BREAKING NEWSLETTER

Issue 32 July/August 2021

# President’s note

**Greetings Federation Family,**

We are so excited to be meeting in person again for our 2021 State Convention. Time is running out and you won’t wanna miss reuniting with your federation family. Register today.

We will have a good time together!

Denise Valkema, President NFB OF Florida

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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:**

**July:**

*Kathy Roskos - Gainesville*

*James Young - Tallahassee*

**August:**

*Lessie Anderson – Broward*

*Ronald Bryant - Melbourne Space Coast*

*Douglas Ingram - Tallahassee*

*Betty Jane Johnston – Melbourne Space Coast*

*Debbie Martin – Melbourne Space Coast*

*Sharon Meikle - Broward*

*Daniel Munoz - Broward*

*Arlene Naulty – Melbourne Space Coast*

*Debbie Ryan – Broward*

*Julia Savage – Melbourne Space Coast*

*Nora Lee Smith - Melbourne Space Coast*

*Wendy Wilson - State-Wide*

***Anniversaries:***

***Nicole and James Shehan - Palm Beach - July***

*Monique & Rufus Bodwen – Tallahassee, August*

# Important Calendar Events

**Exciting News from Our State Convention**

**By Camille Tate**

Our family reunion is coming! We are excited to see all of you October 1st through October 3rd. Here are a few snippets from the convention to whet your appetite!

**Registration** opens at 4 p.m. on Friday, October 1st. Do you want a chance to win one cash, cash, cash? If you register by August 15th, you will be entered into a drawing to win one of four $25 cash prizes! But wait, it gets better. If you register by August 30th, you could win one of five $20 cash prizes! So, really, you have nine chances to win cold, hard cash! Registration information is below:

**Website:   https://nfbflorida2021.brownpapertickets.com**

**Code:  nfbflorida2021**

Remember, the pre-registration deadline is Monday, September 6th. Registration is $25 (will increase $5 after this date) and banquet is $45 (tickets will increase by $5 after this date and choice availability maybe very limited after the deadline). Banquet choices are fish (salmon), chicken/broil (combination chicken and london broil) and veggie (pasta with vegetables). If you will not be attending in-person, but would like the opportunity to vote, registration will be $50.

You may reserve your hotel room at the Embassy Suites/USF/Busch Gardens by using the information below. Reservation deadline is September 9th. Please reserve your room as soon as possible to ensure you receive the convention rate of $110 per night, plus taxes. If you wish to come a couple of days early or leave a couple of days after the convention, which ends with our banquet Sunday night, October 3rd, please make those arrangements as soon as possible. The “shoulder days” are based upon hotel availability.

Embassy Suites USF

3705 Spectrum Blvd.

Tampa, FL 33612

Tel: (813) 977-7066

Convention code:  FBD

Below is a unique reservation link to make reservations online:

https://secure3.hilton.com/en\_US/es/reservation/book.htm?inputModule=H

OTEL&amp;ctyhocn=TPAFRES&amp;groupCode=CESFBD&amp;arrival=20211001&amp;dep

arture=20211004&amp;cid=OM,WW,HILTONLINK,EN,DirectLink&amp;fromId=HILT

ONLINKDIRECT

**Convention Fun Facts!**

We have some exciting workshops planned for our convention. Sessions will include an Independence Fair, Seniors, Florida Association of Guide Dog Users, Legislation, Blind Parents Connect and Technology. You do not want to miss all the fun and great workshops this year! Register early to be entered into our early bird drawing, come see our family we have missed so much and have some fun! Do not forget there will be door prizes and raffles to win!

**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:**

**Patricia Tuck**

**Peggy Powell**

**Jerry Heichelbeck**

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.

On behalf of the Central Florida chapter, I regret to announce the passing of chapter member Jerry Heichelbeck. He died On Thursday July 15 following complications from treatment for cancer from which he was in remission. I spoke with his wife Ruth and she said he had been in Hospice since the beginning of the week and that she was quite shocked, as he seemed to have been doing better.

Jerry was a long-time member of our chapter. He joined in 1984 and served in several board and officer positions including president for a time and more recently as chapter secretary. In the early years, he was active and helped with our fundraisers be they car washes or candy sales. He was active in his church and in several other groups including the Lutheran Blind Outreach, which Marilyn Baldwin headed. He also attended several National Conventions. Our prayers and condolences go out to his wife Ruth and to his family.

Sherri Brun

CONGRADULATIONS:

President Jake McEntyre, Broward Chapter who concluded his dream of graduating from High School with a diploma this past June. HOORAH JAKE!!

National Scholarship winner form Florida - Tashara Cooper

On July 10, 2021, Ms. Cooper was awarded one of two Oracle stem scholarships at our 81st annual National Federation of the Blind (NFB) national convention. Ms. Cooper is pursuing a masters in modeling & simulation while working as a research psychologist for the department of the navy.

She is a mother and active member of the Central Florida Chapter of the NFB and more. She says, “I choose the path less traveled by, so it is because of mentorship, the rights I am afforded under the ADA and advocacy organizations like the NFB that make possible my ability to walk rigorous paths in pursuit of my dreams and create new paths for others. No one does it alone.”

It is for that reason Ms. cooper plans to recruit other research scientist underrepresented in her organization to support her growing research portfolio through navy internship and contract support avenues. She proclaims, “Just as ADA as opened up possibilities for me, I plan to widen the doors I enter, and open new ones for others”. God willing…I will!

Study shows people can learn how to echolocate in just 10 weeks

Echolocation, is shared by many other species, including whales and dolphins — even people can learn how to use it.

Now, new research shows that both sighted people and those who are blind can learn how to echolocate using clicking noises, either from one’s own mouth, footsteps or walking cane taps, after just 10 weeks of training.

The study out of Durham University in England found that neither age nor level of vision loss limited people’s ability to learn click-based echolocation or use the skill during different tasks. What’s more, all participants who were blind said their new talent improved their mobility, while 83% said their independence and well-being got a big boost.

Can anyone learn click-based echolocation?

The researchers suggest that “any time is a good time to start learning click-based echolocation,” particularly for people with vision impairments or those who expect to lose their sight later in life.

“I cannot think of any other work with blind participants that has had such enthusiastic feedback… the improvements we observed in the lab transcended into positive life benefits outside the lab,” study lead author Dr. Lore Thaler, an experimental psychologist at Durham University, said in a statement. “We are very excited about this and feel that it would make sense to provide information and training in click-based echolocation to people who may still have good functional vision, but who are expected to lose vision later in life because of progressive degenerative eye conditions.”

Who participated in the study?

A total of 14 sighted people and 12 people who were declared legally blind in childhood completed 20 training sessions, each between two to three hours long, over 10 weeks in a “sound-insulated and echo-acoustic” lab at the university and in natural environments. Seven experts in click-based echolocation who were blind served as benchmarks in the study.

All participants were between 21 and 79 years old, with the group of people who were blind being significantly older. They were tasked with finding circular disks propped up on standing poles while researchers graded them on size discrimination, orientation perception and virtual navigation.

What was the results of the study?

Both people with and without vision loss improved their echolocation skills over the course of their training, and in some cases, they performed better than the designated “experts,” the researchers said, with no notable differences in skill caused by age or level of vision. Unexpectedly, some sighted people performed better than those who were blind.

The findings seemingly contradict previous research that suggested people who are blind can learn complex skills such as echolocation faster than sighted people because their visual deprivation heightens other senses such as hearing needed to do daily activities. Researchers offered a possible explanation: the sighted participants were younger on average than the others or had slightly better hearing.

Is Click-based echolocation training a part of current rehabilitation for people who are blind or visually impaired?

Click-based echolocation training is not a part of current rehabilitation for people who are blind or visually impaired, but the researchers said there’s no reason it can’t be now that the technique has been shown to benefit livelihoods.

The study was published in the journal PLOS One.

The Importance of Love

**SOAP: 1 Corinthians 13:4-7**

Love is patient, love is kind, it is not envious. Love does not brag; it is not puffed up. It is not rude, it is not self-serving, it is not easily angered or resentful. It is not glad about injustice but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

**Devotion:**

This passage from 1 Corinthians 13 is often used in weddings or on Valentine’s Day cards, but these verses are not primarily for married couples. It was written in a letter to a church, in the context of teaching how the church functions as the body of Christ, using individuals’ gifts for the sake of the whole community. We all need to be reminded that if we truly love our friends—and our church community should include some of our closest friends—then we will treat them the way true love does.

We can evaluate our friendships by looking at this long description and asking ourselves if our relationships look like this. Am I patient with my friends, am I kind to them, not envious of their possessions or talents? Do I brag or act arrogantly towards others? Am I rude? Do I have any other motivation for the friendship? Am I easily angered by their actions? Do I hold their sins against them? Am I honest with them? Do I bear their burdens, believe the best of their motivations, hope for the best things for them, and endure suffering and difficulty with them?

**Prayer:**

God, help me love my friends with this kind of love. Help me see where I need to grow and give me the grace that I need to do it. Amen.

***Peggy Fleischer***

***Co-chair NFB-FL Communities Of Faith***

# Travel the World

NEW SECTION OPEN NOW:

In this section members are encouraged to share experiences during their travels both near and far.

**FROM Sylvia and James Young**

One of our favorite trips was to Amelia Island, FL, just north of Jacksonville. We have been twice because our 1st trip was so enjoyable and relaxing, we just had to go again. We loved this beautiful quaint town with cobble stone streets and locally owned shops. We stayed at a beautiful old house that was converted into the Hoyt House Bed and Breakfast both times. Our 2nd trip was on our 15th wedding anniversary, so we purchased a special package deal to include a boat site seeing tour, dinner for two and a horse drawn carriage private tour through the town. The food at the bed and breakfast was awesome. We awoke each morning to a different theme breakfast from strawberries to oranges. For example, one day was everything Strawberry. We had strawberry muffins, strawberry marmalade, fresh strawberries along with quiche, sausage and eggs. There were numerous amenities like a pool, hot tub, bikes, games and lots of reading material. They had a semi-wrap around porch with a bench swing that James and I spent lots of time in. Both tours were interesting and personable. The town offers many other activities depending on the time of year including a jazz festival, tours of the local fort and lots of beach. If you want a great relaxing and adventurous vacation, try Amelia Island. You won’t regret it.

# Tips and Tricks

Tips and Tricks

From the Desk of Kaye Baker

When I was first asked to write for this segment, I gave some thought as to what kinds of articles our readers may like. Should they be all about electronics? Should they be a broader more independent living-based set of articles? I decided for now that I would broaden the scope a little and talk about not only electronics and computers, but also about gadgets that we all may find useful every day.

Personally, it frustrates me how expensive specialized items for the blind can be, and to this end, I love finding items that can be purchased right from any store such as Amazon or Walmart that also make life easier for us as blind people.

One such item I recently ran across is a simple, easy to use bagel slicer.

Amazon lists it as: Bagel Slicer, Stainless Steel Kitchen Guillotine Cutter with Safe Grip and Safety Shield for Bagels, Breads, Muffins, Buns and Rolls. The description states that it is Fast Easy and Safe, and they are correct on all counts. THE slicer comes in 2 parts. The bottom, or base sits firmly on a counter and has a distinct rounded top which allows the user to place a bagel or roll neatly into it. The top piece, which contains the stainless steel blade slides over the top allowing for a perfectly sliced bagel each time. Fingers and hands never touch the blade, and once the top is lifted away from the base, the bread can be taken immediately out and enjoyed. It's just that simple. So, grab some cream cheese, and lets have bagels and coffee!

Amazon sells this item for $28.99 at the following link:

<https://www.amazon.com/dp/B082TTFRM3/ref=redir_mobile_desktop?_encoding=UTF8&psc=1&ref=ppx_pop_mob_b_asin_image>

As always, we want to hear from our readers. If you have an item you'd like to learn about, or a tip or trick you want to see featured in the newsletter, don't hesitate to write to nfbjax@gmail.com

From the Desk of Jerilyn Higgins

Subject: Coffee filters ..who knew! Jerlyn Higgins

COFFEE FILTERS: Not just for making coffee...

1. Cover bowls or dishes when cooking in the microwave. Coffee filters make excellent covers.

2. Clean windows and mirrors. Coffee filters are lint-free so they'll leave windows sparkling.

3. Protect China.

Separate your good dishes by putting a coffee filter between each dish.

4. Filter broken cork from wine. If you break the cork when opening a wine bottle, filter the wine through a coffee filter.

5. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.

6. Apply shoe polish. Ball up a lint-free coffee filter.

7. Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.

8. Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.

9. Hold tacos. Coffee filters make convenient wrappers for messy foods.

10. Stop the soil from leaking out of a plant pot. Line a plant pot with a coffee filter to prevent the soil from going through the drainage holes.

11. Prevent a Popsicle from dripping. Poke one or two holes as needed in a coffee filter.

12. Do you think we used expensive strips to wax eyebrows? Use strips of coffee filters.

13. Put a few in a plate and put your fried bacon, French fries, chicken fingers, etc., on them. Soaks out all the grease.

14. Keep in the bathroom. They make great "razor nick fixers."

And you can buy 1,000 at the Dollar Tree for almost nothing.

# Laugh it up!

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

An elderly woman walks into a library and heads to the front desk for assistance. The librarian smiles at the woman and says, "How may I help you today, mam." The woman says loudly, "I'll have a cheeseburger, French fries and a small soda, please." The librarian replies sternly, "Mam, this is the library." The woman shrugs and whispers, "I'll have a cheeseburger, French fries and a small soda, please."

An elderly man was spotted driving erratically down the street. When he passed a police car, he was quickly stopped. The time was 2 a.m. The cop got out and came to the driver’s window. “Where are you going this late, sir?” The man replied, “I’m on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as the dangers of smoking and staying out late.” The officer then asked, “Really? Who’s giving that lecture at his time of night?” The man replied, “That would be my wife.”

# Florida Spotlight

Group Spotlight – Fundraising committee

As you know, I am new to the Fundraising committee. There are a lot of subcommittees that focus on a particular method: Corporate donations and grants; putting NFBF in your will; Chapter and Division donations, raffles; giveaways; Online donations and Convention.

This year we are still planning our fundraising for our State Convention. We are having again chapter and division gift baskets for auction. We are also looking at a 50/50 raffle that will be drawn at convention. We are also looking to an envelope game at break of general session for cash. We will have a fundraising table at the exhibit hall where you can meet the team and learn about fundraising. Convention costs the affiliate a lot of money so we all need to be working to contribute. More will come as we get closer to October.

We all love the Federation and where passion lies so does your treasure. Let's go build the Federation.

Doug Ingram

Fundraising Committee Chair

# Recipe Conner

Submitted by Kaye Baker

**A survey taken in 2015 revealed that 90% of Americans enjoy breakfast for dinner. Many reported having breakfast for dinner at least once a week. Breakfast foods are easy to make, and usually most households have all the necessary ingredients on hand.**

**Recently, I ran across a recipe that sounds quick, easy, and definitely delicious. Try it one night for dinner, or stick with tradition, and make it for breakfast.**

**Enjoy!**

**BREAKFAST IN A BUNDT PAN**

**Ingredients:**

**1 cup diced ham**

**2 cups tater tots (still frozen)**

**1 dozen whisked eggs**

**1 can (8) Pillsbury Grands biscuits diced up (raw)**

**2 cups shredded cheese (your choice)**

**1/4 cup milk**

**Directions:**

**Mix all ingredients in a large bowl.**

**Pour into greased Bundt pan.**

**Bake at 400F for 45 minutes.**

**Welcome to summer, friends!**

**How is everyone doing with these extreme temperatures all over the country? It has been so humid and hot. I can’t remember when I felt this uncomfortable when venturing outside. Living in Florida, we have a thunderstorm almost every day, and although I don’t like lightning, I love the cool break after the rainstorm.**

**That being said, I find myself reluctant to turn on the oven, so I go to my recipes that don’t require the oven (or at least not a long cooking time). On these summer evenings, my hot air fryer is great for cooking dinner. Just last night, I made breaded chicken tenders. They only took 6 minutes for 3 tenders to cook, and preparation was only 5 minutes. I prepared a vegetable salad which was a fulfilling dinner.**

**After dinner, I was ready for a sweet treat. Growing up, dinner was not complete without dessert, and since I love my desserts, I went back to my recipe file and reviewed all my healthy no-bake desserts. There are so many in my file I had a hard time deciding what to make. Did I want something cold like my Banana Blueberry ice cream, or was I in the mood for something chocolaty? Basing my decision on the fact that there are only 6 ingredients and no oven involved, I decided to make the Raw healthy Chocolate Mousse. Here is the ingredient list:**

**1 ripe Avocado pitted**

**1 banana**

**1/3 cup pitted dates**

**1 teaspoon vanilla**

**1 tablespoon coconut oil**

**1/3 cup unsweetened cocoa powder**

**I placed all the ingredients together and blended thoroughly until the texture was smooth. Luckily, I had fresh raspberries for the topping! I used my Magic Bullet for this dessert because it is quick and easy with minimal clean up. For those not familiar with a Magic Bullet, it is a personal blender. It comes with a 15 ounce cup and a 19-ounce cup. It's great for making smoothies, sauces, protein shakes and just about anything you want to blend, working best with soft ingredients and liquids.**

**I like to think I eat healthy. Avocados are a heart healthy, nutritiously dense super food, they provide 20 vitamins and minerals, and good fats. Bananas are a natural remedy for many ailments. When you compare them to apples, they have four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice as many vitamins and minerals. Bananas are also rich in potassium and are one of the best value foods around. It may be time to change the well-known phrase to, “A banana a day keeps the doctor away". Let's not forget to mention the benefits of unsweetened coco powder. Unsweetened coco powder is teeming with minerals such as calcium, copper, iron, and magnesium. It's also a good source of protein, dietary fiber and delivers antioxidants.**

**This dessert is a delicious, simple and guilt-free treat to make anytime. I think it's time we transform dessert into a sweet, healthy ending to a healthy meal!**

**“No one is born a great cook, one learns by doing.” — Julia Child**

**bon appétit,**

**Chef Jerilyn**

# Health and Wellness

Top 10 Healthy Aging Tips

1. Eat healthy food. A varied, nutritious diet that contains whole grains, fruits and vegetables, and is low in fat and sugar can reduce the incidence of many chronic diseases.

2. Exercise regularly. Working out or even just walking will help you maintain a healthy weight, stay strong, and improve your immune system, blood pressure, and eye and brain health.

3. Keep your blood pressure at a normal level. Hypertension and other cardiovascular risks have been linked to an increased risk for macular degeneration and Alzheimer's disease.

4. Don't smoke. Toxins found in first-, second- and third-hand smoke are linked to an increased risk for a number of diseases, including respiratory diseases and cancer.

5. Get enough sleep. Research has linked poor sleep to an increased risk for mild cognitive/memory issues.

6. Prevent overexposure to sunlight. Use sunglasses, hats and sunscreen to lower your risk not only for cancer, but also macular degeneration and other eye diseases.

7. Schedule regular check-ups with healthcare practitioners, including your primary care physician, eye doctor, and other specialists. BrightFocus recommends you schedule a comprehensive eye exam every year.

8. Keep your mind active. Lifelong learning and mental stimulation are beneficial to cognitive health. The human brain generates new neurons in response to new experiences and activities like reading, doing puzzles, and acquiring new knowledge and skills.

9. Be social. Social connectedness has a beneficial impact on cognitive, psychological, and physical health.

10. Alleviate stress. Chronic or ongoing stress can contribute to health problems, such as high blood pressure, heart disease, obesity and diabetes. If you are under stress, find ways to deal with it like yoga, exercise, talking to friends, or taking time out to listen to music or treat yourself to another healthy pastime.

**Some quick tips for your kitchen chores:**

Is peeling oranges, lemons or satsumas too difficult? Don’t want to ruin your manicure digging into that hard, thick rind? Stick them in the microwave for 20 seconds and it becomes much easier to separate these fruits from their wrappings.

To squeeze the last drops out of a lemon, first cool the fruit in the fridge, and then zap it in the microwave for 15-20 seconds.

Revive leftover, dried-out pizza by microwaving it with a mug of water. As the water evaporates, moisture fills the microwave, rehydrating the dry crust and giving you a gooey, cheesy pizza slice once more.

I really like this one:

Having a hard time with cold butter, use a grater to soften the perfect amount to put on toast or bread. It’ll make the butter easier to spread, without destroying your loaf in the process. This method is even used by chefs to make perfect buttery pastry.

Be a total magician and morph a banana from green to yellow (or a peach from crunchy to juicy) with the help of a paper bag. When fruit is tossed into the bag, concentrated ethylene gas helps it ripen faster.

Cover shredded or diced potatoes with cold water before cooking to prevent the spuds from turning that gross grayish/brown caused by the release of a starch that makes them oxidize.

Remove seeds from vegetables like squash and pumpkin with an ice cream scoop. Because the edge of the scoop is sharp, it cuts through the fibrous, gooey stuff inside the squash better than your hand or a regular spoon.

And my all-time favorite:

Had enough of wrangling plastic wrap? Store the roll in the fridge to cover leftovers with less of a hassle. Chilling the wrap temporarily reduces its stickiness.

I sure wish someone told me about that one years ago.

I’ve come close to several nervous breakdowns trying to unroll that plastic wrap in one piece, then keeping it from sticking to itself before I could lay it out nicely to cover my dish.

I’ve thrown boxes of that tool of the Devil against the wall on occasion. Don’t feel sorry for it, it deserved it, plus, I swear I could hear it laughing at me.

**The Mighty Banana**

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression "going bananas" is from the effects of bananas on the brain. Never, put your banana in the refrigerator!!! After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

**Depression**: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This

is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS**: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Anemia**: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

**Blood Pressure**: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Brain Power**: 200 students at a Twickenham (Middlesex) school ( England ) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

**Constipation**: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers**: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey.. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn**: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites**: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves**: Bananas are high in B vitamins that help calm the nervous system. Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

**Ulcers**: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Temperature control**: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand , for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Seasonal Affective Disorder (SAD**): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

**Smoking &Tobacco Use**: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

**Strokes**: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

**Warts**: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

# Link City

Here are some important links that may be of interest.

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

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

Braille Monitor – July 2021-[https://nfb.org//images/nfb/publications/bm/bm21/bm2107/bm2107tc.htm](https://nfb.org/images/nfb/publications/bm/bm21/bm2107/bm2107tc.htm)

Presidential Release: August 2, 2021 - #507 <https://nfb.org/sites/nfb.org/files/2021-08/pr507_short_version_final.mp3>

Nation's Blind Podcast – NO Recent episodes

Special event – 2021 Convention Banquet Speech: [Reflection, Revolution, and Race: A Growing Understanding Within the Organized Blind Movement, Virtual Convention, 2021](https://nfb.org/images/nfb/audio/2020-convention-highlights/2020-national-convention-banquet-speech.mp3)

# Inspiration Corner

*“It's not what happens to you, but how you react to it that matters.”*

***By Epictetus***

# Legislative Updates from the desk of Camille Tate

**Legislative Committee**

**Last Call for Resolutions**

**By Camille Tate**

This is our last call for Resolutions in our state newsletter. The deadline to submit a resolution is Friday, September 3, 2021. The committee will not accept resolutions submitted after this date.

If a resolution does not pass the first reading during the Resolutions Committee at convention and the presenter still wishes to have it read on the convention floor, there is a procedure for that. Additionally, if there is a resolution that did not go through the Resolutions Committee and the presenter wishes to have it read on the convention floor, there is a procedure for that. To bring a resolution directly to the convention floor, it must be approved for that purpose by five chapter presidents, who are at the convention. Please remember that resolutions must be in proper resolutions format. There is a guide for resolutions on our affiliate webpage, nfbflorida.org/resolutions.

Please note: To submit a resolution to the committee for consideration, please send it to ctate2076@att.net by the deadline. The email address for submissions has changed. If you have any questions, please contact Camille Tate, Resolutions Committee Chair, ctate2076@att.net or (321) 372-4899.

**2021 Resolutions Committee**

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

Russ Davis

Doug Ingram

Debbie Malone

Scott Larson

**Focus on State Legislation**

**From the desk of Camille Tate**

In this article, we are focusing on state legislation. The 2022 Florida Legislative Session is just around the corner, beginning in January 2022 and ending in March 2022. Committee Weeks will begin in the next couple of months and the House and Senate Draft Committees will close by November. The time to step up our legislative efforts in advance of the next session is now. Let us not allow the opportunity to advance the priorities of blind Floridians to slip out of our fingers. Below are our three priorities for the upcoming Legislative Session:

 Protecting the Rights of Blind Parents: This issue is a hotbed for all blind parents. Too often, well-intentioned family members, family courts, social services or neighbors interfere with the right of a blind parent to raise their child or children. The misguided and misinformed do not know the tools blind parents use to raise their children in loving homes and this has caused some fear in blind parents that they will lose custody of their children.

 Accessible Prescription Drug Labels: The ability of blind and print disabled people to safely and independently take their medication is hampered by lack of accessibility. While there are mechanisms available to make prescription drug labels accessible to blind and print disabled people, many pharmacies fail to use the tools to produce labels in accessible format. If we cannot access the information readily available to the non-print disabled, we may take the wrong medication at the wrong time, take an incorrect dose or take expired medications. If we cannot access the paperwork given at the time we receive our medication, we will not know if there are contra-indicators with other medications or lifestyle changes, we must make to safely use those medications. We are asking the state legislature to mandate that all Florida pharmacies make prescription drug labels in accessible format, using the industry’s best practices, at the same time we receive those medications.

 Braille Students’ Right to Independence, Training and Education: Blind students are not receiving adequate training and education to grow into independent blind adults. Blind children are not taught Braille or getting Braille education is difficult; they are not being taught orientation and mobility skills to be independent travelers; and they are not being given the tools necessary to receive the same educational goals as non-disabled students. Literacy is key to education and employability and, our blind children are not taught the tools they need to become successful, equal participants in society.

The affiliate has divided Florida into teams. We have 120 House members and 40 Senators. Although there are coverage gaps, we encourage members to join the team that contains your House district. All team leaders have our legislative packets and would welcome the assist. The co-Legislative Directors, Camille Tate and Russ Davis, are always welcome to help and work with anyone who would like to participate, but may feel nervous. We all started feeling nervous, so you are in good company. The team leader assignments are below:

 Doug Ingram: Districts 1-9: Escambia Santa Rosa, part of Okaloosa, Holmes, Jackson, Walton, part of Bay, Calhoun, Franklin, Gulf, Jefferson, Liberty, Lafayette, Madison, Taylor, Wakulla, Leon, Gadsden

 Kaye Baker: Districts 10-19: Hamilton, Suwannee, part of Alachua, Nassau, Duvall, part of St. Johns, part of Clay, Bradford, Putnam, Union

 Scott Larson: Districts 20-28: Dixie, Gilchrist, part of Alachua, Levy, Marion, Flagler, part of St. Johns, Volusia, part of Seminole

 Scott Wilson: Districts 34-42: Citrus, part of Hernando, Pasco, parts of Osceola, parts of Polk,

 Tanya Dawson: Districts 44-49: part of Orange,

 Camille Tate: Districts 50-56, 81-91: Indian River, St. Lucie, Glades, Highlands, Okeechobee, DeSoto, Hardee, part of Polk, Palm Beach, Martin

 Debbie Ryan: Districts 92-101: Broward, part of Miami-Dade

 Denise Valkema: Districts 107-112: part of Miami-Dade,

 Jorge Hernandez: Districts 113-120: part of Miami-Dade, Monroe

We have many coverage gaps in our House Districts. If you live in an area that is not listed above and would like to get involved in our legislative efforts, please contact Camille Tate, whose information is at the end of this email. We encourage all members to participate in our advocacy work. It takes a concerted effort to bring our priorities to the forefront and your participation helps fuel our work. You do not need to have any special skills or certifications, no degrees or special schooling. Let us leave a legacy for those who come after us!

All members are strongly encouraged to come to our monthly Legislative Committee meetings. We discuss any trends in legislation, bills we are working on and a host of other topics of interest in advocacy work. The Legislative Committee meets on the fourth Thursday of each month, at 8 p.m.

Meeting notices are posted to the Florida email list in advance of each meeting. We will also send out legislative alerts when there is urgent or pressing matters that need our involvement. Our upcoming convention in Tampa, Florida, will have a legislative workshop and we encourage our members to attend. We stand on our advocacy work throughout the National Federation of the Blind.

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

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

# 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. July we had no Chapter Meetings due to our National Federation Convention 2021 being held by a Zoom platform. Some of our members will be traveling to Kansas to be a part of the All-Star Beep Ball event. They will be gone the entire last week of July. However, August is full. Prayers for our Scott Siegel , long time member who is traveling with Tony, his dog guide to Costa Rica for a visit to honor the death of his Father who lived there. We are hopeful that August will be the month we will be back in our old stomping grounds at the police Outreach Center. We will not know for sure until after this is published. Excitement is high. Our final plans for State Convention 2021 will be finalized. Another big event to complete is our White Cane Safety Day annual event! Have a safe and fun summer.

**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). A Special Day for the Daytona Beach Chapter: Saturday June 26, 2021, the Greater Daytona Beach Chapter was treated to a wonderful lunch by the newly opened Conklin-Davis Center. They provided us with a meal of pasta and meatballs, salad, and the best chocolate cake ever! The lunch was prepared by the center’s chef and served by staff and volunteers. Some of our chapter members came early and helped with clean-up in preparation for the July 1st soft opening of the center. The atmosphere was quite festive! After lunch, our regular chapter business meeting was held and we were honored to have some very special guests. Our state affiliate President Denise Valkema and our chapter liaison Rus Davis were there to cheer us on and help us celebrate the reopening. Everyone had a wonderful time and we thank the good folks at the Conklin-Davis Center for hosting us and providing us with such a special day. We are all looking forward with anticipation to the grand opening celebration the center will hold on August 20, 2021.

**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. We are pleased to announce the resumption of in person meetings! We will have hybrid meetings beginning Saturday, August 7th from 10:00 A.M. to noon. Anyone wishing to join us in person is welcome to come to the Independent Living Resource Center, 2709 Art Museum Rd, Jacksonville, FL 32207. If you would still like to join us on Zoom, we will still be in the same place at the same time 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](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. 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. We would like to thank everyone who participated in our fund raiser to support our scholarship programs. Congratulations to Sherri Brun for winning the Echo Show and the Amazon $50 gift card.

**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: [valkemadenise@aol.com](mailto:valkemadenise@aol.com)

***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/Treasurer***

Phone: 850- 322-5937

Email: [24slyfox@gmail.com](mailto:24slyfox@gmail.com)

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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.