BREAKING NEWSLETTER

Issue 28 November/December 2020

# President’s note

**Greetings Federation Family,**

This is the season of thanks and giving. I am thankful for each member and our supporters. Social distancing is not stopping us from building the federation and sharing our love, hope and strength!

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:**

**November:**

*Joe Chite – Treasure Coast*

*Theresa Cruz - Melbourne Space Coast*

*Andrew Henley – Miami*

*Dan Hicks – Tampa Bay*

*Nancy Hollow* *- Melbourne Space Coast*

*Barbra Gaw – Tampa Bay*

*Patricia Lipovsky – State-Wide*

*Carol Massey – Gainesville*

*Annely Rose – State-Wide*

*Noe Villeda – Tampa Bay*

**December:**

*Marilyn Baldwin - Central Florida*

*DeVane Bejarano - State-Wide*

*Alicia Betancourt - State-Wide*

*Jada Christie – Tallahassee*

*Melissa Cummings – Miami*

*Shirley Czaja – - Melbourne Space Coast*

*Kathy Davis - Daytona*

*Beth Haderer - Melbourne Space Coast*

*Lloyd Mathews – Tampa Bay*

*Gathary McKinley - State-Wide*

*Juan Perez - Melbourne Space Coast*

*Peter Polie - Melbourne Space Coast*

*Connie Scheel - Miami*

*Merry Schoch – Tampa Bay*

*Ron VanGelderen - Treasure Coast*

*Sylvia Young – Tallahassee*

***Anniversaries:***

*Melissa Cummings – Miami, December*

#

# Important Calendar Events

**Our 2021 National Convention will be July 6 through July 11, 2021 in New Orleans, LA.**

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

# Article, Announcements and Comments

**THIS MESSAGE IS WORTH REPETING:**

Happy Thanksgiving to you, Federation Family!

As our nation celebrates the Thanksgiving holiday for 2020, it is hard to imagine a year when we could have more to be thankful for as an organization. This year the blind of America have come together in the National Federation of the Blind to provide personal support, share information, lift each other up, and protect our collective right to live fully and equally in society. We give thanks today for those members of our Federation family who we have lost to COVID-19. The energy and love they put into our movement endure as we march forward. We are thankful for our community of friends and supporters who have contributed in extraordinary ways to supporting our movement during these uncertain times. With that support, we have not slowed down on achieving our priorities. We are thankful for each member of this organization and their individual efforts to reach out to blind people who have not yet discovered our movement. Although we are socially distanced this year, our hearts overflow with gratitude for the strength that comes in working together toward a meaningful purpose every day. May the spirit of thanks and giving bless each of you as the year draws to a close.

Happy thanksgiving,

President Riccobono

#

# Apple Tips and Tricks

Apple Tips and Tricks

By Camille Tate

COME BACK NEXT ISSUE

# Laugh it up!

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

1. What did the stamp say to the Christmas card? Stick with me and we’ll go places!

2. How is Christmas exactly like your job? You do all the work and some fat guy in a suit gets all the credit.

3. Why did no one bid for Rudolph and Blitzen on eBay? Because they were two deer!

4. What do reindeers say before they tell you a joke? This one’s gonna sleigh you!

5. Why don’t you ever see Santa in the hospital? Because he has private elf care!

6. What’s the difference between the Christmas alphabet and the ordinary alphabet? The Christmas alphabet has No-el.

7. How do you know when Santa’s around? You can always sense his presents.

8. How did Scrooge win the football game? The ghost of Christmas passed!

9. What’s every parent’s favorite Christmas Carol? Silent Night.

10. What does Santa do with out of shape elves? Sends them to an elf Farm.

# Member Spotlight

Member Spotlight – I thought we should spotlight someone everyone knows but no one has seen!

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 Sylvia Young

**TURKEY CASSEROLE**

**A perfect and easy casserole recipe for leftover baked turkey or chicken.**

2 cups cooked turkey sliced in small pieces

1/2 cup carrots diced

2 cups celery diced

1/4 cup whole scallions minced

1/2 apple chopped

1/2 cup mayonnaise

1 tbsp lemon juice

1/4 cup canned pimento chopped

1/2 cup almonds chopped

1/4 cup cheese of your choice

INSTRUCTIONS

Preheat the oven to 350 degrees.

Combine the first 7 ingredients in one bowl and spread in a greased 2-quart casserole dish.

Sprinkle the almonds and cheese on top.

Bake 25 minutes or until heated through.

# Health and Wellness

**10 Healthy Eating Tips for the Holidays**

**1. Plan healthy foods in advance.**

People who plan their meals in advance eat healthier and are less likely to be overweight. Holiday dinner parties and end-of-the-year work demands can lead to pushing healthy eating to the back burner. As a result, you’re more likely to grab an unhealthy meal at the mall or skip meals and subsequently snack on leftover gingerbread cookies. To avoid those dietary catastrophes, plan out your meals in advance. Make a list for grocery shopping, pre-prepare any ingredients that you can, and even make a menu for the week ahead. Don’t be afraid to develop strategies for how you will choose healthy options at your family’s holiday dinner.

**2. Start your day healthy.**

The habits you create at breakfast can supplement or weaken the healthy choices you make throughout the day. A few bites of your coworker’s homemade holiday treats, on a near-empty stomach at 10 AM, will send your blood sugar skyrocketing for a few hours, only to crash around noon when you suddenly begin to crave carb-heavy lasagna and garlic bread. Don’t fall into that trap! Start the day right with a nutrient-dense, nourishing breakfast that keeps you full and focused throughout the morning.

**3. Be accountable to someone.**

Making healthier choices during the holidays becomes easier when you have a like-minded friend or colleague. At the very least, ask one of your coworkers or your significant other to help you maintain healthy habits during the holidays. Be wary of others who may sabotage your healthy choices, by choosing to notice who encourages your unhealthy habits. Make a pact with yourself, and others, that you’ll choose healthy foods, exercise regularly, and support others in doing so as well, especially during stressful moments.

**4. Keep healthy snacks nearby.**

Holiday treats can sabotage even the most vigilant eater. Leaving them sitting around only encourages mindless, frequent snacking. Instead of keeping a bowl of holiday-colored Hershey’s Kisses on the coffee table, try healthier snacks that stabilize blood sugar, so you don’t have that miserable crash an hour later brought on by sugary snacks.

**5. Incorporate more healthy recipes into your holiday parties.**

Even when your favorite aunt insists that you make her cornbread stuffing for Christmas dinner, hosting your own events or having a family potluck means you can offer plenty of healthy dishes. Even if you attend someone else’s party, offer to bring your own dish

**6. Don’t make it about “healthy food.”**

Nobody wants to be “that person” who makes a big deal about everything being healthy. That doesn’t mean you need to abandon dietary discretion and eat whatever everybody else does to avoid looking like a health nut. Instead, upgrade your food selection, without making a big deal about it.

**7. Create your own dinner party menu.**

Whether you’re hosting a holiday family dinner or having your coworkers over to celebrate, you don’t need to spend hours in the kitchen to create a festive, satisfying holiday meal.

**8. Remember that nutrition requires more than healthy food.**

Abandoning healthy lifestyle choices becomes easy during the hectic, overscheduled holiday season. Yet even the healthiest eating plan can become derailed without sufficient sleep, stress management, exercise, immune support, and getting sufficient nutrients

**9. Try these kid-friendly ideas for Christmas dinner (or any time).**

Don’t let your kids or significant other fall into a candy coma on Christmas morning. Start the day with a healthy breakfast and maintain that healthy eating throughout the day.

**10. Look for easy holiday desserts that don’t require mass amounts of sugar.**

During the holidays, you’ll occasionally indulge, and you might encounter a few occasions where you have little control over what you eat. Incorporating healthy recipes into your festivities means you don’t have to feel deprived OR experience weight gain during the holidays. And (bonus!) come New Year’s Day, you won’t be cursing your skinny jeans.

# Link City

Here are some important links that may be of interest.

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

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

**Braille Monitor – December 2020** <https://www.nfb.org/images/nfb/publications/bm/bm20/bm2011/bm2011tc.htm>

**Presidential Release: Live December 1, 2020 - #500**

<https://www.nfb.org/sites/www.nfb.org/files/2020-12/pr_500_short.mp3>

**Presidential Release supplement Conversation with Dr. Marc Maurer and Mary Ellen Jernigan, moderated by Pam Allen**

<https://www.nfb.org/sites/www.nfb.org/files/2020-12/pr_500_supplemental.mp3>

**Nation's Blind Podcast – September 29, 2020 – Use Your Power at the Polls** <https://www.nfb.org/sites/www.nfb.org/files/2020-11/nations_blind_podcast_subminimum_wage_november_2020_final.mp3>

# Inspiration Corner

*“Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It is discarding the meaningless and stressing the true values.”*

*By Thomas S. Monson*

# Legislative Updates from the desk of Camille Tate

**Legislative Committee**

**From the desk of Camille Tate**

As we come to the close of 2020, with its cloud of Coronavirus, political hi-jinks and what often seems like very few bright spots, we look ahead to 2021. What is on the legislative front? The National Federation of the Blind is still working on behalf of blind people, to bring them into equal, first-class citizenship. Our National Office is building 2021 Washington Seminar into an event unlike previous years. John Pare and Kyle Walls visited our Legislative Committee call on November 17 to tell us about the face of Washington Seminar in the world of Coronavirus. Next year, we will virtually visit with our Representatives and Senators. Using a virtual platform, we hope and will attempt to bring to fruition, taking members from each of Florida’s 27 House districts. The affiliate tries every year to bring as many members as possible to walk the halls of Congress. With so many districts, it seems an insurmountable task. Standby for more information regarding 2021 Washington Seminar. We will relay as soon as we hear about our legislative priorities and how we are going to virtually “March on Washington”.

On the state front, we are seeking members to get involved! In some ways, state legislation is more impactful to us because it can and will affect our daily lives faster and more in-depth. Florida is a large state, with 120 House districts and 40 Senate districts. The plan for Florida legislation is to break the state into regions, with a team leader for each of those regions. Each team leader will be the liaison to the Legislative Co-Chairs. The time to work our state legislators is now. The next Legislative Session in Florida, where bills are introduced, discussed, amended, and voted on, will begin March 2, 2021. The state sessions are 60 days long.

The legislative priorities for Florida are protecting and preserving the rights of blind parents to raise their children; supporting the phasing out of paying sub-minimum wages to disabled Floridians; and passing legislation to make prescription drug labels accessible to the print disabled. Keep an eye or ear out for more information as we work to bring blind Floridians into equal, first-class citizens.

**State Legislature Delegations**

County legislatures have begun scheduling the delegation meetings across Florida. Reach out to your state representative (not federal) to find out when they are holding their annual public meeting. This should take place between now and possibly the end of January. Speaking at these meetings is one great step towards gaining community awareness about blind people and the priorities we are working on. It is important to note this is the easiest opportunity to meet all of your county delegation at once. Each delegation meeting may have differing requirements and procedures, but most will require pre-registration and submitting any supporting documents several weeks ahead of time, in multiple quantities. Usually, you are given three minutes to present your priorities during the public meeting.

Depending on the number of speakers, it could be a long day or afternoon. Of course, we will provide you with the documents you need to put together your packets to distribute prior to the public meeting. If you need any assistance, feel free to reach out to the Legislative Committee Co-chairs, whose contact information is at the end of this article.

We encourage all members to attend our monthly Legislative Committee meetings. At the present time, the committee meets the third Tuesday of each month, at 8 p.m. This day and time are subject to change. Keep an eye or ear out to the Florida list for meeting notifications.

**Legislative Committee Co-Chairs**: Russ Davis, 904-993-8433, russell@radiorusty.com; Merry Schoch, 813-625-1850, merrys@verizon.net; Camille Tate, 321-372-4899, Ctate2076@att.net

# Photo Gallery

Central Florida Chapter for holds virtual White Cane Event. Sherri Brun and Sila Miller are recognized and Leadership Award Winners. (pictured below)



# 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. The 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, President, phone: (904) 580-6819, Email: nfbjax@gmail.com. Meetings are held the first Saturday of each month and normally take place at the Independent Living Resource Center, 2709 Art Museum Drive, Jacksonville, Florida 32207 from 10:00 AM until 12 Noon. Until further notice, we will be meeting on Zoom. Please email if you would like to attend our meeting.

**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, phone: 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***

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***Merry Schoch –Treasurer***

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***Russell Davis***

Phone: 904-993-8433

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***Jorge Hernandez***

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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 by the 15th of each odd month.