BREAKING NEWSLETTER

Issue 31 May/June 2021

# President’s note

**Greetings Federation Family,**

We are getting excited about our National Convention and starting to plan our state convention. This is our convention and we welcome input from our family. Join us the first Sunday of the moth at 8pm for updates and to give input.

Denise Valkema, President NFB OF Florida

president@nfbflorida.org

Facebook & Twitter @nfbflorida

Find us on twitter and FB @nfbflorida

We are filled with hope, energy and love by participating in the National Federation of the Blind. Every day we work together to help blind people live the lives they want.

# How to navigate our newsletter with headings:

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

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# 

# Birthdays & Celebrations

**The NFBF would like to celebrate:**

**Birthdays:**

**May:**

*Kaye Baker – Jacksonville*

*Tom Bellone – Daytona Beach*

*Janet Beyer – State-Wide*

*Jennifer Bird – Treasure Coast*

*Russell Davis - Jacksonville*

**June:**

*Donald Christie – Tallahassee*

*Donnie Coker – Treasure Coast*

*Fran Cupeta - Statewide*

*Leslie McKinnley – Statewide*

*Mary Hannah-Morris - Treasure Coast*

***Anniversaries:***

*Donald and Jada Christie – Tallahassee, May*

*Doug and Melissa Ingram -Tallahassee, May*

*David and Kathy Roskos – Gainesville, May*

*Joe and Arlene Naulty – Melbourne Space Coast, June*

# Important Calendar Events

**Our 2021 National Convention will be held virtually again this year, July 6 through July 11, 2021 Everywhere USA. Our National Convention to be held from July 6 through July 10, 2021.** For those with an email account you may access the registration at: <http://www.NFB.org/registration>

If you do not have an email account, then you will need to complete the PDF fillable form and send it to the NFB: Here is the link to PDF fillable form:

<https://nfb.org/sites/nfb.org/files/files-pdf/2021-national-convention-registration-form-fillable-web.pdf> and mail to:

National Federation of the Blind

Attn: Convention Registration

200 E. Wells Street at Jernigan Place

Baltimore, MD 21230

Registrations for voting members must be postmarked by May 31, 2021.

If you need help, reach out to your chapter or division president. You call me at +13059728529.

**Our 2021 State convention will be held the 1st weekend in October. We will meet in person in Tampa at the Embassy Suites at University of South Florida. It has been a long time and I cannot wait to see your faces again. Make plans to be there!!**

**Monthly Calendar Meetings**

﻿1st Monday

Tallahassee Chapter at 6:30pm call 1-605-313-4802,,790189

1st Wednesday

Diversity & Inclusion at 8pm via https://zoom.us/j/91398845944

1st Thursday

Senior Concerns at 8pm via https://zoom.us/j/99374511935

﻿1st Saturday

Jacksonville Chapter at 10am via <https://us02web.zoom.us/j/9851473331> or (646) 876-9923,9851473331#

2nd Sunday

Deaf/Blind Division at 5pm via https://zoom.us/j/95238018615

2nd Monday

Communications Committee at 7pm via https://zoom.us/j/96004539043

Palm Beach Town Hall at 8pm via https://zoom.us/j/96103969485

2nd & 4th Thursday

Sunrise & Shine with Newsline at 9am via https://zoom.us/j/96184895393

2nd Saturday

Broward Chapter at 10am via https://zoom.us/j/92442860215

Gainesville Chapter at 2pm call (563) 999-2090,,195715#

Melbourne Space Coast at 10am via https://zoom.us/j/2515826459

Polk Chapter at 10am call 605-475-4700,,800550#

Treasure Coast Chapter at 10am call 1-712-770-4708,,612583#

3rd Sunday

FABS at 6pm via https://zoom.us/j/98656132846

Statewide Chapter at 8pm call (605) 475-4700;,,800550#

3rd Monday

Communities of Faith at 8pm via https://zoom.us/j/91398845944

3rd Tuesday

Book Club at 8pm via https://zoom.us/j/92344776358

3rd Wednesday

Blind parents at 8:30pm via https://zoom.us/j/98575570497

3rd Thursday

Miami Dade Chapter at 7pm call (305) 848-8888,,3336914851

3rd Saturday

Central Florida Chapter at 12pm via https://us02web.zoom.us/j/5255743503?pwd=RVBBT1cycGFIT21rbTRiRHAxM1o3dz09&fbclid=IwAR16DWenS-YjUPTLAAUlN\_sNYpGnoFr3otSdkg7WYmgcvStPrJhljBtbWUk

4th Monday

Technology at 8pm via Zoom

4th Thursday

Legislation Committee at 8pm via https://zoom.us/j/94416346364

4th Saturday

Tampa Bay Chapter at 12pm via https://zoom.us/j/98776627448

Daytona Beach Chapter at 1:15pm call 605-313-5111,,305480#

# Article, Announcements and Comments

**In Memory of:**

**Annely Rose**

**Please see Go Fund Me Facebook link below for anyone who would like to donate to help Annely’s family with expenses.** [**https://gofund.me/d0545299**](https://gofund.me/d0545299)**.**

**I’m sure even the smallest donation would be a help.**

In times of darkness, love sees.

In times of silence, love hears.

In times of doubt, love hopes

Intime of sorrow, love heals.

And in all times, love remembers.

We Thank Our Service Members, Veterans, Military Families and Fallen Soldiers for Their Sacrifice

In this unprecedented time in American history, it is crucial that we rightfully recognize those servicemembers who have demonstrated the highest form of selflessness – sacrificing their lives for this great nation. I pray that you were able to remember and appreciate those who gave their all on Memorial Day. We are forever indebted to their bravery and courage, and that of their families.

App Development Seminar:

Wednesday, June 9, 2021, the National Federation of the Blind, in collaboration with Google, is hosting an app development seminar focused on accessibility. Anyone who develops or is considering developing apps is encouraged to register for this Zoom event. The registration page will be live shortly, check www.nfb.org/cena for updates.

**DISCOUNTS FOR INTERNET SERVICE**

If any of your friends want or need internet access and they can’t afford it, they may qualify for a $50 monthly discount for internet access. They also may be able to get $100 towards a computer or tablet. You could go to the link below and help them apply.

<http://emergencybroadband.org>

**HAPPY NEWS:**

A big congratulations to our own Brian Norton who passed the Florida Bar Exam for the second time. This time after losing his vision. After much hard work Brian has achieved his goal and hopes to be sworn-in soon as a licensed attorney during the next few months.

Brian says, “I hope my successful experience, education, and training will motivate other Floridians to enter the workforce as a productive worker in spite of blindness”.

2021 National Scholarship Program Finalist

Congratulations to our own Tashara Cooper, secretary/treasurer of our Central Florida Chapter, for being a 2021 Scholarship Program Finalist! Good luck and all our best wishes to you.

**Accessible Pharmacy** Services for the Blind is excited to announce our upgraded and expanded braille printing capabilities for medication.

Our new label printing system allows us to apply contracted braille labels to anything through our home delivery pharmacy service:

· Prescription Medication

· OTC Medication

· Eye Drops

· Insulin

· Vitamins

· Nutritional Supplements

We can also apply braille labels to our various accessible packaging:

· Presorted Disposable Pill Organizers

· Presorted Daily Pill Packets

· Standard and Easy Open Bottles

For braille readers and family members, this is the most robust braille solution in the pharmacy industry. All braille labeling, accessible packaging and delivery are FREE.

Simply call 215-799-9900 or contact us through the Specialized Help Section on Be My Eyes to speak with a pharmacist to learn more!

Also, coming this summer we will be offering Guide Dog and companion pet medication with the same packaging and braille labeling!

Your friends at Accessible Pharmacy

Accessible Pharmacy Services, LLC Website

215-799-9900

Sales Tax Holidays

**“Disaster Preparedness” Tax Holiday from May 28 until June 6, 2021**

This 10-day tax holiday allows Floridians to prepare for hurricane season while saving money on disaster preparedness items such as flashlights under $40, batteries less than $50, tarps under $100, generators less than $1,000, and more.

**“Freedom Week” Tax Holiday from July 1 until July 7, 2021**

The first ever “Freedom Week” provides 7 days of sales tax savings on outdoor recreation purchases, such as the first $100 of the sales price of sunglasses, the first $200 of the sales prices of tents, and the first $500 of the sales price of kayaks or canoes, as well as tickets for events, museums, the arts, and more.

**Back-to-School Sales Tax Holiday from July 31 until August 9, 2021**

Spanning 10 days, Floridians will pay no sales tax for certain clothing of $60 or less per item, school supplies of $15 or less per item, and the first $1,000 of personal computers and related accessories.

**Tax Cuts to Support Florida’s Seniors Living Independently**

HB 7061 creates Florida’s first permanent sales tax exemption for independent living items for seniors in our state. Items like bed transfer handles, bed rails, grab bars, and shower seats will be exempt from sales tax for individual purchases.

**Ad Valorem Tax Breaks**

To support housing options for all Floridians, the tax package doubles the ad valorem tax exemption for certain affordable housing properties from 50% to 100%. Additionally, the bill includes implementation language for a proposed constitutional amendment providing property tax relief for residential property improvements made for the purpose of flood mitigation. This property tax relief is subject to the approval by the voters on the 2022 General Election ballot.

# 

# Tips and Tricks

Electronic Tips and Tricks

Internet Explorer is going away!

If you are using Windows 10, Internet Explorer is going to be phased out next year. When that happens, you will need to learn to use another browser such as Microsoft Edge, Google Chrome or Firefox. Let me know if you have any questions and I am willing to demonstrate Microsoft Edge at the Florida convention.

Ryan Mann

Email: [rmann0581@gmail.com](mailto:rmann0581@gmail.com)

**Amazon devices will soon automatically share your Internet with neighbors**

If you use Alexa, Echo, or any other Amazon device, you have only 10 days to opt out of an experiment that leaves your personal privacy and security hanging in the balance.

On June 8, the merchant, Web host, and entertainment behemoth will automatically enroll the devices in Amazon Sidewalk. The new wireless mesh service will share a small slice of your Internet bandwidth with nearby neighbors who don’t have connectivity and help you to their bandwidth when you don’t have a connection.

By default, Amazon devices including Alexa, Echo, Ring, security cams, outdoor lights, motion sensors, and Tile trackers will enroll in the system. And since only a tiny fraction of people take the time to change default settings, that means millions of people will be co-opted into the program whether they know anything about it or not. The Amazon webpage linked above says Sidewalk "is currently only available in the US."

The webpage also states:

**What is Amazon Sidewalk?**

Amazon Sidewalk is a shared network that helps devices work better. Operated by Amazon at no charge to customers, Sidewalk can help simplify new device setup, extend the low-bandwidth working range of devices to help find pets or valuables with Tile trackers, and help devices stay online even if they are outside the range of their home Wi-Fi. In the future, Sidewalk will support a range of experiences from using Sidewalk-enabled devices, such as smart security and lighting and diagnostics for appliances and tools.

**How will Amazon Sidewalk impact my personal wireless bandwidth and data usage?**

The maximum bandwidth of a Sidewalk Bridge to the Sidewalk server is 80Kbps, which is about 1/40th of the bandwidth used to stream a typical high-definition video. Today, when you share your Bridge’s connection with Sidewalk, total monthly data used by Sidewalk, per account, is capped at 500MB, which is equivalent to streaming about 10 minutes of high-definition video.

**Why should I participate in Amazon Sidewalk?**

Amazon Sidewalk helps your devices get connected and stay connected. For example, if your Echo device loses its wifi connection, Sidewalk can simplify reconnecting to your router. For select Ring devices, you can continue to receive motion alerts from your Ring Security Cams and customer support can still troubleshoot problems even if your devices lose their wifi connection. Sidewalk can also extend the working range for your Sidewalk-enabled devices, such as Ring smart lights, pet locators or smart locks, so they can stay connected and continue to work over longer distances. Amazon does not charge any fees to join Sidewalk.

Amazon has published a white paper detailing the technical underpinnings and service terms that it says will protect the privacy and security of this bold undertaking. To be fair, the paper is fairly comprehensive, and so far no one has pointed out specific flaws that undermine the encryption or other safeguards being put in place. But there are enough theoretical risks to give users pause.

Wireless technologies like Wi-Fi and Bluetooth have a history of being insecure. Remember WEP, the encryption scheme that protected Wi-Fi traffic from being monitored by nearby parties? It was widely used for four years before researchers exposed flaws that made decrypting data relatively easy for attackers. WPA, the technology that replaced WEP, is much more robust, but it also has a checkered history. Bluetooth has had its share of similar vulnerabilities over the years, too, either in the Bluetooth standard or in the way it’s implemented in various products.

If industry-standard wireless technologies have such a poor track record, why are we to believe a proprietary wireless scheme will have one that’s any better?

**The omnipotent juggernaut**

Next, consider the wealth of intimate details Amazon devices are privy to. They see who knocks on our doors, and in some homes they peer into our living rooms. They hear the conversations we’re having with friends and family. They control locks and other security systems in our home.

Extending the reach of all this encrypted data to the sidewalk and living rooms of neighbors requires a level of confidence that’s not warranted for a technology that’s never seen widespread testing.

Last, let’s not forget who’s providing this new way for everyone to share and share alike. As independent privacy researcher Ashkan Soltani puts it: “In addition to capturing everyone’s shopping habits (from amazon.com) and their internet activity (as AWS is one of the most dominant web hosting services)... now they are also effectively becoming a global ISP with a flick of a switch, all without even having to lay a single foot of fiber.”

Amazon’s decision to make Sidewalk an opt-out service rather than an opt-in one is also telling. The company knows the only chance of the service gaining critical mass is to turn it on by default, so that’s what it’s doing. Fortunately, turning Sidewalk off is relatively painless. It involves:

1. Opening the Alexa app

2. Opening More and selecting Settings

3. Selecting Account Settings

4. Selecting Amazon Sidewalk

5. Turning Amazon Sidewalk Off

No doubt, the benefits of Sidewalk for some people will outweigh the risks. But for the many, if not the vast majority of users, there’s little upside and plenty of downside. Amazon representatives didn’t respond to a request for comment.

https://arstechnica.com/?p=1768704

David Goldfield

Assistive Technology Specialist

# Laugh it up!

Laughter is the best medicine. Take as much as you like, several times a day.

If all is not lost, where is it?

The first rule of holes: If you are in one, stop digging.

It was all so different before everything changed.

Some days you're the dog, some days you're the hydrant.

I wish the buck stopped here. I could use a few ...

It's hard to make a comeback when you haven't been anywhere.

The only time the world beats a path to your door is if you're in the bathroom.

If God wanted me to touch my toes, He would have put them on my knees.

It's not hard to meet expenses. They're everywhere.

# Florida Spotlight

Member Spotlight – Central Florida Chapter

**Dream Big and Step Out Despite Fear**

**By The Honorable Supervisor Karolyn C. Campbell**

Have you ever thought about what advice you would give to yourself as a child, if you could go back in time? Well, I have. Would I advise that fiercely independent, determined, curious, climb-everything, energetic, adventurous child that it is okay to not always be tough, to feel feelings, to cry, and even be vulnerable? Nope! She would laugh in my face and ride off, popping a wheelie, on the bicycle she built. Would I tell her that though she was born blind in a tiny third-world country, she would immigrate to Florida, become a U.S. citizen, learn the ropes, gain six undergraduate and graduate degrees, get paid to build the biggest computer games in the world, travel, run marathons, run for elected office, win her election during a worldwide pandemic, and become the first blind elected official in Florida? Nope! That sounds insane! She’d never believe that either. Instead, I would give that young five-year old child the guidance and wisdom it took me some time to learn and live by on my journey so far.

1. Labels given to you don’t define you. Only you can define who you are and who you can become.

2. The impossible just hasn’t been done yet. Build the road for others and make the impossible possible.

3. Everyone fears the unknown. Be comfortable with the uncomfortable, dream big and step out despite fear.

I learned a lot about labels, as I was born blind, with limited vision, in a tiny third-world country in the Caribbean, where most people know each other. I was labeled by experts in their fields, including many doctors and educators who labeled me “uneducable” or incapable of being educated. At about two years old, following one of my many eye surgeries and the usual check-up by the surgeon and Chief of Medicine of that hospital, I was asked to step out so that the doctor and my mother could talk. I was curious, so I quietly pushed open the door to listen to the conversation. I vividly remember how negative that doctor was about my hopeless future and that I would never amount to anything except for possibly pushing buttons. Then, I remember my mother let that doctor have it! My mother went off and rendered a verbal knock-out on that doctor and consulting educators and doctors who thought they knew me. My mother knew something they didn’t. I too was a fighter. That day I learned that even experts can be questioned and can be wrong. My mother knew that though my eyes did not see like others, my brain worked, and I didn’t miss much. My mother said, “Don’t you tell me who or what my child is going to be, let her figure that out for herself.” I learned that labels given didn’t define me. I was guided and mentored by my parents, who treated me normally, as they saw and encouraged my abilities, fought for me, taught me to fight for my needs, and to define myself and who I would become, in my own way, and keep redefining as needed. How do you define yourself?

I love the quote by Walt Disney, “It’s kind of fun to do the impossible.” I totally agree! While some take the road less traveled, I have usually been the first to do so many things. I have to build the road while I travel and prove that the impossible is possible when I accomplish it. And by showing that the impossible is possible, I can reach back and help others to get on that road too. For example, I was accepted to the University of Central Florida (UCF) for a degree in Molecular and Microbiology / Biomedical Sciences. In addition to being a highly technical degree, there is much microscope work that is required. Professors and the then Dean, thought this degree would be impossible to attempt, let alone complete. Thankfully, blindness has taught me to be very creative and develop workarounds to obstacles, like we all have to do every day. In my research, I found out that the UCF microscopes had the ability to be connected to a monitor with a simple cable that could be easily and inexpensively purchased. UCF already had monitors and microscopes. I showed the professors how to connect the microscope to the monitor, with the cable, so that I could see the image on the large screen monitor. I also added that the set-up was not only a benefit to me but could also be used as a teaching tool in the classroom. Though skeptical, it was attempted for the first class to assist me and to be used as a teaching tool. The students and professors loved it so much that by weeks end, more cables were purchased, and this is still the way these microscope classes are taught. Further, after I had success with the classes and the degree, a few other blind students followed, and I enjoyed providing guidance for their success. By being the first, the impossible was made possible and the road was built for others to follow. Have you made the impossible possible for yourself and/or others?

Many of us in the blind and disability community have been the first to do something that was thought to be unreachable or simply impossible and I am no different. In fact, I am often asked “How are you so fearless?” What’s my answer? “I’m not fearless. I am comfortable with being uncomfortable and because I have big goals and dreams, I have learned to step out despite fear.” In some ways, this is another gift of blindness. I don’t know about you, but I have had so many “blind-person moments” to count, some a bit embarrassing, but all very funny! I live with and keep pushing through fear and being uncomfortable so often that it is basically my norm. Not only have I learned to face and keep pushing through my fears, I’ve learned to decrease the power fear has on me by taking one step, then the next step, and then the next, and so on. I have also learned the hard lesson, to ask others for help when I need it and instead of focusing on independence, I have grown to interdependence. Sometimes I even seem totally confident and in control, even though I am still scared and the butterflies in my stomach are doing Olympic level acrobatics.

When a friend of mine, who I have been volunteering with for years, decided to resign her elected seat on the Orange Soil and Water Conservation Board to run for State Representative, after she announced this publicly, we spoke a few days later and she encouraged me to run for the seat she was leaving. Though I have a science and engineering background, I had no idea of how to run for office and what step I needed to take first. As I do with everything, I took the shot and I jumped in. I started researching, networking, and asking questions. My opponent ran unsuccessfully before, so I thought I’d probably be beaten by a more experienced opponent. I didn’t even know how to use most social media sights, like Facebook, and this was necessary during the pandemic, as face-to-face meetings, networking, and events were not happening. Knowing my social media weakness, I was able to convince a good friend of mine to be my Campaign Manager and manage my social media presence. Though I encountered several barrios to entry in the election process and accessibility limitations including sights, software tools, and even Facebook and Instagram by focusing on interdependence and leaning on my Campaign Manager when needed, we were able to find solutions to each obstacle together. On November 3, 2020, with 71.5% of the vote, the largest margin of the other elected Board members, the campaign resulted in a victory over my much more experienced and fully sighted opponent. Additionally, each time I accomplish a goal and break down another barrier, I build more confidence and realize what else I can do when I keep moving forward. I was surprised and thankful for the outcome, which showed me that continuing to be comfortable with the uncomfortable and the unknown pays off. I don’t mind taking the steps that others may fear, while I continue to dream big and step out despite fear. I am the first blind elected official in Florida. I may be the first, but I will not be the last. Others will follow. See it to be it! You can do it too!

We have all learned so much on our journey so far through life. We can choose to learn from others, mentor ourselves and others with positivity and pursue our goals, no matter the obstacles. We can choose to define ourselves, make the impossible possible, and dream big and step out despite fear.

What would you tell yourself as a child if you had the opportunity? Would you listen and heed the advice then? What would you tell yourself today? Would you listen? No matter what, keep moving!!!

Group Spotlight – **NFB Newsline, Better than Ever!**

By, Russ Davis, NFB Newsline of Florida Coordinator

Although the amazing audio information delivery service known as NFB Newsline has been around for more than 25 years, your Florida support team encounters people daily who still have not heard of it. Perhaps then, now would be a great time to shed some light on this wonderful resource available to anyone who is blind or otherwise print disabled.

By tapping a mobile App on your IOS device, (such as an iPhone or iPad), dialing a local or toll-free phone number or picking up your Victor Reader Stream the content of more than 450 newspapers and 80 magazines can be yours for the asking. Many other service delivery methods and content options are available too, beyond just newspapers from around the globe and magazines of numerous topics, such as, shopping ads from Walmart and Target, job postings, blindness related newsletters and speeches. I would be remiss if I failed to mention one of our subscribers’ favorite content options, so of course, I'll mention that NFB Newsline allows you to search TV listings in your viewing area based on whatever content delivery platform you use, e.g., over-the-air, cable or satellite.

The NFB Newsline Florida support team provides learning opportunities to anyone interested in signing up for this completely free service or for those who already have an account. We field phone calls, attend in person and virtual meetings and vendor expos. Since early 2020, we have even hosted a twice monthly Zoom call affectionately known as, "Sunrise and Shine with NFB Newsline. My incredible team members Wendy Wilson, Sherri Brun, Paul Martinez and Merry Schoch keep NFB Newsline rolling smoothly here in the Sunshine State.

If you have been reading this article carefully, you might have caught the fact that a subscription to NFB Newsline is absolutely free. The ability for users of Newsline to access a vast amount of content without any cost at all is invaluable and it is an aspect of the service that brings us great pride and joy.

Now let's get to some other important information, that being, connecting with NFB Newsline and to your State's support team. You can quickly learn more about NFB Newsline by accessing the service's webpage at: http://www.nfbnewslineonline.org or by calling, 1-844-827-7371. Feel free as well to email us at: newslinesupport@nfbflorida.org.

We would also be thrilled to have you join us on our warm and friendly, twice monthly Zoom call. Sunrise and Shine with NFB Newsline currently takes place on the 2nd and 4th Thursdays of each month beginning at 9:00 AM. The call has proven to be very popular since launching in April of 2020 and allows participants a chance to learn more about Newsline and other topics. Anyone and everyone are welcome on this friendly gathering place, no matter what organization you belong to or what State you live in. We have learned over the past year we have a great deal to teach each other and a lot to laugh about. To get the call-in information, keep an eye out on the Florida NFB regular mailing list for announcements or contact me at the toll-free phone number or email address shown above.

Looking forward to having you join us on our wonderful NFB Newsline journey.

# Recipe Conner

Submitted by Sylvia Young

**Here’s a great side dish for any meal. It’s quick, easy and delicious.**

**Sweet Potato Casserole**

1 large can sweet potatoes or yams, drained and mashed

½ (1/4 cup) of butter

2 eggs, beaten

1 cup milk

1 ½ cups sugar

2 TBSP corn starch

Dissolve corn starch in a little cold milk. Mix all ingredients together and bake in casserole dish 20 to 25 minutes at 400 degrees.

Topping:

1 cup crushed corn flakes

½ cup butter

½ cup brown sugar

1 cup coconut

½ cup chopped pecans

Mix together over low heat, starting with butter. Spread over potato mixture and bake an additional 20 minutes. Lay tinfoil over top to avoid burning topping.

# Health and Wellness

Could the Tiny Zebrafish Teach Us to Cure Blindness?

By learning how zebrafish regenerate their retinas, researchers could figure out how to help humans do the same

By Emily Matchar

smithsonianmag.com

March 23, 2017

Zebrafish are only a few centimeters long, but they have got some supersized powers. When their hearts or brains are damaged, they regenerate. When their fins are cut off, they grow back. When they are blinded, they can regain the ability to see.

It is this last ability that’s the subject of some potentially groundbreaking new research. Vanderbilt scientists may have discovered the key to zebrafish retina regeneration. If the process can be replicated in humans, it stands to power new treatments for blindness caused by retinal disease and injury.

12 Anti-Inflammatory Foods Everyone Should Be Eating (and Drinking!) | Martha Stewart

Most of us have searched for the "diet" that will help us age with grace, prevent disease, lose weight, and optimize our overall health and wellness. But there could be a hidden problem that we are not addressing. A problem that could be causing whatever it is we are trying to fix. We're talking about something that naturally occurs in our body-a part of our body's immune response. When managed, we live in comfort-moving easily without pain, stiffness, redness, and swelling. Sometimes it comes and goes, and for other's it's a chronic condition.

Inflammation is now a part of mainstream conversation when it comes to certain disease states. If you do an Amazon search using the keywords "anti-inflammatory" in books, you will find more than 1,400 titles. The most natural remedy, of course, comes from our diets. As Hippocrates says: "Let food be thy medicine and medicine be thy food." With a healthy diet and lifestyle, you can begin to remedy or offset the burden placed on your body and allow it to start healing more efficiently, increasing your body's immunity and preventing diseases such as obesity, heart problems, cancer, and other degenerative issues.

Here are 12 foods that are easy to incorporate into your everyday meals. Truly it will be a delight to eat well for your body!

**Turmeric**

Turmeric contains curcumin, a strong anti-inflammatory compound that has been shown to inhibit a number of pro-inflammatory compounds in clinical studies. Recent studies have shown that it has similar effects to over-the-counter anti-inflammatory drugs. Its use in the treatment for diseases such as irritable bowel disease and rheumatoid arthritis, as well as its role in reducing the risk of diseases like cancer and Alzheimer's disease, is being investigated.

**Salmon**

Salmon is rich in omega-3 fatty acids, which inhibit a pro-inflammatory enzyme called COX. Omega-3 fatty acids also counter the pro-inflammatory effects of omega-6 fatty acids, which are often overconsumed in American diets. Want to cook more salmon at home? We have a number healthy and delicious salmon recipes.

**Walnuts**

Walnuts are also a good source of omega-3 fatty acids (specifically for vegetarians). Additionally, they contain numerous polyphenols that act as antioxidants to fend off oxidative damage. In fact, there are a number of health benefits associated with using walnuts in your cooking.

**Ginger**

A key compound in ginger called gingerol suppresses pro-inflammatory compounds including cytokines and chemokines, as well as pro-oxidative agents that lead to systemic stress. And fresh ginger can be used in so many different recipes.

**Green Tea**

Green tea is rich in a polyphenol called EGCG; research suggests that this compound inhibits pro-inflammatory pathways. Green tea has been investigated for its therapeutic use in cancers, irritable bowel disease, and diabetes. You can enjoy all the benefits of green tea straight from the tea leaf or bag, or you can incorporate it into your cooking and actually soak your brown rice in green tea. Not only does it soak up all the nutrients, the tea gives the dish a delicate, earthy taste.

**Dark Leafy Greens**

Dark leafy greens like kale, collard greens, and spinach contain a host of anti-inflammatory compounds, including vitamins C and E and antioxidants, that curb inflammatory processes.

RELATED: HEALTHY FOODS THAT CURE PAINS, INFLAMMATION, AND OTHER COMMON AILMENTS

**Onions**

Onions have several anti-inflammatory compounds, including quercetin, that inhibits pro-inflammatory activity and exert antioxidant effects. Whether you are topping your burgers with grilled onions, making a stir-fry or chopping them up into a salad, you will enjoy the taste as well as the health benefits.

**Garlic**

Garlic comes from the same allium family as onions. It contains a number of anti-inflammatory compounds, including allicin, that inhibit pro-inflammatory messengers. Along with antioxidants, it has been shown to limit the progression of atherosclerosis and to promote heart health.

**Berries**

Anthocyanins impart vibrant red, blue, and purple colors to berries, but they're also useful for their strong anti-inflammatory properties. Anthocyanins have been shown to reduce the activity of a compound responsible for initiating a wide array of pro-inflammatory processes. In addition, as antioxidants, they limit oxidative stress.

**Cruciferous Vegetables (Like Broccoli)**

Cruciferous vegetables contain glucosinolates, which are studied for their ability to block a pro-inflammatory transcription factor. They also contain vitamin K, which regulates the immune and inflammatory response, as well as omega-3 fatty acids. Have you tried broccoli salads?

**Ground Flaxseed**

Flaxseeds contains ALA, a type of omega-3 fatty acid that helps protect against cardiovascular inflammation. They're also rich in lignans, a polyphenol that inhibits the formation of platelet-activating factor (PAF), a risk factor for inflammation.

**Extra-Virgin Olive Oil**

The consumption of olive oil is correlated with a reduced amount of inflammatory markers in the blood. At least nine different polyphenols work to limit inflammation in the body through various mechanisms, including decreasing the production of pro-inflammatory messenger molecules. Olive oil is a staple in most households as it makes a perfect base for a vinaigrette and can be used when cooking or baking.

# Link City

Here are some important links that may be of interest.

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

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

Braille Monitor – May 2021-[https://nfb.org//images/nfb/publications/bm/bm21/bm2106/bm2106tc.htm](https://nfb.org/images/nfb/publications/bm/bm21/bm2106/bm2106tc.htm)

Presidential Release: June 1, 2021 - #506 <https://nfb.org/sites/nfb.org/files/2021-06/pr506_short_version.mp3>

Nation's Blind Podcast – May 6, 2021 – Spectrum Access: Audio Description to Go <https://podcasts.apple.com/us/podcast/nations-blind-podcast/id1531941451>

# Inspiration Corner

*“When the power of love overcomes the love of power the world will know peace.”*

***By Jimi Hendrix***

# Legislative Updates from the desk of Camille Tate

**Legislative Committee**

**From the desk of Camille Tate**

We would like to thank our members who participated in our opposition to HB7041 and SB90, the Florida House and Senate bills that will affect our ability to vote by mail and use mail-in ballots. Unfortunately, our efforts were not successful, and Governor De Santos signed Senate Bill 90 into law on May 6, 2021. In spite of the 137 amendments filed with the bill, the outcome will be detrimental to underrepresented groups, including disabled people. Some of the provisions we, as an organization, were opposed to still stand and were not affected by any amendments. We strenuously objected to requiring a voter who wished to vote by mail to fill out a registration form annually, to request a mail-in ballot. In Florida, the voter registration process and related voting materials have been generally inaccessible to blind and print disabled voters. Requiring voter registration each year for a mail-in ballot will make voter registration an even greater challenge for the blind and print disabled. If you are currently registered to vote by mail, you will have to re-register, as those current databases will be deleted and expunged (the date has not been established yet). Additionally, many drop box locations will be eliminated and only available at certain times and locations during early voting. Lastly, the ability for the transportation disadvantaged and mobility challenged to obtain assistance to drop off their ballots will be more restricted and presenting adequate identification will be required. This law is currently being challenged by several groups representing traditionally underrepresented groups in Florida.

The Florida Legislative Session is now over. The National Federation of the Blind of Florida is ready to begin advocating for our legislative priorities, in advance of the 2022 Legislative Session, which begins in January. Our priorities are to protect the rights of blind parents; mandate accessible prescription drug labels and ensure our blind students are receiving Braille instruction, orientation and mobility training and independent living skills. Packets for our priorities are available for distribution. Please note that these priorities are subject to change.

All team leaders have been asked whether they wish to continue as the leader for their respective districts. If not, please contact Camille Tate, whose contact information is below. If you would like to be on a team, please contact Camille Tate for the information for your district’s team leader.

**How to Get Involved**

Our legislative committee is open to all. We encourage our members to participate in our legislative process. It is our voice and not just our message that can get results. You do not have to be a college graduate, have any professional certifications, or have any experience in public speaking to lend your voice to our causes.

Our legislative committee meets on the fourth Thursday of each month at 8 p.m. Keep your eyes and ears on our email list for meeting notices and all announcements. We encourage chapter presidents to have at least one chapter member attend the legislative committee meetings to bring information back to the chapter and increase participation. Please feel free to contact the committee co-chairs, whose information is listed below.

National Legislation: Russ Davis, 904 993 8433, russell@radiorusty.com

State Legislation: Camille Tate, 321 372 4899, [Ctate2076@att.net](mailto:Ctate2076@att.net)

**Call for Resolutions**

From the desk of Camille Tate

The Resolutions Committee is sending out a call for resolutions in advance of our 2021 State Convention, October 1-3, 2021. Resolutions are an important and integral part of our organization.

Members in good standing have the right to vote on these policy statements. Any resolution that passes the authoritative body of the convention (you, the members) become policy of the National Federation of the Blind of Florida. In turn, resolutions that pass at our National Conventions also become policy of the National Federation of the Blind, including all affiliates, divisions, committees and groups. It is possible that resolutions may additionally become part of our legislative and advocacy work.

If you have a resolution you would like to see, be part of the convention experience, the deadline to submit to our affiliate’s Resolutions Committee is Friday, September 3. We will not consider resolutions received beyond this date. Please send resolutions to Resolutions@NFBFlorida.org for consideration by the committee. If you have an idea for a resolution, but do not know how to write one, please reach out to the committee chair, Camille Tate, whose contact information is at the end of this article.

All resolutions to be voted on by the membership will be read twice at state convention. The first reading will be announced once the convention agenda has been set. Please note that no comments will be taken from the audience at this first reading. The resolutions will be read aloud and the author (or another member on their behalf) must defend their resolution. The committee members may ask questions or make comments at the time. The committee will recommend whether to pass the resolution to the general membership for consideration. This is not an approval of the resolution, as it must be adopted by the general membership. This is only a recommendation to move the resolution to the convention floor.

At a time to be announced as the agenda for state convention is finalized, there will be a second reading of the resolution to the convention body. At this time, members may comment, either for or against adoption. Please note that comments may be limited based on scheduling. The members will then vote on adoption. If adopted, the resolution becomes policy or a policy statement of the National Federation of the Blind of Florida.

If you are interested in resolutions and would like to find out more information, visit nfbflorida.org/resolutions where you can find resolutions that have passed at previous conventions. You will also find a guide to writing resolutions, which will be handy if you have a resolution, you would like brought to the floor of convention.

**2021 Resolutions Committee**

Camille Tate, Chair

321 372 4899

Resolutions@NFBFlorida.org

Russ Davis

Doug Ingram

Debbie Malone

Scott Larson

# Photo Gallery

**COME BACK NEXT ISSUE**

# Chapters

**Greater Broward Chapter:**  Jake McEntyre, President, Phone: 954-946-4148, Email: [jmac1920@yahoo.com](mailto: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](mailto:brian.edward.norton@outlook.com). Meetings are held the fourth Saturday of the month from 1:00 till 3:00pm at Houligans Speedway restaurant, 1725 International Speedway Blvd. Daytona Beach, Florida. Follow Us on Facebook: [www.facebook.com/nfbdaytona](http://www.facebook.com/nfbdaytona)

**Gainesville Chapter:** Judith Hamilton, President; Phone: 352-373-7806, Email: hamilton.j.r.2309@gmail.com. The Gainesville Chapter has been meeting monthly by Free Conference Call due to COVID 19. 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 and normally take place at the Independent Living Resource Center, 2709 Art Museum Drive, Jacksonville, Florida 32207 from 10:00 AM until 12 Noon. Until further notice, we will be meeting on Zoom. Please email if you would like to attend our meeting.

**Melbourne Space Coast Chapter:** Camille Tate,President, Phone: 321-372-4899, Email: [ctate20176@att.net](mailto:ctate20176@att.net). Facebook: [www.facebook.com/nfbmelbourne](http://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. Miami-Dade Chapter Newsletter. The chapter continues to meet virtually, and members are encouraged to participate. We are gathering the membership to practice with Zoom so we can have an exciting state convention and all of our members can participate. Our meetings are held on the third Thursday of each from 7:00 p.m. until 8:30 p.m.

**Polk Chapter:** Joe King President, Phone: 863-293-5648, Email: [joenkitty@earthlink.net](mailto: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](mailto:nfbf.statewide@gmail.com). The Statewide Chapter meets via conference call every third Sunday of the month at 8:00 pm. The call in phone number: 605-475-4700 Code: 800550# 1 touch mobile: 605-475-4700, 800550# Everyone is welcome to attend.

**Tallahassee Chapter:**  Jada Christie, President; Phone: 850-766-9378 Email: [emeraldpink15@gmail.com](mailto:emeraldpink15@gmail.com). We meet the first Monday of each month from 6:30-8:00 p.m., normally at the Lighthouse of the Big Bend located at 3071 Highland Oaks Terrace, Tallahassee, FL 32301. However, we are currently meeting via telephone conference until further notice due to the COVID-19 restrictions at 605-313-4802 access code 790189

**Tampa Chapter:** Miranda Kilby, President; Phone: 352-942-0417; Email: [NFBF.Tampa@gmail.com](mailto: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):** Sherrill O’Brien, President; Phone: **813-935-0474**, Email: flagdu@nfbflorida.org

**Florida Organization of Parents of Blind Children (FOPBC):** Cherice Togun, President; 407-257-7637; [chericeflemingtogun@hotmail.com](mailto: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](mailto: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:** Jorge Hernandez – Chair. Phone: 305-877-2311; Email: jdh6@bellsouth.net. Call Jorge for information and details.

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

**Communities of Faith Group:** We meet on the second Monday of each month at 8:00 P.M. Our group is continually growing, and all are welcome. If you are interest in joining us in this uplifting and comforting committee, call 712-775-7031, Code 938047311# or 1 touch mobile: 712-775-7031,938047311# Marilyn Baldwin Chair or Kathy Davis co-chair.

**Diversity and Inclusion:** The committee meets on the first Wednesday of each month at 8 p.m. The call-in number is 712-775-7031, access code 938047311. Keep an eye on the list for any notices from the committee. Chair: Marilyn Baldwin.

**Fundraising Committee:** Douglas Ingram contact information: Phone: 850-567-8123; Email: [dingram59@comcast.net](mailto:dingram59@comcast.net) or [fundraising@nfbflorida.org](mailto:fundraising@nfbflorida.org)

**Legislative Committee:** The Legislative Committee meets on the third Tuesday of the month. Keep an eye on the Florida List for meeting notices. Co-Chairs: Merry Schoch and Camille Tate.

**NFBF Book Club:** The book club meets the fourth Thursday of each month at 8 p.m. The call-in number is 712-775-7031, access code 938047311. Keep an eye on the Florida List for meeting notices and the selection for the month. Coordinator: Camille Tate.

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

**Newsline:** Russ Davis, Chairperson. 844-827-7371, [newslinesupport@nfbflorida.org](mailto:newslinesupport@nfbflorida.org)

**Presidents and Vice Presidents Committee:** We would like to know what you all would like to discuss next. We are stronger together when we work together! Call in number: 712-775-7031, access code: 938047311.

**Senior Concerns Committee:** Gloria Mills-Hicks, Chairman; Phone: 813-340-9754; Email: Glorianfb@irescuetax.com. Meetings are held the First Thursday of each month at 8pm via conference call using the following telephone number and access code: 712-775-7031,938047311#.

**Technology Q and A:** Jorge Hernandez – Chair. Phone: 305-877-2311; Email: [jdh6@bellsouth.net](mailto:jdh6@bellsouth.net). Meetings are held monthly on the fourth Monday at 8:00 pm via conference call using the following telephone number and access code: 712-775-7031,938047311#.

**The National Association of Blind Veterans:** "BLIND VETS SERVING BLIND VETS" Dr. Vernon Humphrey, President; The National Association of Blind Veterans, PO Box 784957, Winter Garden, Florida 34778; Email [mr\_president@nabv.org](mailto:mr_president@nabv.org), Phone: 706-329-7690

# NFBF Board of Director’s Information

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

***Denise Valkema -President***

Phone: 305-972-8529

Email: president@nfbflorida.org

***Miranda Kilby - 1st Vice President***

Phone: 352- 942-0417

Email: mbkilby@gmail.com

***Jorge Hernandez – 2nd Vice President***

Phone: 305-877-2311

Email: jdh6@bellsouth.net

***Sylvia Young-Secretary***

Phone: 850- 322-5937

Email: [secretary@nfbflorida.org](mailto:secretary@nfbflorida.org" \t "_blank)

***Merry Schoch –Treasurer***

Phone: 813-523-6573

Email: [treasurer@nfbflorida.org](mailto:treasurer@nfbflorida.org)

**Board Members:**

***Russell Davis***

Phone: 904-993-8433

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***Douglas Ingram***

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# Editor: Sylvia Young

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