



SENIORS' CHAT



Hello, Happy Hands Members and Friends,

At the August 7 Monthly Meeting, Stan Smith will demonstrate Tai Chi before lunch, and we will have board games after lunch. Also, bring your own lunch and beverages.

See pages 3-4 for a recap of the July 10 Monthly Meeting. Twenty people attended in person. We had three great presentations: Fire Blanket, Repurposing Parachutes, and Olympics Trivia.

As usual, Stay Happy Safely with Our Awesome Hands!

~ Don



HAPPY BIRTHDAY

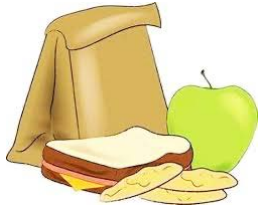
...to the folks with birthdays in **August**

Tim Lavelle [3rd]
Eileen Goran [9th]
Mary Bagby [17th]
Rick Thompson [18th]
Robert Whitworth [19th]
Lew Carr [20th]

Lynn Keefe [20th]
Melanie Williams [23rd]
Peter Brawley [25th]
Newby Ely [26th]
Mike Toms [26th]
Gary Viall [31st]

Happy Hands In-Person Meeting

August 7 at 10:00 AM



We will have our in-person monthly meeting on August 7 at 10:00 AM - 2:00 PM.

**BRING YOUR OWN
LUNCH BAGS AND
BEVERAGES.**

Before lunch, we will have a brief presentation:

- Introduction to Tai Chi by Stan Smith



After lunch, we will play board games.



Thanks to:



- Jonathan Kiell for presenting "Fire Blanket" at the July 10 Monthly Meeting
- Lois Herberger for presenting "Repurposing Parachutes" at the July 10 Monthly Meeting
- Lois Herberger for presenting "Olympics Trivia" at the July 10 Monthly Meeting
- Pat Beech for recording the Monthly Meeting on July 10; and converting that to YouTube
- Jonathan Kiell for helping with the PowerPoint presentation on July 10
- Pat Beech for creating the PowerPoint files for both "Repurposing Parachutes" and "Olympics Trivia"
- Everyone who helped with room set-up before and clean-up after the meeting on July 10
- Pat Beech for doing the monthly HH Newsletter issue
- Melanie Williams and Jonathan Kiell for proofreading the monthly HH Newsletter issue
- Debbie Jones and Pat Beech for preparing the monthly HH Newsletter hardcopies for mail

Word Search

Find these "beachy" words! Look up, down, backward, forward and diagonally.

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| S | B | E | A | C | H | B | A | L | L |
| U | P | O | L | F | P | I | L | F | S |
| N | N | M | C | S | K | R | N | F | H |
| A | B | E | A | C | H | A | B | U | E |
| C | M | C | A | R | C | O | C | N | L |
| H | H | I | S | E | A | G | U | L | L |
| Y | P | B | W | T | B | B | B | S | S |
| A | A | A | A | S | P | H | A | T | C |
| W | G | X | S | U | L | N | G | K | L |
| A | L | W | C | O | D | H | A | Q | I |

BEACH
SEAGULL
SAND
BEACHBALL
FLIP FLOP
SHELLS
SUN

SWIM
BOAT
FUN



RECAP

Recap of Monthly Meeting on July 10, 2024

RECAP

Here is YouTube link for the entire meeting:

<https://youtu.be/6xpU-PnyqTo>

1. Search for new Executive Director
2. Rock the Block on July 26
3. Birthday for the July folks
4. Fire Blanket
5. Repurposing Parachutes
6. 50/50 Raffles
7. Olympics Trivia
8. Three Stories [Marathon, Jesse Owens, and Canoeist in 1924]



Fire Blanket by Jonathan Kiell

YouTube: <https://youtu.be/8OEIyzQCmvI>

Jonathan wanted me to share this link:

<https://youtu.be/1A8nLUimAAA>

He said that this link provided a pretty good summary. He knows that this is an advertisement, but feels comfortable recommending everyone to buy one or two. Keep them where they are easily accessible.



One important point — Both fire blankets and fire extinguishers are to be stored in the direction of an exit location. If there is a fire, you can go to where they are stored. Look at the fire and make the final decision — is it small enough that you can put it out? Is it so big that you and everyone else need to evacuate and call 911?

Repurposing Parachutes by Lois Herberger

YouTube: https://youtu.be/FyvEpK_0TNo

Olympics Trivia by Lois Herberger

YouTube: <https://youtu.be/rRBTatj-GBU>


RECAP

Recap of Monthly Meeting

(continued from page 3)


RECAP


Jonathan Kiell, Lois Herberger, Don Ames,
Serry Fahmy, Bob Hickey, and
Cathleen Potosky



Jill Moebus, Pat Beech,
Eleni Triantafell, and
Melanie Williams



50/50 Raffle Collection



Tom Dowling, Tim Beatty,
Mary Ann Beatty, and
Peggy Daniels



Deanna Dunham and
Mary Ann Beatty



Jonathan Kiell
and Paul Daniels



50/50 Raffle 1st Prize
Deanna Dunham



50/50 Raffle 2nd Prize
Mary Ann Beatty



Darren Marquardt
and Laurie Dowling



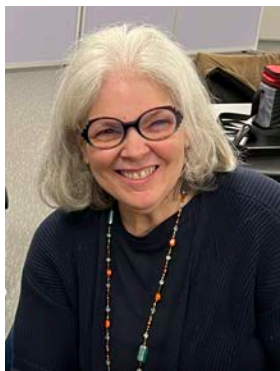
Denise Proulx
and Stan Smith



Lunch Break



News of Interest



Patricia Raswant, age 71, died on June 29, 2024. She was born in Greenwood, SC. She graduated from Gallaudet University. She had a passion for sewing. She worked on textile exhibits at Smithsonian National Museum of American History. A few of her favorite pieces were gowns of some of the first ladies, and the Star-Spangled Banner. She had a special interest in Deaf History. She is survived by husband Arun, and children, Jason and Trisha.

Source: <https://www.adamsgreen.com/obituaries/Patricia-Raswant?obId=32200285>



Debbie Jones represented NVRC at Ashby Ponds Resident Fair on June 26, 2024 in Ashburn, VA.



Social Chat at Wegmans

07-17-2024

Welcome back!!!



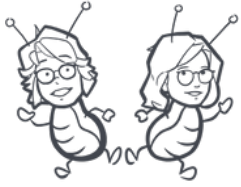
Pat Beech, Richard Cohen, Lois Herberger,
Darren Marquardt, Jean Buffardi, Tom Dowling,
Vicki Shank, and Barry Harlan

thanks

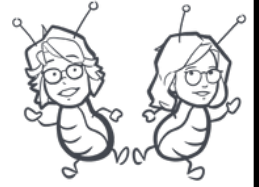


thanks

Barry & Vicki — thanks so much
for submitting monthly reports about
your 196-day voyage around the world!!!
(the last article is on pages 11-18)



Fairfax Funky Flea Market



Board Member Pam Gannon and Volunteer Cathleen Potosky set up a booth to raise funds for NVRC on June 29. They worked hard for many days to prepare for the Flea Market.

Board Member Tom Dowling and his wife Laurie brought a big canopy with tables and chairs. They helped to set up and stayed all day.

Volunteer Katherine Rexroad was a big help, too.



The NVRC Booth
at Funky Flea Market
on June 29

Board Member Tom
Dowling is holding
down the fort!



Lanny Quarles and Jill Moebus came out to support NVRC and search for bargains.



Volunteers at the NVRC Booth
Pam Gannon, Cathleen Potosky, Laurie Dowling,
Katherine Rexroad, and Tom Dowling



July 4th Photo Album



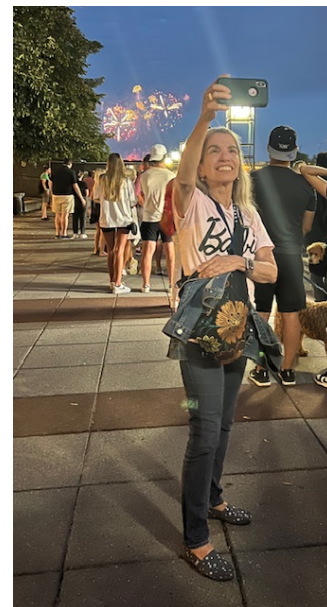
Sandy Wise
Sealy, TX



Stan Smith
Herndon, VA



Darren Marquardt
Alexandria, VA



Thelma Schroeder
New Carrollton, MD



Barbara Miller &
Lew Carr
Ashburn, VA



Sitting: Eve Christian, Ruth Yoritomo,
Julie Cardillo, and Paula Olejarz
Standing: Pat Beech, Robert Whitworth, Jill Moebus,
Linda Whitworth, and Mayumi Taniguichi
Ashburn, VA



Barbara & George
Sidawy
Vienna, VA



Eve Christian,
Ruth Yoritomo,
and Paula Olejarz
Ashburn, VA



Laura
Garrett
Sterling, VA



Sam Yates & Lanny Quarles



July 4th Photo Album

(continued from page 7)



Cathy Thompson
Waldorf, MD



Nate & Sally Drown
Concord, VT



Cynthia
Roberson's
granddaughter



Sam Yates
Landover Hills,
MD



Lanny Quarles
Herndon, VA



July Birthday Celebration on 07-23-2024



Sitting: Lois Herberger, Alfred Traurig,
Tom Dowling, and Vicki Shank
Standing: Pat Beech, Bob Hickey,
Eleni Triantafell, Bill Morris,
Cheryl Rockburn, Rocky Rockburn,
and Laurie Dowling



The Birthday Group
Sitting: Alfred Traurig,
Tom Dowling,
and Vicki Shank
Standing: Eleni Triantafell,
Bill Morris, and
Cheryl Rockburn



CHICAGO



Eileen Goran Visits Chicago

CHICAGO



Eileen visits with
Ken Aldrich at Walker Bros.
Pancake House



With old friends at
a popular Thai restaurant.
The one on the left is
Adrienne Mazique,
Gallaudet graduate.
Second from left is David
Shulruff, Gallaudet ex-student.



Deaf Women Dinner Club
dined at L. Woods,
favorite spare ribs restaurant.
On right side is Nona Rubin Balk,
Gallaudet graduate.



Breakfast with former student,
Josie, at a Jewish restaurant



Oldest cousin, Rita Goran Siegal
had her 90th birthday party at:
Halim Time and Glass Museum in
Evanston, Illinois on July 14.



Rita was only 15 that
time.



Rita is 9 years older than I am
and I am 9 years older than
Margie. At Margie's parents'
wedding, I used to sit on Rita's
lap. I was 7 years old and Rita
was sweet 16. How sentimental!!



Eileen Goran Visits Chicago

(continued from page 9)



The magic show! Thank goodness he didn't make some of us disappear.



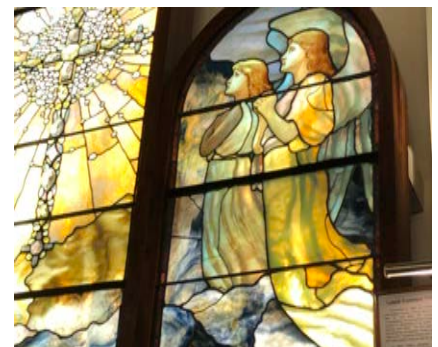
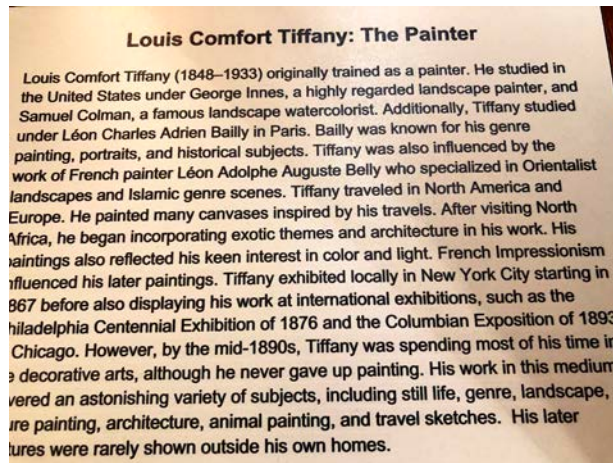
Eileen Goran, Rita Goran Siegal, Larry Siegal (the son), and husband, Buddy Siegal (92-year-old husband) who looks like Actor William Shatner.



Had brunch with late childhood girlfriend's baby sister, who will be 75 in early September, at favorite pancake restaurant, Walker Bros. Pancake House in Wilmette.



Great dinner at the popular restaurant in the hotel on July 16.



Cruising Around The World with Barry and Vicki

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What: A 196 Days Voyage around the world

Date of this report: Friday, July 12, 2024

Current Location: Manhattan Cruise Terminal, NY



The Kachikally-Crocodile Pool at Gambia is said to help infertile women to become fertile and conceive a baby after going through certain bath rituals in the same pool where the crocodiles are. Three vervet monkeys up in the tree are surely agile.

A side street at Bakau, Gambia



At Serekunda, Gambia, saw a tie-dyeing demonstration at a small open-aired batik workshop.

King Fahad Mosque in Banjul, Gambia was a gift from the Kingdom of Saudi Arabia.

A vendor selling vegetables and fruits along the dirt highway at Bakau, Gambia



All set for a cruise party, The Great African Togo Party.

A variety of 2nd floor balconies in Mindelo, a vibrant, colorful port town of Sao Vicente in Cabo Verde

A social gathering on a Sunday afternoon at Bakau, Gambia

Cruising Around The World with Barry and Vicki

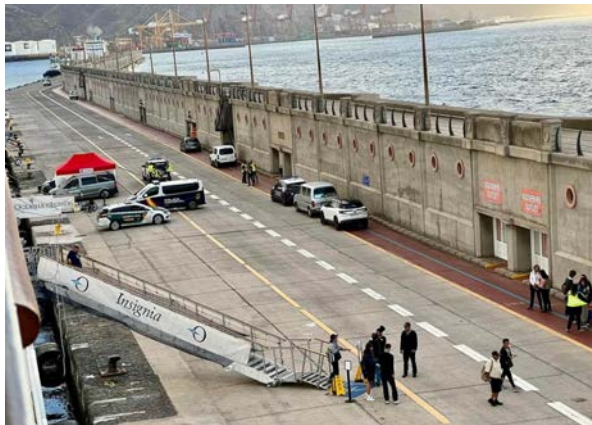
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A walking tour around historic La Laguna, Tenerife, Canary Islands provided us insights into its culture and architecture.



Our ship, Insignia, rescued 68 migrants who were adrift in a fishing boat out at sea for 22 days. At the Santa Cruz Dock on the island of Tenerife, Canary Islands, the migrants were escorted off the cruise ship. Ambulances and Red Cross workers were on hand, as well as Spanish Authorities.



A zoomed view of the city of Santa Cruz, Tenerife, Canary Islands from the top deck of the ship



Fantastic experience in the wine cellar drinking five different wines with tapas at Bodegas Alvaro

Cruising Around The World with Barry and Vicki

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(continued from page 12)

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One of Sintra's landmarks is this Town Hall of Sintra with its massive clock tower and spire roof, glazed with reflective green and white tiles displaying motifs of the Portuguese coat of arms.



View of scenic town of Sintra, Portugal



Portuguese tiles are beautiful!



At the spur of the moment, we decided to tour "Lisbon" via a Tuk-tuk. Found this wonderful guy who communicated with us via transcribe and gestures!!



Church and Monastery of Sao Vicente de Fora, Lisboa, Portugal



View of Castle of St. Jorge from a hill top at Lisboa. Lisboa boasts seven hills.



Originally a 17th century Church of Santa Engracia, it was converted into the National Pantheon, in which important Portuguese people are buried.

Cruising Around The World with Barry and Vicki

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(continued from page 13)

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The river boat tour on Rio Douro gave us another perspective of the historic Ribeira district, which is an UNESCO world heritage site. Porto is Portugal's second largest city with its colorful tumbledown medieval looks. One can see the bell towers, baroque churches and stately beaux-arts buildings piled on top of one another.



We walked the last 10 km on the St. James Path with our fellow cruise guests - 17 of us. What a spiritual feeling walking this path toward the shrine of the apostle James, which is the cathedral of Santiago de Compostela in Galicia in northwestern Spain.



Three hours later, our pilgrimage walk ended at the Cathedral of Santiago de Compostela, Spain.

Cruising Around The World with Barry and Vicki

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(continued from page 14)

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The Guggenheim Museum is a masterpiece clad in swooping titanium plates and curving glass panes that was conjured by starchitect Frank Gehry. A 'spider' art is displayed on site.



Classical European styled balconies at the Old Quarter in Bilbao, Spain



At Restaurant Toma y Dhaka at the Plaza Nueva in Bilbao for a traditional Basque pintxos accompanied by regional wine



Stepped inside Chateau Lamothe-Bergeron, one of the prestige wineries in the Medoc region for red wine tasting.



The "Grosse Cloche" or the Big Bell is one of the few remaining gates from when Bordeaux used to be a fortified city before the 18th century. It was used to defend the city and also served as a prison. The bell weighs 8 tons and used to ring whenever there was a fire or a storm coming.



Located in what is considered the capital of the Bordeaux wine-growing region, Saint Emilion has been preserved from the ravages of time and tourism. In the 8th Century, a monk named Emilion set up a hermitage here, and as the centuries went on, chapels, houses and fortifications were added. The result is certainly one of the most picturesque towns in France.

Cruising Around The World with Barry and Vicki

(continued from page 15)

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The medieval town of Saint Emilion with its ancient walls



From the Place du Clocher , one has a breathtaking view of the medieval village of Saint Emilion with its surrounding vineyards!!! This is the Dordogne Valley.



Barry checking out the vineyard at Château Cantenac



Wine Tasting at Château Cantenac at Saint Emilion
- Grand Cru in France



Can't miss these old timber-framed buildings during a self-walking tour at Honfleur, France

Cruising Around The World with Barry and Vicki

(continued from page 16)

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Artistically styled timber-framed building adjacent to King John's Palace, is the late 15th century Tudor House Garden, currently a museum, and has a cafe overlooking an authentic garden.



The only working Tea Plantation in Europe is here on this island, Sao Miguel, Azores. Same tea plants for both green and black tea, but use different process.



What a view at Pico do Ferro on the island of Sao Miguel!!



Everywhere along the roadsides, plump hydrangea bushes in the Azores are simply jawdropping beautiful!!!
View at Pico do Ferro on the island of Sao Miguel!!

Cruising Around The World with Barry and Vicki

(continued from page 17)

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Fumaroles-vents at the Jardim Publico da Courela that release steam and volcanic gases from the 1630 eruption of Furnas Volcano.



A "Plunge" Party on Deck 9 on the ship!



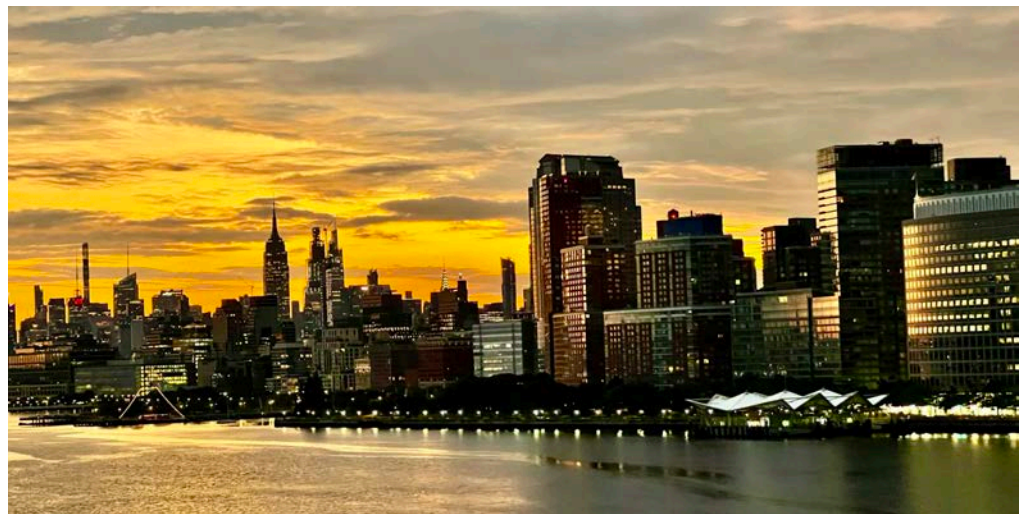
One of the ship's officers dived right into the pool !!



Last night with fabulous new friends!



We prefer the hot tub - the pool was cold!



Arrived at NYC's Manhattan Cruise Terminal before 6 am, Friday, July 12.

2024 AUGUST

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------|---|---------|--|----------|---|--|
| | | | | 1 | 2 | 3  |
| 4 Social Night at Wegmans (p. 20) | 5 | 6 | 7 HH Monthly Meeting (p. 2) | 8 | 9 | 10 |
| 11 | 12  | 13 | 14 HH Social at Wegmans (p. 20) | 15 | 16  | 17 |
| 18 Social Night at Wegmans (p. 20) | 19 | 20 | 21 Fine Tuners Meeting 10AM-12PM | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 NO ZOOM | 29 | 30 | 31 |

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Northern Virginia Resource Center
for Deaf & Hard of Hearing Persons
Improving Communication, Changing Lives

WE ARE HIRING!

Don't miss this opportunity!

- EXECUTIVE DIRECTOR

Send your cover letter with
your resume to:

employment@nvrc.org

Applications accepted until July 15, or
until filled.

See NVRC.org for more information about
the position.



SUMMER TIME



Find these words in the puzzle.

| | | |
|-----------|---------|--------|
| August | July | Friend |
| Ball | Kids | Pool |
| Beach | Outside | Hot |
| Camp | Play | Sunny |
| Ice Cream | Warm | |

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| A | I | C | E | C | R | E | A | M | B | A | B |
| S | O | U | T | S | I | D | E | W | S | U | A |
| U | J | U | K | O | U | B | E | A | C | H | L |
| N | F | R | I | E | N | D | P | R | A | J | L |
| N | H | O | D | P | H | S | O | M | M | U | K |
| Y | I | C | S | P | O | O | L | N | P | L | I |
| A | U | G | U | S | T | N | P | L | A | Y | N |



E-mail: info@nvrc.org
 URL: www.nvrc.org
 VP 571-350-8656
 10467 White Granite Drive
 Suite 312
 Oakton, VA 22124

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



Don Ames, Chair
[\[dames@cox.net\]](mailto:dames@cox.net)

URL: <https://www.nvrc.org/happy-hands/>



Fine Tuners for 2024-2025

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

Back Row (All are Members-At-Large): Jill Moebus,
 Lois Herberger, Bob Hickey, and Cathleen Potosky



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 August 4 and 18.



The date for HH Lunchtime Social Chat is August 14 at 10:30AM.

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! For more info, contact Jonathan Kiell at jona3ki@msn.com or see: [https:// www.meetup.com/aslbridge/](https://www.meetup.com/aslbridge/).

Darren Marquardt
 Realtor®, GRI, ABR, MFA,
 Productivity Coach

darrenway@aol.com
www.YourRealtorForLife.net
www.facebook.com/darren.marquardt

Office: 703-471-7220
 Cell: 703-861-5099

Darren Marquardt and the Marquardt Team
 Coldwell Banker Realty
 11911 Freedom Drive - Suite 520
 Reston, VA 20190-5646
 Licensed in VA

