BREAKING NEWSLETTER

Issue 36 March/April 2022

# President’s note

**Greetings Federation Family:**

It seems that 2022 is the year we, as blind people, are setting records. Dan Parker, a graduate of our Louisiana Center for the Blind, set a new Guinness World Record for “Fastest Speed for a Car Driven Blindfolded” in New Mexico on April 5, 2022. Achieving a speed of 211.51 mph in his custom-built Corvette, Dan showed the determination and ability of blind people as part of our Blind Driver Challenge. Let us all make our own milestones! We launched our March Membership Madness and hope our chapters have gained a record number of new members; moved our advocacy and legislative priorities forward; and will bring a record number of new members to our upcoming State Convention at the South Bank Hotel in Jacksonville, Florida. We have so many opportunities to stride forward this year! I encourage everyone to participate in Open Convention Planning, Legislation, Leadership Building and all of our other opportunities to build and build and fully commit ourselves to complete and equal integration of blind people. Together we can set our own records and shine!

Growing Together,

Paul M. Martinez, President NFB OF Florida

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Facebook & Twitter @nfbflorida

Find us on twitter and FB @nfbflorida

# How to navigate our newsletter with headings:

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

# What’s in this Newsletter

Contents

[President’s note 1](#_Toc102584427)

[How to navigate our newsletter with headings: 2](#_Toc102584428)

[What’s in this Newsletter 2](#_Toc102584429)

[Birthdays & Celebrations 3](#_Toc102584430)

[Important Calendar Events 3](#_Toc102584431)

[Articles, Announcements and Comments 5](#_Toc102584432)

[Travel the World 10](#_Toc102584433)

[Tips and Tricks 11](#_Toc102584434)

[Laugh it up! 15](#_Toc102584435)

[Florida Spotlight 15](#_Toc102584436)

[Recipe Conner 17](#_Toc102584437)

[Health and Wellness 18](#_Toc102584438)

[Link City 18](#_Toc102584439)

[Photo Gallery 20](#_Toc102584440)

[Chapters 21](#_Toc102584441)

[Divisions 22](#_Toc102584442)

[Groups and Committees: 23](#_Toc102584443)

[NFBF Board of Director’s Information 24](#_Toc102584444)

[Editor: Kay Baker 24](#_Toc102584445)

# Birthdays & Celebrations

**The NFBF would like to celebrate:**

***Birthdays:***

*March:*

*Camille Tate - Melbourne Space Coast*

*Denise Woodard – Melbourne Space Coast*

***April:***

*Miranda Kilby – Tampa Bay*

*Paul Lewis – State-Wide*

*Angela Pang – Miami*

***Anniversaries:***

*Jeff and Lisa Davis – Tallahassee*

***Congratulations*** *also goes out to Sylvia Young, who welcomed a brand brand-new grandson, Deion Lincoln Phillips into the world March 3rd at 8lbs 9ozs and 21 inches.*

# Important Calendar Events

**NFBF Monthly Calendar Meetings**

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

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

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

First Tuesday: No events

**First Wednesday: Diversity and Inclusion**

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

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

https://zoom.us/j/99374511935

Meeting ID is: 993 7451 1935

**First Saturday: Jacksonville Chapter**

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

Meeting ID: 985 147 3331

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

https://zoom.us/j/98005679812

Meeting ID: 980 0567 9812

One tap mobile

+16468769923,,98005679812# US (New York)

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

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

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

One tap mobile

+16468769923,,93835426045# US (New York)

+13017158592,,93835426045# US (Washington DC)

Second Wednesday: No events

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

https://zoom.us/j/94434710090

Meeting ID: 944 3471 0090

One tap mobile

+13126266799,,94434710090# US (Chicago)

+16468769923,,94434710090# US (New York)

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

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

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

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

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

**Gainesville Chapter**, 2 p.m. Join via Free conference call, (857) 357-0254

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

https://zoom.us/j/98765742578

Meeting ID: 987 6574 2578

One tap mobile

+13126266799,,98765742578# US (Chicago)

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

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

https://zoom.us/j/95074337811

Meeting ID: 950 7433 7811

One tap Mobile: 6468769923,,,95074337811#

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

https://zoom.us/j/91398845944

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

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

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

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

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

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

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

**Fourth Tuesday: Book Club,** 8 p.m.

https://zoom.us/j/94787313485

Meeting ID: 947 8731 3485

One tap mobile

+13126266799,,94787313485# US (Chicago)

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

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

https://zoom.us/j/94416346364

Meeting ID: 944 1634 6364

One tap mobile

+13126266799,,94416346364# US (Chicago)

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

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

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

# Articles, Announcements and Comments

NEWSWORTHY

The National Federation of the Blind of Florida congratulates Z’Leah Liburd on her recent Social Media Spotlight. Z’leah will be graduating soon with her Associates in Arts and Human Services in Counseling from the Honors program at Hillsborough Community College. As part of her special day, she was selected for a spotlight on Facebook, Twitter, Instagram, and LinkedIn. Here is what the college has to say.

Next week we'll be celebrating our first in-person commencement ceremony in over three years. Leading up to the event we'll be highlighting some of our graduates from the class of 2022!

First is Z'Leah Liburd, who graduates from the HCC Honors Program with her AS degree in counseling and human services. Congratulations and welcome to the alumni family Z'Leah! #HCCgrad

**The Treasure Coast Chapter** of the National Federation of the Blind of Florida recently had their elections. Congratulations go out to the following officers:

President, Nicole D Fincham-Sheehan

Vice president, Rosemary Brunson

Secretary, Jessica Chite

Treasure, Joe Chite

Board position one, James Shehan

Board position to, Daphne Heasty

They are looking forward to an awesome and amazing year serving the members in our community, our state and national affiliate.

Sherrill O’Brien, The Secretary of the Tampa chapter submits the following great update:

**Greetings from Tampa.**

The chapter held a very important and productive meeting at the end of February. We approved a new chapter constitution. The biggest change is that we will now hold staggered elections, bringing us in line with our NFBF state Constitution.

We then held elections, and the following were elected to our Board:

Miranda Kilby, President

Gloria Mills Hicks, Vice President

Sherrill O’Brien, Secretary

Dan Hicks, Treasurer

Yvonne Rosanelli, Board Position 1

Barbara Gaw, Board Position 2

Sewar Qumebi, Board Position 3

Special congrats to Sewar Qumebi, as this is her first time being elected to our chapter Board. Then at our March meeting, we were thrilled to learn that Sewar has just been accepted to the University of South Florida. Way to go, Sewar, who is also on the NFBF Students Division Board, along with our chapter member Z’Leah Libord. We’re very proud of our newer members and know the NFB of Florida will be in good hands with these capable and enthusiastic leaders.

We hold our meetings on the fourth Saturday of the month from 12:00 till 2:00, at Beef O ‘Brady’s at 8810 North Himes Avenue. We like to arrive at 11:30 to socialize. So, if you happen to be in Tampa at that time, we’d love for you to come to one of our meetings. We’re a friendly bunch, and I know you’d enjoy it. It’s especially fun when Miranda and Paul bring their cute little daughter Bella. She truly lights up the room!

**Britany Fraer sends us the following:**

Did you know?

On June 11, 1928, Morris Frank, who was blind, and his German shepherd guide dog Buddy were on the front page of the newspapers when they safely crossed a dangerous street in New York City in front of reporters. Frank and Dorothy Harrison Eustis, who bred and trained Buddy, went on to start the first guide dog school in the United States. The name of that school was called The Seeing eye inc. The first campus was located in the state of Tennessee, and it was soon to be moved to Morristown New Jersey.

Now for a treat that your guide dog or your pet can eat.

Frozen apple bites

Ingredients You Need

2 Apples

1 Cup Greek Nonfat Plain Yogurt

Water

1. Slice 2 apples into small pieces but remove the seeds and the core.

2. put apples, yogurt, and water into blender

3. Blend until it is well combined

4. put into ice cube trays and freeze for at least 3 hours

enjoy!

Please join The Florida association of guide dog users for our upcoming meeting which will be held May 18 at 8:00 pm eastern. More information will be in the list serve!

Thank you to all of the chapters and Divisions who sent in updates. We all love to read about how the great members of our family are doing.

If you have something to submit from your part of the state, just send it in to newsletter@nfbflorida.org" newsletter@nfbflorida.org, and we will get it in to the next issue.

Call for Resolutions

*From the desk of Camille Tate*

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

Camille Tate, Chair, Melbourne

Jorge Hernandez, Miami

Doug Ingram, Tallahassee

Donald Christie, Tallahassee

Kaye Baker, Jacksonville

Scott Larson, Daytona

Tashara Cooper, Central Florida

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

**Resolutions are one of the cornerstones of our Federation.**

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

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

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

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

The following article was posted on our Leaders list, and I thought it worth sharing. If anyone can benefit from this grant, don’t hesitate to apply.

**Assistive Technology Fund**

The Association of Blind Citizens operates the Assistive Technology Fund. The Assistive Technology Fund (ATF) will provide funds to cover 50% of the retail price of adaptive devices or software. The ABC board of directors believes that this program will allow blind and visually impaired individuals access to technology products that will have a significant impact on improving employment opportunities, increase the level of independence and enhance their overall quality of life.

The products covered by this program must retail for a minimum of $200 with a maximum retail price of $6,000. Persons eligible to apply for assistance must have a family income of less than $50,000 and cash assets of less than $20,000. Applications will be reviewed by the Assistive Technology Committee (ATC) and recommendations will be submitted for board approval. If applicants are selected to receive a technology grant, applicants will be asked to provide documents such as tax returns, bank statements and any other documents that the ABC board or its designee would deem necessary to assess financial need for the grant.

Applicants must be legally blind and a resident of the United States to qualify for this program. Applications must be submitted by June 30th and December 31st for each grant period (two per year). Applicants will be notified if their request for a grant is approved. Applicants may submit one request per calendar year. All applications must be submitted via e-mail. You will be notified by ABC within 45 days after the application deadline. The grantee will have 30 days after notification to purchase the product. If the purchase cannot be made within 30 days ABC reserves the right to withdraw the award and assign it to another applicant. All decisions are final.

***Important:*** Requests must be received via email only, by June 30th or December 31st. Please do not use attachments when submitting your request. To apply click on the link below:

You may fill out the request form below by pasting it into your word processor and emailing it to: atf@blindcitizens.org.

Assistive Technology Fund (blindcitizens.org)

The Most **Fully Accessible Amusement Park** In The U.S. To Be Built in Missouri - Travel Awaits Developers hope to break ground in 2023 on an amusement park outside St. Louis that they are calling the most innovative and fully accessible park in the world.

Spirit of Discovery Park will be located in Wentzville, Missouri, about 40 minutes west of St. Louis. It will join Morgana’s Wonderland in San Antonio, Texas, as the only ultra-accessible amusement park in the world.

When we came up with a vision, it was joy for everybody. And our mission is to build this amusement park for all abilities, co-founder Jamie Vann told KMOV.

Developers are targeting a 2025 opening for a park specifically designed for everybody, including those with physical and mental disabilities.

Many of us have fond memories of visiting theme parks as children, but not everyone can be so lucky, said developers on the park’s website. There are children and parents all across our world that have challenges that prevent them from enjoying theme parks and activities of many kinds. The park will be targeted to those with Downs syndrome, autism, PTSD, or anyone battling a life-threatening illness, as well as the hearing, visually, mentally, and physically impaired.

Everyone at the park is going to have something that they can do and that they want to do, and all the needs of all of our communities will be taken care of, but we are focused on those with special needs, Vann told Fox2Now. They deserve it, they need it, our community needs it. The 60-acre park will feature rides, a playground, greenhouse, dog park, splash pads, arcade, and more.

We always think about wheelchairs when we think about special needs, said architect Rick Hill, who is helping design the park. We’re talking about hospital beds. We’re talking about all disabilities, whether it’s autism, whether it’s epilepsy, we’re looking at all the different ones and trying to accommodate them here. As an example, the greenhouse will feature elevated gardens to allow those in wheelchairs to pick pumpkins and other vegetables right off the vine.

It's also about the grandparent who is in a wheelchair and has oxygen, Vann said. It’s about the parents who served in our military and came home that isn’t whole and wants to do something with their child. Vann said the idea for the park has been floating around for about a decade, after a friend with three children, including one with Downs syndrome, said they wouldn’t be going to Disney World. That sparked the thought in her mind that families with disabled loved ones deserve the same opportunity for fun.

Developers expect the cost of building the park to be about $100 million, and they are seeking donations to aid the effort. Once open, they don’t plan on charging anyone with a disability to enter the park, and only a nominal fee for those accompanying them.

Developers plan to raise funds through grants, fundraisers, and community outreach. They will appeal to corporations and philanthropists by delivering the message that everyone deserves a special place.

Local officials are thrilled with the idea, with Wentzville Mayor Nick Guccione calling it an incredible opportunity for the community. I think we’ll have people come from all over the world, he said. Wentzville will be a destination.

# Travel the World

Thanks to Sherri for locating this article and sending it out. Although it originally posted on our Email list, I thought it worth repeating here.

NFB-NEWSLINE: A Must-Have Travel Accessory

Traveling can be more entertaining when NFB-NEWSLINE comes along. Whether you're planning a business trip, family vacation, or a staycation for one, be ready for adventure with these tips:

Emergency weather alerts and seven-day forecasts localized to GPS location on the NFB-NEWSLINE mobile app.

Access local newspapers on your iPhone mobile app for upcoming events and learn what's happening in the area.

In Conde Nast Traveler, get travel reviews, guides, and read about your next cruise in "The Gold List."

Feeling like you would rather travel with your favorite four-legged friend? Read Dogster and have some "Fun with Fido: Get Away on a Canine Caribbean Adventure."

Escape Your Surroundings and Take a Staycation

Download the current and previous issue of Discovery magazine on your Victor Reader Stream to spark everyday curiosity of the world around us.

Block out the sound of all of life's distractions with a review of noise-canceling earbuds in PC magazine.

In the January issue of National Geographic Kids, you can take a trip with the whole family to learn how rabbits uncover ancient treasures in "Amazing Animals."

Forbes will help you find "The Best Wellness Getaways in North America for Valentine's Day and Beyond."

If you have an idea for an upcoming article in this section, send it to newsletter@nfbflorida.org.

# Tips and Tricks

***Submitted by Kaye Baker***

I came across this article recently while reading a magazine called “The Blind Perspective,” and thought I would share it here. If you have never used the files app on your iPhone, give it a try.

Files:

iOS and iPadOS use the Files App to organize and share your files. Each of your Apps has a corresponding folder in the Files App. You can specify where data files are stored for each App. The native Apple iOS Files App allows you to organize the files you create. You can also search for documents, transfer files to an external drive, upload to an online storage provider, or share Files and Folders, directly from iCloud Drive from the Files app.

The Files app is the central repository for all of the files services with apps on your iPhone and iPad, like iCloud, Google Drive, Dropbox, and many more. It lets you open documents, photos, videos, and audio from any compatible app from a single point on your device. It is possible to access files stored on a USB drive, SD card, SSD, hard drive, or SMB file server and there is a downloads folder in Files where you can manage all your web downloads and attachments from Safari and Mail. Apple also added a Column View to the Files app that lets you see details for your files as you browse.

You can now access files downloaded onto your iPhone or iPad through Safari, connect to external drives and network drives, compress and uncompress ZIP files, and search for files across your various locations.

Local storage is available so you can create folders on the local drive on your iOS device, and zipping and unzipping files is supported. New keyboard shortcuts let you do more from an attached keyboard and there’s a built-in document scanning feature that takes advantage of the camera. You can share full iCloud Drive folders with people from the Files app. View and manage your files from any iPhone, iPad, or iPod touch. The Files app makes it simple to find what you’re looking for, no matter where you saved it or what device you’re currently using.

The Files app brings all of your files together. Easily browse, search, and organize all your files in one place. Not just the ones on the device you’re using, but also those in apps, in iCloud Drive, and across other cloud services.

To access your files, open the Files app and choose the location of the file that you want to locate.

Dropbox Location: to use Dropbox with the Files app, make sure you have Dropbox installed on your device and that you are signed in to your Dropbox account. Open the Files app. At the bottom of the screen are two tabs – Recents and Browse. Double-tap Browse. Double-tap Locations on the upper left-hand corner of the screen. If you cannot find that button, you may be inside of a folder and may need to go back a few folders first. Once you double-tap on Locations, make sure it is expanded, or on an iPhone it will actually take you to the list of locations. Locate and double-tap Dropbox in the list of available locations. If you do not find it, double-tap More, then double-tap Edit. You may need to go into this edit mode to select Dropbox as an available location. Once you do that, you should see it in the main list of locations from then on. Now you can select Dropbox.

More about the Files App: The Files app includes files on the device you’re using, as well as those in other cloud services and apps, and iCloud Drive. You can also work with zip files.

To access your files, just open the Files app and choose the location of the file you’re looking for. Save a copy of your file locally You can find locally stored files in On My [device], under Locations. On your iPad, simply drag files into the On My iPad folder to store them directly on your device. If you want to save a file locally on your iPhone or iPod touch, follow these steps.

• Go to the file that you want to store on your device.

• Tap Select, the file name, then organize.

• Under on My [Device], choose a folder or tap New Folder

• Tap Copy.

You can also long press on a file, choose Move, and select which folder you want to copy it to.

Look for files on your Mac or PC.

On your Mac, choose Go, iCloud Drive from the menu bar, or click iCloud Drive in the sidebar of a Finder window.

On iCloud.com, go to the iCloud Drive app.

On your PC with iCloud for Windows, open File Explorer, then click iCloud Drive.

Password protected zip folders or directories are not supported in the Files app.

Organize your files

It’s easy to organize all of the files stored in iCloud Drive — including Pages, Numbers, and Keynote documents. When you make changes on one device, your edits are automatically updated on every device using iCloud Drive.

You can make your own folders. Or rename the files and folders you already have when you press firmly on them.

Create new folders

Go to Locations.

Tap iCloud Drive, On My [device], or the name of a third-party cloud service where you want to keep your new folder.

Swipe down on the screen.

Tap More.

New Folder.

Enter the name of your new folder. Then tap Done.

Delete files

Select the files that you don’t want anymore and tap Delete.

If you delete files from the iCloud Drive folder on one device, they delete on your other devices too. iCloud Drive removes the files from every device that you’re signed in to with the same Apple ID.

When you delete a file from iCloud Drive or On My [device], it goes into your Recently Deleted folder. If you change your mind or accidentally delete a file, you have 30 days to get it back. Go to Locations, Recently Deleted. Select the file that you want to keep and tap Recover. After 30 days, your files are removed from Recently Deleted.

You can also sign into iCloud.com from your Mac or PC, then go to iCloud Drive and check Recently Deleted.

Share folders and files with your friends or colleagues

Want to share with a friend or colleague? You can share any folder or file stored in iCloud Drive directly from the Files app. In iCloud Drive, tap Select, choose the file or folder that you want to share, tap Share, and select Add People. You can share a folder or file through AirDrop, Messages, Mail, and more. Learn more about how folder sharing and file sharing work in iCloud Drive. Or maybe you want to collaborate on a project in real time. The Files app lets you do that too with your Pages, Numbers, and Keynote documents. Select the file and tap Share or, Add People.

You can invite them to collaborate through Messages, Mail, or copy and paste a link. Your participants are color-coded. And you can see when they’re online, actively working on your shared document.

Use third-party apps in Files.

The Files app lets you add your third-party cloud services — like Box, Dropbox, OneDrive, Adobe Creative Cloud, Google Drive, and more — so that you can access all of your files on all of your devices. The files you keep in iCloud Drive automatically appear in the Files app, but you need to set up your other cloud services to access them in the Files app too.

Download and set up the third-party cloud app.

Open the Files app.

Tap the Browse tab.

Tap More.

Turn on the third-party apps that you want to use in the Files app.

Tap Done.

If you don’t see one of your third-party cloud services in the Files app, check with your cloud provider.

Move third-party cloud files

Open the file that you want to move.

Tap Share / Copy.

Open the folder where you want to move your file.

Firmly press the screen.

Tap Paste.

File Transfer between Apple devices:

You can transfer files between your iPhone and Mac in a number of ways.

AirDrop allows for the wireless transfer of files between an iPhone and Mac, not needing an internet connection.

iCloud Drive is another alternative Apple provides, but it needs to be set up first on both devices.

AirDrop is an effective way to quickly share files between an iPhone and Mac. Once you’ve enabled AirDrop on your Apple devices, you can share files with a few clicks or taps.

File Transfer, From an iPhone to Mac:

1. Open the file you wish to share and tap the share icon, the square icon with an arrow pointing up.

2. Tap on either the Mac icon if you see it or tap the AirDrop icon and select your Mac from the subsequent menu. The file should then transfer.

File Transfer, From a Mac to an iPhone:

1. Right click the document that you wish to share.

2. In the menu that appears, hover over Share and click on AirDrop.

File Transfer, Using iCloud Drive:

Using iCloud Drive:

File Transfer, From an iPhone to Mac:

1. Open the file you wish to share and tap the share icon, the square icon with an arrow pointing up.

2. Scroll down and tap on Save to Files.

3. In the new menu that appears, select iCloud Drive.

File Transfer, using email:

Email is an old standby for transferring files between devices.

File Transfer, From iPhone to Mac:

1. Open the file you wish to share and tap the share icon, the square icon with an arrow pointing up.

2. Select either the default iOS email app (Mail) or the email app of your choice and fill out the particulars to send it to yourself.

3. On your Mac, open your email application and view that email message you just sent to yourself with the file(s) attached.

File Transfer, From Mac to iPhone:

1. Open your email application, create a new email and attach the file, then send that email to yourself.

2. On your iPhone, open your preferred email app and view that email message. You now have the option to view the attachments and save them.

# Laugh it up!

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

Why did the bullet end up losing his job?

He got fired.

2. I entered ten puns in a contest to see which would win.

No pun in ten did.

3. How do you measure a snake?

In inches—they don’t have feet.

4. Where does a waitress with only one leg work?

IHOP.

5. What does a house wear?

Address!

6. Why are toilets always so good at poker?

They always get a flush

7. Why is Peter Pan always flying?

Because he Neverlands. (I love this joke because it never grows old.)

# Florida Spotlight

Member Spotlight – Tashara Cooper

In this issue, our spotlight will shine brightly on Central Florida’s own **Tashara Cooper**. Tashara is a student, a mom, and an upcoming presenter at our 2022 State Convention in Jacksonville. Here is what she has to say.

Tashara Cooper is a native Floridian, who has resided in the Central Florida area for over a decade. She has always been drawn to supporting others, life- long learning and embracing the path before her – which often times is one less traveled by. Since childhood, she took to education. From the early years of crating curriculum for her young niece and two nephews to standing before a classroom of young learners as a student teacher. She always knew that education was her passion but discovered early on during substitute teaching that she desired to do so beyond the constraints of an educational classroom. However, that experience taught her how to extend her creativity, embrace her visual challenges, and find ways to accommodate for her vision loss, despite not always receiving the support she needed. For example, she was forced to sit through her Florida Teacher Certification Exam, back in the early 2000’s, without the aid of assistive software. She used a hand-held magnifier to complete the task. Although it was visually straining, she passed the exam at first take. When she heard the words, “You Passed” as she exited the testing room, she knew then such challenges, and those she would likely face in the future were to be embraced not despised.

Diagnosed with Stargardt’s Disease in her early twenties, Tashara is the only person in her family with a visual impairment. The early years of diagnosis were difficult, and motherhood was a major turning point. Despite lack of dependability and stability form others, Tashara was determined to ensure that pity for herself would not overshadow here responsibilities as a mother. To her, it was not important who was there or who was not there. It was important to her to always be present in her child, and later children when she welcomed a second boy. And in being present, it was vital that they experienced a mother, despite having a visual disability, moved forward. In the words of Denzel Washington, “Fail Forward”. That she did.

She does not claim to be a perfect person, as she has had many falls and failures, but she stands with boldness in her willingness and determination to always be a better version of herself. If you asked her she would say “My only competition is myself”. Meaning, comparing herself to others is counterproductive as each person has gifts and talents, we were each designed to thrive in within various environments which may look different than the person standing next to you. She thrives in the celebration of others, never in the comparison or competition. It is one reason she mentors young women pursuing careers in S.T.E.M. How did she get there being she started in education? Well, when she moved to Central Florida it was to participate in a summer internship program termed the Workforce Recruitment Program. She completed two summers interning with the Department of Navy, she was offered a full-time position after completing a previously offered and completed six-month temporary position within the research psychologist division.

It was there she learned how researchers took what they know about how people learn, how people interact with technology, and how not just the hard sciences but social sciences informed military training. As research papers, presentations, and reports passed her desk as the technical editor for the division, she was inspired. She decided to further her education at the University of Central Florida by obtaining her Bachelor of Science degree in Applied Psychology, Graduate Certificate in the Cognitive Sciences, Master’s Degree in Instructional Design and Technology, and now pursuing a master’s degree in Modeling and Simulation with plans to pursue a doctoral degree. Essentially, she stumbled into S.T.E.M. from the human-centered perspective. In other words, she does not write the code or build the system but provides subject matter expertise on how to integrate into the training system, training tool, training technology, or interactive courseware the critical requirements needed to ensure the human using it or learning from it does learn, can operate it, or can properly interact with it without negatively impacting operational performance. It is all about the element between the chair and the keyboard. And at this year’s state convention in Jacksonville, she wants to share with others the new face of S.T.E.M.

# Recipe Conner

Now that we are beginning to open things up a bit, and the time has come to visit with family and friends, here is a yummy recipe that would be great to take to a gathering.

**Chicken Tortilla Bake**

TOTAL TIME: Prep: 20 min. Bake: 30 min.YIELD: 8 servings.

Mother frequently made this comforting chicken tortilla casserole when I was growing up. Our family would scrape the pan clean. Chicken, cheese and zippy green chiles are a mouthwatering mix. Jerri Moror, Rio Rancho, New Mexico

Ingredients

3 cups shredded cooked chicken

2 cans (4 ounces each) chopped green chiles

1 cup chicken broth

1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted

1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted

1 small onion, finely chopped

12 corn tortillas, warmed

2 cups shredded cheddar cheese

Sour cream and green onions, optional

Directions

1. In a large bowl, combine the chicken, chiles, broth, soups and onion; set aside. Layer half of the tortillas in a greased 13x9-in. baking dish, cutting to fit pan if desired. Top with half of the chicken mixture and half of the cheese. Repeat layers.

2. Bake, uncovered, at 350° for 30 minutes or until heated through.

Here is another yummy treat from Taste of Home.

Tender Cinnamon Nut Loaf from Taste of Home

TOTAL TIME: Prep: 20 min. Bake: 30 min. + cooling Yield: 8-10 servings.

"This tender bread is delicious along and even better spread with cream cheese or butter," writes Debbie Purdue from her Freeland, Michigan kitchen. "It tastes like you spent a lot of time fussing , but it's made with convenient refrigerated biscuits."

Ingredients

1/3 cup finely chopped pecans or walnuts

1/4 cup sugar

3 tablespoons butter, melted

2 teaspoons ground cinnamon

2 tubes (7-1/2 ounces each) refrigerated buttermilk biscuits

1/2 cup confectioners' sugar

1 tablespoon 2% milk

Directions

1. In a small bowl, combine the nuts, sugar, butter and cinnamon. Separate biscuits; flatten slightly. Place about 1/2 teaspoon of nut mixture on one side of each biscuit; fold other side over filling. Press edges with a fork to seal. Forming five rows, arrange biscuits folded side down in a greased 8x4-in. loaf pan. Spoon remaining nut mixture over top.

2. Bake at 350° for 25-30 minutes or until golden brown. Cool for 10 minutes before removing from pan to a wire rack. Meanwhile, in a small bowl, combine confectioners' sugar and milk, drizzle over warm bread. Cut into slices or pull apart.

I would love to know if any of our readers try the recipes that have been submitted. If you have tried one or two, drop us a line and let us know how it turned out. If you modified the recipe to make it even better, and it was a huge hit with your family or friends, let us know that too.

Happy cooking, and most importantly, happy eating!

# Health and Wellness

If you have an article you would like to submit for this section, or a suggestion for something you would like to see covered, send it to newsletter@nfbflorida.org and I will make every effort to include in an upcoming issue.

For now, have a safe and healthy spring.

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# Link City

Here are some important links that may be of interest.

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

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

**Braille Monitor**: May 2022 [https://nfb.org//images/nfb/publications/bm/bm22/bm2205/bm2205tc.htm](https://nfb.org/images/nfb/publications/bm/bm22/bm2205/bm2205tc.htm%20)

**Presidential Release:** April 2, 2022 - #513 <https://nfb.org/sites/nfb.org/files/2022-04/april_2022_live_release_short_final.mp3>

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

**Inspiration Conner**

***Submitted by Sylvia Young***

A bottle of water at Costco is $0.25.

The same bottle in the supermarket is worth about $0.50.

The same bottle in a bar costs $2.

In a good restaurant or hotelhotel, it can be worth up to $3.

At an airport or on the plane, you may be charged $5.

The bottle and the brand is the same, the only thing that changes is the place. Each place gives a different value to the same product.

When you feel like you are worth nothing and everyone around you belittles you, change places, do not stay there.

Have the courage to change places and go to a place where you are given the value you deserve. Surround yourself with people who really appreciate your worth.

Don't settle for less. UNKNOWN💕

**Legislative Updates**

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

There were no legislative updates for this issue. Be sure to check our email lists often as we post any announcements and important updates as soon as we receive them.

The Legislative Committee normally meets on the fourth Thursday of each month at 8 p.m. Meeting notices are sent to our email lists with date, time and Zoom access information. We plan to offer additional training opportunities throughout the coming year.

Legislative Committee Co-Chairs

Russ Davis

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

904 993 8433

Camille Tate

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

321 372 4899

# Photo Gallery

**Picture of the Conklin Davis Center Opening with Kathy David, Ronee David and Robert Doyle in Daytona Beach, Florida**

A picture containing person

Description automatically generated

# Chapters

**Greater Broward Chapter:** Jake McEntyre, President, Phone: 954-946-4148, Email: jmac1920@yahoo.com. Meetings are held the 2nd Saturday of each month at the Westfield Broward Mall located at 8000W. Broward Blvd. Plantation, Florida 33312 from 10:30 a.m. until 12:30 p.m. meetings take place inside the Plantation Police Outreach Center, just inside the north entrance to the mall.

**Central Florida Chapter:** Marilyn Baldwin, President, 407-293-0565 Home and 407-810-0554 Cell. Meetings are held the third Saturday of each month from 11 A.M. to 1 PM at Lighthouse Central Florida, 215 East New Hampshire Street Orlando, Florida 32804. Please like us on Facebook at: https://www.facebook.com/groups/410985858949160.

**Greater Daytona Beach Chapter:** Brian Norton, President, Phone: 386-871-3359 Email: brian.edward.norton@outlook.com. Meetings are held the fourth Saturday of the month from 1:00 till 3:00pm at Houligans Speedway restaurant, 1725 International Speedway Blvd. Daytona Beach, Florida. You can also attend our meetings on Zoom with the following link: <https://us02web.zoom.us/j/9357099741?pwd=YVhxTVg0Nm1KQytCQ0xJM1JvZDhYUT09> Meeting ID: 935 709 9741 Passcode: 8888 Follow Us on Facebook: www.facebook.com/nfbdaytona.

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

**Greater Jacksonville Chapter:** Kaye Baker, President, phone: (904) 580-6819, Email: nfbjax@gmail.com. Meetings are held the first Saturday of each month. For now we are still meeting on Zoom with meeting ID 9851473331. The Greater Jacksonville Chapter welcomes anyone wishing to attend.

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

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

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

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

**Tallahassee Chapter:** Donald Christie, President; Phone: 850-727-6794 Email: doctime59@comcast.net. We meet the first Monday of each month from 6:30-8:00 p.m., at the Lighthouse of the Big Bend located at 3071 Highland Oaks Terrace, Tallahassee, FL 32301. We are meeting in person, but you can also call in via telephone conference at 605-313-4802 access code 790189

**Tampa Chapter:** Miranda Kilby, President; Phone: 352-942-0417; Email: NFBF.Tampa@gmail.com. Join us on the fourth Saturday of each month at our Zoom Meeting https://zoom.us/j/98776627448 Meeting ID: 987 7662 7448Tampa Bay Chapter.

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

# Divisions

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

**Florida Association of Guide Dog Users (FLAGDU**): Britany Fraer, President; Phone: 804-274-8908, Email: flagdu@nfbflorida.org

**Florida Organization of Parents of Blind Children (FOPBC):** Cherice Togun, President; 407-257-7637; chericeflemingtogun@hotmail.com. Contact the President for meeting date and time.

# Groups and Committees:

**Blind Parents Connect** - NFB of Florida: Miranda Kilby – coordinator. Phone: 352- 942-0417; Email: mbkilby@gmail.com. If anyone has any questions or concerns, please feel free to contact me.

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

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

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

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

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

Marilyn Baldwin Chair, Peggy Fleischer co-chair.

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

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

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

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

**NFBF Book Club:** The book club meets the fourth Tuesday of each month at 8 p.m. via Zoom. Join us by visiting https://zoom.us/j/92344776358

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

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

**Senior Concerns Committee:** Gloria Mills-Hicks, Chairman; Phone: 813-340-9754; Email: Glorianfb@irescuetax.com. Meetings are held the First Thursday of each month at 8pm via Zoom https://zoom.us/j/99374511935

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

# NFBF Board of Director’s Information

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

***Paul Martinez - President***

Phone: 813-390-5720

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

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

Phone: 305-877-2311

Email: jeh6@bellsouth.net

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

Phone: 321-372-4899

Email: ctate2076@att.net

***Kaye Baker - Secretary***

Phone: 904-832-2884

Email: kaye.j.zimpher@gmail.com

***Sylvia Young - Treasurer***

Phone: 850- 322-5937

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**Board Members:**

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# Editor: Kay Baker

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