



SENIORS' CHAT

Don's Column

Hello, Happy Hands Members and Friends,

Summer is almost over. Believe it or not!

Mark your calendar for September 13 (not September 6) for our monthly meeting at NVRC. We will meet in person on that day (see page 2). Social Chat at Wegmans will be on September 6 (not September 13) - see page 26. Our Social Chat via Zoom will be on September 27 (see page 6).



This issue has:

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As usual, Stay Happy Safely with Our Awesome Hands!

~ Don

Washington Nationals



The third annual Deaf Awareness Day will be held on September 19 at Nationals Park.

For more information, see:

<https://www.mlb.com/nationals/tickets/specials/deaf-awareness>,
or contact Eric Liskey at
eric.liskey@nationals.com.

HAPPY BIRTHDAY

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



Sharon Svenningsen [3rd]
Geneva Riffe [7th]
Thelma Schroeder [9th]

Kerry Mike [28th]
Linda Naiditch



Happy Hands In-Person Meeting

September 13 at 10:00 AM



We will have our 15th post-COVID in-person monthly meetings on September 13, 2023 at 10:00 AM - 2:00 PM. The Lunch Menu for September 13 is Appetizers. Please bring your own beverages. Below is a list of suggested appetizer dishes. Please let Pat Beech at pgbeech@aol.com know what appetizer dish you will bring. For more information about the Appetizer or Dessert Menu, please contact Cathleen Potosky at cfpotosky@gmail.com. Please bring \$8 worth of food (\$16 for couple) - enough for 15-20 people per appetizer dish. If you don't bring an appetizer dish, please pay \$8.00 at the door.

Appetizer Menu:

- * Ham & Cheese Sliders — Jill Kotchen
- * Crackers, Cheese, & Pepperoni — Melanie & Steve Williams
- * Deviled Eggs — Stan Smith and Eileen Goran
- * Fruit Platter — Vicki Shank & Barry Harlan
- * Small Shrimp Platter — Jill Moebus
- * Veggies Platter — Eddie Drawdy
- * Mini Quiches — ??
- * Mini Meatballs — ??
- * Pigs in a Blanket — Tim & Mary Ann Beatty
- * Simmered Smoked Links — ??
- * Cheese & Cherry Tomato Kabob sticks — ??
- * Grapes & Pineapple Kabobs — Pat Beech
- * Caprese Skewers or Small Chicken Sandwiches — Lois Herberger
- * Homemade Banana Bread — Cathleen Potosky

Dessert Menu:

- * Mini Brownies — Bill Morris
- * Mini Chocolate Chip Cookies — Jonathan Kiell
- * Mini Cheesecake bites — ??



More ideas for appetizer dishes:

- * <https://www.tasteofhome.com/collection/cocktail-weenie-recipes/>
- * <https://www.allrecipes.com/gallery/christmas-finger-food-appetizers/>
- * <https://www.mccormick.com/articles/mccormick/game-day-finger-food-ideas>

Before lunch @ 11:20, there will be a presentation on Camp Mark 7 by three campers - Felix Chevere, Jonathan Kiell, and Linda Naiditch. They will briefly share their experiences during the ASL and Deaf Culture Immersive Week (see page 15).

After lunch @ 1PM, representatives from the Inova Health System Patient and Family Advisory Council (PFAC) will share information about the Inova PFAC, and explain how to join this council. The representatives would also like for you to share your experiences as patients at Inova. Interpreters will be provided. For more information about PFAC, see: <https://nvrc.org/wp-content/uploads/2023/08/INOVA-PFAC-Flyer-final.pdf>.

Zoom Info: <https://us02web.zoom.us/j/83045927504>
Meeting ID: 830 4592 7504



Recap of Hybrid Meeting

July 5, 2023



We had our 13th Hybrid Meeting on July 5, 2023. We had 22 people in person and 8 people on Zoom. Lois Herberger asked trivia questions before lunch. After lunch, Don Ames shared his experience at the DSA Conference in Hollywood, FL. Next was “History of Yoga” by Barbara Eger-Klatt.

Here is link for viewing the entire Hybrid Meeting: https://youtu.be/2XTvUD4Lo_Q.
 For the “History of Yoga” section, here is the link: <https://youtu.be/19dnkEierGc>.



Stan Smith, Eddie Drawdy, Lois Herberger, Don Ames, Eleni Triantafell, and Tom Dowling



Lois Herberger and Yolette Cohen



Barbara Eger-Klatt



Peggy & Paul Daniels, and Mary Ann & Tim Beatty



Steve & Melanie Williams, Eleni Triantafell, and Darren Marquardt



Denise Drake, Bob Hickey, and Thelma Schroeder



Pat Beech, Jill Moebus, Walter Klatt, and Barbara Eger-Klatt



Richard Cohen and Stan Smith



Display of Yoga Books



Recap of Hybrid Meeting

August 2, 2023



We had our 14th Hybrid Meeting on August 2, 2023. We had 23 people in person and 6 people on Zoom. After the meeting, Jill Moebus, Barry Harlan, and Lynn Keefe shared their experiences at the DSA Conference in Hollywood, FL. We learned that the next conference will be in Kansas City, MO during August 17-21-2025. After lunch, Jill Kotchen gave a presentation on “The Saint Bartholomew’s Day Massacre.”

Here is link for viewing the entire Hybrid Meeting: <https://youtu.be/-7GcBvMqjUw>.

For “The Saint Bartholomew’s Day Massacre” section, here is the link: <https://youtu.be/JIWSQ8o35yA>.



Jill Moebus, Jill Kotchen, Eddie Drawdy, Cathleen Potosky, and Jonathan Kiell



Don Ames, Rocky Rockburn, Lynn Keefe, Tom Dowling, Cheryl Rockburn, and Daniel Murray



Bob Hickey, and Tim & Mary Ann Beatty



Steve & Melanie Williams, and Pat Beech



Bob Hickey, Barry Harlan, and Bill Morris



Shelley Simms and Peggy Daniels



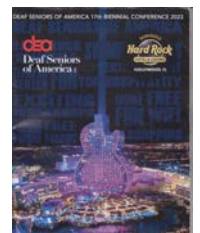
Margaret Huang and June Newman



DSA T-shirt



DSA Tote Bag



DSA Program Book

Tips and Tricks

Senior Citizens Health Resource Information
 Barbara Eger-Klatt, Community Health Educator
 September 2023

TRIVIA FUN QUESTION

The answer is C for the July trivia question.

What is the most commonly abused food that should be eliminated from the food group or diet?

- A. Whole wheat (pasta, white bread, wheat bread, etc.)
- B. Fresh Fruits
- C. Frozen Vegetables
- D. Grains (Farro, Lentils, Quinoa)

<https://briunamariah.com/2014/03/01/holistic-health-questions-and-answers-with-jaison-greene/>

What is "natural flavor"?

According to FDA, the "natural or artificial flavors" is not a real food. Reading the ingredients helps you understand the list of foods that is real or artificial. The bottom left of Sunrise Crunchy Maple Cereal is made with real maple syrup. The bottom right side is showing the list of ingredients. Below is the link for more information about the FDA regarding "flavor":

<https://www.fda.gov/consumers/consumer-updates/whats-name-what-every-consumer-should-know-about-foods-and-flavors>



Health Recipe

Brain Saver Salad

- 1 cup loosely packed parsley leaves, roughly chopped
- 1 cup loosely packed cilantro leaves, roughly chopped
- 2 cups loosely packed spinach, roughly chopped
- 2 cups loosely packed kale leaves, finely chopped
- 2 cups loosely packed arugula, roughly chopped
- 4-6 cups loosely packed red or green leaf lettuce, chopped
- 1 1/2 cups fresh or steamed green peas
- 1 1/2 cups thinly sliced cucumber
- 1 cup sprouts or micro-greens

Dressing

- 1 cup freshly squeezed orange juice
- 2 tbsps freshly squeezed lemon juice
- 2 tbsps raw honey optional
- 1 sprig fresh rosemary, leaves only
- 1/4 tsp cayenne optional

<https://www.medicalmedium.com/blog/brain-saver-salad>

SUNRISE® CRUNCHY MAPLE



Nutrition Facts		About 7 servings per container	
Serving size 1 cup cereal (40g)		Per 1/2 cup cereal (20g)	
Calories 150		190	
		Per 1/2 cup cereal (20g)	
		with 1/2 cup almonds	
		%DV*	
Total Fat	1.5g 2%	1.5g 2%	
Saturated Fat	0g 0%	0g 0%	
Trans Fat	0g 0%	0g 0%	
Cholesterol	0mg 0%	0mg 0%	
Sodium	180mg 8%	230mg 10%	
Total Carb.	34g 12%	40g 15%	
Dietary Fiber	4g 14%	4g 14%	
Total Sugars	9g 18%	15g 30%	
Incl. Added Sugars	7g 14%	7g 14%	
Protein	2g 4%	6g 12%	
Vitamin D	0mcg 0%	2mcg 8%	
Calcium	7mg 0%	160mg 10%	
Iron	1mg 6%	1mg 6%	
Potassium	85mg 2%	280mg 6%	

INGREDIENTS:
 Brown rice flour*, whole grain corn meal*, cane sugar*, corn meal*, yellow corn flour*, inulin*, maple syrup*, quinoa*, maple flavor*, flax seeds*, sea salt, buckwheat flour*, amaranth*, molasses*, tocopherols (vitamin E).
 *Organic. Produced in a facility that uses tree nuts, peanuts and soy.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000-calories diet is used for general nutrition advice.



July and August Birthday Celebrations



Lazy Dog at Fair Oaks Mall on 07-25-2023

Sitting: Tom Dowling, Vicki Shank, and Barry Harlan
Standing: Pat Beech, Laurie Dowling, Bill Morris, and Cheryl & Rocky Rockburn



Lazy Dog at Fair Oaks Mall on 08-14-2023

Sitting: Mike Toms and Lynn Keefe
Standing: Melanie Williams



Happy Hands Zoom Chat September 27 at 10:00 AM



On September 27, there will be two presentations. Lois Herberger will talk about Sunflower Lanyards (see page 8). The second presentation by Pat Beech will be about lighthouses. Participants can share experiences and photos of lighthouses they saw. Additionally, several Happy Hands members will share pictures of lighthouses they visited.



Zoom Info: <https://us02web.zoom.us/j/86945655074>
Meeting ID: 869 4565 5074



News of Interest



A new law went into effect on July 1, 2023. Drivers in Virginia will have to move over for all disabled vehicles. The current move-over law covered emergency vehicles displaying red, blue, or amber lights. Here are the sources:

- * <https://youtu.be/fa0LBv8RUNg?si=W3-QRnRiEFT-aOWe>
- * <https://www.nbc29.com/2023/06/27/new-driver-move-over-law-goes-into-effect-july-1/>
- * <https://www.suffolknewsherald.com/2023/07/21/virginias-move-over-law-expanded-on-july-1/>
- * https://vdot.virginia.gov/travel/move_it_move_over.asp



Starbucks now has a special collection of vibrant cups and mugs for sale. This collection was designed by artist and illustrator, Yiqiao Wang. The design shows bold and colored hands framed by coffee cherries, expressing the word “connect” in ASL.

Source: <https://stories.starbucks.com/stories/2023/starbucks-new-drinkware-design-in-asl-connects-coffee-and-deaf-community/>



On July 22, 2023, Gallaudet University held a Graduation ceremony to honor 24 Black deaf students and 4 Black teachers who were forced to attend segregated schools on the campus.

Source:

- * <https://www.cbsnews.com/news/gallaudet-university-black-deaf-students-graduation-teachers-segregation/>
- * <https://gallaudet.edu/university-communications/kendall-school-division-ii-graduation-ceremony/>



Keivonn Woodard, age 10, had a role as Sam Burrell, the brother of “the most wanted man in Kansas,” during two episodes of “The Last of Us” on HBO. He received an Emmy nomination for “Outstanding Guest Actor in a Drama Series.” He also appeared in a commercial for Subaru [<https://www.thedrum.com/news/2023/07/31/subaru-taps-10-year-old-deaf-actor-keivonn-woodard-new-outdoors-accessibility-push>].



Sources:

- * https://en.wikipedia.org/wiki/Keivonn_Woodard
- * <https://people.com/emmys-2023-the-last-of-us-keivonn-montreal-woodard-nomination-makes-history-7560613>



More News of Interest



The Sunflower program is a discreet way to make our “invisible” disability visible to airport employees. Many airports give out sunflower lanyard to passengers with hidden disabilities. This program began at Gatwick Airport in the United Kingdom in 2016. It has been recently adopted at about 80 airports in the United States and other countries. You can receive your Sunflower lanyard at the time you check in. Be sure to ask for it. Once you have your own Sunflower lanyard, please keep it and use it every time you travel. This will soon be recognized by trains, theme parks, supermarkets, emergency services, theaters, and more.



Sources:

- * <https://deafseniors.us/the-hidden-disabilities-sunflower-lanyard/>
- * <https://www.disabled-world.com/disability/awareness/sunflower-lanyard.php>
- * <https://www.axios.com/local/austin/2023/04/13/austin-airport-joins-hidden-disabilities-project>



Laurie & Stu Lett, Barbara & Walter Klatt, Steve & Melanie Williams, and Pat Beech

A group met at The Alamo in One Loudoun in Ashburn on July 2, 2023 for the Open Caption showing of “Indiana Jones and The Dial of Destiny”.



Tamara & Roger Webb,
and Joan Corley



The 61-foot-tall rubber duck named “Mama Duck” made its first trip to Maryland [Leonardtown during August 4-6 and Crisfield during August 11-13]. Cathy & Rick Thompson went to see “Mama Duck” on August 6 with Ann & Davy Hirsch, and granddaughter Arleena Thompson.

Mama Duck: <https://thebigduck.us/>
WTOP News: <https://wtop.com/maryland/2023/07/the-worlds-largest-rubber-duck-is-coming-to-maryland-for-a-spec-quack-ular-display/>





Ashby Ponds News



Jill Moebus moved to Ashby Ponds Senior Living in Ashburn, VA on July 7, 2023. She lived in Sterling, VA for a long time. She is now a part of the group of 5 AP deaf residents.



AP Residents



Robert's 83rd
The Whitworth family celebrated Robert's 83rd birthday on 08-19-2023



Visitors at AP

Ken Hartman and Christie Sevingy visited Eve Christian on 08-05-2023.

Sitting: Paula Olejarz and Robert Whitworth
Standing: Jill Moebus, Chris Sevingy, Eve Christian, Linda Whitworth, Ken Hartman, and Pat Beech

On July 13, 2023, Ashby Ponds, an Erickson Senior Living community in Ashburn, VA., announced the promotion of Adham Talaat to General Services Director. Adham joined Erickson Senior Living in 2021 as Assistant General Services Director at Greenspring Village in Springfield, VA.



Prior to joining Erickson Senior Living, Adham served over 7 years in a multitude of facilities operations leadership roles ranging from directing startups to overseeing global portfolios across non-profit, US Marine Corps, global telecommunications, sports and major event venues, and fitness industries. Adham attained his bachelor's degree from Gallaudet University in Washington, D.C., and holds numerous facilities management industry licensures and certifications.

At Gallaudet, Adham was the most decorated football player in program history. After wrapping up a collegiate career as a four-time All-American and leading GU football to its first championship in school history, Adham went on to become the 4th Deaf player in NFL history, suiting up for the Seattle Seahawks and Kansas City Chiefs. Adham went on to coach Football and Strength & Conditioning at Gallaudet University, the University of Southern California, and The St. James -- and was inducted to the Gallaudet Athletics Hall of Fame in 2020.

Adham was born hard-of-hearing, and is fluent in American Sign Language. He resides in Springfield, VA with his wife and their 2-year old son.



One more visitor at AP

Sang Mclachlin visited Jill Moebus on 08-07-2023.

Sitting: Linda, Robert, and Jill
Standing: Eve, Pat, and Sang



Meet and Greet

Adham met the Deaf residents and the hearing residents taking sign language classes at AP



In Loving Memory



Alan Schiele Bloom was born on June 12, 1946, in Jackson Heights, Long Island, New York. He passed away on June 24, 2023, in Mountainside, New Jersey. His parents, Edgar and Martha Bloom, both deceased, were his loving parents.



Alan received his primary education at PS 47 in New York City and later attended Bruce Street School in Newark, New Jersey. He then continued

his education at the Marie Katzenbach School for the Deaf in West Trenton, New Jersey. Alan attended Gallaudet University where he pursued his studies. Throughout most of his professional career, Alan was employed by a computer programming company.

Alan is survived by his sister, Nancy B. Rarus, who resides in Austin, Texas. They were third generation Deaf family members having both parents and grandparents also being Deaf. Additionally, he leaves behind his nephew, Timothy B. Rarus, and niece, Kim Jennifer Rarus, both currently living in Austin as well.

Alan was a member of various organizations for the Deaf community. He had a passion for science and working with today's youth. He spent his time teaching ASL to young students.



James "Jim" Horace Hynes Jr. passed away in The Villages, FL on July 6, 2023. He was born in Baton Rouge, LA on October 3, 1949.

As an avid golfer, he was an accomplished player in his own right. He served the National Deaf Golf Association (NDGA) as its Executive Director and founded the United States Deaf Golf Association (USDGA) in 1995.



Jim was preceded in death by his wife of nearly 20 years, Maureen O'Grady Hynes, and sister, Kenny Hynes, a longtime member of Happy Hands Deaf Seniors. He is survived by his daughter, Elizabeth Butler; granddaughter, Colette Butler; and son, Jeb Hynes. He is further survived by his sisters, Mary Anne Hynes Frenzel and Juliette Hynes, and brother, Joseph Hynes.

Memorial donations may be made in his name to the USDGA to support Deaf Youth Golf Camps (www.usdeafgolf.org/in-memoriam).



In Loving Memory



Peggy Gray Sharp, mother of Selina Gilson, passed away on July 9, 2023 in Tarboro, NC. She was born on August 26, 1927 in Greenville, NC. After graduation from Salem College in 1948, she was editor of a trade magazine in Winston-Salem for several years. She is survived by her 3 daughters: Selina Gilson of Glen Allen, VA; Charlotte Lucas of Ithorots, France; and Nancy Lindsey of Sparta, NC. Source: <https://www.biggsfuneral.com/obituary/peggy-sharp>



Gerry Center Donner, mother of Bill Center, died on July 10, 2023 in Orlando, FL. She was born on August 27, 1929 in Lake City, FL. She was predeceased by first husband William Center, and second husband Wilbur Donner. She is survived by sons Bill Center, Jr. (Orlando), Cary Center (Orlando), and David Center (Edgewater), and daughter Ellen Demetree (Orlando). Gerry had 8 grandchildren and 13 great-grandchildren. Source: <https://www.tcpalm.com/obituaries/tcn032924>



“Twelfth Night” at Hood College

Darren Marquardt arranged a Day trip to Frederick, MD for us to see “Twelfth Night” at Hood College on August 8. This play was part of the Frederick Shakespeare Festival’s Endangered Species Theatre Project under the Direction of Christine Moser. The use of Reston Limo (picture on bottom left) was donated by Kristina Bourweiri, president and CEO of Reston Limo. Juan was the limo driver. Darren set-up a Meet and Greet with the cast after the play (picture on bottom right). For more information about the cast, see: <https://www.esptheatre.org/twelfthnightbios>. Thanks to Darren for planning this!



Sean Kenney's Nature Connects (made with LEGO bricks)



Located at the Museum of the Shenandoah Valley in Winchester, this exhibition displays 13 works of arts made from simple toy blocks, and ends on September 4. Those sculptures were built with more than 800,000 LEGO bricks.

For more information, see: <https://www.themsv.org/events/sean-kenneys-nature-connects-made-with-lego-bricks/>.



Seals



Rhino



Snow Leopard



Hummingbird



Polar Bear



Dodo Bird



Coral Reef



Wildebeest



Butterfly



Chameleon



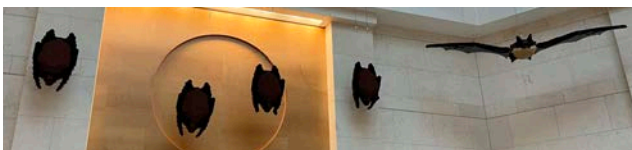
Sea Turtle



Zebra



Whooping Crane



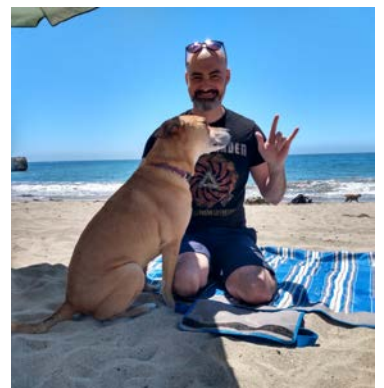
Bats



Jean Buffardi's Trip to Santa Cruz, CA

We travelled to Santa Cruz, CA to see our youngest son, Kevin, who teaches at Chico State University. My nephew and his family came from Sacramento. We had perfect weather in the 70 degree range.

We went to several smaller beaches instead of the crowded ones so my son's dog, Bella, could run. My favorite was New Brighton Beach, where my twin used to take her sons when they were kids. About 20 years ago, we had a memory time together there after she passed away. My grand niece wanted to celebrate her 14th birthday on that beach with us. We also walked around the huge Redwood forest, which was awesome.



For a Deaf person driving, being pulled over by law enforcement can be particularly stressful and potentially dangerous. The Pullover Pal is intended to help reduce some of the stress and improve communication at a very uncomfortable time. It is designed to fold over a window, and folds up to a compact size when not in use. It has pockets to keep all personal documents organized and dry behind a water-resistant cover. For more information, see: <https://thepulloverpal.com/>.

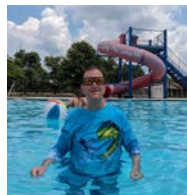
Videos: <https://www.facebook.com/watch/?v=926111484229675> and <https://www.facebook.com/mjgrantslife/videos/10157621225507472>



Deaf Camp Signs and Wonders at Camp Pecometh



Jonathan Kiell and Felix Chevere volunteered at Deaf Camp Signs and Wonders located at Camp Pecometh on the Chester River, north of Centreville, MD (on the Eastern Shore) during July 2-7. This camp was for Deaf adults (18+) with additional disabilities living in Maryland and Delaware.



ASL and Deaf Culture Immersion Week at Camp Mark 7

- by Jonathan Kiell -

Several of “our” folks attended the Camp Mark 7 “ASL and Deaf Culture Immersion Week” from August 13-19, located just outside Old Forge, NY. Camp Mark 7 hosts a series of camps for Deaf kids and adults each summer. The immersion week is designed for hearing adults; about 40 campers participated. The week provided a mix of ASL training workshops and typical Deaf Camp fun. The workshops included Components of ASL, Classifiers, Numerical Incorporation, Non-Manual Markers (NMM) and ASL Idioms, and a good bit of Deaf Culture. Of course, the rule for the week was “voice off”.

There was also plenty of time to enjoy the Adirondacks with hiking and sightseeing, including nearby McCauley Mountain (local ski area), canoeing, open-caption movies. Additionally the campers were divided into groups for “color war” games and skits presented on the last night of camp.

Our lead instructor for the week was Ricky Rose, who led a dynamic and exciting week of activities. An ASD alumni (Class of 1976) and Hartford, CT native, Ricky was born to a Deaf family, and graduated from Gallaudet with a Master’s degree in Deaf Studies. For nearly 30 years, Ricky has worked in academia teaching and consulting around his passion, ASL.

In addition to the various Deaf Camps for kids, Mark 7 had two sessions (just before this one) for CODAs — one is for KODA kids and the other is for KODA teens. Mark 7 has “Active Deaf Adults 50 Plus Week” during August 20-26. For more information about Mark 7, see: <https://www.campmark7.org/>.



Terrice Boone, Linda Naiditch, Felix Chevere, Ricky Rose (instructor), Jonathan Kiell, and Mike Seidman

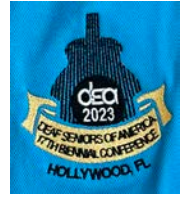


Ricky Rose with Father Tom Coughlin





DSA Photos during June 25-29, 2023



More DSA Attendees from Virginia and Maryland
Dot Brenner, and Kathy & Neil Ferris

DSA Attendees from Virginia and Maryland

Front Row: Thelma Schroeder, Peggy Daniels, Don Ames, Vicki Shank, and Cheryl Gault

Back Row: Denise Proulx, Jill Moebus, Joan Corley, Lynn Keefe, Barry Harlan, and Robert Gault



DSA Attendees from Virginia
June Davis and Jill Moebus



DSA Attendees from VA and MD
Eileen Goran with Debbie Blumenson



Don Ames at the Southernmost Point Buoy in Key West (erected in 1983)



DSA Attendee from Maryland
Cindy Pettie with friend, Mike Bienenstock



DSA Photos during June 25-29, 2023 (continued from page 15)



DSA Board for 2023-2025

Alfred Sonnenstrahl (Past-President),
Phil Aiello (President),
Char Parsley (Vice President),
Elaine Navratil (Secretary),
Lance Fischer (Board Member),
Robyn Miller (Board Member for 4 years),
Adam Novsam (Board Member for 4 years),
and Jerry Nelson (Board Member for 2 years)

Source: DSA via Facebook



Dulles Airport on July 22, 2023

Waiting for departure to Florida
George & Barbara Sidawy, Jill Moebus,
Neil & Kathy Ferris, and Joan Corley



Cheryl & Robert Gault
with MJ Grant, one of
the presenters
at DSA Conference



MDSC Board Members and Friends

Sandy McLennon, Beverly Boateng, Cathy & Ricky Thompson,
Mike & Janet Weinstock, and Barry White



Jill Moebus
with Yvans Cator, Jr.
(CODA Interpreter) and
Tim Wright (New
England Patriots)



DSA Experience during June 25-29, 2023



- by Joan Corley -

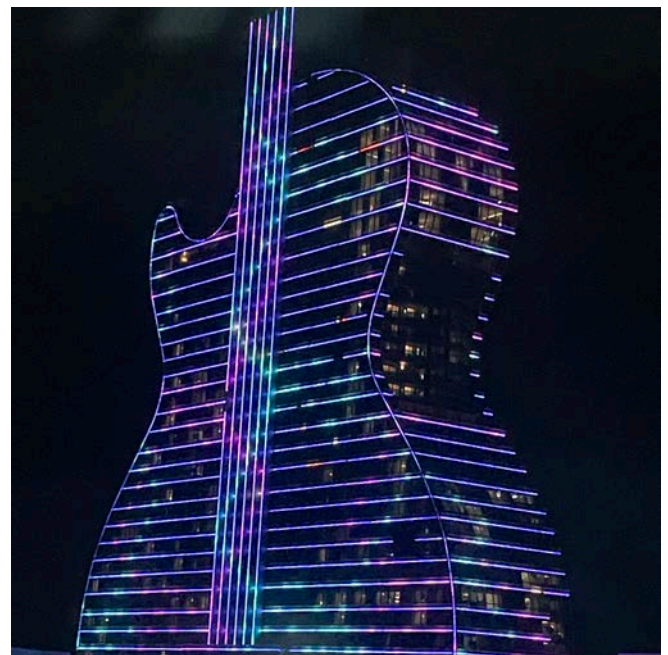
Before the DSA conference, I saw the Kennedy Space Center and went on the Everglades Holiday Park VIP Tour. The Kennedy Space Center was huge. We saw many places via the bus tour with ASL interpreters. The Kennedy Space Center was filled with history, and had a lot of exhibits which were amazing. I didn't get to see the whole center. I plan to go back again in the near future. The Everglades Holiday Park VIP Tour was a great experience. I rode on an airboat and saw a lot of nature. I learned a lot about alligators. It was hot but riding on the airboat was breezy.

The DSA 2023 Conference was a rich experience. I learned so much from each workshop. I met many new and old friends. We played Dingo, which was my first time. I loved the exhibits.

I plan to go to DSA 2025 in Kansas City, MO. Hope you can go to DSA 2025. I feel that it is worth your time — great workshops, meeting new friends, seeing old friends, and exhibits.



Kennedy Space Center



Hollywood Hard Rock Hotel



Everglades



Hollywood Hard Rock
Hotel

Highlights of Vicki and Barry's Trip to Florida during May-July 2023

- by Vicki Shank and Barry Harlan -

We custom tailored our trip around two conferences: The Virginia Deaf Baptist Conference at Eagle Eyrie Conference center in Lynchburg, VA in May and the Deaf Seniors of America Conference at Hard Rock Hotel and Resort in Hollywood, FL in late June. Our passion for riding bike trails in the country led us to bring our bikes along in our van.

Barry's deaf brother, Bruce, flew in and joined us at Jacksonville, FL. Just perfect timing: the two deaf brothers were able to visit their hearing brother Brian, a nephew David, and a cousin, Larry, at Ormond Beach. Furthermore, Bruce was delighted to chat with Pat Beech, a fellow NC School for the Deaf classmate, via FaceTime on Vicki's IPAD! After ten days with us, Bruce flew back home to Texas.

We then traveled to Sarasota, Fort Myers, Lehigh Acres, Everglade City, and Key West before attending the DSA conference. Weather was hot and humid as usual. Riding our bikes during the hot weather was a challenge physically and mentally!! We knew what we were getting into!! After the DSA conference, we stayed a week at a timeshare unit in Kissimmee and visited friends at The Villages for three days, then two days at Ormond Beach to visit Brian and a good friend, Liz Sale. We ended our road trip with a 17 hour Auto-Train out of Sanford, FL to Lorton, VA! The highlights (in photos) of our nine-week trip are inserted below.



Bike and Trike inside our Toyota Sienna Van along with luggage



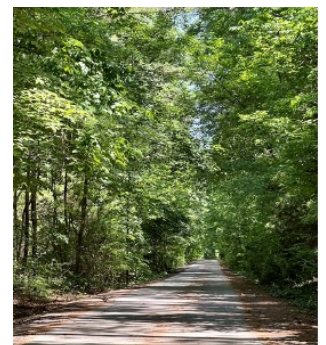
High Bridge Trail at Farmville, VA



St. Simons Island Bike Trail, GA



Tree "Spirit" by local artist at St. Simons, GA



American Tobacco Trail, south of Durham, NC

Highlights of Vicki and Barry's Trip to Florida during May-July 2023

(continued from page 17)



Riverwalk at Tampa



"Hall of Fame"
Pinellas Trail at
Dunedin



The Legacy Trail at Sarasota Springs with friend Tom



Spectacular Jekyll Island



Old Seven-Mile
Bridge accessible to
pedestrians and
cyclists only



Key West



Riverine Wetland at Manatee Park

Highlights of Vicki and Barry's Trip to Florida during May-July 2023

(continued from page 18)



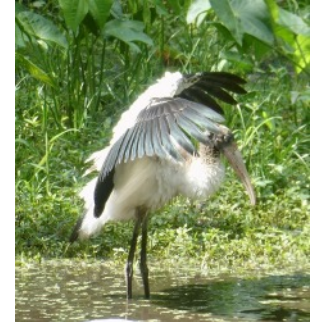
Live Oak Trees at
St. Simons Island
in Georgia



Flamingoes at
Everglades
Wonder Gardens



Boardwalk at the Corkscrew Swamp
Sanctuary, east of Naples



Wood Stork at the
Corkscrew Swamp
Sanctuary



Alligators at the Everglades Wonder Gardens



Yellow-Crowned Night
Heron at the JN Ding
Darling National Wildlife
Refuge



Pond apples at the
Corkscrew Swamp
Sanctuary



African Spurred Tortoise
(also known as the Sulcata
Tortoise) at the Everglades
Wonder Gardens



Eighty percent of the Florida sugarcane is grown on high organic matter
muck soils and 20% is grown on sand — near Lake Okeechobee

Highlights of Vicki and Barry's Trip to Florida during May-July 2023

(continued from page 19)



Day tour from St. Mary's to Cumberland Island — rugged remote well-camouflaged island of wild horses with no paved roads



This First African Baptist Church (built by slaves) was the site of JFK, Jr. and Carolyn's secret wedding in 1996



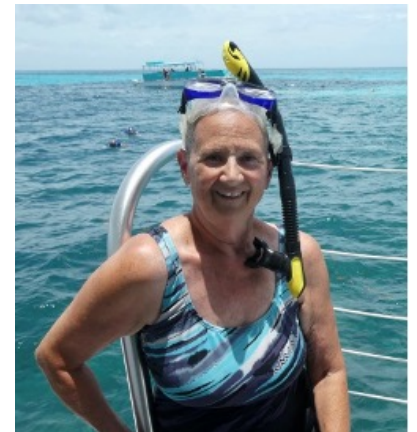
Two Airboat Tours:
Captain Jack's Mangrove Tour and Wooten's Grassland Tour



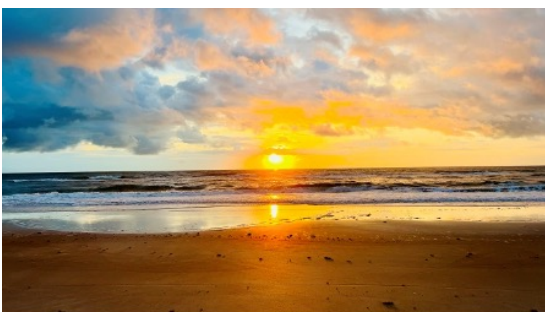
Captain Jack's Animal Sanctuary at Ochopee



Kirby Storter Boardwalk at Big Cypress National Reserve



Snorkeling at Grecian Rocks at John Pennekamp Coral Reef State Park



The Sunrise at Ormond Beach



What Do "Deafness" & "Hearing Loss" Mean to You?

Come learn more at Celebrate Communication 2023! See the latest in hearing assistive technologies, apps, local agency services, hearing aids, cochlear implants, captioning, ASL, and much more. Find ENTs and audiologists. Meet Deaf crafters. Face painting and Yellow Dog make it fun for the family!



Over 35+ Exhibitors



Meet Deaf/HOH artists



Family-friendly activities



Saturday, September 23, 2023
10 AM - 2 PM



Springfield Town Center
(Entrance #1, between the Yard House & Maggiano's restaurant. Lower level, next to Starbucks.)



Scan me for more info!

THANKS TO OUR SPONSORS!



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VIRGINIA ASSOCIATION OF THE DEAF

VAD CONFERENCE 2023

Hosted by

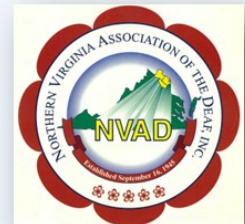
NORTHERN VIRGINIA ASSOCIATION OF THE DEAF

Thursday—Saturday, November 2-4 2023

“Shaping The Future Trends & Insights for Tomorrow”*



Fairfax County
Government Center
12000 Government Center Pkwy
Fairfax, VA 22035



Registration Combo

- ◆ Thursday Night: Welcome Reception at Honor Brewing Kitchen
- ◆ Friday: Keynote Speaker/Workshops/Entertainment/Hors d’oeuvres
- ◆ Saturday: Election/Awards

\$60 Members/\$70 Non-Members

Online Payments:

- ◆ PayPal <https://paypal.me/nvad1945>
- ◆ Venmo: <https://venmo.com/nvad1945>
- ◆ Zelle: nvadtreasurer1945@gmail.com

OR

Mail to:

NVAD Treasurer/VAD Conf 2023
c/o NVRC
10467 White Granite Drive Suite 132
Oakton, VA 22124

Any questions: Jeanne Lavelle at vadconf2023chair@gmail.com/
VP 571-350-8029
Special Accommodations/Special Diet

Events for September 2023

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

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Thanks to:

- Melanie Williams for giving a presentation on “Deaf Smith” on June 28 (<https://youtu.be/TCrUqGnL0RA>)
- Barbara Eger-Klatt for giving a presentation on “History of Yoga” on July 5 (<https://youtu.be/19dnkEierGc>)
- Melanie Williams for giving a presentation on “Princess Alice of Battenberg, Prince Philip’s mother” on July 26 (https://youtu.be/su0W63_mpzE)
- Jill Kotchen for giving a presentation on “Saint Bartholomew’s Day Massacre” on August 2 (<https://youtu.be/JIWSQ8o35yA>)
- Darren Marquardt for planning the Day Trip to see “Twelfth Night” on August 8
- Pat Beech for facilitating the Hybrid Monthly meeting July 5 and August 2 [see pages 3-4]
- Debbie Jones for helping with the Tech Set-Up and Walter Klatt for helping with Powerpoint Presentation at the HH Hybrid Monthly meeting on July 5
- Jonathan for helping with the Tech Set-Up and PowerPoint Presentation at the HH Hybrid Monthly meeting on August 2
- Everyone who submitted articles and photos for the September issue
- 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





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 Oakton, VA 22124
<https://nvrc.org/about/directions/>



URL: <https://nvrc.org/happy-hands/>
 Don Ames, Chair
[\[dames@cox.net\]](mailto:dames@cox.net)



Veditz and Company Brewing

The owners [Greg Randall, Joey Seifner, and Amit Rupani] plan to open in Sperryville this fall. All of the owners are deaf. The brewery will operate on Thursdays through Sundays at 12PM till 8PM. The brewery is named in recognition of George Veditz, an historical icon in the Deaf community, best known for his efforts to preserve American Sign Language.

FaceBook: <https://www.facebook.com/veditzbrewing/>

Source: https://www.rappnews.com/features/foodanddrink/another-sperryville-brewery-plans-to-open-this-fall/article_542d5888-29fc-11ee-b2f0-c332d574f66b.html



Fine Tuners for 2023-2024

Front Row: Don Ames (Chair), Jill Moebus (Vice Chair), Melanie Williams (Secretary), and Steve Williams (Treasurer)

Back Row (All are Members-At-Large): Paul Daniels, Tom Dowling, Cathleen Potosky, Eddie Drawdy, Stan Smith, and Barbara Eger-Klatt

Insert: Member-At-Large - Lois Herberger

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 for the Silent Social Chat are September 3 and 17. FYI: The date for HH Social Chat is on September 6.

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!