BREAKING NEWSLETTER

Issue 21 September/October 2019

# President’s note

Greetings Federation Family,

Many of our chapters are holding white cane safety events and other events during Meet the Blind Month. Some are advertised on www.nfb.org, our Facebook page, and twitter. We appreciate all the planning and participation by everyone!

Together we are building the federation!

Let’s go build the Federation this fall.

Denise Valkema, President NFB OF Florida

president@nfbflorida.org

Facebook & Twitter @nfbflorida

Find us on twitter and FB @nfbflorida

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

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

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# Birthdays & Celebrations

**The NFBF would like to celebrate:**

**Birthdays:**

**September:**

*Blanche Butts – Treasure Coast*

*Carol Coker – Treasure Coast*

*Marion Debusk – Gainesville*

*Judy Hamilton – Gainesville*

*Gloria Mills Hicks – Tampa Bay*

*Christine VanGelderen – Treasure Coast*

**October:**

*Monique Bowden – Tallahassee*

*David Roskos – Gainesville*

*Fran Roth – Treasure Coast*

**Anniversaries:**

*Jerry and Ruth Heichelbeck - Central Florida; CONGRATULATIONS ON 46 years OF MARITAL BLISS!!*

# Calendar of Meetings and Events

**Groups, Divisions, and Committees for October 2019**

October 3rd - Seniors Concerns Committee at 8 pm Phone: 712-7757031 Code: 488550 1 touch mobile: 712-775-7031,488550

October 8th - Deaf Blind Division meeting at 7 pm; Phone: 605-313-5111 Code: 305480, Touch mobile: 605-313-5111,305480

**The conference calls below operate on the same number: 712.775.7031, Code 938047311# 1 touch mobile: 712-775-7031,938047311#**

October 2nd - Diversity and Inclusion meeting at 8:30 pm

October 8th - Blind Parents Initiative at 9 pm

October 14th l- Diabetes Awareness at 7 pm

October 15th - Legislative committee at 8pm

October 21th - Communities of Faith at 8:30 pm

October 24th - NFBF Book Club at 8pm

October 28th - October 28 Technology Q and A at 8pm

**National Important Dates:**

October 2019: Meet the Blind Month

October 15, 2019: White Cane Awareness Day

February 10, 2020: Washington Seminar and Great Gathering-In, Washington, DC

March 26–27, 2020: Jacobus tenBroek Disability Law Symposium, Baltimore, MD

#

# Article, Announcements and Comments

**Blind and Beyond Radio Show**

Our own Sherri Brun was the Guest co-host of Blind and Beyond Radio Show Sunday September 22nd. Join me in congratulating her on a job well done.

**New Life**

Miranda and Paul are happy to share with our NFB Family that they are expecting! September 20th, they found out that they are having s beautiful baby girl! And we thank all those who have wished us well and for this to be a beautiful journey! Congratulations to the this very excited couple.

**Windows Keyboard Power User Guide**

It is a book that will help you to become a more competent user of windows 10, JAWS and Word. It is available for as little as $15 in either Word or MP3 versions. You can read about the book, read the Table of Contents, or purchase it at https://techforblind.us

**Alexa, what am I holding?**

Amazon’s Echo can now help describe grocery items to the visually impaired. Amazon.com’s virtual assistant just got more intelligent after the company revealed Monday<https://blog.aboutamazon.com/devices/alexa-what-am-i-holding> that the visually impaired can now ask it what they are holding.

The new feature, called “Show and Tell,” enables customers who are blind or people with low vision to hold an item in front of first- and second-generation Echo Show devices and ask, “Alexa, what am I holding?” or “Alexa, what’s in my hand?” The object will then be identified using Amazon’s machine learning technology.

That could be especially helpful for grocery items such as tins and boxes that might be hard to identify properly. As Amazon demonstrated in a video, a blind person asked Alexa what she’s holding and Alexa replied, “It looks like tea.”

“The whole idea for Show and Tell came about from feedback from blind and low vision customers,” said Sarah Caplener, who leads Amazon’s Alexa for Everyone team. “We heard that product identification can be a challenge and something customers wanted Alexa’s help with. Whether a customer is sorting through a bag of groceries or trying to determine what item was left out on the counter, we want to make those moments simpler by helping identify these items and giving customers the information, they need in that moment.”

Partnering with California-based Vista Center for the Blind and Visually Impaired, Amazon worked with visually impaired people to understand the problems they have at home and how Alexa could help.

One volunteer who is completely blind called the technology “revolutionary,”

saying with such devices acting as his eyes, he is much more independent. He said he likes to cook, but without the help of a personal assistant, it’s impossible to know what spice he is holding. In another example, Alexa identifies for him a box of macaroni and cheese.

“It’s essential to work with our customers, not just for them, to create something that’s truly helpful,” said Caplener.

**Blind Retired Federal Employee Sues over Access to Health Benefits Information**

**National Federation of the Blind Also Party to Lawsuit Against US and Blue Cross Blue Shield**

Chicago (September 19, 2019): Jamal Mazrui, a blind retired federal employee now living in the Seattle area, has filed a lawsuit against the federal Office of Personnel Management (OPM) and one of its major health insurance contractors, the Chicago-based Blue Cross and Blue Shield Association (BCBSA), because he cannot access or interact with information about his federal health benefits on fepblue.org, the website maintained by BCBSA for its federal employee program. The National Federation of the Blind, the oldest and largest nationwide organization of blind Americans, which has a division consisting of blind federal employees, is also a plaintiff. The plaintiffs are represented by Equip for Equality, the Protection and Advocacy System for people with disabilities for the state of Illinois, and the Baltimore law firm of Brown Goldstein & Levy, LLP.

The lawsuit, filed in federal court in the northern district of Illinois, alleges violations of the Patient Protection and Affordable Care Act, the Americans with Disabilities Act of 1990, the Rehabilitation Act of 1973 (particularly Section 508, which requires equal access to websites and other electronic information), and the Washington (State) Law Against Discrimination.

Blind people access websites using screen reading technology that renders their content as spoken words or as Braille on a device called a refreshable Braille display. When websites are not properly coded, this technology cannot interpret their content. Mr. Mazrui was unable to access explanations of benefits and other documents or to make choices online about health benefits for himself and his family.

As of the end of Fiscal Year 2015, nearly 10 percent of federal employees were identified as having disabilities, with over 1 percent being individuals with targeted disabilities such as blindness or low vision. Additionally, over 10 percent of new hires were individuals with disabilities, approximately 1.3 percent of whom were individuals with targeted disabilities. BCBSA’s federal employee program (FEP) is the most popular health benefit option available, covering approximately 5.3 million employees, former employees, retirees, family members, and former spouses. The OPM is responsible for, among other things, choosing and supervising benefit contractors like BCBS. Both BCBS and OPM are aware of the accessibility issues with fepblue.org but have done nothing to resolve them.

“Online access to health benefit documents, forms, and records can allow blind people equal access to information that was once available only as print on paper,” said Mark Riccobono, President of the National Federation of the Blind. “But the information must be accessible with the technology that we use to access the Internet and other digital information. Federal agencies and contractors are aware of their legal obligations to blind employees and beneficiaries, so there is simply no excuse for the failure of OPM and BCBSA to follow those obligations, and the National Federation of the Blind will not tolerate it.”

“Like all Americans, blind people have the right to access their health benefits information independently and privately,” said Barry Taylor, VP for Civil Rights and Systemic Litigation at Equip for Equality. “We hope this lawsuit will result in removing barriers to this critical information for our clients, and that other health insurance companies will be motivated to ensure that their digital health benefits information is accessible to all of their customers.”

**Computers for the Blind Sale!**

Laptops with JAWS & ZoomText for $150 for consumers and agencies. Non-profit Computers for the Blind (CFTB) will be providing their laptops for $150 during the month of September only. This is $35 off the regular low cost of $185.

Both consumers and agencies can take advantage of this great offer. Those on SSI/SSDI, parents of blind children, Veterans/Active military & spouses still get the $60 discount bringing the cost to $90! Our lowest price ever.

For home use and self-employment use only. This offer applies only to laptops. Desktop price is $130.

Back by popular demand is a renewed grant to offer Typio talking typing teacher for $10. Retail cost is $100. Great for newer computer users, students, and those who do not have full command of the QWERTY keyboard. Other add-ons are available, so, when you call, ask about extra memory, keyboards, etc.

TO ORDER A COMPUTER, CONTACT us at: 214.340.6328.

service@computersfortheblind.org <mailto:service@computersfortheblind.org>

www.computersfortheblind.org <http://www.computersfortheblind.org>

# Apple Tips and Tricks

Apple Tips and Tricks

By Camille Tate

**Battery Life and Complications**

Now that IOS 13 has been released, there have been some bugs regarding battery life and how the update affects it. This article is not about IOS 13! Here is a tip I found out the hard way with iPhones and retaining a healthy battery.

So, here is the scenario. Let’s say you have both an iPhone and iPad. We all know the charging cables can be used with either device. What we may not know, and I found out the hard way, is the power cubes are not necessarily interchangeable. One day, I accidentally vacuumed up the charging cable for my iPhone. Instead of replacing it, I had the bright idea of just using the charging cable from my iPad instead. No problem, right? Well…not so fast. I did not think about switching out the power cube for the iPad with the one for the iPhone. What do you think happened?

Here is a hint. The power capacity of the iPad power cube far exceeds the outlay of power needed for an iPhone. The result? After nearly a year of charging this way, I burned out the battery in my iPhone! To my surprise, my phone stopped working one day, in a place and time that was severely inconvenient. I was nowhere near an Apple or AT&T (my service provider) store and no way to get there!

After a couple of days, I returned home and was able to get to an AT&T store. The representative took my phone and attempted to charge it. Thankfully, my phone was in good physical condition. Unfortunately, I had to go to a battery store and get a new battery installed. No guarantees, right? Happily, the store had replacement batteries for my model and $64 later, I had a working phone.

Now we know it is important to be careful what you use to charge your phone and/or tablet. Another caution is using a battery case or external battery. As convenient as these extra power packs are, be careful how often or how long you use them to charge your phone. I use a battery case where I slide my phone in and it holds the phone all the time. Even using one of these with the improper power cube can lead to deterioration of your phone. The ones I have seen (and purchased) from Amazon do not come with its own charging cable and uses whatever your phone does. They will not help protect your battery and in fact, will not charge your phone if the phone’s own battery is damaged.

# Link City

Here are some important links that may be of interest.

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

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

**Nation's Blind Podcast – September 23, 2019 – National Guide Dog Month:** <https://www.nfb.org/images/nfb/audio/podcast/nations-blind/2019_nations_blind_podcast_september.mp3>

**Presidential release - #486, September 2019:** <https://nfb.org/images/nfb/audio/podcast/presidential-releases-en/2019_09_english.mp3>

**Braille Monitor – August/September:** <https://nfb.org/images/nfb/publications/bm/bm19/bm1908/bm1908tc.htm>

# Inspiration Corner

*“Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”*

*-* ***Helen Keller***

# Legislative Updates from the desk of Camille Tate

**Legislative Committee**

**From the desk of Camille Tate**

Legislation is one of the cornerstones of our Federation. It is why we are the only disability written into the tax code, can earn additional income and still retain our benefits and a host of other options we sometimes take for granted. Each one of us is vital to the continuation of our advocacy work, not just for ourselves, but those who will come after us. It takes the collective voice of us together to tip the scales in our favor.

We have legislative priorities we set each year. Those priorities do not disappear until we have become successful in our attempts. Our persistence is unending, whether it takes a few weeks, months, years or decades. Our issues are simply too important to turn aside. Our National Office has set three priorities for 2019. Those are the Access Technology Affordability Act (ATAA)-H.R.2086/s.815; Transition to Competitive Employment Act (TCEA)-H.R.873/S.260; and Greater Accessibility and Independence Through Non-Visual Access Technology (GAIN)-H.R.3929. At the writing of this article, our National Office has sent alerts out over the past three weeks, urging members to contact their federal legislators to co-sponsor these vital pieces of legislation.

The National Federation of the Blind of Florida also has three legislative priorities for the 2020 State Legislative Session. We are working to protect the rights of blind parents; end the practice of paying sub-minimum wages to the disabled; and insert the presumption of Braille language into the Florida Statutes to keep our blind children literate.

Legislative packets have been handed out to each chapter from our state convention. Some have been posted to our Florida List. We will continue to send out information to the list so that our members can have access to these documents. Any members who wish to have the legislative materials, please see your chapter President, if you have not already done so. The Florida Legislative Session begins on January 14, 2020. Now is the time to reach out to your state legislators and present these priorities to each one of them.

You cannot walk a mile without taking the first step. We have walked many miles in the halls of power in Washington D.C. and taken many first steps. The roads are long, difficult and often frustrating. It is our indomitable spirit that keeps our hopes and dreams for blind people alive. It is our will to succeed that keeps the National Federation of the Blind strong after nearly 80 years of existence. In the words of Dr. Kenneth Jernigan, “We know who we are, and we will never go back!”.

As you contact your legislators, please keep the co-chairs of our Legislative Committee apprised of your efforts. This helps keep the process efficient and lets us know who we need to follow-up with on each piece of legislation. The co-chair information is below:

Contact Info:

Merry Schoch. merrys@verizon.net, 813-625-1850

Camille Tate, Ctate2076@att.net, 321-372-4899

The Legislative Committee meets on the third Tuesday of the month. We use the following conference call information: 712-775-7031; Access Code: 938047311. Please keep an eye on the Florida List for meeting announcements. In addition, a “Save the Date” calendar is available around the beginning of each month, with the appropriate dates, times and conference call information. We encourage our members to come to the Legislative Committee meetings.

# Photo Gallery

James Young and Jada Christie holding twin babies at our annual Applebee’s Flapjack Breakfast fundraiser. They put the FUN in Fundraiser.

# 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:** Toni Moore, President, Phone: 850-321-6421. Email: claviet@gmail.com 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. Follow Us on Facebook: [www.facebook.com/nfbdaytona](http://www.facebook.com/nfbdaytona)

**Gainesville Chapter:** Judith Hamilton, President; Phone: 352-373-7806, Email: gainesville\_nfb@earthlink.net. Gainesville Chapter meeting planned for October 12th. Time and location are to be determined. Please contact chapter president for meeting information. Together we can plan and participate to build the Federation in Gainesville.

**Greater Jacksonville Chapter:** Marita Winston, President; Phone: 904-580-6819, Email: nfbjax@gmail.com. Meetings are held the first Saturday of each month and take place at the Independent Living Resource Center, 2709 Art Museum Drive, Jacksonville, Florida 32207 from 10:00 AM until 12 Noon. Please join us if you are in the area.

**Melbourne - Space Coast Chapter:** Camille Tate,President; Phone: 321-372-4899; Email: ctate20176@att.net. Facebook: [www.facebook.com/nfbmelbourne](http://www.facebook.com/nfbmelbourne). We meet on the second Saturday at The Fountains, 4451 Stack Blvd., Melbourne, FL, 32901. Will be holding a Vision Resource Fair on Wednesday, Sept. 18th, from 10-2, at the Holiday Inn Viera, 8292 N. Wickham Rd., Viera, FL, 32940. We are holding our 5th Annual Car and Bike Show on Saturday, October 12th from 10-2. It is at The Fountains of Melbourne, 4451 Stack Blvd., Melbourne, Florida, 32901. There will be BBQ, ice cream and many classic and muscle cars, in addition to motorcycles! Contact Camille Tate, President, for more information.

**Greater Miami Dade Chapter** Jorge Hernandez – President; Phone: 305-877-2311; Email: jeh1065@comcast.net. Our meetings are held on the third Thursday of each month at Denny's Restaurant located at 5825 N.W. 36 Street Miami, FL 33166 from 7:00 p.m. until 8:30 p.m.

**Palm Beach Chapter:** Tekesha Saffold, President; 561-707-4799; Email: tnsaffold82@gmail.com. Meetings are held the Second Saturday of each month at IHOP at 1503 Belvedere Road, West Palm Beach, Florida from 10 am until noon.

**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. Meetings are held the Third Sunday of each month at 8 pm (Eastern Time) via conference call using the following number: 605-475-4700 using the access code 800550#.

**Tallahassee Chapter:**  Jada Christie, President; Phone: 850-766-9378 Email: emeraldpink15@gmail.com. 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.

**Tampa Chapter:** Miranda Kilby, President; Phone: 352-942-0417; Email: NFBF.Tampa@gmail.com. Join us on the fourth Saturday of each month, from 12 Noon to 2:00 PM at Beef O Brady's located at 8810 North Himes Avenue, Tampa, FL 33614. The chapter is busy planning a BELL (Braille Enrichment for Literacy and Learning) program. We are looking at holding the program June 17th through the 28th.

**Treasure Coast Chapter:** Tamika Butts, President; 772-708-3749, E-mail: tamika\_butts@gmail.com. We will resume our monthly meetings September 14th. Meetings are held on the 2nd Saturday of each month from 10am - 12:00 Noon at WQCS Radio Station located @ IRSC, 3209 Virginia Avenue, Fort Pierce. Our chapter held elections September 14th for the following officers: Mary Hannah-Morris - Secretary; Board Member 1 - Cynthia Poole; Board Member 2 - Doreen Franklin; Board Member 3 - Christina Moore. We are planning 2 fundraisers: #1Cut-A-thon at The Hair Cuttery at 7546 S. US Federal Highway 1. The fundraiser is being held October 13th from 6pm to 8pm. #2 Chili’s restaurant at 2988 NW Federal Highway, Jensen Beach. November 5th; we receive 20% of the bill for the day. Patrons must mention the fundraiser before placing order.

# 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.

**Florida Association of Guide Dog Users (FLAGDU):** Merry Schoch, President, Phone: 813-625-1850, 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:** Nicole Fincham-Shehan – Coordinator, Phone: Cell 410-493-4461; Email:  ndfinchamshehan@yahoo.com.Meeting Date: 2nd Tuesday of each month at 9pm via conference call using the following telephone number and access code: 712-775-7031,938047311#. Our next 2 meeting dates are Tuesday October 15, 2019 and Tuesday November 12, 2019. If anyone has any questions or concerns, please feel free to contact me on my cell number.

**F.A.B.S. - Florida Association of Blind Students:** Rafael Fernandez, Phone: 305- 903-6299, Email: rafael.fernandez0617@gmail.com. Call Rafael information and details.

**Communication Committee:** We have been busy proofing items for members, sending out a calendar outline to help us all stay organize, and growing slowly on our social media platforms. Dan has sent out an email regarding our 50th anniversary project and hopefully submissions will start rolling in. We encourage everyone to submit something towards this project. We are trying to wrap up our PSA project, so if you have not recorded the 1-minute message, please do so soon.

**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.

**Community Service:** Tekesha Saffold – Chair, Phone: (561) 707-4799, Email: tnsaffold82@gmail.com. Meetings are held the first Tuesday of each month at 8 pm via conference call using the following telephone number and access code: 712-775-7031,938047311#.

**Diabetics Group:** Lauren Blum, Telephone: 352-584-0795, Email: laurenblum79@gmail.com. Meetings are held the second Monday of each month at 7pm via conference call using the following telephone number and access code: 712- 775-7031,938047311#.The Diabetic Awareness Group held their meeting on January14th and had a lively discussion on what constitutes as a carbohydrate.

**Diversity and Inclusion:** The Committee meets on the first Wednesday of the month, at 8:30 p.m. The committee uses 712-775-7031 and access code 938047311. Keep an eye on the Florida List and Save the Date calendar for meeting notices and announcements. Chair: Marilyn Baldwin.

**Fundraising Committee:** Paul Martinez – Chair, 11903 Rose Harbor Drive Apt: 113, Tampa, Florida 33625, Phone: 813-390-5720, Email: fundraising@nfbflorida.org

**Legislative Committee:** The Legislative Committee meets on the third Tuesday of the month, at 8 p.m. The call-in information is: Call in number: 712-775-7031 and access code: 938047311. Keep an eye on the Florida List or Save the Date calendar for meeting notices and announcements. Co-chairs: Camille Tate and Merry Schoch.

**NFBF Book Club:** The Book Club Discussion Group meets on the fourth Thursday of the month, at 8 p.m. the call information is 712-775-7031 and the access code is 938047311. Coordinator: Camille Tate

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

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

**President and Vice President 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:** Rafael Fernandez – Chair; Email: rafael.fernandez0617@gmail.com. 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, Phone: 706-329-7690

# NFBF Board of Director’s Information

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

***Denise Valkema -President***

Phone: 305-972-8529

Email: president@nfbflorida.org

***Paul Martinez - 1st Vice President***

Phone: 813- 390-5720

Email: paul09ms@gmail.com

***Miranda Kilby – 2nd Vice President***

Phone: 352- 942-0417

Email: mbkilby@gmail.com

***Sylvia Young-Secretary***

Phone: 850- 322-5937

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***Merry Schoch –Treasurer***

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***Rafael Fernandez***

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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 by the 15th of each odd month.