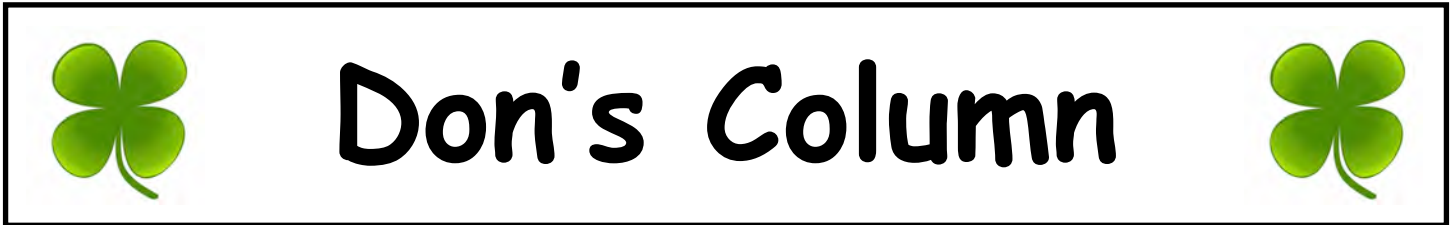




SENIORS' CHAT



Hello, Happy Hands Members and Friends,

Our next Happy Hands meeting on March 1, 2023 will be in person. Eileen Goran will give a presentation on "Sephardic Jews and Ashkenazi Jews." For more information, see page 2.

Kathleen Brockway gave a presentation on "Lantz Mills" at the February 1 meeting. See pages 3-4 for recap.


Happy Hands members and friends met at Wegmans in Fairfax for a Social Lunch on February 8. See page 4.

Don't forget to "Spring Forward" your clocks on March 12.

Hope to see you on March 1 for the presentation by Eileen Goran (see page 2). As usual, Stay Happy Safely with Our Awesome Hands!

~ Don





HAPPY BIRTHDAY

...to the folks with birthdays in **March**

Elizabeth Noriega [3rd]	Denise Drake [23rd]
Tom Lindsey [5th]	Song Jo [24th]
Phuong Duong [7th]	Daniel Murray [24th]
Janet Weinstock [13th]	Denise Proulx [29th]
Bill Center [19th]	Barry Harlan [30th]
Linda Whitworth [22nd]	

Happy Hands Meeting

March 1 at 10:00 AM

We will have our TENTH post-COVID in-person monthly meeting on March 1, 2023 at 10:00 AM - 2:00 PM. We will provide unlimited Sloppy Joes and more for \$5.00 (see below).



Sloppy Joes — Peggy Daniels
 Sloppy Joes — Jill Moebus
 Rolls — Bob Hickey
 Salad & Dressing — Denise Drake
 Veggie Tray — Jonathan Kiell
 Potato Dish — Eileen Goran
 Cole Slaw — Lynn Keefe
 Chips — Don Ames

Fruits — Pat Beech
 Cake — Jill Kotchen
 Cookies — Serry Fahmy
 Pie — Tom Dowling
 Brownies — Cheryl Rockburn
 Water — Barbara Eger-Klatt
 Soda (i.e., Coke, Diet Coke, Sprite) — Melanie Williams
 Paper Products — Pat Beech

Eileen Goran will give a presentation on “Sephardic Jews and Ashkenazi Jews.” This meeting will be held at NVRC, on the third floor of the Service Source Building [<https://nvrc.org/about/directions/>].
 Zoom info: <https://us02web.zoom.us/j/81621987698> or Meeting ID: 816 2198 7698

Tentative Schedule:

- 10:00-11:00 People arrive
- 11:00-11:30 Meeting
- 11:30-12:30 Lunch
- 1:00-2:00 Presentation

Weather Advisory: If Fairfax County Government is closed due to weather (i.e., snow), NVRC will be closed too (no Snow Date for March).

Additional Happy Hands 2023 Members

(as of February 16, 2023)

Membership: Thanks for joining or renewing your membership for 2023.

Mary Bagby	Anthony Heller	Rose Otterman
Josephine Bergner	Bob Hickey	Nan Sanders
Denise Drake	Al Manfredonio	
Kathy Ferris	Kea Manfredonio	

.....
 For those who have not renewed or joined for the year 2023, please see:
<https://nvrc.org/wp-content/uploads/2022/09/2023Membership.pages.pdf>



Recap of Hybrid Meeting on February 1, 2023



We had our 9th Hybrid Meeting on February 1, 2023. We had 32 people in person and 15 people on Zoom. Kathleen Brockway gave a presentation on “Lantz Mills.” Here is link for viewing the presentation: https://youtu.be/C_jARNT56Xw. To get a copy of the Lantz Mills Booklet, see: <https://heritage-asl.square.site/s/shop> (see cover page on page #4).



Cathleen Potosky signs “Happy Birthday” to the February Birthday folks



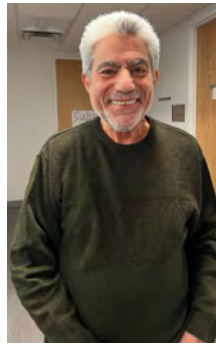
Kathleen Brockway presents “Lantz Mills”



Eve Christian, Kathleen Brockway, and Denise Drake



Sitting: Jill Kotchen
Standing: Cathleen Potosky, Don Ames, and Lanny Quarles



Richard Cohen



Tom Dowling, Lanny Quarles, Rocky Rockburn, and Jonathan Kiell



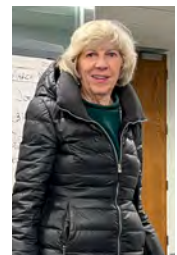
Sitting: Gary Viall
Standing: Eileen McCartin, Stan Smith, Eileen Goran, and Serry Fahmy



Cheryl Rockburn, Jill Moebus, Eve Christian, and Pat Beech



Tom Dowling and Bob Hickey



Laurie Dowling



Recap of Hybrid Meeting on February 1, 2023 (continued from page 3)



Bill Morris, Eve Christian,
and Lynn Keefe



Peggy & Paul
Daniels



Melanie & Steve Williams



Sitting: Denise Proulx
Standing: Rita & Bill
Hickey



Denise Proulx
and Eleni Triantafell



Robb Dooling



Cheryl Gault

Fairfax Wegmans Social Chat February 8, 2023



Sitting: Peggy Daniels,
Jill Moebus, Richard Cohen,
and Jonathan Kiell

Standing: Paul Daniels,
Tom Dowling, Eddie Drawdy,
Don Ames, Cathleen Potosky,
Linda Naiditch, Eileen Goran,
and Pat Beech

Zoom Participants

Barbara Eger-Klatt Song Jo Thelma Schroeder Lew Carr

Ed McGann & Lois Herberger Carol Duffy Clay Shelley Simms Jean Buffardi

Barry Harlan & Vicki Shank Julie Greenfield Vicki Hurwitz Cathy Thompson

Mark Hansen

Happy Hands Seniors - Profile Series

Julie Greenfield

Full name: Julie Greenfield

Maiden: Wyllys

Where were you born? Detroit, MI

Where have you lived the longest? Alexandria, VA

Were you born Deaf? Uncertain

Were you born Hearing, but became Deaf at a later age?

Uncertain (mother had German Measles while pregnant)

Did you come from a Deaf family or a family with all Hearing members?

Family with all Hearing members

Did you attend the State School for the Deaf or regular public school?

Mainstream program at regular public school, Bloomfield Hills Lahser High School in Bloomfield Hills, MI



What was your favorite subject in high school and why?

History. I was curious and fascinated about how the world progressed over the years, especially in the United States (American History).

What activities did you participate in after school (clubs, sports, cheerleading, etc.)?

Jr. NAD; Girl Scouts; and Theatre

Did you attend college after graduating from high school? If so, where? What was your degree?

Psychology, Gallaudet University, BA

Applied Art, NTID, AAS

If married, how did you meet your spouse?

Recently widowed; Met at Gallaudet University; Married for 43 years; 3 Grandchildren

Are you still working or are you retired? If working, where do you work and what is your occupation?

Work seasonal part-time at Nalls Produce in the Garden Center

If retired, how long ago, and who did you work for? What was your occupation?

I worked as a Conference Manager at AvalonBay, The Laurent Clerc National Deaf Education Center, American School Health Association, and Gallaudet University over a span of 25 years.

What is your favorite hobby?

I'm still discovering and learning! Currently, I'm interested in water-color painting.

Happy Hands Seniors - Profile Series

Julie Greenfield

(continued from page 5)

Do you like to travel? If so, what was your favorite place? Where would you love to go if you had a choice? Yes, I like to travel. Enjoy day trips out of Alexandria. Favorite place I've travelled, Italy. It's tough choosing one! I would love to go to Iceland, Ireland, or Australia....There is also plenty of places here in the United States that I would like to explore.

What is your favorite food? Tacos; Salads; Cakes/Muffins

Do you have any pets? No pets, just the wildlife in my yard (deer and fox)! I also have a Grand-dog, a yellow lab. My grandkids named her after Jane Goodall.

What is the funniest thing that has happened to you? A guy thinking my old style box hearing aid was a radio when the Detroit Tigers were playing the World Series — he followed me around all day at school asking “what’s the score”?! This was in 1968 when the Tigers won!

What is the most embarrassing thing that has happened to you? Too many to count! 😊

What car do you drive? Jeep Compass

What do you do for fun? Enjoy my family and friends, learning new things and travel

If you were President of the United States, what would be your most important goal(s)?
Find a way to achieve global balanced power and peace.



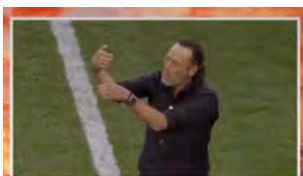
Sunshine News



Alyce Bean Stifter of Annapolis, MD died on February 17 at the age of 93. She was born on February 18, 1929. She graduated from the Maryland School for the Deaf in Frederick, and Gallaudet University. She was a bookkeeper for the National Association of the Deaf. She was preceded in death by husband, William J. Stifter. She is survived by her children: Cynthia Stifter, Amanda Stifter, Terence Stifter, Sheila Kling, Margaret Stifter, and Rosemary Stifter.

Source: <https://kalasfuneralhomes.com/obituaries/Alyce-Stifter-9391>

ASL Super Bowl LVII Pre-Game & Half-Time Performances



Oh say, does that star
spangled banner yet wave



ASL Super Bowl LVII Pre-Game Performances are now available for viewing:
 *“Star Spangled Banner” by Troy Kotsur — <https://youtu.be/0BPtQx6IhuM> or <https://youtu.be/OIxWL7VbvPM>
 *“America the Beautiful” by Colin Denny — <https://youtu.be/I-xdhefbKNQ>
 *“Lift Every Voice and Sing” by Justina Miles — <https://youtu.be/uyfw-J-nk2s>
 * Rhianna’s Half-Time by Justina Miles (no CC) — https://youtu.be/xyHudZm_6TE



Thanks to:



- Everyone that brought goodies for lunch at the Hybrid Monthly meeting on February 1
- Kathleen Brockway for presenting “Lantz Mills” at the HH Hybrid Monthly meeting on February 1
- Pat Beech for facilitating the Hybrid Monthly meeting on February 1 [see pages 3-4]
- Debbie Jones for helping with the Tech Set-Up at the HH Hybrid Monthly meeting on February 1
- Jonathan Kiell for helping with the Tech Set-Up and Powerpoint Presentation at the HH Hybrid Monthly meeting on February 1
- Pat Beech for presenting “Presidential Trivia” and “President’s Favorite Foods” via HH Social Zoom Chat on February 22 [<https://youtu.be/0mUxgFQgGxc>]
- Pat Beech for doing the monthly HH Newsletter issue
- Sharon Svenningsen, Melanie Williams, and Jonathan Kiell for proofreading the monthly HH Newsletter issue
- Debbie Jones for stuffing the monthly HH Newsletter hardcopies and getting them ready for mail



March Madness Recipes



Here is a list for appetizers and snacks to get you through the March Madness season:

- * <https://www.allrecipes.com/recipes/1579/holidays-and-events/events-and-gatherings/march-madness/>
- * <https://www.tasteofhome.com/collection/slam-dunk-march-madness-food/>
- * <https://greatholidayrecipes.com/27-best-march-madness-party-recipes/>.





NVAD Super Bowl

02-12-2023




NVAD President
Tim Lavelle






Tom Dowling monitors
the potluck table



Potluck Table



Events for March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 HH Monthly (p. 2) 10AM-2PM	2	3	4
5 Social Night at Wegmans (p. 10) 7PM	6	7 NVRC ASL Zoom Social (see p. 10)	8 Social Chat (p. 10) at Wegmans 10:30-1:00	9	10	11
12 	13 DSSCP (p. 10)	14 NVRC ASL Zoom Social (see p. 10)	15 Fine Tuners 10AM-12PM	16	17 	18
19 Social Night at Wegmans (p. 10) 7PM	20 	21 NVRC ASL Zoom Social (see p. 10)	22 Social Chat (p. 10) via Zoom 10:00-12:00	23 DSSCP (p. 10)	24	25
26	27	28 NVRC ASL Zoom Social (see p. 10)	29	30	31	

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January & February Birthday Celebration



**Lazy Dog in Fair Oaks
on 02-16-2023**

- Rocky Rockburn
- Peggy Daniels
- Cathleen Potosky
- Don Ames
- Lanny Quarles



E-mail: info@nvrc.org
 URL: www.nvrc.org
 VP 571-350-8656
 10467 White Granite Drive
 Suite 312
 Oakton, VA 22124
 Directions: <https://nvrc.org/about/directions/>



URL: <http://nvrc.org/resources>
 Don Ames, Chair
[\[dames@cox.net\]](mailto:dames@cox.net)

The Happy Hands gatherings are held monthly on the first Wednesday from 10:00AM to 2:00PM. We have lunches. We provide presentations, workshops, activities, etc.



Happy Hands Social Chats

03-08-2023 at 10:30-1:00 in person

Fairfax Wegmans at 11620 Monument Drive in the Food Court area upstairs.

For more information, contact Jonathan Kiell at jona3ki@msn.com.

03-22-2023 at 10:00-12:00 via Zoom

Barbara Eger-Klatt will give a presentation on "Spring Harvest." Here is Zoom info:

<https://us02web.zoom.us/j/87026970464>
 Meeting ID: 870 2697 0464

DSSCP Chats

2nd Monday of the month at 4:30-5:30PM
 4th Thursday of the month at 7:00-8:00PM

For more information, contact Barbara Eger-Klatt at seniors@nvrc.org.

NVRC ASL Zoom Chats

Tuesdays at 8PM-9PM

For more information, contact Barbara Eger-Klatt at seniors@nvrc.org.

Silent Social at Wegmans

This occurs on the first and third Sundays of each month at 7:00PM in Fairfax Wegmans at the corner of Route 29 and Monument Drive (Upper Level, near the stairs). Registration is suggested. The dates are March 5 and 19.

For more info, contact Jonathan Kiell at jona3ki@msn.com or see: <https://www.meetup.com/aslbridge/>.

Please come join the very informal chat; the group often includes students and interpreters looking to learn and practice ASL. You can also get your groceries while you are there!

Small Jobs
 Handyman
Tim Lavelle
 VP 571-350-8029
 Text 571-223-8464
 TWL50@cox.net

Rosemary Latin
cake decorator

Rosemary's Fabulous Cakes
Cakes & Cupcakes for All Occasions

(301)401-6276 text
RTLatin@gmail.com
www.rosemarysfabulouscakes.webstarts.com