



SENIORS' CHAT



Don's Column



Hello, Happy Hands Members and Friends,

See pages 3-4 for recap on the February 7 meeting. Thirty-two people showed up in person, and eight people joined the meeting via Zoom. Mark your calendar for our monthly meeting on March 20 (see page 2). Jane Euler will give a presentation on "Navigating Aging and Illness with Doula-Based Care."



Instead of Zoom Social Chat on March 27, we will have a tour of the 9-1-1 and Emergency Operations Center. See page 19 for more information.

Don't forget to "Spring Forward" your clocks on March 10.

Hope to see you on March 20 for the presentation by Jane Euler (see page 2). As usual, Stay Happy Safely with Our Awesome Hands!







HAPPY BIRTHDAY

...to the folks with birthdays in March

Tom Lindsey [5th]
Phuong Duong [7th]
Denise Drake [23rd]
Song Jo [24th]
Daniel Murray [24th]
Denise Proulx [29th]
Barry Harlan [30th]

Happy Hands In-Person Meeting March 20 at 10:00 AM

We will have our 21st post-COVID in-person monthly meeting on March 20 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.

Shepherd's Pies (3) — Denise Drake, Lois Herberger, and Bob Hickey Stuffed Cabbage (Vegan) — Eddie Drawdy Vegetables:

- * Colcannon (Potatoes & Cabbage) Cheryl Rockburn
- * Corn Jill Kotchen
- * Glazed Carrots Peggy Daniels
- * Green Beans Melanie & Steve Williams
- * Baby Spinach Baby Kale Pear & Pecan Salad Prudence Shaw
- * Brussel Sprouts ??
- * Corn ??

Soda Bread — Jill Moebus

Desserts:

- * Chocolate Cake Denise Drake
- * Apple Pie (2) Mary Ann & Tim Beatty
- * Brownies Lynn Keefe
- * Ice Cream Jonathan Kiell and Stan Smith
- * Cupcakes Tom Dowling

Drinks:

- * Water Paul Daniels
- * Sodas (2 or 3 bottles per person) Melanie & Steve Williams, ??
- * Ice Melanie & Steve Williams

Paper Products and Cups — Pat Beech

Jane Euler, Co-Founder and Lead Doula at Present for You, will present "Navigating Aging and Illness with Doula-Based Care" on March 20. Present for You is a leader in the serious illness doula-based care space and works alongside palliative care and hospice teams. Come hear the questions you should be asking yourself, your loved ones, and your providers as you age. An interpreter will be provided.

Here is Zoom info: https://us02web.zoom.us/j/87000428802

Meeting ID: 870 0042 8802





Note to those bringing desserts, here are two options:

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





Recap of Hybrid Meeting on February 7, 2024



We had our 20th Hybrid Meeting on February 7, 2024. We had 32 people in person and 8 people on Zoom. Here is the link for viewing the meeting: https://youtu.be/PJXsk2hmWL8. Also, here are two more links:

- * Valentine's Day History and Trivia [https://youtu.be/vDGW509qn1U]
- * Art Is Everywhere [https://youtu.be/8BOqKca5HDk]



Lois Herberger just finished her presentation on Valentine's Day History and Trivia









Sloppy Joes Chefs Eddie Drawdy and Melanie Williams









Zoom Participants

Jean Buffardi Eve Christian Phuong Duong Tony Heller Jonathan Kiell Nancy Rarus Vicki Shank Gary Viall



Recap of Hybrid Meeting on February 7, 2024



(continued from page 3)





Jill Moebus signs "Happy Birthday" to the February group



50/50 Raffle Winners Deanna Dunham

Don Ames



Don Ames, Lois Herberger, Tom Dowling, and Sam Yates



Cheryl Heppner, Jill Moebus, and Denise Drake



Chicago NativesTom Dowling, Lois Herberger,
Bob Hickey, and Eileen Goran



Don Ames and Serry Fahmy



Tom Drake



Cathleen Potosky and Eileen Goran



Rocky Rockburn and Jill Kotchen



Sam Yates & Lanny Quarles



Mary Ann & Tim Beatty



Darren Marquardt and Lynn Keefe



Prudence Shaw, Deanna Dunham, and Stan Smith



Money Table Steve Williams and Tom Dowling



Paul & Peggy Daniels, and Shelley Simms



Laurie Warren and Julie Greenfield



News of Interest



Cathleen Potosky has a small shop called "Cathy's Little Boutique." She makes original, up cycled accessories, jewelry as well as some catnip pillows and some vintage items. She will be at Reston Community Center Flea Market on March 2 during 9:00am-12:00pm. The address is: Hunters Woods Village Center at 2310 Colts Neck Road in Reston, VA. She hopes to see you there. If you cannot be there but are looking for personal items or gifts, you can contact her at cathyslittleboutique@gmail.com.





Sam Young of The Villages, FL died on February 6, 2024 at the age of 94. His wife, Dorothy, died in 2009. They moved to The Villages from Maryland in 1997. He is survived by a daughter, Mary James; and two sons, Samuel John Young, Jr. and Tim Young. Source: https://www.tributearchive.com/obituaries/30718361/samuel-j-young/mechanicsville/briscoe-tonic-funeral-home

Nelly van Harten Schroeder of The Villages died on February 5, 2024. She is survived by husband George Schroeder of nearly 72 years; and two daughters Miriam and Yvonne. Source: https://www.legacy.com/us/obituaries/name/nelly-harten-schroeder-obituary?id=54376450



Aurora Abraham would like to interview some of the Happy Hands members. She can be reached at interm@nvrc.org (Deadline: March 31). She is creating a video story including interviews with individuals and general footage of events and other things to show the multitude of services that NVRC offers, who benefits from the resources, and what it means to have a strong and supportive community (especially like Happy Hands).

Questions for Happy Hands:

- * Did you grow up Deaf?
- * What is your native language and how did you communicate growing up?
- * When/how did you learn ASL?
- * How long have you been involved in Happy Hands?
- * What do you like about it?
- * How has Happy Hands impacted your life?





January and February Birthday Celebration





Sitting: Lanny Quarles and Cathleen Potosky Standing: Tony Heller, Stan Smith, Don Ames, Rocky Rockburn, Zina Zambian, and Peggy Daniels















NVRC Film Fest 02-10-2024



NVRC and Service Source hosted a Film Festival with ReelAbilities on February 10. "Being Michelle" is a documentary about a woman who survived incarceration in a system that did not accommodate her needs as a deaf person with autism. Michelle's journey changed when she met Kim Law, a blind life coach, who teaches in the prison. This film showed the bonds between two women forging a path to healing. After the film, the film attendees shared their thoughts about the documentary.

Trailer: https://youtu.be/cxFaXDDefec

More Information: https://www.beingmichelle.com/





March Trivia

- 1. Which U.S. national park was founded in March 1872?
- 2. On what date is St. Patrick's Day celebrated?
- 3. Which sport has a tournament called March Madness?
- 4. What day is celebrated internationally on March 8?
- 5. What do most nocturnal animals do in March?
- 6. On March 10, Alexandria Graham Bell made the first-ever call. What year was that?
- 7. What was sent out for the first-time ever on March 21, 2006?
- 8. What is the official birth flower of March?
- 9. What famous doll was introduced to the world in March 1959?
- 10. DST begins on the 2nd Sunday of March. Do we gain or lose an hour?



Answers: 1. Yellowstone National Park; 2. March 17; 3. Basketball; 4. International Women's Day; 5. Come out of hibernation; 6. 1876; 7. Tweet; 8. Daffodils; 9. Barbie; 10. Lose an hour

NVAD Super Bowl Party 02-11-2024















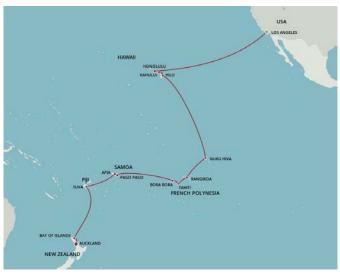




What: A 196 Days Voyage around the world **Date of this report:** Friday, February 21, 2024

Current Location: At Tasman Sea on a 600 ft Ship, Oceania Insignia, cruising around 18 to 19 knots

Heading To: Sydney, Australia



Polynesian Panorama Segment (30 days): Los Angeles, CA to Auckland, New Zealand

Note: Didn't stop at Nuku-Hiva and Kahului, replaced with Kailua-Kona and Nawiliwili



Jewels of New Zealand Segment (11 days): Auckland, New Zealand to Sydney, Australia

Note: Did not go around Milford Sound due to upcoming storm of 20 ft waves. Instead we cruised back to Cook Strait and then straight to Sydney.



Longest "At Sea" was 5 days between Los Angeles and Kailua-Kona and 5 days between Honolulu and Rangiroa, French Polynesia



We were not bored, as the ship's entertainment team kept us occupied with games, enrichment sessions, evening performances, country-fair, and this fun loving "Make your own boat" competition. New friends, Randi and Geoff, won 4th place.



The sprouting Serene Horn spewed seawater into the air like a geyser.

Location: Blowhole near Pope Beach, Kauai Island

CEANIA CRUISES*

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Do you recognize this Morten
Bay Fig at the Allerton
Garden on Kauai Island? It
had a role in the film,
"Jurassic Park." It is able to
grow up to 164 feet tall, has a
strong trunk and and massive
buttress roots for stability.



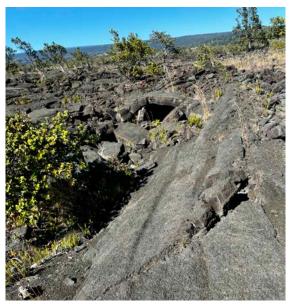
Outside of the town of Hilo, lies the Rainbow Falls which drop 80 feet to create a large pool below. It plunges in front of a natural lava cave created by the powerful splash back. Easily accessible with hand rails and rocky steps to the top.



While we were on a shore excursion at the Hawaii Volcanoes National Park at the Kuhuku sector, Barry is watching the Houston Texans vs Baltimore Ravens game on his iPhone while our guide explained the history of the 1868 Volcano Eruption Disaster.



Punalu'u black sand beach on the island of Hawaii.



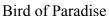
The lava from the 1868 eruption flowed a mile wide, with spouting jets of lava rushing up to 100 to 200 ft high, and spreading down into the ocean.

*OCEANIA

(continued from page 10)









View of the skyscrapers of Honolulu from the 10th deck of our ship, Oceania Insignia



Iolani Palace was the residence of Hawaii's King Kalakaua and his sister, Queen Liliuokalani, the last reigning monarchy.



Dancers getting ready for a Polynesian Performance on the ship.



Pearl Harbor National Memorial Park on the island of Oahu. USS Bowfin SS-287, Launched in Dec 1942 (WWII), Decommissioned in 1947; recommissioned in 1951 (Korean Conflict); Naval Reserve Training boat from 1960 to 1971; second

decommissioned and stricken in 1971. Bowfin was declared a national Historic Landmark in 1986; it was filmed in "War and Remembrance" TV Series in 1987; and also filmed for the Midway movie in 2018.





Snorkeling near the Motu Nui Nui, just inside the Tiputa Pass, Rangiroa. Saw many snappers, mullets, and myriad of colorful fish. Barry saw an eel and a blacktip reef shark and Vicki saw a beautiful bluish-yellow (maybe a triggerfish or butterfly) fish.



Spiderlily

*OCEANIA

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Shore Excursion to 3 snorkeling spots: sharks, stingrays, and colorful fish at Bora Bora, French Polynesia.



Coastal drive in Samoa



Camel Rock, Tutuila Island American Samoa



Rocky coastline along the road at Tutuila Island



Mount Otemanu is 2,400 ft high, Bora Bora, French Polynesia.



New cathedral at Apia, Samoa on the island of Upolu, after the original one was destroyed in an earthquake in 2009.

Vicki enjoying a swim in the crystal clear waters of Bora Bora with the background of Mount Otemanu.

CEANIA CRUISES

(continued from page 12)

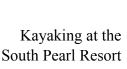




Tutuila Island is one of the five main islands and two coral atolls that makes up American Samoa, an USA Territory. Tutuila Island is the largest and most populous island. A vast majority of the 45,000 residents living in American Samoa are indigenous ethnic Samoans. Most of the people speak both English and Samoan fluently. It was surely a cultural experience for us. We boarded a wooden school bus (vintage or antique or simply an old vehicle?) for our shore excursion to the eastern part of the island - about a 45 minute drive along the coastal shoreline.



He spoke about coconuts (a demonstration how to open one) and tattoos. The island hosts a huge Tisa's Tattoo Festival each year in late October. It is a traditional Samoan Tatau Art that the Samoans wish to conserve.







The Hole in the Rock, near Apia, Samoa

*OCEANIA

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Our Stateroom with a balcony



This is the yacht we sailed with a group at Auckland, NZ - a former America's Cup sailboat, now converted to a recreational yacht for enthusiastic guests.



Barry taking the helm on an American Cup Yacht, that competed in the 1995 America's Cup Race in San Diego, California. Location: Auckland, NZ



An artist collected all the trash left behind in one of the America's Cup races in Auckland, NZ, and created her art piece. Located at the nearby Maritime Museum in Auckland.



Night scene at Auckland, NZ - stayed overnight here.



One of the spinners on the yacht



King Penguins at the Kelly Tarlton's Sea Life Aquarium in Auckland, NZ



Nemoes at the Sea Life Aquarium in Auckland, NZ



lunch at Manupirua Thermal Springs, we visited a tiny cave to view the glow worms. Total kayaking about 3 hours.

CRUISES*

(continued from page 14)





Vintage car with its owner at front of our ship - there was a Deco Art Festival that same weekend at Napier, NZ



Gallipoli: The Scale of Our War details the story about New Zealanders in the World War I campaign against the Ottoman Empire. Dates: Feb 1915 to Jan 1916. The exhibits were well designed and created by the academy award winners of Weta Workshop. It was an immersive and profoundly moving experience that brought the Gallipoli Campaign to life.

Location: Te Papa Tongarewa, Wellington, NZ



Friend and classmate David was our guide in Wellington, NZ.
This is the Parliament Building next to the Beehive, that houses the Executive Wing of their government.



View from the top of the Cable car station overlooking the bay at Wellington, NZ



A huge slide at Christchurch's new playground (New Zealand)



A pilot boat that guides our ship to and from the port.



Three artists created a memorial to honor those people and environment impacted by the Nuclear Testing in French Polynesia during 1966 to 1996. Three countries were responsible for these nuclear tests: England, USA, and France.

Location: Papeete, French Polynesia



A plumeria flower at the Bougainville Park, Papeete, French Polynesia.

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Colorful umbrellas for shade near the Presidential Palace, Papeete, French Polynesia



Barry and his coconut friend.





Having lunch over the water.



Presidential Palace, Papeete, French Polynesia



Sunset at the port of Papeete, French Polynesia



Barry was happy and delighted to see the many colorful fish (parrotfish, black triggerfish, butterfly and others) in crystal clear water!



Eating local cuisine on a picnic table in the waters at a private motu, Bora Bora, French Polynesia.



Private motu with a private dock

→ CEANIA

(continued from page 16)

OCEANIA CRUISES*







Black tipped sharks



A stingray



The Cardboard Cathedral in Christchurch, NZ was erected in 2012-2014 with a roof of 96 cardboard rolls that were reinforced with laminated wood beams and coated with waterproof polyurethane and flame retardants, timber, and steel. The cardboard rolls have two-inch gaps between them so that light can filter inside. Instead of a replacement rose window, the building has triangular pieces of stained glass. When we were there in 2016, it was one of the main tourist attractions.



Cabbage Trees of New Zealand



Stone statue at Bora Bora



One of the pedestrian streets in Christchurch, NZ.



At the Octagon in Dunedin, NZ, St. Paul 's Cathedral Church and Town Hall on the far right.

OCEANIA CRUISES* (continued from page 17)









Dunedin Train Station is one of the most attractive rail stations in the world. Built in 1904, the station was officially opened in 1906. In an eclectic, revived Flemish renaissance style, (Renaissance Revival architecture), the station is constructed of dark basalt from Kokonga in the Strath-Taieri with lighter Oamaru stone facings, giving it the distinctive light and dark pattern. Pink granite was used for a series of supporting pillars which line a colonnade at the front. The roof was tiled in terracotta shingles from Marseilles surmounted by copper-domed cupolas. The southern end is dominated by the 37-metre clocktower visible from much of central Dunedin, NZ. (Source: Wikipedia)

This Olveston house in Dunedin, NZ was designed by Ernest George in the Jacobean style in the early 20th century for the Theomin family. When Dorothy Theomin died in 1966, the house, garden and contents were gifted to the city, and are now open to the public. The house is decorated and furnished much as it was when the family lived there, creating a snapshot of upperclass colonial Edwardian life. The Theomins were avid collectors and their art, furniture, weapons and decorative items can be seen throughout the house.

Interior of the Olveston House



Choppy Waves forced the ship to return back along the eastern coast of New Zealand to the Cook Strait and then onward to Sydney, Australia.

Thanks to:

- Lois Herberger for presenting history and trivia about Valentine's Day at the Hybrid Monthly Meeting on February 7
- Eileen Goran for presenting "Art Is Everywhere" at the Hybrid Monthly Meeting on February 7
- Pat Beech for facilitating the Hybrid Monthly Meeting on February 7
- Debbie Jones for helping with room set-up before the meeting and showing the PowerPoint presentations at the Hybrid Monthly Meeting on February 7
- Lois Herberger, Jill Moebus, and Cathleen Potosky for being on the Menu Committee
- Eddie Drawdy and Melanie Williams for being the Sloppy Joes chefs at the Hybrid Monthly Meeting on February 7
- Everyone for bringing goodies to the Hybrid Monthly Meeting on February 7
- Everyone who helped with room set-up after the meeting, and clean-up at the Hybrid Monthly Meeting on February 7
- Pat Beech for preparing PowerPoint presentations for the Hybrid Monthly Meeting on February 7
- 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

Tour of the 9-1-1 Center and the Emergency Operations Center on March 27, 2024

We will be doing two tours (one after the other) in the same facility — the 9-1-1 Center with explanations of how things work, and the Emergency Operations Center with a show and tell about how the County handles large emergencies. This facility is located at 4890 Alliance Drive, Fairfax 22030. The building is known as the PSTOC (Public Safety and Transportation Operations Center). It is just off West Ox Road - across the street from COSTCO.

We should arrive early enough to park and get through security (NO WEAPONS ARE PERMITTED) — suggest that you plan to get there by 9:45. The tours will start in a conference room at 10:00am. Interpreters will be provided. During the tour, we will be able to view the 9-1-1 Center and operations, but access to the 9-1-1 Center floor (where the operators continuously deal with emergencies) is restricted. Unless there is some kind of emergency, we should be able to go into the Emergency Operations Center (EOC) to see its capabilities and discuss Fairfax County response operations. We need a head count so please RSVP no later than March 22 to Pat Beech at pgbeech@aol.com. After the tours end, we may go back to the same conference room for more Q&A if needed. Those who are interested can go out for lunch (we will discuss after RSVPs are received). Note: If there is a real emergency/crisis, the tours may be cancelled at the last minute.

See page 20 for 9-1-1 Overview on March 5.



9-1-1 Overview Particular Methods Used for Deaf and Hard of Hearing Calls





Steve McMurrer, ENP
911 Information Systems Division Chief
Fairfax County VA. 911

Tuesday evening, March 5th, 2024
7 - 8 PM via Zoom
Live captioning and ASL
interpreting are provided

In this program, Steve will be discussing:

- An overview of the Fairfax County 911 Center and how it is organized
- A brief discussion of how 911 operations staff handle different types of calls today
- A glimpse of future technologies will also be presented.

To register, scan QR code or click here.



Steve McMurrer serves as the Division Chief for Fairfax County Virginia's 9-1-1 public safety information technology programs and systems and also provides overall program management of Next Generation 9-1-1 efforts within the County. He also serves as Chair of the NG9-1-1 Interoperability Oversight Commission (NIOC), and is a founding member of the NG9-1-1 Interoperability Task Force. Steve also served as an officer in the US Army

Northern Virginia Association of the Deaf

(NVAD)

Mathemagic with Magic Numbers Educational & Fun Show

Dr. Simon J. Carmel

Saturday, March 23, 2024 10:00AM to 12:30PM: Show

12:30PM to 2:00PM: Refreshments/Social

- Writer
- Anthropologist
- Folklorist
- Linguist
- Professor



- Physicist
- Magician
- Storyteller
- Actor
- Lecturer

Mind-blowing educational and recreational presentations for all ages of students and adults, showing how numbers have a way of being magical, with hidden meanings and surprising solutions in the world of mathematics.

Everyone will be knocked out, surprised and stunned, and enjoyably learn the magical number tricks.

Refreshments will be served.

Northern Virginia Resource Center Service Source Building 10467 White Granite Drive, Suite 312 Oakton, VA 22124

Any questions: please contact Tim Lavelle, twl50@cox.net

BRING YOUR CALCULATOR, PAPERS, & PEN



VAD and VSDAA



Virginia Association of the Deaf (VAD) and Virginia School for the Deaf Alumni Association (VSDAA) will host

Deaf History Month & Birthday Bash celebrating 140th year

of both VAD and VSDAA

April 13, 2024

TIME: 11:00am - 8:00pm

5:00pm-6:00pm Band with Deaf performer, Jennifer McLauglin





Veditz and Company Brewing

7G River Lane, Sperryville, VA (Carpooling is strongly encouraged) (non-alcohol friendly)



If you require accommodation, kindly notify us at least 3 weeks prior to the event (by March 15). For cancellations, please inform us at least 72 hours before the event. Please send your notification to: Secretary2325@vad.org. Please check Veditz Brewery on Facebook Page and/or website for further information.

Events for March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	Cathy's Little Boutique (p. 5)
Social Night at Wegmans (p. 24)	4	NVRC 9-1-1 Overview (p. 20)	6 HH Social at Wegmans (p. 24)	7	8 INTERNATIONAL WOMEN'S DAY	9
10 Spring Forward	11	12	Fine Tuners	14 Happy Day	15	16
Social Night at Wegmans (p. 24) St. Patrick's Day	18	19 FEST DAY SPRING	HH Monthly Hybrid (p. 2)	21	22	NVAD Magic (p. 21)
PALM SUNDAY	25	26	27 HH Tours of 9-1-1 and EOC (p. 19)	28	29	30
31						





E-mail: info@nvrc.org URL: www.nvrc.org VP 571-350-8656 3951 Pender Drive

Suite 130

Fairfax, VA 22030

URL: http://nvrc.org/resources



Don Ames, Chair [dames@cox.net]



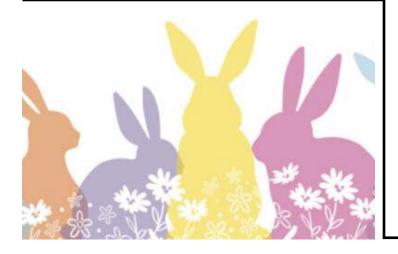
Fine Tuners for 2023-2024

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



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 March 3 and 17.



The date for HH Lunchtime Social Chat is March 6.

For more info, contact Jonathan Kiell at <u>jona3ki@msn.com</u> or see: https:// <u>www.meetup.com/aslbridge/</u>. [Note: Jonathan will be out of town on June 12.]

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 February 22, 2024)

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

Mary Bagby Al Manfredonio
Dot Brenner Kea Manfredonio
Lew Carr Nan Sanders

Renee Connor Sharon Svenningsen
Denise Drake Lanny Quarles
Newby Ely Mike Toms
Patty Ely Sam Yates

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