCIL Regional Advocacy Award recognizes individuals within each region for outstanding systems advocacy efforts consistent with independent living goals and philosophy at a national, state, or local level. Only one award is given, per region

Other awards include: The ILRC Employee of Excellence Award City of Jacksonville (2018), Hispanic Leadership Award St. Augustine City Commission (2010), Citizenship Award, United Association of Blind Athletes (2009), Scholarship Recipient

#

# Recipe Conner

Submitted by Sylvia Young

Something not so healthy but oh so sweet – Peach Cobbler

1 can of peaches (optional – place peaches in a bowl and squeeze a half lemon into them and set aside)

1 cup flour, self-rising

1 cup milk

1 cup sugar

1 stick butter

Melt butter in baking dish. Mix flour, sugar and milk. Pour into pan into butter. Add peaches on top. Bake 1 hour at 350 degrees. This recipe produces a dark and chewy crust. DELICOUS!

# Health and Wellness

**Bone-Dissolving Foods Seniors Must Avoid**

**Top Doctor Reveals 5 Foods That Eat Away At Bones And What To Consume Instead To Improve Bone Density And Help Avoid Fractures**

Thanks to classic “Got Milk?” advertisements, many of us are aware that calcium and vitamin D support bone health. But have you ever thought about the foods that cause the opposite effect?

The National Osteoporosis Foundation reports that around 54 million Americans have poor bone density. Often the first sign of poor bone density is a fracture, and at that point, it becomes much more difficult to improve bone health.

In fact, fractures not only make it more difficult to improve bone health - but at a certain age, bone fractures can lead to a permanent loss of independence for seniors.

Statistics from a National Hospital Discharge Survey show that the risks only increase with age.

People lose bone mass and density as they age, (especially women after menopause), which is the primary reason why fractures, falls and accidents are more prevalent among these populations.

This loss of bone mass is due to the fact that with each passing year our bones lose calcium, vital amino acids and other minerals required to provide strength and density to our skeletal system.

Not only this, but certain dietary habits can exacerbate the loss of bone mass, leading to weaker, more brittle bones putting individuals over 60 to an even higher risk rate of falls and fractures.

After consulting with Dr. Chad Walding, Doctor of Physical Therapy and leading Senior Nutrition Expert, we’ve compiled a list of the most bad-to-the-bone foods to avoid for maintaining bone health – and which key nutrients seniors should consume more of to rebuild bones while protecting against fractures and falls.

**Here’s a look at a few of the most common dietary culprits that can damage our bones.**

1.) Soft Drinks: (yes, even diet soda) are packed with phosphoric acid, which causes an increase in the blood's acidity levels.

2.) Table Salt: While sodium plays an important role in our overall health, over consuming table salt or eating excessive amounts of high-sodium foods can pose a great obstacle to a sturdy skeleton.

3.) Excessive Caffeine: When ingested excessively, caffeine can begin leaching calcium from bones, sapping their strength.

4.) Hydrogenated oils: Hydrogenated oils are man-made fats produced by contaminating vegetable oils with hydrogen gas under super-high pressure – which creates synthetic artery-blocking trans fats.

5.) Wheat Bran: Like beans, wheat bran contains high levels of phytates which can prevent the body from absorbing calcium. However, unlike beans, 100% wheat bran is the only food that appears to reduce the absorption of calcium in other foods eaten at the same time.

**What Seniors Can Do To Rebuild Their Bones**

Fortunately, there’s something seniors can do to improve their bone health and reduce their risk of injury.

Since our bones are made up of many of the same organic minerals and amino acids that are found naturally in many foods, incorporating more bone-rebuilding nutrients into our diet can have a dramatic impact on supporting stronger bones.

While avoiding bone-damaging foods will certainly help support efforts to keep bones healthy, there is one stand-out dietary habit that researchers believe yields the greatest impact on our ability to rebuild and strengthen bone tissue – and that is collagen protein.

Collagen is one of the most plentiful proteins in mammals. It is responsible for several biological functions, one of which is to provide structural support in connective tissues like muscles, joints, skin, and bones.

This is an abbreviated article, if you would like to read the complete article [click here](https://health.nativepath.com/bone-dissolving-foods-you-must-avoid-vlsupls?hpcid=759&pub=240213&hit=523748680&c1=liveintent&c2=472063&utm_source=liveintent&utm_medium=cpc&utm_campaign=472063&utm_content=26738) on this link.

# Link City

Here are some important links that may be of interest.

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

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

**Braille Monitor – October 2020** <https://www.nfb.org/images/nfb/publications/bm/bm20/bm2009/bm2009tc.htm>

**Presidential Release: Live October 2020 - #498** <https://www.nfb.org/sites/www.nfb.org/files/2020-10/presidential_release_live_october_2020.mp3>

**Nation's Blind Podcast – September 29, 2020 – Use Your Power at the Polls** <https://www.nfb.org/sites/www.nfb.org/files/2020-09/nations-blind-podcast-voting.mp3>

# Inspiration Corner

*“You are totally replaceable at work. You’re not replaceable at home. HOME IS YOUR REAL LIFE. Keep that perspective. ALWAYS”*

***-Unknown***

# Legislative Updates from the desk of Camille Tate

**Legislative Committee**

**From the desk of Camille Tate**

We are full of legislative news following our wonderful 50th anniversary convention! There are so many opportunities for advocacy within Florida and across our nation. First and foremost, we urge every eligible voter to get out there and cast your ballot! Now, more than ever, exercising our right to vote is vitally important. Regardless of who you will select on your ballot, go out and vote!

**State Legislation:**

 Accessible Vote By Mail: The Florida Department of State certified Democracy Live as a Vote By Mail (formerly called absentee ballot) system in July. Currently, it is a pilot program in five counties in Florida: Miami-Dade, Orange, Volusia, Pinellas and Nassau. The rest of the state is required to have this system in place by March 2022. Given the nature of the settlement that resulted surrounding Vote By Mail, we are strongly encouraging our members to contact their county Supervisor of Elections and urge them to procure this system and not wait until 2022. A letter will be re-posted to both our email lists that can be personalized and either emailed or mailed to your county Supervisor of Elections.

 Blind Parents Initiative: We have been working on this for two years. It is vitally important to protect and preserve the rights of blind parents to raise their children without fear of interference from family courts, family members or social services. Blindness or, any other disability, should not be the reason a child is removed from their parent(s).

 Supporting the Transformation to Competitive Employment Act: We are asking the state legislature to phase out the paying of sub-minimum wages to disabled Floridians. As of January 2019, the Florida Department of Labor reported that over 3,000 disabled Floridians held jobs where they were paid below the state’s minimum wage. This practice is completely legal under certain federal regulations. We strongly urge Florida to phase this program out so disabled Floridians can earn at least the prevailing minimum wage.

 Accessible Prescription Drug Labels: We passed a resolution at our 2020 State Convention, urging the Florida legislature to make accessible prescription drug labels available to Floridians with a print disability. We, as blind people, should receive our medications and other documents that accompany our prescriptions, in an accessible format. The danger of taking the wrong medication, incorrect dose or medications that are expired are a real concern. It is our right to receive such pertinent information at the time we receive such medication, just as non-print disabled persons.

These are just a few of the priorities that may become part of our legislative work in the coming year. The 2021 Legislative Session in Florida begins on March 2nd. We must work collectively to achieve our goals. It takes each and every one of us to accomplish this.

**National Legislation:**

 Access Technology Affordability Act (ATAA): This is a refundable tax credit of up to $2,000 that can be used for up to three years. It is designed so that a person with a visual impairment may purchase assistive technology, such as a Braille Display, screen reader software or any number of specialized equipment for the blind and receive this tax credit. The credit will apply, whether you file taxes; although you will need to file in order to receive the money back.

 Accessible Instructional Materials in Higher Education Act (AIM HI): This bill is designed to introduce accessibility standards for institutions of higher education. Too often college students are not receiving their instructional materials in accessible format and that is leaving blind students behind.

 Greater Access and Independence Through Non-Visual Access Technology Act (GAIN): This bill would instruct manufacturers of fitness equipment, home use medical equipment and home appliances to make those products accessible. With advances in technology, these products are often not accessible to the blind because they use a flat panel, digital interface that does not give feedback with touch. Think of having a voice feedback, like a smart phone or tablet. Without this feedback, use of these products hinder our independence and may cause injury because we cannot interact with them independently.

These were the priorities from our 2020 Washington Seminar. This list may change in 2021, so keep an eye on our email lists for updates. Our Washington Seminarians did a fantastic job this year, but unless any of these bills make it to the floor of the 116th Congress, we may have to start over in the 117th Congress. This will be after the November election, so it is important that you go vote!

To hear more about our legislation, please come to the monthly Legislative Committee call. We meet on the third Tuesday of each month and details will be posted approximately one week before we meet.

# Photo Gallery

**WE’LL BE BACK NEXT ISSUE**

# Chapters

**Greater Broward Chapter:**  Jake McEntyre, President, Phone: 954-946-4148, Email: 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:** 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. 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. Gainesville Chapter meets monthly. Our chapter has been connecting in the community virtually with the Alachua County Supervisor of Elections Communications and Outreach Coordinator, and staff of the local State of Florida Division of Blind Services and Eldercare of Alachua County Independence with Low Vision Program. It has been an informative and exciting summer. We are looking forward to making more connections and serving in our community. Guests are always welcome.

**Greater Jacksonville Chapter:** Kaye Baker-Zimpher, President; phone: (904) 832-2884; kaye.j.zimpher@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. Welcome aboard New President Rood!

**Melbourne - Space Coast Chapter:** Camille Tate,President; Phone: 321-372-4899; Email: ctate20176@att.net. Facebook: [www.facebook.com/nfbmelbourne](http://www.facebook.com/nfbmelbourne). We meet on the second Saturday of each month, currently via teleconference during the current pandemic. We are celebrating Meet the Blind Month on October 10, with our 6th annual car and bike show. It starts at 10 a.m.! The address is Azan Shriners, 1591 W. Eau Gallie Blvd., Melbourne, FL 32935. Call Camille Tate, 321 372 4899, for further information.

**Greater Miami Dade Chapter** Jorge Hernandez – President; Phone: 305-877-2311; Email: jeh6@bellsouth.net. Miami-Dade Chapter Newsletter. The chapter continues to meet virtually, and members are encouraged to participate. We are gathering the membership to practice with Zoom so we can have an exciting state convention and all of our members can participate. Our meetings are held on the third Thursday of each from 7:00 p.m. until 8:30 p.m.

**Palm Beach Chapter:** Tekesha Saffold, President; 561-707-4799; Email: tnsaffold82@gmail.com. Meetings are held the Second Saturday of each month at IHOP at 1503 Belvedere Road, West Palm Beach, Florida from 10 am until noon.

**Polk Chapter:** Joe King, President: Phone: 863-293-5648; Email: 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. 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#.

**Tallahassee Chapter:**  Jada Christie, President; Phone: 850-766-9378 Email: emeraldpink15@gmail.com. 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. 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 busy planning a BELL (Braille Enrichment for Literacy and Learning) program. We are looking at holding the program June 17th through the 28th.

**Treasure Coast Chapter:** Tamika Butts, President; 772-708-3749, E-mail: tamika\_butts@gmail.com. The Chapter will have conference call meetings until further notice. Our calls are held the 2nd Saturday of each month.

# 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.

**Florida Association of Guide Dog Users (FLAGDU):** Marion Gwizdala, 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. Contact the President for meeting date and time.

# Groups and Committees:

**Blind Parents Connect - NFB of Florida:** Nicole Fincham-Shehan – Coordinator, Phone: 561-768-5424; Email:  ndfinchamshehan@yahoo.com.If anyone has any questions or concerns, please feel free to contact me on my cell number. We will meet via conference call on Tuesday April 14th at 9pm. In addition, if you know of a blind parent or even a blind child who is having difficulties with virtual or distance learning, please feel free to contact me for assistance.

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

**Communication Committee:** We have been busy proofing items for members, sending out a calendar outline to help us all stay organize, and growing slowly on our social media platforms. Dan has sent out an email regarding our 50th anniversary project and hopefully submissions will start rolling in. We encourage everyone to submit something towards this project. We are trying to wrap up our PSA project, so if you have not recorded the 1-minute message, please do so soon.

**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:** Paul Martinez – Chair, 11903 Rose Harbor Drive Apt: 113, Tampa, Florida 33625, Phone: 813-390-5720, Email: fundraising@nfbflorida.org

**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: Merry Schoch 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.

**NFB411:** Our next NFB411 Call To be announced.

**Newsline:** Russ Davis, Chairperson. 844-827-7371, newslinesupport@nfbflorida.org

**President and Vice President 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:** Rafael Fernandez – Chair; Email: rafael.fernandez0617@gmail.com. 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, Phone: 706-329-7690

# NFBF Board of Director’s Information

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

***Denise Valkema -President***

Phone: 305-972-8529

Email: president@nfbflorida.org

***Paul Martinez - 1st Vice President***

Phone: 813- 390-5720

Email: paul09ms@gmail.com

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

Phone: 352- 942-0417

Email: mbkilby@gmail.com

***Sylvia Young-Secretary***

Phone: 850- 322-5937

Email: secretary@nfbflorida.org

***Merry Schoch –Treasurer***

Phone: 813-523-6573

Email: merrys@verizon.net

**Board Members:**

***Russell Davis***

Phone: 904-993-8433

Email: russell@radiorusty.com

***Jorge Hernandez***

Phone: 305-877-2311

Email: jdh6@bellsouth.net

***Camille Tate***

Phone: 321-372-4899

Email: ctate2076@att.net

***Douglas Ingram***

Phone: 850-567-8123

Email: dingram59@comcast.net

# Editor: Sylvia Young

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