BREAKING NEWSLETTER

Issue 37 May/June 2022

# President’s note

**Greetings Federation Family:**

With the month of June in full swing, the year is almost half over. The onset of June comes the onset of hurricane season in Florida. Are you prepared? We in the National Federation of the Blind of Florida want to remind everyone to stay safe,  alert and ready this season.

We are feverishly getting ready for our National Convention in New Orleans where we know we will renew old   friendships, and learn much about living the lives we want. We will come home from New Orleans with a renewed sense of urgency for the National  Federation  of the Blind of Florida and continue planning our 2022 State convention at the South Bank  Hotel in Jacksonville,  where we hope to have a record number of attendees.

There are so many things for each member to be a part of this year. From leadership building, to convention planning,  to legislation, there is something  for everyone, so don’t hesitate to get involved.  We need all of you and want your voice to be heard

Growing Together,

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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”.

# What’s in this Newsletter

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# Birthdays & Celebrations

**The NFBF would like to celebrate:**

***May:***

*Kaye Baker – Greater Jacksonville*

*Russ Davis – Greater Jacksonville*

*Adriann Keve – Greater Jacksonville*

***June:***

*Donald Christie – Tallahassee*

*Tinetta Cooper – Tallahassee*

*Arron Faxon – Tallahassee*

***Anniversaries:***

*Kathy & David Roskos – Gainesville*

# 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**, 2 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: 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

Pizza with the stars at the Greater Daytona Beach May meeting.

On May 21st, The Greater Daytona Beach Chapter sponsored a pizza party for the students of the Conklin Davis Center. The chapter provided the pizza, which was enjoyed by all and afterwards the students, who are a very talented bunch, entertained us in some very creative ways.

One very talented young song writer presented a rap song that he had written for his mother. Another student played her own original bongo solo and a student with a lovely voice sang for us also.

Both students and chapter members had a wonderful time, and we are all looking forward to the next opportunity to visit the Conklin Davis Center again.

It is almost time for the 2022 National Convention in New Orleans. I know many of us are looking very much forward to all that our first in-person convention in two years has to offer. Here is an article from the June Braille Monitor that is sure to wet our appetite. This article also has some useful info to make note of.

Welcome to New Orleans

We are delighted to welcome you to New Orleans for the eighty-second Annual Convention of the National Federation of the Blind. No matter your interests, our city has something to entertain and inspire you. We are the home of delicious food, rich and diverse culture, famous attractions, unparalleled music, and so much more. We hope you will take a little time to enjoy all there is to offer.

There are several ways to travel from the Louis Armstrong International Airport (MSY) to the Marriott or Sheraton. The approximately fourteen-mile trip takes twenty-five to forty minutes depending on traffic. Taxis are readily available and have a thirty-six-dollar minimum fee for two people. For three or more passengers, the cost is fifteen dollars per person. Rideshare options are a convenient choice. The airport shuttle is another popular way to get from the airport to hotels in New Orleans. It costs forty-four dollars per person round-trip or twenty-four dollars each way. You can reserve a spot on a shuttle online in advance or in person at the baggage claim area. Children under six ride free with their parents.

The shuttle stops at multiple hotels, so if you choose that option, make sure to plan accordingly. For reservations, call (504) 522-3500 or (866) 596-2699 at least twenty-four hours before your flight. Wheelchair accessible vehicles are available but require you to book a week ahead.

Once you have arrived and unpacked, it is time to experience our amazing city! New Orleans was founded in 1718, so we have more than 304 years of rich history and culture to share with you. New Orleans goes by many nicknames. We are The Big Easy, because of our laid back and easy-going attitude. We are the Crescent City because New Orleans was originally built on a bend in the Mississippi River that looks like a crescent. We go by NOLA, short for New Orleans, Louisiana. We are the City of Yes because of our positive attitudes. We have been dubbed Hollywood South because of the vast entertainment opportunities and the movie boom in recent years. Our nicknames give you a flavor of who we are and what you will experience when you visit.

You may be familiar with some of our famous festivals. We celebrate Mardi Gras to kick off Lent, and we definitely know how to have fun! The colorful and vibrant floats, the Mardi Gras beads, the energetic music, and the costumes are unparalleled. We also host the New Orleans Jazz and Heritage Festival, often called Jazz Fest, which celebrates the unique culture and heritage of New Orleans. Jazz originated in NOLA in the 1800s. Each year, Southern Decadence happens over Labor Day weekend and is filled with a host of parties, parades, brunches, and events in celebration of the city’s LGBTQ+ community. For more than forty years, this French Quarter-wide fest has been the perfect way to close out summer in the Big Easy. We are also home to the Essence Music Festival, which is the “party with a purpose.” This is the largest African American culture and music event in America. Essence Fest will take place June 30 through July 3, 2022, so if you get to town early, please check it out. These are just a few of our festivals. There’s always something fun and interesting happening in New Orleans.

We have many cultural venues in our beautiful city. These include the National WWII Museum, which honors those who courageously served and showcases America’s contribution to World War II. We are also home of the Audubon Zoo, which houses alligators, bears, and other rare animals and plant life right in the heart of New Orleans. The Audubon Aquarium of the Americas is the home to 15,000 sea life creatures including a shark you can pet and Zion the Penguin.

New Orleans boasts a number of tours, including walking tours to celebrate the city’s Black history, haunted history, music history, and all of the histories that form its culture. Visitors may want to tour one of our cemeteries, which solved the problem of how to bury the dead in a place that is below sea level by creating elaborate marble chambers above ground.

Those interested in transportation may want to ride one of our historic street cars. In fact, the Canal line runs right in front of the convention hotels. For information about the public transportation and paratransit services, please visit https://www.norta.com/ride-with-us/know-before-you-go/transit-accessibility/paratransit-service or call 504-248-3900 for general info or 504-827-7433 paratransit reservations. We also have ferry boats and riverboats for those who want to cruise the mighty Mississippi.

The Marriott sits on the edge of the French Quarter or Vieux Carré, the heart and soul of New Orleans history and culture. Frequently called the “crown jewel,” you will love the charm and welcoming vibe of one of New Orleans’ oldest neighborhoods and most iconic areas. We have something for everyone and much to explore! It is the heart of the city, and it is renowned for its French and Spanish Creole architecture, delicious food from traditional Creole cuisine to contemporary American, and vibrant nightlife along Bourbon Street. Tour the iconic St. Louis Cathedral, spend some time people watching or communing with the artists in Jackson Square, visit the many galleries and antique shops on Royal Street, or enjoy some shopping at the French Market. Be sure to grab some beignets (pronounced ben yays) and café au lait at the world-famous Café Du Monde just blocks from the Marriott. For music lovers, you will frequently hear live music and street performers wherever you are.

Speaking of food, New Orleans is the home of outstanding Creole and other cuisines. Try a po’ boy, muffuletta, gumbo, turtle soup, red beans, crawfish étouffée, oysters—fried, raw, or char-grilled, and so much more. And don’t forget to enjoy a cocktail, like a Hurricane if you are inclined. In case you are wondering, a po’ boy is a sandwich on flaky French bread stuffed with shrimp, oysters, catfish, roast beef, or whatever you choose, “dressed” with lettuce, tomato, pickles, and mayo. A peacemaker po’ boy is half fried shrimp and half fried oysters. There are many twists on the classic, but you will enjoy whichever combo you choose. And, beignets are square pieces of deep-fried dough topped with tons of powdered sugar or a little piece of paradise as we like to say!

New Orleans is the home of many important individuals. These include the ornithologist John James Audubon, writer/author Truman Capote, artist Edgar Degas, authors William Faulkner and Anne Rice, and returning to the theme of food, the founder of Popeye’s Chicken, Al Copeland. New Orleans is the home of Benjamin Button and Benjamin Sisko from Star Trek: Deep Space Nine. Famous entertainers from New Orleans include Sandra Bullock, Donna Douglas (played Ellie Mae on Beverly Hillbillies), Tyler Perry, Richard Simmons, Mahalia Jackson, Reese Witherspoon, Louis Armstrong, Harry Connick, Jr., DJ Khalid, Aaron Neville, Lil Wayne, Branford Marsalis, Wynton Marsalis, Randy Newman, Frank Ocean, Irma Thomas, and Fats Domino to name a few. Prominent journalists include Hoda Kotb and Cokie Roberts. Prominent political figures from New Orleans include Supreme Court Justice Amy Coney Barrett and former Speaker of the House of Representatives Newt Gingrich. Famous sports figures include NFL quarterbacks Eli and Peyton Manning, and Audrey Patterson, the first African American woman to win an Olympic medal. Both from New Orleans, Ruth Benerito invented wrinkle-free cotton, and Levi Spear Parmley invented dental floss. Ruby Bridges, at six years old, was the first African American child to racially integrate the New Orleans public school system, which gained national attention. Betty DeGeneres was a prominent LGBTQ+ civil rights activist. Chef Leah Chase, the “Queen of Creole Cuisine,” served as the inspiration for Disney’s princess Tiana. These are just some of the people who hail from New Orleans, but they give you a flavor of our diverse and rich history and culture.

Regardless of your interests, we are sure you will find something to enjoy and make many happy memories! Your Louisiana family can’t wait to welcome you! Laissez les bon temps rouler; let the good times roll!

While we all plan to have a fun time in New Orleans, we will also be taking time to do the work of the National Federation of the Blind. We will have various committee and division meetings as well as resolutions. Speaking of Resolutions, here is an article from Camille about our state Resolutions Committee.

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.

**Our next article comes to us from the Treasurer of our student division Meliora Hatcher.**

Meli says that for one of her recent classes, she was asked to write a personal memoir. She decided to write about an experience that related to her intersectionality as both a female, and a person who is blind. Here is her article

**Meliora Hatcher**

May 7, 2022

Not Your Damsel in Distress

At a glance, people think I’m a China doll. Honestly, I don’t blame them. I look as if the breezy wind might just sweep my lengthy ninety-five pounds off my feet and toss me into the thorny bushes, where I risk scraping my porcelain complexion, knotting my silky golden-brown hair, or ruining my freshly ironed blouse. There is one thing worse than being a China doll though: being a legally blind China doll. The difference is, when you are any normal China doll, people approach you like the wind could blow you away; however, when you are a legally blind China doll, people approach you like you could shatter into a million pieces at any given moment for no reason before the winds scatters those fragments in a million unfindable places.

At around 8:00 one March evening, I was walking to the bus stop with a female friend. We were coming from a Bible study group we participated in every Thursday, having just eaten dinner with our back packs, jackets, and everything else we carried around as university students. As we were walking, a man who was at most a few years older than us approached us. Like most, he noticed my white cane before he noticed the person using the white cane. “Take good care of her,” he said to my friend. “I saw her crossing the street the other day and she was having trouble with knowing when to cross,” he continued saying. My friend carried conversation with him for a couple more minutes; however, not once during the interaction did the man acknowledge my being there.

In the moment, it seemed that the best thing to do was smile and nod like the polite young lady Grandma taught me to be, so that’s what I did. When the man finally left, I waited for my friend’s reaction before inserting my own perspective. I regretted this decision when she exclaimed with all genuine sincerity, “Well, that was nice of him!”

At the time, anyone would agree that, yes, the man was indeed being nice and thoughtful, no one would noticed that what he was saying deemed me to be inferior or incapable. However, within a few innocent words, the man reduced me to nothing more than a dependent, fragile child that needs special care and attention to ensure that she doesn’t do anything reckless like running into ongoing traffic.

“It’s because you’re a female,” my legally blind male friend, Oliver, said over lunch about a week later. “No one would approach me like that, and even if they did, I would’ve given them angry looks to prevent them from saying those things.” Even though my gender was an important factor, the man wouldn’t have approached me if I weren’t blind either. The interaction wouldn’t have been socially acceptable for anyone else who was able bodied and or male. My intersectionality of being both female and disabled apparently makes it acceptable and even encouraged for people to walk up to me and my friends to tell us about all the mistakes I have made. To the world, it is acceptable and even encouraged for people to tell my friends how I can’t be trusted to take care of myself. Why does it matter? I’m just a female, blind, useless drain on the economy and the people around me.

At least, that’s what I thought a long time ago. This interaction wasn’t all bad; I learned some things about myself that I didn’t realize before. I learned that I have a voice. I learned that I don’t have to be the damsel in distress. I learned that the only person who could decide my status as inferior is myself. When I look back, I regret obeying good old Grandmother Tradition’s instructions to smile and bat my eyes. I should have interjected. I should have stood up for myself. I should have proved the man wrong. I should have Proven my worth and independence. Sorry Grandma, but China dolls are out of style. You can box them away now. I am not your China doll anymore.

I am not your China doll and neither are any of the other thousands of beautiful blind women out there. If you see us waiting at a street corner, don’t grab our arms and drag us across the street without offering first. If we say, “I know where I am going,” don’t silently follow us to make sure. If we are with other people in your cashier line or at a table in your restaurant, direct your questions about us to us and not to our company. We don’t require coddling, babysitting, supervising, or protecting. We have loud voices and we have valid opinions. We are not fragile China dolls. We are not damsels in distress. We are intelligent, strong, capable, independent human beings who deserve respect.

# Travel the World

There were no articles submitted for this issue. Stay tuned for some great articles in the coming issues about our member’s experiences at National Convention in New Orleans

# Tips and Tricks

***Submitted by Kaye Baker***

**JAWS with Microsoft Office Power Tip: Identifying Single-line Ribbon Versus Multi-line Ribbon**

Released: 6/2/2022



You can use the ALT key to access the Microsoft Office Ribbon.

You will know if you are using a single or multi-line ribbon by what JAWS says.

➜ If you hear JAWS say "collapsed" when you go to the ribbon, then you are using a single line ribbon.

➜ If you hear JAWS say "expanded" when you go to the ribbon, then you are using a multi-line ribbon.

Knowing this will help you navigate the ribbon. For example:

➜ When you are using a multi-line ribbon you can press the TAB key to navigate through the ribbon.

➜ When you are in a single-line ribbon you have to press ENTER on the ribbon you want for it to expand before you use the TAB key.

You can toggle between a single-line and multi-line ribbon with CTRL+F1.

**Learning how to better navigate Google drive and it’s many apps has been on my list of things to learn for quite some time. Here is an article that might make that learning a little easier.**

Google Drive now lets you Ctrl+C and Ctrl+V to speed you up

BYAROL WRIGHT

PUBLISHED MAY 27, 2022

2

***How did these Drive shortcuts not already exist?***

Google Drive has become a powerful tool in our daily lives. Whether you have the standard 15GB of storage or you're paying for a Google One subscription, you probably keep at least some files around on the platform. And if you're using it from a computer, managing your files will get much more convenient. Now, you'll be able to finally use keyboard shortcuts to move files around in Google Drive. Announced in the official Google Workspace blog, the ability to use keyboard shortcuts in Google Drive is starting to roll out to users.

The shortcuts themselves are identical to those you usually use on your PC or Mac. This means that you can use Ctrl+C, Ctrl+X, and Ctrl+V to copy, cut, and paste files, respectively. You can copy and paste files between folders inside your Google Drive. Copying a file also captures its URL and its title, so if you want to paste it into a Google Docs document, or even an email, you can do so too.

These aren't the only shortcuts that are being added. Using Ctrl+C and Ctrl+Shift+V will let you create shortcuts inside Drive to add a shortcut to a file in another location without necessarily duplicating the file and taking more space than needed. There's also a Ctrl+Enter shortcut that will open whatever file you've selected in a new tab in your browser.

They're pretty neat, and they can help you move and manage your files more conveniently, especially if you're already used to those shortcuts while navigating through files on your PC. If you want to check them out, head over to the Google Drive web client. It might take three days for it to show up for everyone, though.

# 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.

Did you hear about the restaurant on the moon? There’s great food, but no atmosphere.

What do you call a fake noodle? An impasta.

How many apples grow on a tree? All of them.

What do you call cheese that isn't yours? Nacho cheese.

What did the grape do when he got stepped on? He let out a little wine.

A carpenter, a lawyer, a homeless man, and a retail store employee are all playing poker together. The police are searching for a criminal in the area, but they have very little information about their target. The only information the police have is the person’s name and that they will be playing at this poker game. The police break into the room where the four individuals are playing poker and, without communicating, immediately arrest the retail store employee. How did they know the employee was the criminal?

Answer: Of those four, a retail employee is the only one who has to wear a name tag.

# Florida Spotlight

Member Spotlight – Z’Leah Liburd

In this issue, our spotlight will shine brightly on Tampa’s own Z’Leah Liburd.

Z’Leah is a recent honors graduate of Hillsborough Community College, and the Vice President of the Florida Association of Blind Students. Here is what she has to say.

Z’Leah Liburd is a 20-year-old college student originally born and raised in the U.S Virgin Islands and moved to Tampa Florida in 2012 where she currently resides.

She has 4 siblings with ages ranging from 14-30 making her the middle child. When Z’Leah was 2, she was diagnosed with an eye condition called Coats Likes Disease. This is a rare disorder characterized by abnormal development of the blood vessels in the retina resulting in the leakage of proteins and lipids from the blood. When this occurs in the retina, it can result in retinal detachment. This disease is more common in men and is also rare in women. Unfortunately, due to the nature of the disorder, the doctors were only able to save one of her eyes leaving her with 2200 vision in her left eye. After moving to Florida in 2012, Z’Leah attended the Florida School for the Deaf and the Blind (FSDB) in St. Augustine Fl. For her entire middle-high school career. After graduating from FSDB in 2020, she attended Hillsborough Community College (HCC) to obtain her associates of arts in human services and counseling.

She has recently graduated from HCC with high honors and has been excepted to the school of social work at the University of South Florida (USF) where she will be attending in the fall. Once receiving her bachelors from USF, she wants to get her masters in social work(MSW) and become a case manager in the foster care system. The technology that she currently uses is a white cane for getting around independently, the screen reader JAWS, talk back with enlarged print on her phone and occasionally a CCtv.

Z’Leah has been a proud member of the NFBFL for two years now and has played many rolls within the organization and is loving it so far and hopes to stick with the NFBFL for a long time.

# Recipe Conner

***In my house, we like dinners that are quick and easy to put together after a long day.*** ***This chicken CHIMICHANGA recipe definitely fits that bill.***

**BAKED CHICKEN CHIMICHANGAS**

Ingredients:

8 oz pkg. cream cheese

8 oz. Pepper Jack cheese, shredded

1 1/2 Tbsp. taco seasoning

1 lb. cooked chicken, shredded

8 flour tortillas

cooking spray

shredded cheddar cheese

green onions, for garnish

sour cream

salsa

Method:

Stir together cream cheese, Pepper Jack cheese and taco seasoning.

Fold in chicken.

Divide among flour tortillas.

Tuck in sides and roll up each tortilla.

Lay seam side down in a sprayed 9x13 baking dish.

Spray tops of tortillas with cooking spray.

Bake at 350F for 15 minutes.

Turn chimis over and bake an additional 15 minutes.

Serve with cheddar cheese, green onions, sour cream, and salsa.

**Watergate Cake - From Dorothy Sietsema**

Watergate Cake 12 to 16 servings (makes one 9-by-13-inch cake) The Watergate Cake made news in Washington a couple years after President Nixon resigned from office in 1974. So many people were making the dessert, whose origins are as unclear as 18 1/2 minutes of a certain missing tape, grocery stores couldn't keep a necessary ingredient - instant pistachio pudding mix - in stock.

Food critic Tom Sietsema's mother, Dorothy Sietsema, recalls making this simple cake starting in the late 1970s, and years afterward around St. Patrick's Day. "People make green things then," the Minnesota native says of the cake paved with pale green frosting.

"It's pretty, and I like nuts in a cake. A cup of oil in the recipe, which also includes soda, makes for an extra-moist cake. "I never had leftovers," or reason to store it for long, she says. "I always gave it away.

Active time: 15 mins; Total time: 45 mins

MAKE AHEAD: The cake needs to be assembled/frosted at least 30 minutes before serving.

Lightly cover and refrigerate for up to 3 days.

Ingredients For the cake Unsalted butter or vegetable oil, for greasing the pan

One (15.25-ounce/432-gram) box white cake mix, such as Duncan Hines

One (3.4-ounce/96-gram) package pistachio instant pudding and pie filling mix, such as Jell-O brand

1 cup (240 milliliters) vegetable oil

3 large eggs, at room temperature

1 cup (240 milliliters) club soda or lemon-lime soda, such as Sprite

1/2 cup (1 3/4 ounces/50 grams) coarsely chopped raw walnuts

For the topping One (9-ounce) container whipped topping, such as Cool Whip

1 cup (240 milliliters) whole or reduced fat milk

One (3.4-ounce/96-gram) package pistachio instant pudding and pie filling mix, such as Jell-O brand

Steps Make the cake: Position a rack in the center of the oven and preheat to 350 degrees. Lightly grease a 9-by-13-inch baking pan with the butter or vegetable oil.

In the bowl of a stand mixer fitted with the paddle attachment - or, if using a hand-mixer or whisk, in a large bowl - combine the cake mix, pudding mix, oil, eggs, soda and nuts. Beat on medium speed until thoroughly combined, about 2 minutes.

Transfer the batter to the prepared pan, making sure to scrape all of it from the bowl with a rubber spatula. Bake for 30 to 35 minutes, or until the top turns deep gold. Remove from the oven and transfer the pan to a wire rack; let cool completely before frosting, about 30 minutes.

Make the topping: Clean the bowl used to make the batter. Then, in the bowl of a stand mixer fitted with a whisk attachment - or if using a hand mixer or whisk, the large bowl - combine the whipped topping, milk and pudding mix. Beat at medium speed until thoroughly combined, about 2 minutes.

Assemble the cake: Spread the topping on the cooled cake, loosely cover with aluminum foil without touching the surface of the cake (plastic wrap has a tendency to pick up the topping) and refrigerate for at least 30 minutes before serving.

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

Living with Long Covid

Cardiac doctors in the U.S. are increasingly finding even mild cases can cause long-term heart problems

Helena Oliviero Atlanta Journal-Constitution

Via The Toronto Star

ATLANTA native Chadwick Knight weathered a rough bout of COVID-19 back in January

2021 without being hospitalized, but he never bounced back to his former healthy self.

He got winded all the time. He experienced brain fog. Then, well over a year since catching the coronavirus, the 47-year-old collapsed on his living room floor last month. He was rushed to an emergency room with a new, life-threatening post-COVID complication: a blood clot in an artery going from his heart to his lungs. "You get sick, and you think you're pretty much better and then you are still having issues. And now, it just seems like more things on top of things, and you don't know what the future holds," said Knight, who lived in metro Atlanta for several years before recently moving to Dothan, Ala. "It causes you to worry a lot and weighs you down a lot mentally." Cardiac doctors are reporting a growing number of patients like Knight, who have lingering post-COVID cardiovascular symptoms or new, serious heart conditions. These patients may have a wide range of heart problems, including irregular or racing heartbeat, blood clots, coronary disease, and heart failure.

A new large study by the Centers for Disease Control and Prevention found 1 in 5 adult COVID survivors under the age of 65 in the United States has experienced at least one health condition that could be considered long COVID. Among those 65 and over, the number is 1 in 4. Long COVID is the name given to symptoms of a coronavirus infection that linger for more than a month and can include problems in many different organs such as the heart, lungs and kidneys. The extent of long COVID cardiac symptoms is coming into better focus. "We've seen, since early on, patients come in with long COVID," said Dr. Jeffrey Marshall, chief of Northside Hospital Cardiovascular Institute. "And the first thing that doctors have to do is decide does this patient have objective heart disease, or do they have this syndrome where they tend to be dizzy when they stand up - people who have a fast heart rate, fatigue, but they don't have anything structurally wrong with their heart based on our current knowledge?"

In a recent study of the health records of more than 150,000 people who were treated for COVID in Department of Veterans Affairs facilities before Jan.

15, 2021, researchers found that the patients had a "substantial" risk of developing cardiovascular problems for at least a year after a positive test for the virus. Patients who were hospitalized with COVID faced the highest risk of serious heart or cardiovascular problems, especially those who were treated in the intensive care unit. But risks were elevated even among people who did not have severe cases and were never hospitalized.

Overall, researchers found when comparing those who never had the virus with those who had, in every 1,000 patients, 45 more developed at least one of 20 different heart conditions. That's equal to about 4 per cent. Despite the that low percentage, the numbers can add up: With over 83 million people infected in the U.S., millions could potentially suffer cardiovascular complications. Dr. Rajeev Singh, a Piedmont Heart Institute cardiologist, said the VA study's strengths are its massive size and rigorous statistical analysis.

But he said the study also has limitations: Most of the participants were white men, and the data was collected before most were vaccinated and before the emergence of many variants, including omicron. Even so, the study's findings have resonated with doctors. "Any COVID is bad COVID and can have many downstream effects - neurological, cardiovascular," said Singh. "The best way to prevent long COVID is not to get COVID in the first place."

Even before the COVID pandemic, heart disease was the leading cause of death in the U.S. The Centers for Disease Control and Prevention estimates that every year about 659,000 people die of heart disease - or 1 in 4 deaths. Doctors have identified several ways COVID can damage heart muscle and heart function. As the immune system fights off the virus, the inflammatory process can damage blood vessels and some healthy tissue, including the heart. But often medical tests don't find any obvious signs of heart damage in those who report cardiac symptoms. One leading theory about long COVID cardiac issues suggests that, for some people experiencing a racing or skipping heartbeat, dizziness or shortness of breath, it may not be a new cardiac problem. Instead, it might be a neurologic one triggered by the virus. COVID can affect the autonomic nervous system, which controls involuntary bodily functions such as blood pressure, heart and breathing rates, body temperature, digestion and metabolism. When this system malfunctions, so do the processes that it regulates. That's been the case with Adrienne Levesque, who has grappled with an array of debilitating symptoms since catching COVID for the second time in August 2020. She's had not only brain fog and fatigue but a racing heartbeat even when resting, elevated blood pressure and palpitations. The 49-year-old started seeing a cardiologist in late 2020 at a long COVID clinic and was diagnosed with dysautonomia, a malfunction of the autonomic nervous system. Levesque started the Georgia COVID long haulers group on Facebook. "Cardiac issues are huge. There are so many people in the Facebook group having the same things going on," said Levesque.

Doctors encourage former COVID patients who are experiencing irregular heartbeats, dizziness and other problems to discuss these symptoms with their health care providers. Medications and physical therapy can help alleviate some symptoms. Doctors say there is good news for those patients who don't have damage to their heart: Most of them seem to get better over time.

Marshall of Northside said serious cardiac complications - such as myocarditis, an inflammation of the heart muscle that can lead to heart failure - are extremely rare in long COVID patients who don't have anything structurally wrong with their hearts. Far more common, he said, is "irregular heartbeat, dizzy standing up," he said. "Those people over time seem to be getting better."

Dr. Joel Rosenstock - medical director of AbsoluteCare in Buckhead, which now includes the Long COVID Clinic, agrees. He rarely sees serious, life-threatening cardiovascular complications. The majority of his long haulers have what he calls "the softer sides of long COVID." "It's not soft to them, by any means," he continued. Symptoms, he said, often include "fatigue, people functioning 40 per cent to 60 per cent of their normal energy levels. People who used to go to the gym every day and now they can't go at all. They used to walk 2 miles every day. Now they can barely walk 500 feet. Brain fog is a gigantic problem." Rosenstock, who develops individualized care plans to manage his patients'

symptoms, said his goal is to help every long-haul patient get better, but the recovery can be slow, and some people may never return to their former health. “One of the things I always ask patients is what per cent of normal are you?

And, oftentimes, they will say 25 per cent," said Rosenstock. "And when they come back weeks later, they may say they are at 40 per cent. We celebrate that improvement."

After getting sick with COVID in October, Ashley Morris, a 42-year-old medical assistant, experienced a constellation of lingering symptoms, including "tachycardia," a medical term for a heartbeat of more than 100 beats per minute without exertion. Morris, who is a practice coordinator at Northside Hospital's Cardiovascular Institute, underwent a battery of tests, including an EKG to rule out blood clots and other heart problems. Her tests showed no measurable damage. She was prescribed an inhaler and a physical therapy program that was tailored for her COVID recovery. "I'm better but not fully better," she said. Levesque is also better than she was in the fall of 2020, but said she is far from reaching a complete recovery. Meanwhile, Knight, who caught the virus before becoming eligible for the vaccine, is now vaccinated and boosted. He is taking blood thinners to prevent any more blood clots and continues to go to a long COVID clinic for help with other lingering problems. He will soon undergo a cardiac catheterization to take a closer look at his heart. Lately, he worries his condition may be getting worse, not better. Simply carrying his 15-pound Shih Tzu, Cooper, to the mailbox leaves him exhausted. "I miss the pre-COVID days when you are living your life and not having any issues. I am hoping I won't get as short of breath. I am hoping no more blood clots and they won't find anything wrong with my heart and I cannot be so anxious."

# Link City

Here are some important links that may be of interest.

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

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

**Braille Monitor: June 2022** [https://nfb.org//images/nfb/publications/bm/bm22/bm2206/bm2206tc.htm](https://nfb.org/images/nfb/publications/bm/bm22/bm2206/bm2206tc.htm%20%20)

**Presidential Release:** June 1, 2022 - #517 [https://nfb.org/sites/nfb.org/files/2022-06/june\_2022\_live\_release\_short\_chapter\_version.mp3](https://nfb.org/sites/nfb.org/files/2022-06/june_2022_live_release_short_chapter_version.mp3%20)

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

**Inspiration Conner**

***Submitted by Sylvia Young***

Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved.*By Mattie Stepanek*

**Legislative Updates**

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

All is quiet on the legislative front in Florida. We are still working hard to increase the number of co-sponsors for our legislative priorities. The Access Technology Affordability Act (H.R.431/S.212, is steadily gaining support in Congress. Florida has done exceptionally well, increasing co-sponsorship through the efforts of our Legislative team. Let’s not forget the Medical Device Non-visual Accessibility Act, H.R.4853, Transformation to Competitive Integrated Employment Act, H.R.2373/S.3238 and our still-as-not-introduced, 21st Century Website and Application Accessibility Act. Keep your eyes and ears tuned for updates from our Advocacy and Policy Team and Legislative Committee Team.

The brunt of this article is going to focus on an issue that appears each and every year for blind Floridians. Well, for blind people everywhere, but our update is spotlighting Florida. Some may recall a concerted effort by the National Federation of the Blind of Florida to make voting more accessible to blind Floridians. Contained within our state statutes is the legal backing necessary to demand accessible voting in Florida. Many blind voters experienced an inaccessible voting registration form, inaccessible polling machines and apparatus and polling precincts not accessible to disabled people.

As a result of litigation from another organization, Florida’s Department of State certified Democracy Live for remote accessible voting in July 2020. The ultimate settlement created a pilot program in five Florida counties-Miami-Dade, Volusia, Orange, Pinellas and Nassau- to be rolled out in time for the November 2020 General Election. Many saw this as a great victory for disabled voters, particularly due to the COVID-19 global pandemic. Unfortunately, voter turnout to use this voting method was extremely low and raised concerns about the future of remote accessible voting in Florida. A large part of the problem was that in at least three of the pilot counties-Miami-Dade, Pinellas and Nassau-the Supervisor of Elections failed to timely and adequately notify the voting public that such a voting method was available and how to make use of it. In other states, like New York and Pennsylvania, where other accessible voting methods were forced through the court system, jurisdictions failed to make timely notification of these voting methods and therefore, turnout was low. These low numbers resulted in some states claiming that not enough voters used the accessible methods to vote. Florida seemed to be on the verge of following those states. Remote accessible voting was in danger of being removed as a possibility for disabled people.

We are now coming to our mid-term election cycle in November 2022. Remote accessible voting is now mandatory in all 67 counties in Florida. There are three systems certified by the Florida Department of State. Based on Florida Election Law, each county Supervisor of Elections have the right to determine which system their county will employ. If you wish to vote remotely, it is up to you as the voter to contact your Supervisor of Elections and request remote accessible voting. Each county may use one of the three certified systems. You may vote remotely, beginning with the August primaries. Please keep in mind deadlines to register to vote, ensuring your legal right to cast a ballot. If you encounter accessibility issues related to casting your ballot, it is your right to make complaint to your SOE. Please contact our affiliate President, Paul Martinez. There are hotline numbers you may call while at the polling precinct and those will be furnished as we get closer to the primaries and then the election.

Spread the word about remote accessible voting! Making the voting process, even Vote By Mail, accessible is a right contained within Florida law. Voting is a right guaranteed to all eligible American citizens. Exercise your right to vote. Let it be known that all have access to vote, regardless of race, gender, orientation, disability, or any other characteristic you can think of. If we share the news about remote accessible voting, then more people will vote. Our nation is built upon the principle of a representative democracy, where we determine who will lead us.

Legislative Committee Co-Chairs

Russ Davis

[russell@radiorusty.com](about:blank)

904 993 8433

Camille Tate

[Ctate2076@att.net](about:blank)

321 372 4899

# Photo Gallery

**As the graduation season wraps up, we wanted to say congratulations to all the 2022 graduates this year. We would like to give them a Special Shout out. First up is the students’ divisions president, Jannik Pesch.**

**Jannik graduated from Florida Gulf Coast University with his bachelor’s in Business Management. He was accepted into Florida International University in Miami to pursue his Master of Business Administration.**

**Congratulations, Jannik is picture below in front of Alico Arena in his cap and gown.**

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# 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. For now we are still meeting 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

**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.

**NFBF Book Club:** The book club meets 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:**

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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.