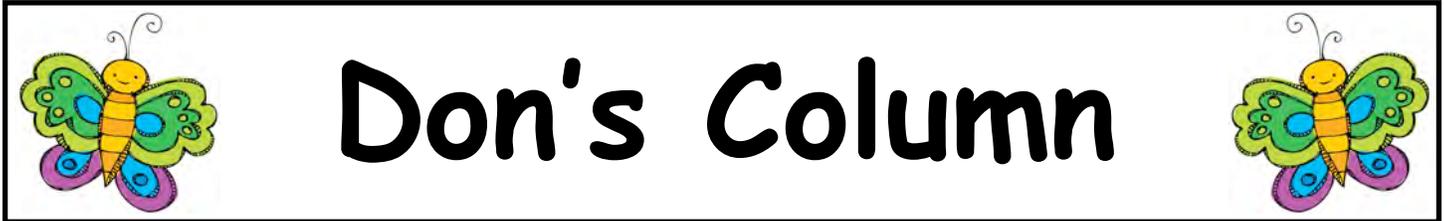


SENIORS' CHAT



Don's Column



Hello, Happy Hands Members and Friends,

Our next Happy Hands get-together will be in person on June 7. For more information, see page 2.

On May 3, we had an election of Fine Tuners for 2023-2024. Jonathan Kiell talked about planning an interpreted CPR Class; the social chats at Wegmans on Sunday and Wednesday, and the frightening crash on the Fairfax County Parkway that narrowly missed a Police Officer. Barbara Eger-Klatt and Iryna Raviluk talked about "Vyshyvanka Day." Paul Daniels talked about Military Tattoo (see page 7). After lunch, Stan Smith gave a presentation on "Oklahoma City Bombing." See pages 3-4 for recap.

Hope to see you on June 7 for the Happy Hands picnic. As usual, Stay Happy Safely with Our Awesome Hands!

~ Don

Picnic

June 7, 2023
10:00AM-4:00PM (Rain or Shine)

Occoquan Regional Park
<https://www.novaparks.com/parks/occoquan-regional-park>

More information is provided on page 2.



HAPPY BIRTHDAY

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

Sally Newman [1st]
 Jerry Pelarski [2nd]
 Lois Herberger [3rd]
 Jill Moebus [9th]

Selina Gilson [13th]
 Tim Beatty [15th]
 Pat Beech [28th]



Happy Hands Picnic

June 7, 2023 at 10:00



We will have a picnic at Occoquan Regional Park [<https://www.novaparks.com/parks/occoquan-regional-park>] on June 7, 2023 at 10:00 AM - 4:00 PM. RSVP deadline is May 25. There will be no at-door registrations. For more information, contact Jill Moebus [jmoebus7@gmail.com] or Pat Beech [pgbeech@aol.com]. The Picnic flyer can be found at https://nvrc.org/wp-content/uploads/2023/05/2023-Picnic_21apr2023.pdf.

Happy Hands will provide:

- * BBQ Pulled Pork
- * BBQ Beef Brisket
- * BBQ Pulled Chicken Breast
- * Buns
- * Baked Beans

Dixie Bones

FUN GAMES



Below are the side dishes:

Cole Slaw (2):

- * Tom Dowling
- * _____



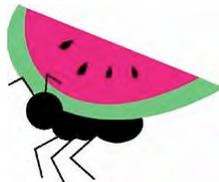
Vegan Casserole: Walter & Barbara Eger-Klatt

Bean Salad (2):

- * Jean Buffardi
- * Serry Fahmy (with Polish Sausage)

Potato Salad (2):

- * Lois Herberger
- * Stan Smith



Macaroni Salad (2):

- * Jill Moebus
- * Peggy & Paul Daniels

Greek Pasta Salad: Bob Hickey

Vegetable Salad: Walter & Barbara Eger-Klatt

Ukraine Dish: Iryna Raviluk and Zina Zimina

Fruit Tray (2): Melanie Williams and Eddie Drawdy

Watermelon (2): Don Ames and _____

Raw Vegetables and Dip (2):

- * Eddie Drawdy
- * Cathy & Rick Thompson

Fruit Salad (2): Cheryl Rockburn and _____

Potato Chips: Jill Kotchen

Desserts (3):

- * Brownies - Julie Greenfield
- * Cake - Eileen Goran
- * Carrot Cake - Lynn Keefe
- * Chocolate Chip Cookies - Linda Naiditch
- * Cinnamon Bread or Baklava - Thelma Schroeder
- * Date Cake - Cathy & Rick Thompson
- * Ghirardelli's Triple Chocolate Brownies - Cathleen Potosky
- * Homemade Date Cookies - Jill Kotchen



Water (2): Laurie Dowling and Joan Corley

Coke-related Beverages (2):

- * Steve Williams
- * Linda Naiditch



Pepsi-related Beverages (2):

- * Joan Corley
- * _____

Unsweetened Tea (2): Rocky Rockburn and _____

Sweetened Tea (2): _____ and _____

Cups & Ice: Jonathan Kiell

Paper Products: Pat Beech



Recap of Hybrid Meeting on May 3, 2023



We had our 12th Hybrid Meeting on May 3, 2023. We had 27 people in person and 8 people on Zoom. We had an election of Fine Tuners for 2023-2024. Jonathan Kiell talked about: planning an interpreted CPR Class; the social chats at Wegmans on Sunday and Wednesday, and the frightening crash on the Fairfax County Parkway that narrowly missed a Police Officer (<https://youtu.be/PtbcqXYfaoY>).

After lunch, Barbara Eger-Klatt and Iryna Riviluk talked about Vyshyvanka Day (https://en.wikipedia.org/wiki/Vyshyvanka_Day). Paul Daniels talked about Military Tattoo (https://en.wikipedia.org/wiki/Military_tattoo) and showed 3 videos (article is on page 7). Stan Smith gave a presentation on “Oklahoma City Bombing” (https://en.wikipedia.org/wiki/Oklahoma_City_bombing and https://en.wikipedia.org/wiki/Oklahoma_City_National_Memorial).

Here is link for viewing the Hybrid Meeting: <https://youtu.be/aGI6ow-rt5Y>.



Meat Loaf Chefs
Eddie Drawdy
and Jill Kotchen



Tom Dowling, Deanna Dunham,
Vicki Shank, and Don Ames



Front Row: Eileen Goran and Bill Morris
Back Row: Jonathan Kiell,
Eleni Triantafell, and Cathleen Potosky



Pat Beech and
Melanie Williams



Lanny Quarles, Phuong Duong,
and Stan Smith



Iryna Riviluk dressed for
Vyshyvanka Day



Barbara Eger-Klatt, Tom Dowling,
and Jill Kotchen





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



Front Row: Zina Zimina and Iryna Raviluk
Back Row: Jill Moebus and Eileen McCartin



Serry Fahmy and Cathleen Potosky



Vicki Shank & Barry Harlan



Lynn Keefe and Eddie Drawdy



Paul & Peggy Daniels



Steve Williams



Raffle 50/50
1st Prize Winner
Tom Dowling



Raffle 50/50
2nd Prize Winner
Serry Fahmy
(gave his winnings to Iryna Raviluk)

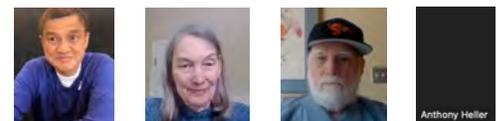


Fine Tuners for 2023-2024

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



Zoom Participants



Song Jo Jean Buffardi Mike Toms Tony Heller



Eve Christian Nancy Rarus Sam Yates Lois Herberger





Sunshine News



Dawayne Lee Werner died in Staunton, VA on April 18, 2023. He was born in Long Prairie, MN on September 25, 1935. He graduated from the Minnesota State Academy for the Deaf in 1956, and from Gallaudet University in 1960. He received his M.A. degree from Western Maryland College. He worked at the Virginia School for the Deaf and Blind for 31 years. He is survived by his wife of 56 years, Shirley. A Celebration of Life will be held on June 12 @ 3PM at Wayne Hills Baptist Church, 877 Ladd Road, Waynesboro, VA.

Source: <https://www.coffmanfuneralhome.net/obituary/dawayne-werner>



Kay Shun Ki Lam died on April 30, 2023 at the age of 79. She was born in Hong Kong on June 16, 1943. She received a bachelor's degree in Psychology from Gallaudet University in 1972, and Masters of Arts degree in Counseling from Gallaudet in 1974. She worked at the Gallaudet Research Institute until she retired in 2013. She is survived by sister Connie Ho and brother Nelson Ho (both of Hong Kong). A Celebration of Life will be held on her 80th heavenly birthday, June 16, at 10:00AM at Open Bible Deaf Church, 4720 Cherokee Street, College Park MD 20740.

Source: https://docs.google.com/document/d/1LrmhPDoiB0kikGMZiG4oBKnHYiVvj_RUP_OF0cZmUM8/



Tom Bull, a CODA, just moved to Oak Crest Senior Living (<https://www.ericksonseniorliving.com/oak-crest>) in Parkville, MD. He was featured in an article on May 8, 2023 about looking forward to the future after Spine Surgery which repaired his fractured neck. In March 2022, he fell off a step stool while hanging a picture, and fractured his neck. Here is URL for the article: <https://www.inovanewsroom.org/featured-posts/2023/05/tom-looks-forward-to-the-future-after-spine-surgery-repairs-fractured-neck/>.

NVRC Events

Northern Virginia Resource Center (NVRC) will have two events:

1. Rock the Block on June 23 in Fairfax City; NVRC needs volunteers to help with collecting tickets and serving beverages. If you are interested, contact Meg Duarte at NVRCmeg@nvrc.org. Here is URL for Rock the Block: <https://www.fairfaxva.gov/government/parks-recreation/special-events/rock-the-block>.
2. Celebrate Communication on September 23 @ 10AM-2PM at the Springfield Town Center [<https://nvrc.org/celebratecommunication/>]



**Celebrate
Communication**

Strawberry Jello Salad

provided by Eleni Triantafell

This fluffy Strawberry Jello Salad recipe is perfect for every occasion from summer barbeques and holiday dinners! It is a side dish that everyone loves.

A jello salad can be translucent with pieces of fruit suspended in it. It can be spread out in a 9x13 pan or shaped into a mold. Or it can be poured into a heatproof bowl. (I used a large glass mixing bowl.)

PREP TIME

10 minutes

COOK TIME

3 minutes

COOLING TIME

4 hours

TOTAL TIME

4 hours 13 minutes

Ingredients

- * 16 oz fresh strawberries, (or use frozen strawberries - cut to thaw)
- * 6 oz pkg strawberry jello
- * 4.6 oz pkg cook 'n serve vanilla pudding
- * 2 1/2 cups water
- * 1 cup ice cubes
- * 16 oz cool whip

Optional Garnish

- * 1/2 cup cool whip
- * 6 whole strawberries



Instructions

1. Cut up a 16 oz package of fresh (or frozen) strawberries and set aside.
2. Whisk together strawberry jello and the cook 'n serve vanilla pudding in a saucepan.
3. Whisk in the water.
4. Bring the mixture to a boil over medium heat, stirring constantly and boil for 2-3 minutes, until the mixture becomes more translucent.
5. Remove from heat and stir in the ice cubes until melted.
6. Pour into a large heatproof bowl and cool in the refrigerator until slightly thickened.
7. Remove from fridge and stir in the diced strawberries and cool whip.
8. Return the jello salad into the fridge to chill and thicken.

Optional Garnish

1. Garnish with cool whip and strawberries before serving.

Nutrition Information: YIELD: 16 SERVING SIZE: 16 grams

Amount Per Serving:

CALORIES: 119
 TRANS FAT: 0g
 SODIUM: 22mg
 SUGAR: 11g

TOTAL FAT: 8g
 UNSATURATED FAT: 1g
 CARBOHYDRATES: 12g
 PROTEIN: 1g

SATURATED FAT: 7g
 CHOLESTEROL: 0mg
 FIBER: 1g

Our Day in Norfolk and Evening at the Tattoo

- by Paul and Peggy Daniels -

During our stay in Williamsburg on April 16-21, we had the privilege of attending the Virginia International Tattoo, which is held every April in Norfolk, VA. On the morning of April 20th, we left for Norfolk, which houses the world's largest Naval Base, where we visited the Nautilus Maritime Museum. Then we explored inside the famous Battleship Wisconsin which is next to the museum. The ship has been docked in Norfolk since its decommission in 1991 after serving in WWII, Korean War, and the Gulf War.

Next, we left for the Scope Arena area where the Virginia Arts Festival was taking place. First, we lined up outside to view the NATO Ceremony where a person from each country participating in the Tattoo marched with their respective flags. After that, we got something to eat from the food trucks outside. Then we had a short inside tour of the arena where all Tattoo groups organized and practiced, with an interpreter. We had an opportunity to meet up with Colour Sergeant Rab McCutcheon, who is Drum Major (Highland Drumming) with the British Army and lives in Edinburgh, the capital city of Scotland. Finally for over two hours, we watched with awe the Tattoo.

Many bands performed, such as United States Fleet Forces Band, Central Military Bank of Latvian National Armed Forces, United States Marine Corps Band (from Quantico), Singapore Armed Forces Central Band and Music and Drama Company, United States Marine Corps Silent Drill Platoon, Royal Air Force Pipes and Drums (United Kingdom), Scotch College Perth Pipe Band (Australia), The Highland Dance Company of New Zealand, Bagad de Lann Bihoue (France), and The Crazy Drummers (Ukraine). Also many groups sang, such as Old Dominion University Concert Choir and the Virginia Symphony Orchestra Chorus. The last call consisted of songs, such as Taps, Amazing Grace, Auld Lang Syne, Scotland the Brave and consisted of a song from Raiders of Lost Ark. In August 2018, we attended a fabulous banquet and the Royal Military Tattoo in Edinburg, Scotland.

Whoever is interested in ordering tickets for VIRGINIA INTERNATIONAL TATTOO 2024 (April 18-21), go to <https://www.vafest.org/tattoo>.



Massed Pipes and Drums



Military Band from Latvia



Crazy Drummers from Ukraine



Highland Dance Company
of New Zealand

Massed Pipes and Drums
<https://youtu.be/3qkcwjD7vAc>

Ukraine Crazy Drummers
(all ladies)
<https://youtu.be/FjMBNknS2y8>

Road Trip to New Mexico during April 2023



Lanny Quarles and Sam Yates visited Art Roehrig in Ohio



Lanny Quarles and Sam Yates at Illinois School for the Deaf



Sam Yates & Lanny Quarles in Missouri



Lanny Quarles at her "office" in Sam's car



Lanny Quarles in Missouri (The Gateway Arch in the background)



Lanny with Maureen Yates' dog



Lanny Quarles & Sam Yates in New Mexico with Sam's daughter Maureen & granddaughter Mika



Visiting New Mexico School for the Deaf



Maureen Yates and Lanny Quarles



Chair Yoga for Deaf Seniors
in ASL with Barbara Eger-Klatt

Wed. June 14, 2023
10 am to 11 am

NVRC Location
10467 White Granite Drive, Suite 312,
Oakton, VA 22124



When: Wednesday, June 14

Time: 10:00 - 11:00 AM

Location: NVRC, 10467 White Granite Drive, Suite 312, Oakton, VA 22124

Class Size Limit: 25

For seniors who have balance, health, and limited physical issues. The chair yoga is safe for seniors over 50 years old and it is a fun exercise. It is for one hour and you will use the chair. It is suggested to wear comfortable clothes i.e. athletic clothes. If you're unsure, please ask your primary care physician.

You will learn:

- How to sit on the chair with spinal alignment (no chairs with wheels).
- Learn how to meditate with one mudra
- Understand about diaphragm muscles related to breathing
- Practice three to ten poses with the chair
- Compare the difference before and after yoga
- Brief discussion and/or questions

There are two requirements prior to participating the yoga class, you need to sign the waiver and service agreement form. Please email [Barbara Eger-Klatt](mailto:Barbara.Eger-Klatt@nvrc.org) if you're interested. She will then email you the waiver and service agreement form.

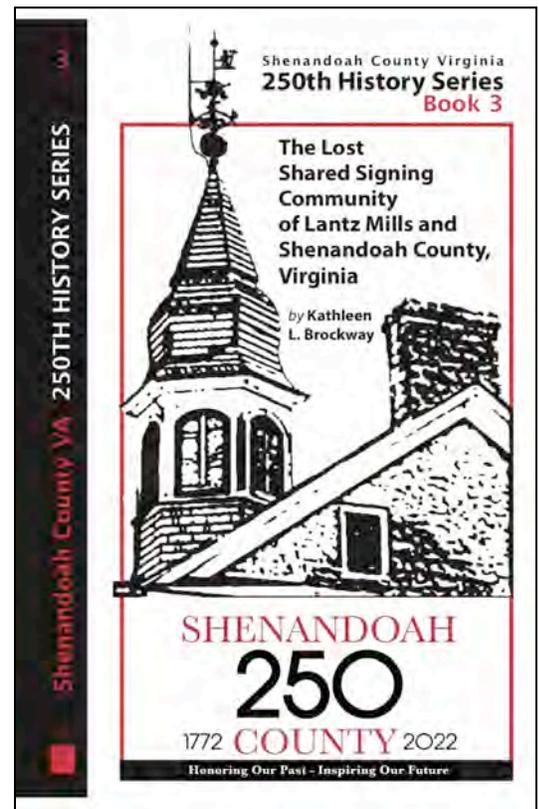
Barbara Eger-Klatt is Deaf and fluent in ASL. She is a registered yoga instructor (E-RYT-200) with Yoga Alliance and has over fifteen years of experience teaching Hatha Yoga. She was certified in 2019 as a YogAlign Posture Educator. She lives in Silver Spring, Maryland with her husband Walter. They love to travel whenever they can.

Please [register in advance](#).

The John H. Adamson 2023 Award

Kathleen Brockway received “The John H. Adamson 2023 Award” on May 16, 2023 from the Shenandoah County Historical Society. The “Excellence in Preservation” award was for her book, “The Lost Shared Signing Community of Lantz Mills and Shenandoah County.” See picture on right.

Kathleen gave a presentation on “Lantz Mills” at the Happy Hands Hybrid Meeting on February 1, 2023. Here is URL: https://youtu.be/C_jARNT56Xw.



Events for June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Social Night at Wegmans (p. 11) 7PM	5 DSSCP (p. 11)	6 	7 HH Picnic (p. 2) 10AM-4PM	8	9	10
11	12	13	14  Social Chat (p. 12) at Wegmans 10:30-1:00	15	16	17
18  Social Night at Wegmans (p. 11) 7PM	19 	20	21 Fine Tuners 10AM-12PM	22 DSSCP (p. 11)	23	24
25	26	27	28 Social Chat (p. 12) via Zoom 10:00-12:00	29	30	

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 June 4 and 18.

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!

DSSCP Chats

2nd Monday at 4:30-5:30PM
(last session is June 12)

4th Thursday at 7:00-8:00PM
(last session is June 22)

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



VP 571-350-8656
10467 White Granite Drive, Suite 312
Oakton, VA 22124
<https://nvrc.org/about/directions/>



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

Happy Hands Social Chats

06-14-2023 at 10:30-1:00 in person

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

Jonathan Kiell at jona3ki@msn.com.

06-28-2023 at 10:00-12:00 via Zoom

Melanie Williams will give a presentation on “Deaf Smith.”

Here is Zoom info:

<https://us02web.zoom.us/j/88099221278>

Meeting ID: 880 9922 1278

**Thanks for donating to
Happy Hands:**

- Pam Gannon



Thanks to:

- Lois Herberger for giving a presentation on “Road Rage” on April 26 (<https://youtu.be/He-nxaHpiVE>)
- Everyone who brought goodies for lunch at the Hybrid Monthly meeting on May 3
- Jonathan Kiell for talking about planning an interpreted CPR Class; the social chats at Wegmans on Sunday and Wednesday, and the frightening crash on the Fairfax County Parkway that narrowly missed a Police Officer. at the HH Hybrid Monthly meeting on May 3
- Barbara Eger-Klatt and Iryna Raviluk for talking about “Vyshyvanka Day” at the HH Hybrid Monthly meeting on May 3
- Paul Daniels for talking about Military Tattoo at the HH Hybrid Monthly meeting on May 3
- Stan Smith for giving a presentation on “Oklahoma City Bombing” at the HH Hybrid Monthly meeting on May 3
- Pat Beech for giving a presentation on “Trip to Texas during March 3-23, 2023” on May 24 (https://youtu.be/q39IWZ_jFao)
- Pat Beech for preparing PowerPoint presentations for April 26 and May 3
- Pat Beech for facilitating the Hybrid Monthly meeting on May 3 [see pages 3-4]
- Jonathan Kiell for helping with the Tech Set-Up and Powerpoint Presentation at the HH Hybrid Monthly meeting on May 3
- 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

