

Date: 17 July 2024

Location: The Sheridan Library, 3425 W Oxford Ave, Denver, CO 80236 and [Zoom](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus02web.zoom.us%2Fj%2F83848943667%3Fpwd%3Da0hCYmZSTkNGWG40UGp4YjlKeEdYdz09&data=05%7C02%7C%7Cca8b6a1b790a4366e6e908dca46398a0%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638565994886722093%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=mgrJHbKzp5IztxOQE7rAS8KL4mVrUCsnlQU%2F%2FaMN9X4%3D&reserved=0)

Present:

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| --- | --- |
| Board Members | Cody Bair, President  Andrea Fowler, Vice-President  Gary Van Dorn, Secretary  Shane Clark, Treasurer  Ileen Gallegos, Board Member  Susie D’Mello, Board Member |
| Members | Dashawn Speers  Monique Melton  Pipi Adams  Elisa Portugal  Lisa Bonderson  Elizabeth Sprecher  Vaughn Beck  Amelio Beck  Delfina Rodriguez  Chas Davis  Jodi Witthaus  Carina Oro  Cerrideyn Nordstrom  Martin Bacarra  Christine Menges  Audrey Marquez  Jayden Diez  Andrew Vega  Bishoy Fragalla  Ami Arguello |
| Guests | Shauna Jatho  Nancy Marrano  Tim Keenan |

1. Cal to Order
   1. President Cody Bair called the 17 July 2024 meeting of the Mile High Chapter of the National Federation of the Blind of Colorado (NFBCO) to order at 18:02 MT.
   2. The absence of Board Member Nate Hecker is excused.
   3. We have a Spanish translator present at this evening’s meeting.
   4. Cody asked if anyone would like to join the Chapter this evening since there are elections. Secretary Gary Van Dorn reminds those who paid dues in June 2023 that their dues are good until January 2024.
      1. Motion: Secretary Gary Van Dorn moves we accept the membership of Cerrideyn Nordstrom and Jayden Diez upon the payment of $5.00 in dues. Andrew Vega seconded the motion. The chapter voted unanimously to accept their membership.
2. Update on Community Center
   1. President Cody Bair welcomed Nancy Marrano who is hear to speak about the Community Center.
   2. Nancy Marrano introduced herself. Nancy is an organizer through Commún. We have worked with Nancy already with the design of the new community center. She is attending our meeting tonight to provide us with information and to learn about topics and issues we are interested in.
   3. They are so excited with the work being done at the Community Center. Ninety percent of the planning is completed. The Community Center was able to implement many of the ideas we provided them. Nancy invites the Mile High Chapter to continue providing our feedback since they are working on the update of the interior. She would like to know more about us, and what they can do for us. Nancy invites us to future meetings. There is no established date and she will remain in touch with Cody to keep him updated on what is occurring with the Center. They expect to open the Center by 26 April 2025.
   4. Nancy thanked the Mile High Chapter for our invitation to attend tonight’s meeting. Nancy will gladly take our contact information if we wish to meet with her one-on-one.
   5. Secretary Gary Van Dorn asked if the Community Center is located on the former campus of Teikyo Loretto Heights University. Yes, it is.
3. Non-24 Disorder Educational Presentation, Shauna Jatho, Clinical Nurse Educator, Vanda Pharmaceuticals
   1. President Cody Bair introduced Shauna Jatho. Shauna is a Clinical Nurse Educator with Vanda Pharmaceuticals. Vanda has been a generous supporter of the programs of the NFBCO and the NFB. Vanda is also sponsoring the Six Dot Dash again this year.
   2. Shauna gave a general overview of Non-24 Disorder. Non-24 Disorder is a very rare disorder affecting seventy percent of totally blind individuals. The disorder also affects people with light perception. Non-24 Circadian Rhythm Sleep Wake Disorder.
   3. ALWAYS DISCUSS ANY SLEEP ISSUES YOU HAVE WITH YOUR HEALTHCARE PROVIDER.
   4. The three main symptoms of Non-24 are difficulty falling to sleep at night, difficulty obtaining a full night sleep and difficulty staying awake during the day. Individuals having this disorder do not have to have all these symptoms. Symptoms can come and go.
   5. Circadian comes from circa (approximate or about) Dia (day). This approximately one day with individual differences. The circadian rhythm is a biological process that is approximately twenty-four hours that goes to the cellular level. Examples of circadian rhythm are appetite and body temperature. Non-24 concerns itself with the sleep cycle. Most of us wish to have consistent day and night wake and sleep pattern. Those affected by non-24 have physical, mental and social disruptions. There is a specific pathway from the eyes through the specialized cells in the retina. The signal travels to the circadian rhythm in the brain (the master body clock). Light resets our body clock every 24-hours. The light allows our body clock back in synch with the 24-hour word in which we reside.
   6. Non-24 affects men and women of any age. No studies are available on whether being born blind versus becoming blind later in life have a greater propensity to have non-24.
   7. Vanda has information available in Braille, large-print, audio and other formats if you wish to learn more about non-24. They have specialists to educate healthcare professionals in the community. It is very common that many healthcare providers have no background on non-24.
   8. Shauna asked if there are any questions. Board Member Ileen Gallegos asked how people can obtain information. Shauna can take your personal information or reach you through Cody if you are comfortable.
   9. Elizabeth Sprecher heard of non-24 before. She learned a great deal about non-24. Elizabeth asked if there is anything people can do throughout the day to fall to sleep, such as taking vitamin D. Shauna cannot go into treatment options, or opinions, in this setting. Being in the sun for vitamin D absorption is different than non-24 getting the light signal from one’s eyes to the body clock. Shauna encouraged us to reach out to our doctor since treatment is individualized. Sleep hygiene is important. Most with non-24 to try all of these and these methods do not work due to the cyclical pattern of non-24.
   10. Cody asked if we see non-24 in low vision people. Shauna said non-24 still occurs although it is rare. There must be a disconnect with the light pathway from the eye to the brain.
   11. Delfina Rodriguez thanked Shauna for presenting and attending the meeting.
   12. Tim Keenan asked Shauna how often one must take the medication. Shauna said they cannot discuss treatment options since treatment is individualized. Please reach out to Shauna if you have any specific questions.
4. Minutes from 20 March, 17 April and 15 May, Secretary Gary Van Dorn
   1. Secretary Gary Van Dorn does not have these minutes prepared.
   2. Gary thanked the Mile High Chapter of the NFBCO for allowing him to serve since 2011. Gary will not be on the Board. The Mile High Chapter thanked Gary for his service.
   3. President Cody Bair asked for motion to table the minutes. Andrew Vega moved to table the minutes for 20 March, 17 April and 15 May 2024. The motion was seconded by Treasurer Shane Clark. The chapter adopted the motion to table the minutes.
5. Treasurers Report, Treasurer Shane Clark
   1. Treasurer Shane Cark reports that as of our last meeting (15 May 2024) our balance was $2,351.21. We received dues from:
      1. Andrew Vega
      2. Christine Menges
      3. Karen Page
   2. Christine also gave a $5.00 donation to the Mile High Chapter.
   3. There is also the $25.00 PAC Pledge in May, June and July.
   4. Shane deposited the cash he had on hand in the amount of $286.00.
   5. The current balance is $2,582.21. The $15.00 received today will be on next month’s report.
   6. Board Member Ileen Gallegos moved to accept the Treasurer’s report of 17 July 2024. Andrew Vega seconded the motion.
6. Fundraising
   1. President Cody Bair said we are still looking at conducting the Poker Run. A great deal is occurring with the membership so no balls are moving on this activity.
   2. The tour with Coors Field is still on hold. They gave us the date of 14 July 2024. The Board decided that people would not be jazzed about having an event on the Saturday after National Convention. Perhaps we can consider August.
   3. Andrew Vega asked about the issues he raised. Cody addressed this with Coors Field.
   4. Vice-President Andrea Fowler says people may reach out to Cody, Board Member Nate Hecker and herself with any ideas they have with fundraising.
   5. Fundraising and Membership are our two standing committees. Nate currently chairs Fundraising while Andrea chairs Membership. Reach out to Cody if you wish to be a part of any committee.
7. Membership
   1. Vice-President Andrea Fowler said the Membership Contact continues. Bring people to the Chapter and you can win $200.00. The prize will be awarded at the Christmas Party. Cody and Andrea believe Board Member Ileen Gallegos is in the lead. Provide your name to Andrea and Cody if you bring someone to a Chapter meeting.
   2. Board Member Ileen Gallegos has an idea about Membership. It would be a good idea to have a meet up between the 6 Dot Dash and the State Convention.
   3. Secretary Gary Van Dorn said he talked to the owners of the Blue Agave. The blue Agave is in the Tabor Center between Larimer and Lawrence (block two). They use part of the amenity zone for their outdoor seating. The owners are excited to work with us on a date.
   4. The Chapter would like to present this at the 6 Dot Dash. Discussed having this in September. Looking at the second Friday in September. Cody asked Gary to look with the Blue Agave. The Chapter discussed various dates. 6 and 21 September 2024 seem to be popular with the members of the Mile High Chapter. Cody asked Gary to reach out to anyone to assist with organizing.
   5. Discussed the possibility of scheduling the event to coincide with the Student Seminar.
8. Transportation
   1. Secretary Gary Van Dorn says the Sixteenth Street Mall is beginning to open. The Mall is being opened block by block. Blocks one (Market to Larimer) and two (Larimer to Lawrence) are open. Gary and Curtis Chong attended a ceremony recently where they wrote their names in indelible ink on a block to be placed face down in block one of the Mall. Anahit LaBarre also attended the ceremony so she can place a brick for Scott.
   2. The Mall has trees with a nice canopy. There is a play area called the Beehive (Gary calls it the Bees Knees). There is seating in the shape of a honeycomb. Adirondack chairs, along with other chairs, are available. The lighting is returning. The Free MallRide will return as the blocks reopen. The Free MallRide is not running due to construction on Fifteenth and Seventeenth Streets; RTD is encouraging people to use the Free Metro Ride.
   3. Gary says he and Curtis will arrange a demonstration of the Free MallRide when more blocks open. The demonstration will allow the blind, and others with disabilities, to use the Free MallRide in a smaller environment. Gary says it is very important that the Denver metro chapters encourage people to downtown once we have a date. Gary would like at least three blocks where you can catch the Free Mall Ride and walk with it. The design is done at this time although we can take what we learn into future designs.
   4. The Mall should be completed by 2025. Curtis and Gary will send emails on blocks as they open. The sidewalks are experiencing rolling closures so you will need to be aware of your surroundings.
   5. The amenity zones are where the bus lanes use to be.
   6. Gary asked if anyone was on the new Mall. Tim Keenan said he transferred buses near the newly opened block and did not have a chance to explore.
   7. The Mall features kiosks called Ike. Ike is the manufacturer of the kiosk. There is a way to make the Ike talk. Curtis discovered the Braille does not match the print; the Downtown Denver Partnership is working on correcting this and they are embarrassed. We are playing with them to make them talk. The Ike will be where the name of the street where the Free Mall Ride let one out on the new Mall.
   8. Gary brought up safety concerns. The chairs can be a safety concern. The chairs seem very secure. The Bee Hive is intended for children and they would be kept clean. One can see through the Beehives from the streets. There will be another play object which will light up as people play on them. The Downtown Denver Partnership intends the Sixteenth Street Mall as a living space where you can stay on the Mall and enjoy ourselves.
9. Joint Chapter Picnic
   1. President Cody Bair announced the Mile High and Denver Chapters are having a joint picnic on 27 July 2024 from 1100 to 1500 at the Colorado Center for the Blind (CCB). CCB and summer students are invited to attend. We will have the usual picnic fair with vegetarian options. The Chapters are working to purchase the meat, buns, drinks and other items. Blind kickball is being brought back. Another activity is a tug of war. A dunk tank is scheduled this year with Cody and President Maureen Nietfeld were voluntold to be dunked.
   2. RSVPs are appreciated so a count is available to make a more educated decision to purchase items.
   3. Attendees are being asked to bring certain items. The Mile High Chapter is being asked to bring plates (which Pipi signed up for already), napkins (Audry signed up for already), plasticware (Dishon, Chaz and Jodi volunteered at the meeting), macaroni salad, condiments (Elizabeth Sprecher volunteered to bring during the meeting), and a veggie tray (Ileen volunteered to pack the veggies into individual bags). Please bring a dessert to share; please cut your dessert in pieces large enough to quickly walk away with. Elizabeth asked how many individuals we are expecting so she knows how much to bring. Cody is anticipating 80 people.
10. State Report
    1. The NFBCO is hosting a concert of the Haymakers on 25 July 2024 at the Littleton Campus. Emails have been sent to Colorado Talk. The Haymakers are a bluegrass band. Tom Page is in the band and he is the President of the NFB of Kansas. Tickets are $25.00 per person. Tickets are through EventBrit. We cannot have alcohol since the concert is on the property of Littleton Public Schools. We also are not having food. The NFBCO will have bottled water. The band is excellent and they played at the National Convention. Tim Keenen asked if the concert is indoor or outdoor; Cody answered that the concert is being held indoors. Cody thinks there are 200 tickets. Delfina asked if we can bring outside food and drinks. Cody does not think so.
    2. 24 August 2024 is the Seventh Annual 6 Dot Dash at the Colorado Center for the Blind. Cody would like to develop a team. Team fundraising brings in quite a bit of money. It is $40.00 to register. You can share a fundraising link with people; your $40.00 registration is returned if you raise $100.00 from the link you share. We need sponsors for the 6 Dot Dash; reach out to Cody if you have ideas for businesses or individuals who wish to sponsor. The race or walk is 5K. There is a beer tasting at the end. There are various food trucks such as Dirt Coffee scheduled. A bounce house for the children, and the adults who feel the child in them, is available. Dishon asked if there is a donor packet available; Cody will email the packet to anyone who would like to receive it.
    3. The Boulder Wine and Dine Event is 21 September 2024.
    4. Cody shared that the NFBCO contracted with Board Member Nate Hecker to conduct outreach throughout Colorado. Nate is working on seminars to promote NewsLine, NLS, the NFBCO, and resources for people who are blind or low vision. Nate held a successful event in Colorado Springs in June. Another event is planned for Fort Collins this weekend. Other areas with planned seminars are Grand Junction, Durango, Pueblo and other areas.
    5. Tim Keenen asked when the NFBCO State Convention is. Cody says the convention is 24 through 27 October 2024. The convention is at the Denver Marriott South in Lonetree. Lisa Bonderson said the hotel is accepting reservations. The rate is approximately $109.00, the same as last year. Registration is not open.
11. CCB Report
    1. Chaz Davis reports the Youth Program received seven students at the end of June. Their program is for seven weeks. The students went to National Convention and the students received great benefit from attending. Ten more students came in this past Friday.
    2. Delfina Rodriguez mentioned CCB is holding a blood drive on 24 July 2024 from 1000 to 1400 MT. Anyone underage must obtain consent from a parent before donating blood. Reserve a time slot so you do not have to wait in line.
12. Elections
    1. President Cody Bair says a few individuals joined the room. He made one last call so anyone can join the Mile High Chapter prior to the elections. Dia Villa expressed interest in joining the Mile High Chapter. Andrea Fowler said Alex Fowler would also like to join.
       1. Motion: Secretary Gary Van Dorn moves to accept the membership of Dia Villa and Alex Fowler upon the payment of $5.00 in dues. Treasurer Shane Clark seconded the motion. The chapter approved the motion unanimously.
    2. Ami Arguello also expressed interest in joining the Mile High Chapter as well.
       1. Motion: Andrew Vega moved to accept the membership of Ami Arguello upon the payment of $5.00 in dues. The motion was seconded by Board Member Ileen Gallegos. The chapter unanimously accepted the membership of Ami Arguello.
    3. Nominating Committee Report
       1. President Cody Bair said all positions in the Mile High Chapter of the NFBCO are one-year terms.
       2. Vice-President Andrea Fowler reports the following were nominated:
          1. President – Cody Bair
          2. Vice-President – Andrea Fowler
          3. Treasurer – Shane Clark
          4. Secretary – Pipi Adams
             1. Andrea reported that she was informed that Christine Menges also wished to run for the position as well. Andrea says that she was unaware of Christine’s interest.
          5. Board Position One – Ileen Gallegos
          6. Board Position Two – Susie D’Mello
          7. Board Position Three – Audry Marquez
       3. Andrew Vega moved to accept the report of the Nominating Committee. Secretary Gary Van Dorn seconded the motion. The Mile High Chapter unanimously accepted the report of the Nominating Committee.
       4. Cody said the names given by the Nominating Committee are automatically placed into nomination. We welcome anyone who wishes to run for the floor.
    4. President:
       1. Cody turned the floor over to Andrea to conduct the election for President.
       2. The Nominating Committee placed the name of Cody Bair into nominations as President. Andrea asked for any other nominations from the floor. There were no other nominations.
       3. Dishon Speers moved to cease nominations and elect Cody Bair as President of the Mile High Chapter by acclamation. Andrew Vega seconded the motion. The Mile High Chapter elected Cody Bair as President of the Mile High Chapter.
       4. Cody says it is exciting to work with the Chapter and the Board. Gary and Board Member Nate Hecker are rolling off the Board. He will miss working with them and knows they will remain active. This is Cody’s fifth year as President. Cody is seeking to mentor the next leader of the Mile High Chapter since he is being pulled in many directions.
    5. Vice-President
       1. Cody took the floor for the remainder of the meeting.
       2. The Nominating Committee placed the name of Andrea Fowler into nominations as Vice-President. Cody asked for any other nominations from the floor. There were no other nominations.
       3. Gary Van Dorn moved to cease nominations and elect Andrea Fowler as Vice-President of the Mile High Chapter by acclamation. Andrew Vega seconded the motion. The Mile High Chapter elected Andrea Fowler as Vice-President of the Mile High Chapter.
       4. Andrea thanked everyone for reelecting her. She is learning and eager to learn. Andrea looks forward to working with the Chapter.
    6. Treasurer
       1. The Nominating Committee placed the name of Shane Clark into nominations as Treasurer. Cody asked for any other nominations from the floor. There were no other nominations.
       2. Andrew Vega moved to cease nominations and elect Shane Clark as Treasurer of the Mile High Chapter by acclamation. Gary Van Dorn seconded the motion. The Mile High Chapter elected Shane Cark as Treasurer of the Mile High Chapter.
       3. Treasurer Shane Clark thanked us again for his second term. Shane is honored and likes being involved in the Chapter.
    7. Secretary
       1. This position was held by Gary Van Dorn.
       2. The Nominating Committee placed the name of Pipi Adams into nominations as Secretary. Cody asked for any other nominations from the floor. Board Member Ileen Gallegos moved to place the name of Christine Menges into nomination. Audry Marquez seconded the motion. Cody asked Christine if she accepts the nomination. Christine answered in the affirmative.
       3. Shane moved to cease nominations. Andrew Vega seconded the motion. The Mile High Chapter unanimously approved the motion.
       4. Christine Menges said that she would like to help us out as secretary. She works with documents all day at work. Christine said she is very organized.
       5. Pipi Adams was nominated by the Nominations Committee. She served as Secretary of the Mile High Chapter in the past and had to step away for personal reasons at that time. Pipi no longer has conflicts that would interfere with her ability to perform her duties as Secretary. Pipi is already working with the Board on ideas she can undertake as secretary other than taking minutes. Pipi further serves as secretary for the Business Enterprise Program as necessary. She is excited to be back fulltime with the Chapter she began with in the NFBCO.
       6. Cody called a voice vote. The voice vote sounded too close to call. Gary read the roll. The voice vote is as follows:
          1. Andra – Pipi
          2. Eliza -- Pipi
          3. Elizabeth – Pipi
          4. Shane – Pipi
          5. Pipi – Pipi
          6. Chaz – Pipi
          7. Cerrideyn – Pipi
          8. Martin – Pipi
          9. Carina – Pipi
          10. Delfina – Pipi
          11. Mrs. Gonzales – Pipi
          12. Dishon – Pipi
          13. Monique –
          14. iPhone 9 (Loren) – Pipi
          15. Lisa – Pipi
          16. Suzie – Pipi
          17. Gary – Christine
          18. Christine – Christine
          19. Audrey – Christine
          20. Ileen – Christine
          21. Tim – Christine
          22. Unidentified voice -- Christine
          23. Unidentified voice -- Christine
          24. Unidentified voice -- Christine
          25. Unidentified voice -- Christine
          26. Cody – Pipi
       7. Gary said the vote is 16 for Pipi Adams and 9 for Christine Menges. The Mile High Chapter elected Pipi Adams as Secretary.
       8. Pipi thanked everyone and she is happy to serve.
    8. Board Position One
       1. This position is currently held by Susie D’Mello.
       2. The Nominating Committee placed the name of Susie D’Mello into nominations for Board Position One. Cody asked for any other nominations from the floor. There were no other nominations.
       3. Andrew Vega moved to cease nominations and elect Susie D’Mello in Board Position One of the Mile High Chapter by acclamation. Gary Van Dorn seconded the motion. The Mile High Chapter elected Susie D’Mello in Board Position One of the Mile High Chapter.
       4. Board Member Susie D’Mello thanked everyone for another year with the Dream Team in such a cool Chapter.
    9. Board Position Two
       1. This position is currently held by Ileen Gallegos.
       2. The Nominating Committee placed the name of Ileen Gallegos into nominations for Board Position Two. Cody asked for any other nominations from the floor. There were no other nominations.
       3. Andrew Vega moved to cease nominations and elect Ileen Gallegos in Board Position Two of the Mile High Chapter by acclamation. Gary Van Dorn seconded the motion. The Mile High Chapter elected Ileen Gallegos as in Board Position Two of the Mile High Chapter.
       4. Board Member Ileen Gallegos thanked everyone for being reelected and she looks forward to working with the new Board.
    10. Board Position Three
        1. This position is currently held by Nate Hecker.
        2. The Nominating Committee placed the name of Audry Marquez into nominations for Board Position Three. Cody asked for any other nominations from the floor. There were no other nominations.
        3. Gary Van Dorn moved to cease nominations and elect Audry Marquez in Board Position Three of the Mile High Chapter by acclamation. Andrew Vega seconded the motion. The Mile High Chapter elected Audry Marquez as in Board Position Three of the Mile High Chapter.
        4. Audry Marquez thanked us for the election. She is very excited to be on the Board. Audry wanted to be on the Board for a while and she looks forward to learning more.
    11. Cody asks people to reach out to him if you wish to take on future leadership positions.
13. Other Business
    1. Board Member Ileen Gallegos thanks everyone for the assistance she received to attend National Convention. Ileen had a wonderful time, learned a great deal and is enthused working with everyone.
    2. Andrew Vega extends an invitation to attend the Joseph and the Technicolor Dream Coat. Andrew is acting in this how at Community of Grace on 2 and 3 August 2024 at 18:00. There will be a light dinner and they will gladly accept donations. The second program is Broadway on Broadway, which is Broadway review program. This program is at St. Luke’s Methodist Church on 3 and 4 August 2024. Andrew has a flyer for one program but not for the other.
14. Adjourn
    1. Secretary Gary Van Dorn moves to adjourn. Andrew Vega seconded the motion. The Chapter unanimously voted to adjourn. The Mile High Chapter of the NFBCO adjourned at 19:57.