BREAKING NEWSLETTER

Issue 38 July/August 2022

# President’s note

**Greetings Federation Family:**

*It was great to finally be together again with Federationists from all over the country at our National Convention in New Orleans. However, with National Convention behind us, I and all of the chapter Presidents from across the state are getting ready to spread the love hope and determination we have for each other during our State Convention in Jacksonville Florida. If you have not registered, be sure you do that quickly, because I want to see each and every one of you there.*

Growing Together,

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

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Find us on twitter and FB @nfbflorida

# How to navigate our newsletter with headings:

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

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# Birthdays & Celebrations

**The NFBF would like to celebrate:**

***July:***

Kathy Roskos – Gainesville

***August:***

Glen Baker – Jacksonville

Arlene Naulty – Melbourne

Julia Savage – Melbourne

Marilyn Womble – Melbourne

Douglas Ingram – Tallahassee

Acheson, Janet – Tallahassee

Debby Ryan – Broward

Marita Winston – Jacksonville

***Anniversaries:***

Monique and Rufus Bowden – Tallahassee

WITH AGE COMES WISDOM

As you get older you will understand more and more that it’s not about what you look like or what you own; it’s all about the person you become.

In the end, what really matters is:

Not what you bought, but what you BUILT

Not what you got, but what you SHARED

Not your competence, but your CHARACTER

Not your success, but your SIGNIFICANCE

Not your intelligence, but your IMPACT

Not the length of your resume, but your LEGACY

I will never regret getting older.

I know too many people who never had that privilege.

Live a life that truly matters.

Live your life, not someone else's.

***Here's to another year around the sun.***

***Happy birthday!***

# Important Calendar Events

**NFBF Monthly Calendar Meetings**

**These are the meetings of the National Federation of the Blind of Florida in 2022. Please keep an eye on the Florida list serv for any updates to meeting schedules or Zoom information.**

**First Monday: Tallahassee Chapter, 6:30 p.m.**

In-person or dial in by calling 605-313-4802 access code 790189

**First Tuesday**: No events

**First Wednesday: Diversity and Inclusion**

via Zoom https://zoom.us/j/99374511935

First Thursday: Senior Concerns Committee, 8 p.m.

https://zoom.us/j/99374511935

Meeting ID is: 993 7451 1935

**First Saturday: Jacksonville Chapter**

10:00 A.M. Join us via Zoom, https://us02web.zoom.us/j/9851473331

Meeting ID: 985 147 3331

**First Sunday: Open Convention Planning** until state convention, 8 p.m.

https://zoom.us/j/98005679812

Meeting ID: 980 0567 9812

One tap mobile

+16468769923,,98005679812# US (New York)

**Second Monday: Communications Committee** (Closed), 7 p.m.

**Second Tuesday: Sports and Rec**, 8 p.m.

https://zoom.us/j/93835426045Meeting ID: 938 3542 6045

One tap mobile

+16468769923,,93835426045# US (New York)

+13017158592,,93835426045# US (Washington DC)

**Second Wednesday**: No events

**Second Thursday: Leadership Building**, 8 p.m.

https://zoom.us/j/94434710090

Meeting ID: 944 3471 0090

One tap mobile

+13126266799,,94434710090# US (Chicago)

+16468769923,,94434710090# US (New York)

**Second Saturday: Broward Chapter**, 10 a.m.;

**Treasure Coast Chapter**, 10 a.m.

**Melbourne Chapter,** 10 a.m.

**Palm Beach Chapter**, 10 a.m.

**Polk Chapter,** 10 a.m. (via Free Conference Call)

**Gainesville Chapter**, 12:30 p.m. Join via Free conference call, (857) 357-0254

**Second Sunday: Deaf Blind Division**, 5 p.m.

https://zoom.us/j/98765742578

Meeting ID: 987 6574 2578

One tap mobile

+13126266799,,98765742578# US (Chicago)

**Constitution Review Committee** (Closed), 8 p.m.

**Third Tuesday: Home-wise,** 8 p.m.

https://zoom.us/j/95074337811

Meeting ID: 950 7433 7811

One tap Mobile: 6468769923,,,95074337811#

**Third Wednesday: Communities of Faith,** 12 p.m.

https://zoom.us/j/91398845944

One Tap mobile: +1(646) 876-9923,,91398845944#

**Blind Parents Connect and FLAGDU** (will alternate each month), 8 p.m.

**Third Thursday: Miami Chapter**, 6:30 p.m.

**Third Saturday: Central Florida Chapter**, 12 p.m.

**Third Sunday: Student Division**, 6 p.m.

**Statewide Chapter,** 8 p.m. via Zoom, https://zoom.us/j/97396225920 Meeting ID: 973 9622 5920

**Fourth Monday: Resolutions Committee** (Closed), 8 p.m. (until State Convention)

**Fourth Tuesday: Federation Foundations, formerly Book Club,** 8 p.m.

https://zoom.us/j/94787313485

Meeting ID: 947 8731 3485

One tap mobile

+13126266799,,94787313485# US (Chicago)

**Fourth Wednesday: Closed Convention Planning**, 8 p.m.

**Fourth Thursday: Legislation**, 8 p.m.

https://zoom.us/j/94416346364

Meeting ID: 944 1634 6364

One tap mobile

+13126266799,,94416346364# US (Chicago)

**Fourth Saturday: Daytona Chapter,** 12:30 p.m. https://us02web.zoom.us/j/9357099741?pwd=YVhxTVg0Nm1KQytCQ0xJM1JvZDhYUT09

**Tampa Chapter,** 12:30 p.m.

**Fourth Sunday: Affiliate Board** Meeting (Closed), 8 p.m. (unless an open meeting is announced)

# Articles, Announcements and Comments

NEWSWORTHY

With the summer heating up, many of our chapters around the state are staying very busy. Sherrill O’Brien from Tampa writes to let us know what the Tampa chapter has been up to. Here is what she has to say:

Hello NFBF family,

I’m happy to report that our chapter shared great fellowship, fun and fund-raising during the month of July. We revived the tradition of holding a fundraiser pancake breakfast at Beef O‘Brady’s, our regular chapter meeting place. It was a great team effort this year. So many chapter members pitched in to help, including some of our newer members.

A week prior to the event we set up an information/PR table at a nearby Publix store. Publix is always so generous about allowing this. We were able to spread the word about the NFB and were pleased to receive donations as well. It didn’t hurt that Yvonne Rosanelli had her brand-new puppy from Freedom Guide Dogs with her! It’s very exciting that Yvonne has just volunteered to be a first-time puppy raiser for Freedom.

At the pancake breakfast, members served as greeters, ticket takers and servers. Our very successful outcome also resulted from a great 50/50 drawing and raffles for two breakfast themed gift baskets donated by members.

Our chapter participated in the annual Disability Awareness Expo July 27th, sponsored by the Mayor’s Alliance for Persons with Disabilities. This year’s celebration marked the 32nd anniversary of the signing of the ADA. Our chapter donated bottled water for the event. Members volunteering at our table spoke with lots of folks who came by our table.

August 19th, we are going bowling at Pin Chasers, followed by our chapter meeting, complete with pizza. How fun and convenient is that! And no comments about gutter balls!

Those of us making the trip “up north” to Jacksonville in October can’t wait to see everyone. I’m not so sure it will be much cooler outside by then, but I’m sure we’ll have a cool time enjoying our convention!

Take care and stay well.

**It is always great to hear news from the Gainesville Chapter. Here is what Judy writes about her chapter’s efforts to build the National Federation of the Blind.**

In June we held an "in person" chapter meeting at Gators Dockside in Gainesville. We welcomed in a new member, Meliora Hatcher, who is well known in the FABS Division, former NFB Florida scholarship winner, and current student at the University of Florida, and two returning members, Betty Mack, and Lenora McGowan. We also tried a meeting time change from our usual 2PM to 12:30PM.

Due to the COVID Omicron variant increase in area cases and paratransit driver shortage, July's meeting was by Free Conference Call at 12:30PM. We are using the summer to see if an earlier time slot will benefit the membership. We are looking for more input from our members at the August 13 meeting.

**The Diversity and Inclusion Committee submits the following about Ida B. Wells.**

The way to right wrongs is to turn the light of truth upon them: Ida B. Wells

Journalist and activist Ida B. Wells (1862-1931) spent her life crusading to find the truth and shed a light on inequality in America. As a civil rights leader who was born into slavery, Wells used her platform to expose the mistreatment of Black Americans after the U.S. Civil War. This quote epitomizes her mission in life. When injustice rears its head, the way to enact change is not to look away, but rather to educate people about it and have hard conversations about who we are and what we stand for — to have the courage to create enough light to help people see the truth.

**With the National Convention behind us, our focus is now on the 2022 National Federation of the Blind of Florida State convention to be held in Jacksonville the weekend of October 7th through 9th.**

The Jacksonville and Daytona chapters are looking forward to welcoming each and every one of you to Jacksonville this year. Our convention will be held at the South Bank Marriott at 1515 Prudential Drive Jacksonville, FL 32207.

Rooms are filling fast, so be sure to book your room by September 5 by calling 904-396-5100 and use code FOB. The room rate for our convention is $115 per night, with a 13.5% sales tax. If you wish to book online, you may do so by visiting Southbank Hotel, NFB Convention 2022

Once your room is booked, you will also need to register for convention and pay for your registration and banquet ticket.

This year, we are using Google Forms for registration.

Please note: This is a twostep registration process. Fill out the registration form and indicate your payment preference. You will then be presented with a second page with links and instructions to make your payment. Your registration is not complete until you have submitted payment.  The fee schedule will be listed in the confirmation email and will indicate if there are processing fees associated with each payment method. Here are some tips when paying:

* If you are using Zelle, you will direct your payment to the email address listed on the confirmation page. In the notes section, please indicate this is to pay for registration and/or banquet. If you are paying for multiple people, please indicate the names of those for whom you are paying.
* PayPal: Please use the link on the confirmation page for PayPal. Select “Paying for Goods and Services”. In the notes section, please indicate for whom you are paying. Also note that the service fees are included in the cost to send for payment. The confirmation letter will give the amounts to pay.
* Credit Card: Please contact Sylvia Young at the phone number listed on the confirmation page. You may call Sylvia between the hours of 9 a.m. and 8 p.m. If Sylvia does not answer, you may leave a voicemail or, you may send her a text. Let us all be respectful of Sylvia’s time.
* Check: Please send checks or bill pay to the address listed on the confirmation page. If paying for multiple people, please include a list of whom you are paying for.
* Chapters paying for members will be able to send in a form with all the registration information, along with payment. The form will be made available as soon as possible.

Please note the following deadlines:

September 4, at 11:59 p.m.: Pre-registration ends and all fees increase by $5.

September 30, 11:59 p.m.: Final deadline to purchase banquet tickets. On September 5, banquet tickets increase by $5. No banquet tickets will be sold after September 30.

The registration form will remain open until the final day of registration at convention, although there will be opportunities to register in person at the convention.

If you need assistance, please contact President Paul Martinez, President@NFBFlorida.org or 813-390-5720.

We look forward to seeing all of you at state convention! Let’s make the River City rumble!

Here’s the link to the registration form:

https://docs.google.com/forms/d/e/1FAIpQLSfSdukqJF8AdChhFIRfpgAaDRKpweX-qsS7Ma8JYx9aNuMwEg/viewform?usp=sf\_link

**One of our many important tasks at State convention, similarly to National, is the passage of our resolutions. Here is Camille to give us more information about our Florida resolutions process.**

Call for Resolutions

*From the desk of Camille Tate*

The National Federation of the Blind of Florida is pleased to announce the 2022 Resolutions Committee. The committee members are as follows:

Camille Tate, Chair, Melbourne

Jorge Hernandez, Miami

Doug Ingram, Tallahassee

Donald Christie, Tallahassee

Kaye Baker, Jacksonville

Scott Larson, Daytona

Tashara Kooper, Central Florida

The 2022 National Federation of the Blind of Florida State Convention will be held October 7-9, 2022. It will be at the South Bank Hotel in Jacksonville. One of our workshops will be the Resolutions Committee. Once the agenda is set, the date and time will be announced. Resolutions are one of the cornerstones of our Federation.

Resolutions become the policy of the national Federation of the Blind of Florida. It is the direction our members wish the affiliate to go moving forward. Once passed, it will be worked on, depending on the nature of the resolution and may become part of our legislative agenda. For example, those passed during the 2019 State Convention became part of our 2019 state legislative priorities.

It takes all of us to pass resolutions. You do not have to have any prior experience in writing one, any special degrees nor certifications to participate. If you have an idea for a resolution and want assistance to write one in the proper format, please feel free to contact the Resolutions Committee at Resolutions@NFBFlorida.org. If you are unsure of what a resolution is, what the format is or would like to read those passed at previous state conventions, please visit http://nfbflorida.org/resolutions.htm. The deadline to submit a resolution or idea for one, is September 5. The deadline is firm, so please keep it in mind if you have a resolution to submit.

The Resolutions Committee meeting at convention will follow this general format. After the meeting is called to order and roll call is taken, each resolution will be read in turn. The person defending the resolution (the author or their representative) will have an opportunity to address the committee from the floor. If necessary, the committee will discuss the resolution. The chair will call for a recommendation of pass or do not pass. The committee cannot adopt a resolution, only the convention body may do so. This is simply a vote on whether to pass the resolution to the floor for vote at General Session. Members of the affiliate will have their opportunity to speak during General Session on whether they do or do not support the resolution.

If you have any questions, please contact the Resolutions Committee Chair, Camille Tate. You may Email ctate2076@att.net or call (321) 372-4899.

**Researchers win prize for software that makes self-driving cars more accessible**

The VEMI lab at the University of Maine earned third place in a national competition and an invitation to the White House for developing an inclusive smartphone software platform that will provide navigational assistance to people with visual impairment and seniors who want to use self-driving cars for ride-sharing and hailing services.

VEMI will receive $300,000 for winning the prize in the second phase of the U.S. Department of Transportation’s Inclusive Design Challenge for its Autonomous Vehicle Assistant (AVA) smartphone technology. VEMI leads the group designing the AVA platform, known as the Autonomous Vehicle Research Group (AVRG), which also includes collaborators from Northeastern University and Colby College.

For its challenge, the DOT sought proposals for accessible and inclusive design solutions that would help people with disabilities use autonomous vehicles for employment and essential services. VEMI was invited to participate in Stage II of the challenge after being named a semifinalist in the first phase.

First and second-place winners in the competition were Purdue University and AbleLink Smart Living Technologies, respectively.

The prizes in the Inclusive Design Challenge were announced July 26 as part of the DOT’s celebration for the 32nd Anniversary of the Americans with Disabilities Act, known as the ADA.

How can the AVA software help blind and partially sighted users?

AVA will help users request a vehicle, find it, enter it, exit it and travel to their chosen destination. It provides a multisensory interface that offers users guidance through audio and haptic, or touch-based, feedback and high-contrast visual cues.

What functions are utilized in the software?

To provide the functionality, researchers utilized GPS, LiDAR, Gyroscope and Accelerometer technology; real-time computer vision via the smartphone camera; machine learning; artificial intelligence and other software.

How does the AVA software work?

Users will create a profile in AVA that reflects their accessibility needs and existing methods of navigation so the software can find suitable transportation for them.

When the vehicle arrives, AVA will guide the user to it using the camera and augmented reality (AR), which provides an overlay of the environment by superimposing high-contrast lines over the image on the smartphone screen to highlight the path, and verbal guidance such as compass directions, street names, addresses, nearby landmarks and other indicators.

The software also will pinpoint environmental hazards, including low-contrast curbs, traffic cones and overhanging obstructions like branches and guy wires, by emphasizing them with contrasting lines and vibrations when users approach them.

It will then help users find the door handle to enter the vehicle awaiting them. It also uses the same functions to help the user when exiting their vehicle to find their destination.

Is there a learning curve using the software?

AVA will offer accessible modules with simulations that train users not only how to use the application, but also training on how to interact with ride sharing and hailing services with self-driving vehicles when a person is no longer available to. For future projects, researchers plan to develop additional software that will allow riders to use the technology to connect with the vehicle control systems while riding. These tools will include multisensory maps, context-aware gesture interactions and application programming interfaces, all of which will support in-cabin accessibility.

Watch the video presentation about AVA prepared by VEMI Lab researchers for the DOT’s Inclusive Design Challenge to learn more.

The AVA project builds on a National Science Foundation grant led by Giudice and Corey on trust building and human-vehicle collaboration with autonomous vehicles, as well as a seed grant-funded, joint effort between UMaine and Northeastern University to improve accessibility, safety and situational awareness within self-driving vehicles. Research on both projects aims to develop a new model of human-AI vehicle interaction to ensure people with visual impairments and seniors can better understand what their autonomous vehicle does during their travels, and so the vehicles can effectively communicate with them.” Work that will be instrumental for informing future AVA development on this Inclusive Design Challenge prize.

# Travel the World

Recently, many of us traveled to New Orleans Louisiana for our National Convention. It was wonderful to be together with 2400 of our blind brothers and sisters in the Federation again after 3 long years.

One of the many highlights was observing as our Florida students took convention by storm. They attended General Sessions and seminars, and eagerly took part in everything our convention has to offer.

One such student submitted an article about his experience. Here is what Elijah Grant, has to say about his convention experience.

Looking at myself, I wanted to make sure that I lived my life to the fullest. As a student in college and having a part-time job at a store that is local to me, I felt like I needed something to do while I was doing both of these things. When I heard about the 2022 NFB National Convention happening in New Orleans, I was very excited and nervous at the same time as this wasn’t something that I would be seeing at a state convention. This was the state convention, but with lots more people and plenty more action. After landing in New Orleans, I did not know what to expect, but returning, I came back with a lot of new friends, knowledge, and plenty of tips on how to live the life that I want to live.

 Starting with the first day of the convention, I went to a few seminars that I knew that I wanted to attend. One of the first big things that happened was the NABS (National Association of Blind Students) Student Networking and Rookie Roundup. During each National Convention, anyone who has never been to a national convention before will get a rundown about how the convention works and will receive tips for making the best use of their time. I will be honest; I was already locked into how I was going to enjoy the convention. After the rookie roundup, as I was heading to my room, I noticed that there were some students left from the student networking. So, I just popped in, said hello, and started a conversation with some of them. I then knew what I was out to witness: even more fun.

 Wednesday saw me heading in the direction of the NABS Business Meeting. After a very informative session on SSI and SSDI, I went over, and I was immediately attached to the Computer Science Division. I feel that I should look into doing business with NABS even though I am majoring in Computer Science. Before I went to the fun stuff that day, I paid a visit to the Independence Market, and Woah, I was shocked at how much stuff they had. In the end, I ended up finding a lock that had a special code and I will be using that for any valuables.

 Thursday was a huge win for me as I went to see what the NFB was doing in Computer Science. I think that I was hooked on them as well. Will I do business with them? I think so. Also, I won’t forget the Florida Caucus. Most of the state affiliates have one and it gives them a chance to talk with other people from their state, but also talk about some common resolutions within the Federation. At least I had the opportunity to speak my opinion on one of the resolutions.

 Friday was quite a busy day for me as I started the long journey of going to all of the general sessions. I never knew that this convention was going to feature a live band before the actual business began. Regardless, it was good as it had the presidential report which was the most important part of that session in my opinion. The second general session somehow made me cry as there was some uplifting information. Let us be honest, when I have my life together, I will be either going to Minnesota, Colorado or Louisiana as they all have training centers for the blind. Hey, it's fun to be able to live there and learn more. Maybe in a few years. Now, I got the right all planned out as a friend of mine invited me to go and see Stranger Things. I am not a fan, but it was ok. I am more of a Sci-fi, and romance type of guy.

 Saturday had me going to two more general sessions and the talent show. If my hidden talent was singing, maybe I would be able to perform… But I would be too nervous to do it anyway. One of the big things I could get out of both general sessions is that cryptocurrency should be more accessible. I think that would be nice as I am trying to learn about that myself. And yes, I would love to meet Dan Parker one day. He was great.

 Sunday was the last day of the convention, and I was surprised that I didn’t get emotional during the banquet. But before I got to that, the last 2 general sessions were up next. At least I got to eat breakfast while listening to one of them. I also did some video recording for a friend while tuning in. It was worth the time and I had fun. But the main event was the banquet. There was some good food, music was provided by a local jazz band which I loved and of course, I had some time to talk with my peers before we all separated to head home. The banquet was one to remember. And I won't be forgetting the words of Mark Riccobono, “Let’s go build the National Federation of the Blind!” and the cheers of loud people. It was amazing.

 After saying goodbye to all of my friends new and old, I got myself a nice sweet tea to celebrate all the hard work I did to get to New Orleans and enjoy the National Convention. This is an experience that I will not forget, and I hope to do it again when the convention will be in Houston, TX, home of Norma Crosby. I began my travel day with some Starbucks (of course) and hopped on board my JetBlue flight to Florida. When I got to the airport, I looked over all of the photos and I think that I will be looking back at them again. All I know is that if I ever come across the National Federation of the Blind again, I will make sure that my blindness will not stop me and I can live the life I want!!!

# Tips and Tricks

***Submitted by Kaye Baker***

Siri gets boost in iOS 16

Siri’s iOS 16 changes are all about making your iPhone easier to use

Dictate emojis with Siri when composing messages

It’s a trick Android users with Pixel 6 phones already enjoy, but emojis will no longer trip up Siri when you dictate messages in iOS 16. Say “heart emoji” or “crying emoji,” and the proper symbol will appear.

The digital assistant will also automatically insert punctuation as you dictate messages by inserting periods at the end of sentences.

The improved dictation features work in both Messages and Mail.

Improved discovery for Siri’s skills

iOS addresses skills and commands with a new feature that simply allows you to ask Siri what it can do for you. You’ll be able to ask “Hey Siri, what can I do here” in specific apps to find out about Siri capabilities. Should the feature work as advertised, it promises to make Siri’s various functions a lot less opaque than they have been in the past.

Hands-free hang-ups for phone calls

When you’re wearing a pair of Air Pods, Siri can announce incoming calls and even offer to pick up the phone for you. When it’s time to end the call, though, you’ve been on your own.

That changes in iOS 16, with phone calls going completely hands-free. Now you’ll be able to tell Siri to hang up on either phone calls or FaceTime sessions, and the assistant will do so.

Siri-powered accessibility features

You’ll be able to adjust Siri’s pause time, making the assistant wait longer before responding to what you’re saying. The feature is ideal for anyone with a speech impairment, but really, it’s something that will benefit anyone who hates feeling rushed when they’re issuing commands to Siri.

Adjusting pause times is just one of several accessibility features in iOS 16 that involve Siri. If you’ve got a Made for Apple hearing device, you’ll be able to have Siri announce your iPhone and iPad notifications with the iOS 16 and iPad OS 16 updates.

As part of iOS 16’s improved mobility features, you’ll also be able to have Siri turn the auto-answer mode for phone calls and FaceTime requests on and off. And of course, we’ve already noted that you can have Siri hang up phone calls, a good addition for hands-free use of the iPhone.

Control more things with Siri offline

iPhones with enough processing oomph have been able to use Siri even when there’s no internet or network connectivity to perform simple tasks. These include launching apps, controlling playback and setting timers or alarms.

The list of functions that Siri can perform without any connectivity grows in iOS 16. Specifically, Siri will be able to process requests for home control via HomeKit devices, intercom features, voicemail and notifications offline. You will need a phone with an A12 Bionic chipset, which means an iPhone XS or later, for this kind of functionality.

Automatically send texts

Currently, when you dictate a text message through Siri, the assistant will ask if you’re ready to send the message. However, if you prefer to send out messages quickly, you can have Siri skip that step in iOS 16.

An Automatically Send Messages toggle will be available in the Siri & Search settings of iOS 16. It’s off by default, but if you’re confident that Siri is going to relay your message accurately, you can always turn that switch on.

Multiple stops on a route

One of the big changes in iOS 16 Maps is the ability to add multiple stops on a route when you need to stop for things like gas and food in the midst of a road trip. If you need a hands-free way to add a stop while in route, you can ask Siri to handle it for you.

Source

https://coolblindtech.com/siri-gets-boost-in-ios-16/

# Laugh it up!

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

Here are some fun quotes from famous people.

“Old age isn’t so bad when you consider the alternative.” – Maurice Chevalier

"Getting older. I used to be able to run a 4-minute mile, bench press 380 pounds, and tell the truth." - Conan O’Brien

"I have reached an age when, if someone tells me to wear socks, I don’t have to." - Albert Einstein

"Grandchildren don’t make a man feel old, it’s the knowledge that he’s married to a grandmother that does." - J. Norman Collie

"You know you are getting old when everything hurts, and what doesn’t hurt doesn’t work." - Hy Gardner

"When your friends begin to flatter you on how young you look, it’s a sure sign you’re getting old." - Mark Twain

"There’s one advantage to being 102, there’s no peer pressure." - Dennis Wolfberg

"At my age ‘getting lucky’ means walking into a room and remembering what I came in for." – Unknown

"Old age is when you resent the swimsuit issue of Sports Illustrated because there are fewer articles to read." – George Burns

"The idea is to die young as late as possible." - Ashley Montagu

“You know you’re getting old when you stoop to tie your shoelaces and wonder what else you could do while you’re down there.” - George Burns

"People ask me what I’d most appreciate getting for my eighty-seventh birthday. I tell them, a paternity suit." - George Burns

"Time may be a great healer, but it's a lousy beautician." – Anonymous

# Florida Spotlight

Member Spotlight

Nothing was submitted for this issue. Stay tuned for future Spotlights on our great members.

If you want to be featured in this section. Please send a bio of yourself to newsletter@nfbflorida.org.

# Recipe Conner

**Sour cream pound cake**

Servings 10 servings

Ingredients

3 cups all-purpose flour

1 teaspoon kosher salt or ½ tsp fine grained

½ teaspoon baking soda

1 cup unsalted butter room temperature

3 cups granulated sugar

6 eggs large room temperature

1 tbsp. vanilla extract

1 cup sour cream

Instructions

Preheat oven to 325F. Butter and flour a large Bundt pan or coat with baking spray. Combine the flour, salt, and baking soda in a large bowl, whisk together and set aside. Cream the butter and sugar until light and fluffy. Add the vanilla then eggs one at a time while mixing on medium speed, scraping the bowl down twice or so. Add the flour mixture and sour cream in alternating batches, mixing on low until just combined. Use your spatula to finish the batter off, scraping the bowl down and mixing any errant sour cream or flour in. Transfer the batter to your prepared Bundt pan and bake at 325 for about 80 minutes or until a skewer comes out clean from the center. Cool in in pan 10 minutes before inverting.

Notes

Make sure to scrape down the bowl after each stage of mixing so everything is incorporated properly.

You can divide the cake batter into muffins if you prefer they're great for breakfast on the go.

If you want to glaze this cake with icing you can mix powdered sugar with water or citrus juice like lemon or orange until you achieve the desired consistency then pour it over the cake.

Make sure your ingredients (especially the butter) are at room temperature before starting.

Don't overmix the batter or it'll be dry and tough just mix it enough until everything is just combined.

Make sure to grease and coat your cake pan in flour so the cake is easy to remove once baked.

Allow the cake to cool in the cake pan for around 10-15 minutes before removing.

Make sure to let it cool completely on a wire rack before slicing.

Will keep for up to 3 days or can be frozen.

Source: Preppy Kitchen

*If you have a favorite recipe you would like to submit for this section, please send it to newsletter@nfbflorida.org" newsletter@nfbflorida.org.*

# Health and Wellness

How to Stay Safe During Record High Temperatures

As blistering temperatures blanket much of the country, more people are at risk of heat exhaustion and potentially fatal heat strokes. One expert offers tips on how to avoid the dangerous effects of record-breaking temperatures.

While anyone can develop heat-related illness from prolonged exposure to excessive heat and/or high humidity, including athletes or those whose job requires them to spend time outside, some people are particularly vulnerable.

Dr. Jed Zeigler, an emergency medicine specialist at Penn State Health Hampden Medical Center in Enola, Pa., explains that people who struggle to control their body temperature are more susceptible to the dangers of extreme heat. Those who have heart failure, kidney failure, poor circulation or high blood pressure are also high-risk, as are infants and very young children.

According to Zeigler, people over 65 are the most vulnerable to heat-related illnesses.

"They live in some degree of constant dehydration, regardless of the weather conditions," Zeigler explained in a health system news release. "As a result, their circulatory system -- their cooling system -- no longer works as well, making them predisposed for heat exhaustion and heat stroke."

Zeigler explained the difference between the two. "Heat exhaustion is what most of us think of as being 'overheated' in the summer," he said. Symptoms may include excessive sweating, cold, pale and clammy skin, muscle cramping, nausea or vomiting, fainting, dizziness and headaches.

"They're all signs that your body is running at full steam trying to cool itself down," Zeigler said.

Heat stroke develops when the body is no longer able to cool itself.

"At that point, your temperature is going to shoot up very high -- 103 degrees or higher -- and your skin will become red and hot," Zeigler said.

"You're no longer sweating."

Heat stroke is a medical emergency and people may become extremely disoriented or pass out. According to the U.S. Centers for Disease Control and Prevention, there are roughly 600 heat-related deaths in the United States each year.

"We certainly see our share of heat stroke patients, and thankfully some recover fully," Zeigler said. "But when your temperature is totally unregulated like that, you're looking at outcomes that are similar to those from a 'regular' stroke."

People with mild heat exhaustion can be treated at home, Zeigler said.

Zeigler recommends that people get out of the heat -- at least into the shade, but preferably indoors into air conditioning. They are also advised to drink plenty of water to keep themselves hydrated. "That goes hand-in-hand with your body's ability to cool itself," he said.

In addition, those who are experiencing heat exhaustion can take a cool shower or place cold washcloths on the sides of their necks. Fans can also be helpful.

People experiencing heat exhaustion who are vomiting or don't experience relief from their symptoms after an hour of at-home treatment should see a doctor, Zeigler said. For a full assessment and care, which may include intravenous fluids, they may be told to go to a hospital emergency room.

Heat stroke is even more serious.

"If you see someone who's looking red and hot but they're not sweating, and their temperature is really high and they're confused or unconscious, call

911 immediately," Zeigler said.

"As you wait for the emergency responders, start some cooling techniques,"

he said. "If possible, move them to a cool area. And place a cold washcloth on their neck. The medics are going to be doing similar cooling efforts when they get them in the back of the ambulance. There's no good reason not to start them while you wait."

Zeigler said doctors typically apply a "more aggressive means of cooling their bodies down to normal temperatures," as well as other necessary interventions.

The best way to avoid heat-related illness is to avoid extreme heat whenever possible and stay hydrated, Zeigler said. Stay indoors where there is air conditioning or, at the very least, use a fan to help cool your body.

If you need to be outside, dress comfortably in light, loose clothing and hydrate frequently. Young children, who might not be aware that they are overheating while playing outside, require extra attention from parents and caregivers. Make sure they take frequent water breaks and avoid active outdoor activities at the hottest times of the day.

Zeigler also suggests that people check on their elderly relatives or neighbors.

"Ask how you can help. Cook some meals so they don't have to," he said. "And we see people in their 80s mowing their lawns. Offer to do that for them."

Even healthy non-seniors should wait until the heat advisory has ended before tackling the lawn. "It's not going to be the end of the world if that lawn doesn't get mowed for a few days," Zeigler said.

# Link City

Here are some important links that may be of interest.

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

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

**Braille Monitor: August 2022** [**https://nfb.org//images/nfb/publications/bm/bm22/bm2207/bm2207tc.htm**](https://nfb.org/images/nfb/publications/bm/bm22/bm2207/bm2207tc.htm%20) **Presidential Release:** August, 2022 - #518 [https://nfb.org/sites/nfb.org/files/2022-08/presidential\_release\_518\_august\_2022\_chapter\_version.mp3](https://nfb.org/sites/nfb.org/files/2022-08/presidential_release_518_august_2022_chapter_version.mp3%20)

**State of the Affiliate Video**: https://youtu.be/6r2sQ7CYXus

**Inspiration Conner**

***Submitted by Sylvia Young***

*“Nothing great in the world has ever been accompli shed without passion.”*  **by****George Wilhelm Friedrich Hegel**

**Legislative Updates**

***from the desk of Camille Tate***

During our recent legislative meeting we discussed making appointments with some of our members of congress to remind them of our issues. If you have not done so, this would be a great time to get involved by attending upcoming meetings held by the legislative team. Keep and eye on the Florida email list for meeting times and announcements.

I’ve heard it said that when it comes to legislation, like so many things, the NFB never gives up.

Legislative Committee Co-Chairs

Russ Davis

russell@radiorusty.com

904 993 8433

Camille Tate

Ctate2076@att.net

321 372 4899

# Photo Gallery

**Pictures of Florida members at National Convention in New Orleans**

# Elijah, Z’Leah and President Martinez on the convention floor.



# Elijah and Z’Leah at convention banquet.

# 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. You can also attend our meetings on Zoom with the following link: https://us02web.zoom.us/j/9357099741?pwd=YVhxTVg0Nm1KQytCQ0xJM1JvZDhYUT09 Meeting ID: 935 709 9741 Passcode: 8888 Follow Us on Facebook: www.facebook.com/nfbdaytona.

**Gainesville Chapter**: Judith Hamilton, President; Phone: 352-373-7806, Email: gainesvillechapter@nfbflorida.org. The Gainesville Chapter has been meeting monthly on 2nd Saturday by Free Conference Call due to COVID 19. (857) 357-0254; Meeting I.D. has not changed-remains 195715. We are looking forward to making more connections and serving in our community when it is safe to do so. We invite and welcome members and those interested in learning about the National Federation of the Blind. Let’s move forward to build the Federation together!

**Greater Jacksonville Chapter:** Kaye Baker, President, phone: (904) 580-6819, Email: nfbjax@gmail.com. Meetings are held the first Saturday of each month. We meet at the Independent Living Resource Center 2709 Art Museum Drive, and on Zoom with meeting ID 9851473331. The Greater Jacksonville Chapter welcomes anyone wishing to attend.

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

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

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

**Florida State-Wide Chapter**: Paul Martinez, President; Phone: 813-390-5720; Email: nfbf.statewide@gmail.com. The Statewide Chapter meets via Zoom every third Sunday of the month at 8:00 pm. Join us with the following link: https://zoom.us/j/97396225920 Meeting ID: 973 9622 5920 Everyone is welcome to attend.

**Tallahassee Chapter:** Donald Christie, President; Phone: 850-727-6794 Email: doctime59@comcast.net. 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. We are meeting in person, but you can also call in via telephone conference 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 at our Zoom Meeting https://zoom.us/j/98776627448 Meeting ID: 987 7662 7448Tampa Bay Chapter.

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

# Divisions

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

**Florida Association of Guide Dog Users (FLAGDU**): Britany Fraer, President; Phone: 804-274-8908, 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: Miranda Kilby – coordinator. Phone: 352- 942-0417; Email: mbkilby@gmail.com. If anyone has any questions or concerns, please feel free to contact me.

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

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

**Communities of Faith Group:** We meet on the third Wednesday of each month at noon via zoom. https://zoom.us/j/91398845944

One Tap mobile: +1(646) 876-9923,,91398845944#

Our group is continually growing, and all are welcome. Come and see what this warm and uplifting group is all about.

Marilyn Baldwin Chair, Peggy Fleischer co-chair.

**Diversity and Inclusion:** The committee meets on the first Wednesday of each month at 8 p.m. via Zoom https://zoom.us/j/99374511935

Keep an eye on the list for any notices from the committee. Chair: Marilyn Baldwin.

**Fundraising Committee**: Brittany Fraer contact information: Email: Brittany Fraer <bcwilson4418@gmail.com or fundraising@nfbflorida.org

Phone: 804-274-8908

**Legislative Committee:** The Legislative Committee meets on the 4th Thursday of the month. Keep an eye on the Florida List for meeting notices. Co-Chairs: Russ Davis and Camille Tate.

**Federation Foundations:** We meet the fourth Tuesday of each month at 8 p.m. via Zoom. Join us by visiting https://zoom.us/j/92344776358

Keep an eye on the Florida List for meeting notices and the selection for the month. Coordinator: Camille Tate.

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

**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 Zoom https://zoom.us/j/99374511935

**Technology Q and A:** Jorge Hernandez – Chair. Phone: 305-877-2311; Email: jeh6@bellsouth.net. Meetings are held monthly on the fourth Monday at 8:00 pm via Zoom. Contact Jorge to find out how to join.

# NFBF Board of Director’s Information

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

***Paul Martinez - President***

Phone: 813-390-5720

Email: Paul09MS@gmail.com or president@nfbflorida.org

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

Phone: 305-877-2311

Email: jeh6@bellsouth.net

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

Phone: 321-372-4899

Email: ctate2076@att.net

***Kaye Baker - Secretary***

Phone: 904-832-2884

Email: kaye.j.zimpher@gmail.com

***Sylvia Young - Treasurer***

Phone: 850- 322-5937

Email: Treasurer@nfbflorida.org

**Board Members:**

***Russell Davis***

Phone: 904-993-8433

Email: russell@radiorusty.com

***Denise Valkema***

Phone: 305-972-8529

Email: valkemadenise@aol.com

***Peggy Fleischer***

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***Douglas Ingram***

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# Editor: Kay Baker

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