



SENIORS' CHAT



Don's Column





Hello, Happy Hands Members and Friends,

See pages 3-4 for a recap of the March 20 meeting. Thirty-six people showed up in person, and three people joined the meeting via Zoom.

Mark your calendar for our monthly meeting on April 3. Hope to see you on that day for the presentation by Elizabeth Dunwoody and Emily May (page 2). They will share information about Ashby Ponds, an Erickson Senior Living community in Ashburn.

Paul and Peggy Daniels will give a presentation on "Christmas Market Land & River Cruise" via Zoom on April 24 (page 6).

~ Don

As usual, Stay Happy Safely with Our Awesome Hands!



June 5, 2024 10:00AM-4:00PM (Rain or Shine)

Lake Fairfax Park http://www.fairfaxcounty.gov/parks/ lake-fairfax

More information will be in the May issue.

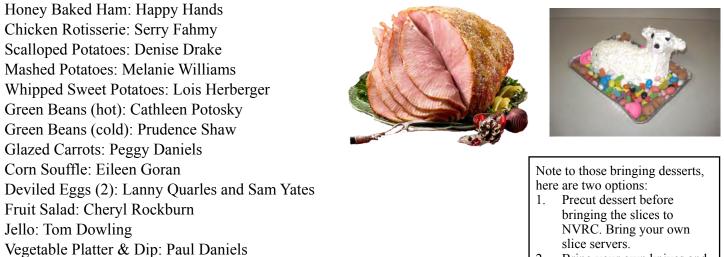


HAPPY BIRTHDAY ...to the folks with birthdays in April

Richard Cohen [11th] Kathy Jones [11th] Laurie Dowling [15th] Iryna Raviluk [16th] Paul Daniels [20th] Jonathan Kiell [24th]

Happy Hands In-Person Meeting April 3 at 10:00 AM

We will have our 22nd post-COVID in-person monthly meeting on April 3 at 10:00 AM - 2:00 PM. See below for the menu. If you want to bring something, please let Cathleen Potosky [cfpotosky@gmail.com] know. **If you do not bring food, please pay \$8.00.** If you are not on the list, but plan to bring something, please contact Cathleen.



2. Bring your own knives and dessert slice servers. When you arrive at NVRC, please cut the dessert right away before sitting and chatting.

After lunch, Elizabeth Dunwoody [Director of Sales] and Emily May [Manager of Resident Services] will share information about community amenities and services offered at Ashby Ponds, an Erickson Senior Living community in Ashburn, VA. Two interpreters will be provided.

Angel Food Cake with Strawberries & Whipped Cream: Jill Kotchen

Here are two links:

Rolls (24 ct.): Tim Beatty

Lamb Cake: Jill Moebus

Paper Products and Cups: Pat Beech

* Ashby Ponds https://www.ericksonseniorliving.com/ashby-ponds

* FAQ https://www.ericksonseniorliving.com/ashby-ponds/faq

Here is Zoom info: https://us02web.zoom.us/j/82085580900 Meeting ID: 820 8558 0900



HYBRID



Recap of Hybrid Meeting on March 20, 2024

We had our 21st Hybrid Meeting on March 20, 2024. We had 36 people in person and 3 people on Zoom. Here is the link for viewing the meeting: <u>https://youtu.be/RfAK5z2U0Hk</u>. Also, here is link for the Aging section: <u>https://youtu.be/HZIBuuPXoV0</u>.





Arthur Traurig, Lois Herberger, and Tom Dowling



Melanie & Steve Williams, and Jill Moebus



Cathleen Potosky and Denise Drake





Sam Yates, Eileen McCartin, and Serry Fahmy



Eddie Drawdy, Maria Dollhopf, and Melanie Williams



Don Ames, Cheryl & Rocky Rockburn, and Lynn Keefe

Bob Hickey and

Arthur Traurig



Eddie Drawdy and Pat Beech



Cheryl Gault, Lois Herberger, and Lanny Quarles



Tim & Mary Ann Beatty



Melanie Williams and Richard Cohen



Tom Drake and Stan Smith

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Recap of Hybrid Meeting on March 20, 2024



(continued from page 3)



HYBRID

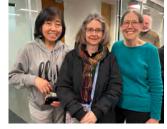
Paul & Peggy Daniels



Jill Moebus and Prudence Shaw



Cheryl Rockburn and Jill Kotchen



Lanny Quarles, Deanna Dunham, and Lois Herberger



Jill Moebus and Lydia Olugbodi



Pat Beech and Sye Cowdery



Bill Morris and Deanna Dunham



Tom Dowling and Pam Gannon



Kathy Jones and Stan Smith



Jane Euler and Barrie Magee



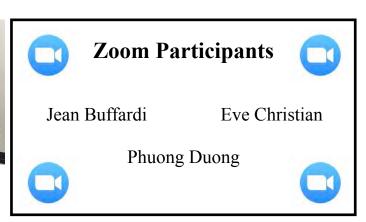
Pat Beech and Julie Mertz



50/50 Raffle Winners Cheryl Rockburn



Jill Moebus





Eileen McCartin, NVRC Executive Director talked to us about showing support for NVRC. She explained that the Fairfax County Board will host Public Budget Hearings during April 16-18 at the Government Center.

She explained that there were several ways for us to offer feedback on the Budget:

- * Comment online [https://engage.fairfaxcounty.gov/FY25Budget]
- * Leave a voicemail at 703-890-5898, Project Code 1379
- * Text "FY25BUDGET" to 73224
- * Email F25Budget@publicinput.com

News of Interest

LATEST 7



Leslie Zinza died on March 6, 2024. She is survived by partner Karen Olson and three children: Jeffrey, Jason, and Lisa. She received BA degree in Biology with minor in Mathematics at Gallaudet in 1971. She was involved in various organizations, the last one being Maryland Deaf Senior Citizens.





Herb W. Larson died on March 19, 2024. He was host for 10 years of the Emmy Award-winning cable TV show for the deaf, "Off Hand" [<u>https://</u><u>www.accessnetwork.tv/off-hand</u>]. He received his master's degree in 1965 from the National Leadership Training Program. Later he became the Director of the National Center on Deafness at California State University, Northridge in 1979 and worked there until retirement in 1998.

Source: <u>https://gladinc.org/passing-of-herb-larson-2024/</u> The Daily Moth: <u>https://youtu.be/nNSI-fg0s2E</u>



Herb Rosen died on March 19, 2024. He was born in Toronto, Canada, on December 23, 1936. At age 15, he enrolled at the American School for the Deaf. He received a degree in chemistry from Gallaudet University in 1959. After a couple of years as an ITU printer, he went back to school to acquire credentials in computer programming. Herb married Roz Goldstein in 1961. They had three children: Jeff Rosen, Steve Rosen, and Suzy Rosen Singleton.

Donations may be made in his memory to the National Association of the Deaf, Jewish Deaf Congress, or Deaf West Theatre.



Patience Chrisler Battisti passed away on March 25, 2024. She married Anthony Battisti in 1985. They had three children: Ryan, Laura, and Lucas. They moved from the Northern Virginia area to Central VA, after they both retired. She loved to share pictures of her family and especially her dog, Finn.





There will be a celebration of life for Patience on April 6 at 1:00PM-4:00PM. It will be at The Fairfax Circle Church, 3110 Chichester Lane, Fairfax VA 22031.

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More News of Interest





Linda Whitworth celebrated her 81st birthday with family on March 22, 2024.

Picture on left: Linda with Birthday Cake Picture on right: Linda with husband Robert, and granddaughter Quinn.





Gallaudet University's Theatre and Dance program invites you to experience its first fully-produced Deaf and ASL performances of "Rent." The performance dates are: April 5-6 and April 11-13.

Source: <u>https://gallaudet.ticketleap.com/rent-the-musical/details</u> Dates: <u>https://gallaudet.ticketleap.com/rent-the-musical/dates</u>



On April 24, 2024 at 10:00AM-12:00PM, Paul and Peggy Daniels will give a presentation on "Christmas Market Land & River Cruise," a tour they took via Kerstin's Deaf Travel during December 2-13 2022. The tour included visits to Switzerland, Germany, France, and The Netherlands.

Zoom Info: https://us02web.zoom.us/j/84365872037 Meeting ID: 843 6587 2037





Happy Hands

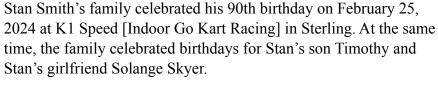


90th Birthday for Stan Smith









On February 28, Stan's son Timothy and daughter Penny plus friends hosted a party for him at NVRC.











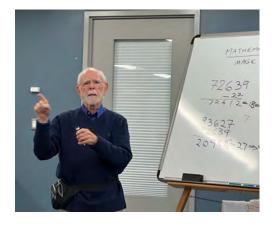


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NVAD Mathemagic Event 03-23-2024

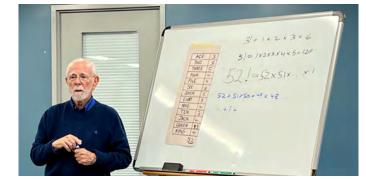


On March 23, 2024, NVAD hosted "Mathemagic with Magic Numbers." Presenter Simon Carmen gave a fantastic show for all ages of students and adults. He showed how numbers had a way of being magical with hidden meanings and surprising solutions in the world of mathematics.

















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NVAD Mathemagic Event on March 23, 2024

(continued from page 8)



Tour of 9-1-1 and OEM Center 03-27-2024



On March 27, 2024, 18 people met at PSTOC (Public Safety and Transportation Operations Center) for a tour of the Fairfax County 9-1-1 Center and the Emergency Operations Center.



It is strongly recommended that you sign up to get Fairfax Alerts for emergency, weather, and transportation notifications, as well as tax deadlines and event reminders. URL: https://www.fairfaxcounty.gov/alerts.





You can create your free emergency health profile to provide real time critical health and medical information to first responders during an emergency or crisis event.

URL: https:// www.fairfaxcounty.gov/911/ emergency-health-profile.



Sulayman Brown, Deputy Coordinator, explains how training works for various departments



Dru Clarke (Assistant Director, 9-1-1 Dispatch Operations) explains the 9-1-1 Dispatch setup





For more information, see: https://www.fairfaxcounty.gov/911/

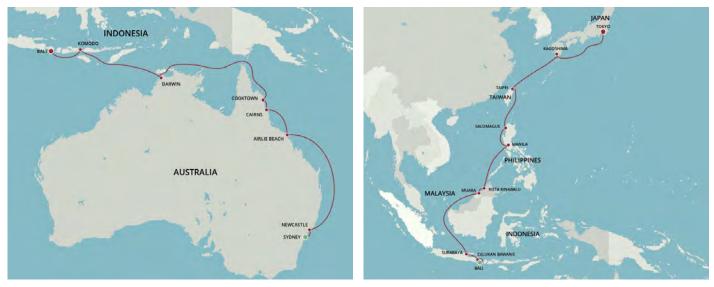


- * Moriah Kitaeff (Community Engagement Specialist)
- * Avery Church (Continuity Program Manager)
- * Jonathan Kiell (organized this tour)
- * Dru Clarke (Assistant Director, 9-1-1 **Dispatch Operations**)
- and Billy Sanders

Cruising Around The World CEANIA with Barry and Vicki CEANIA

What: A 196 Days Voyage around the world **Date of this report:** Tuesday, March 19, 2024

Current Location: At South China Sea on a 600 ft Ship, Oceania Insignia, cruising around 17 to 18 knots Heading To: Keelung, Taiwan for an excursion to Taipei



Just learned that there are 370 of us folks going around the entire world. The rest, about 150-170, are taking the 18 days segment, "Australia's Embrace" or the 17 days segment, "Far East Memories."



Sydney's Harbour Bridge in the background at Circular Quay



Sydney's Opera House and its modern skyscrapers



St. Mary's Cathedral High Gothic Architectural Style is impressive



The Chinese Garden of Friendship at Sydney

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Cruising Around The World with Barry and Vicki

OCEANIA cruises® (continued from page 11)

CRUISES°



Queen Victoria Building with its Romanesque revival architectural style, is actually a shopping mall. A historic landmark tourists should not miss.



Inside of Queen Victoria Building



Sydney's Night Life



The plumeria obtusa (Singapore Graveyard Flower) is a species of the genus Plumeria



A wind-blown tree stands strong at Newcastle, Australia



Beach Spider Lilies



One of the 1200 tropical butterflies at the Australian Butterfly Sanctuary. It is a Cairns Birdwig Butterfly.



Two noteworthy notes about this town, Newcastle, Australia: it was a town for convicts put to labor for their crimes in the early years, and it is the largest coal exporting harbour in the world. Now the thriving town has a beautiful beach and a University as shown in the center of the photo



Moon set or Moon rise from the 10th deck on the cruise ship

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Cruising Around The World with Barry and Vicki



(continued from page 12)





This chubby koala sleeps an average of 18 hours a day



A monitor lizard is my best guess



Man-made lagoon at Airlie Beach, Australia



Australian Pelicans at the Territory Wildlife Park, an hour's drive south of Darin



Black-winged stilts



Sunset from the 10th deck on the cruise ship



Bush Stone Curley



An agile wallaby



Gouldian Finch



Plumed Whistling Duck

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Cruising Around The World with Barry and Vicki

OCEANIA cruises®



A B-52 Bomber at the Darwin Aviation Museum - Between February 1942 and November 1943, during the Pacific War of World War II, the Australian mainland, domestic airspace, offshore islands, and coastal shipping were attacked at least 111 times by aircraft from the Imperial Japanese Navy Air Force and Imperial Japanese Army Air Force.



Getting sprayed at the Banjar Hot Springs in North Bali

(continued from page 13)





A Komodo sculptured statue at the Komodo Park



On another smaller Indonesian island, is one of the world's best pink beaches. It is truly a Natural Wonder of Nature, this exceptional beach gets its striking pink color from microscopic animals called Foraminifera, which produces a red pigment on the coral reef. When the tiny fragments of red coral combine with the white sands, this produces the soft pink color that is visible along the shoreline.



Posing with a Komodo dragon on Komodo Island, Indonesia



Balinese Dancers and musicians at the pier, Benoa, Bali



The Brahmavihārā Arama is a Buddhist temple, located in the Banjar District of Buleleng in the mountains in North Bali. Bali is a predominantly Hindu island.

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Cruising Around The World with Barry and Vicki

OCEANIA cruises®

(continued from page 14)

CRUISES"



Scenes from Ubud, Bali: Each home or household has a small Hindu shrine (under the umbrella) where they bring offerings to their Hindu gods.



A Balinese woman bringing offerings to the Hindu shrine, which could be a small household shrine or one in a temple shared by the community members.



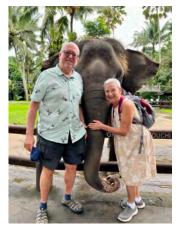
A group of Hindu devotees assembled on the road to meditate in prep for the Hindu New Year, which fell on March 11.



Balinese women and children with their obligatory offerings to the Hindu gods.



At the Mason Elephant Park, we got the blessing/a hug from one of their rescued elephants.



A new friend from the Mason Elephant Park, Bali



Rice terraces at the Alas Harum, Tegalalang, Bali



Rice terraces at the Alas Harum, Tegalalang, Bali



This Buddhist temple has significant Hindu influence in its statues and architecture.

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Cruising Around The World with Barry and Vicki

OCEANIA cruises[®] (continued from page 15)





Monkey Forest Sanctuary, Ubud, Bali has approximately 1200 monkeys protected in this region



Sea Walking at a man-made reef, some 15 - 18 feet below from a floating station, reachable by boat at Nusa Bua Beach, Bali. Gorgeous colorful fish were seen. (Video was posted in Facebook)



A snake around Barry's head!

[Tambak Sari Turtle Park and Mini Zoo, Denpasar, Bali]



Beautiful cockatoo [Tambak Sari Turtle Park and Mini Zoo, Denpasar, Bali]



Vicki holding a flying fox - they eat fruits, not insects.

[Tambak Sari Turtle Park and Mini Zoo, Denpasar, Bali]



A tamed iguana [Tambak Sari Turtle Park and Mini Zoo, Denpasar, Bali]



This current 5 star hotel was the headquarters of the Imperial Japanese Forces in 1942 till the end of WW II.

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Eania

CRUISES

Cruising Around The World with Barry and Vicki

OCEANIA cruises[®] (continued from page 16)



Photo scenes from a Kampung Lawas Maspati village in the heart of the city of Surabaya, Indonesia



Front Entrance to the Heroes Monument, Surabaya, Indonesia



A floating village at Kampong Sungai Kebun in Brunei



Mount Kinabalu, 13,435 ft high, is seen from the Pekan Nabalu Viewpoint. We took a 40 min trek on the Silau- Silau trail at the world heritage site, Kinabalu Park, in Malaysia. This shore excursion was a 90 minute drive from the cruise port of Kota Kinabalu.



Tangled wire mess at the walled medieval district of Intramuros in Manila, Philippines



The royal chariot at the Royal Regalia Museum that was used for the silver jubilee celebration of Sultan Hassanal Bolkiah's rule of Brunei.



The Manila Cathedral was re-built eight times! War, earthquakes, and fire all took its share of destruction.

CRUISES

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Cruising Around The World with Barry and Vicki CEANIA

(continued from page 17)

Eania CRUISES

A variety of transportation at Manila: horse carriage, tourist bus, scooter, bike, and local decorated jeepney.



The Manila American Cemetery in the Philippines contains the 16,859 graves of our military men and women who have served and died during WWII, mostly in New Guinea and the Philippines.





Total Solar Eclipse April 8, 2024



On April 8, 2024, a total solar eclipse will go through a big part of the United States. Everything will halt for at least a few minutes. What is a total solar eclipse? It occurs when "the moon is between Earth and the sun. It casts a shadow over Earth.

There are different types of eclipses. For more information, see: <u>https://www.exploratorium.edu/eclipse/three-kinds-solar-eclipses</u>.

- * Total solar eclipse sun is fully obscured by the moon
- * Partial eclipse the moon does not fully block out all the sun's light
- * Annular solar eclipse the moon is centered in front of the sun but does not cover the entire surface (this is when a "ring of fire" is visible)

For April 8, the total solar eclipse path will go through Mexico, across the United States from Texas to Maine, and out across Canada's Atlantic coast. For more information, see: <u>https://apnews.com/article/total-solar-eclipse-april-2024-83164668ee08b0a0c92e1d2ac41e91aa</u>.

According to two websites, the total solar eclipse will travel faster than the speed of sound. Exactly how fast it will move depends on where you are.

* https://www.space.com/how-fast-will-total-solareclipse-2024-travel

* https://svs.gsfc.nasa.gov/5186/

NASA will show this via live streaming on April 8: <u>https://www.youtube.com/live/2MJY_ptQW1o</u>

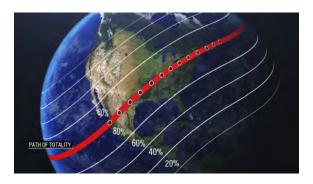
Sources:

- * https://en.wikipedia.org/wiki/Solar_eclipse_of_April_8, 2024
- * <u>https://www.timeanddate.com/live/eclipse-solar-2024-april-8</u>
- * https://www.foodandwine.com/total-solar-eclipse-2024-8619219
- * https://www.usatoday.com/story/news/nation/2024/03/23/april-2024-totaleclipse-guide/73065430007/



Phases of a Total Solar Eclipse









Cicadas 2024



This year certain states will experience a rare natural event that has not happened in over 200 years — the emergence of two separate broods of cicadas. This double emergence won't happen again until 2245.

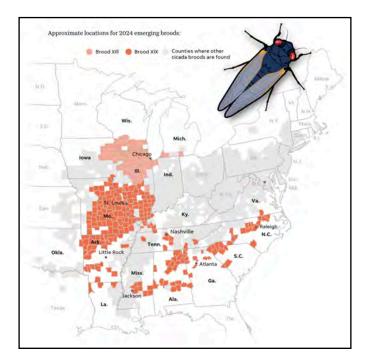
Cicadas are not locusts. They are not grasshoppers. There are more than 190 known varieties of cicadas in North America. Cicadas do not harm people or pets. Scientists say that you should not kill cicadas. Cicadas are known for their loud voices.

What happens when the cicadas emerge? Once the males mate above the ground, they die. After the females lay their eggs — usually in small slits they carve in tree branches — they die. A female can lay 400 to 600 eggs in a lifetime. The eggs hatch in late July to early August. Then the cicadas fall to the ground and burrow underground.

After 13 years, Brood XIX will emerge in 14 states across the Southeast and Midwest. This emergence will begin mid-May and last through late June. The last brood emerged in 2011, and has a 13-year life cycle.

The 17-year Brood XIII will appear in five Midwestern states around the same time. This brood will emerge in mid-May and end in late June. This brood has a 17-year life cycle. The last brood emerged in 2007.





Sources:

- * https://www.scientificamerican.com/article/a-double-brood-of-periodical-cicadas-will-emerge-in-2024/
- * https://www.foxweather.com/earth-space/2024-double-cicada-emergence
- * https://www.usatoday.com/story/news/nation/2024/03/20/cicada-brood-emerging-2024-when-wheremap/73038957007/
- * https://cicadas.uconn.edu/
- * https://www.reuters.com/world/us/when-double-brood-cicadas-will-come-out-what-expect-2024-02-19/
- * https://cicadasafari.org/

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Kennedy Center Sign-Interpreted Performances

Dixie's Tupperware Party

Dixie Longate brings Tupperware party into the 21st century. This show is filled with funny tales, heartfelt accounts, audience participation, and homespun wisdom. * May 28, 2024 at 7:30PM * May 31, 2024 at 7:30PM

Funny Girl

This is the story of Fanny Brice, a girl from the Lower East Side. She became one of the most beloved performers in history.

- * July 9, 2024 at 7:30PM
- * July 12, 2024 at 7:30PM

Back to the Future: The Musical

"Back to the Future" is now a Broadway musical with its destination set for Washington, D.C. in 2024.

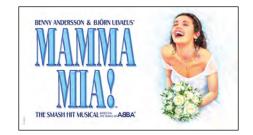
- * August 6, 2024 at 7:30PM
- * August 9, 2024 at 7:30PM

Mamma Mia!

A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget!

- * August 27, 2024 at 7:30PM
- * August 30, 2024 at 7:30PM





Here is link for upcoming accessible performances: <u>https://www.kennedy-center.org/visit/accessibility/upcoming-accessible-performances/</u>.

For more information about accessibility:

- * https://www.kennedy-center.org/visit/accessibility/
- * https://www.kennedy-center.org/visit/accessibility/hearing/
- * access@kennedy-center.org (E-mail Address)

Happy Hands



2024 APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 APRIL TOOLS	2	3 HH Monthly Hybrid (p. 2)	4	5	6
7 Social Night at Wegmans (p. 24)	8 SOLAR (P 19)	9	10 HH Social at Wegmans (p. 24)	11	12	13
14	15 TAX DAY * * * * *	16	17 Fine Tuners	18	19	20
21 Social Night at Wegmans (p. 24)	22 нарру к	23	24 HH Zoom Presentation (P 6)	25	26 ARBOR DAY	27 DegiNation Expo (P 22)
28	29	30				

Thanks to:

- Jane Euler for presenting "Navigating Aging and Illness with Doula-Based Care" on March 20
- Julie Mertz for interpreting Jane Euler's presentation on March 20
- Pat Beech for facilitating the Hybrid Monthly Meeting on March 20
- Jonathan Kiell for helping with the PowerPoint presentation on March 20
- Lois Herberger, Jill Moebus, and Cathleen Potosky for being on the Menu Committee
- Lois Herberger, Bob Hickey, and Denise Drake for being the Shepherd Pie chefs on March 20
- Everyone for bringing goodies on March 20
- Everyone who helped with room set-up after the meeting, and clean-up on March 20
- 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





URL: <u>www.nvrc.org</u> VP 571-350-8656 10467 White Granite Drive Suite 312 Oakton, VA 22124

E-mail: info@nvrc.org

URL: <u>https://nvrc.org/about/</u> <u>directions/</u>



Don Ames, Chair [dames@cox.net]



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 (resigned in Dec 2023)

Insert: Member-At-Large - Lois Herberger

Jhank You!

Thanks for donating to Happy Hands:

- Nancy Rarus
- Shelley Simms

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 April 7 and 21.



The date for HH Lunchtime Social Chat is April 10.

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!

Additional Happy Hands 2024 Members (as of March 26, 2024)

Membership: Thanks for joining or renewing your membership for 2024.

Laurie Dowling Tom Dowling Irene Hunter Nancy Rarus

For those who have not renewed for the year 2024, please see: <u>https://nvrc.org/wp-content/</u><u>uploads/2024/01/2024Membership_Fillable.pdf</u>.