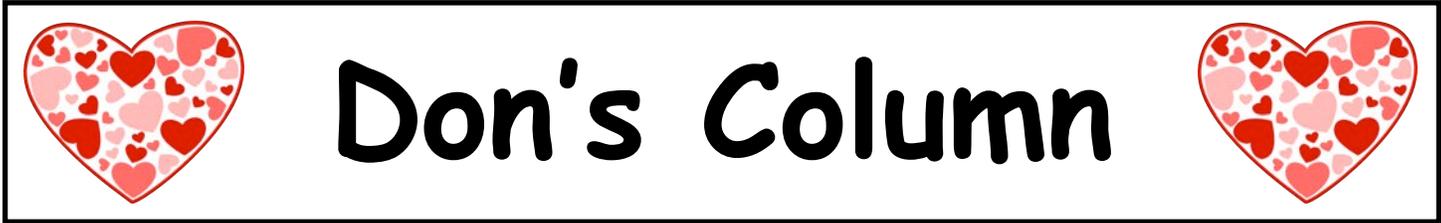




SENIORS' CHAT



Hello, Happy Hands Members and Friends,

Our next Happy Hands meeting on February 7, 2024 will be in person. Eileen Goran will give a presentation on "Art Is Everywhere." For more information, see page 2.

Melanie Williams gave a presentation on "BLM and Wild Horses" at the January 3 meeting. See pages 3-4 for recap. Barbara Eger-Klatt gave a presentation on "Community Health Worker" via Zoom on January 24 [<https://youtu.be/NTWCHbwZnMo>].

Happy Hands members and friends met at Clyde's Willow Farm in Broadlands on January 10 for lunch and to welcome the new year. Company and food were fabulous. See pictures on page 5.

Hope to see you on February 7 (see page 2).

As usual, Stay Happy Safely with Our Awesome Hands!

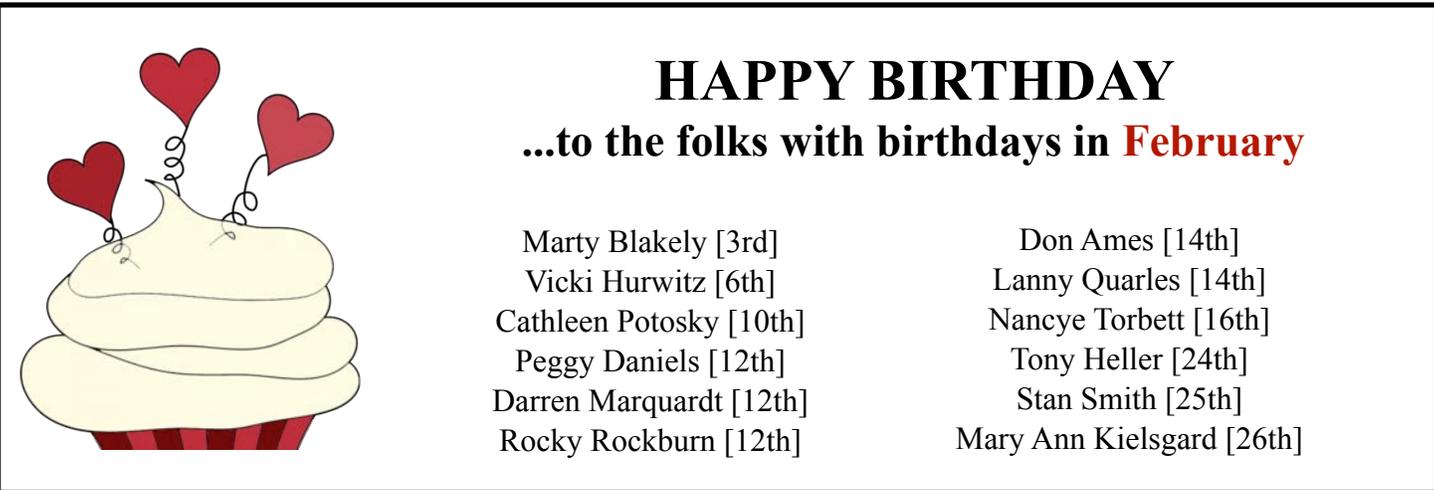
~ Don

BREAKING NEWS

Happy Hands Fine Tuners expect the visit/tour of the EOC (Emergency Operations Center) and 911 Center to be on March 27 at 10AM-12PM. We are still working on details.

If you are interested, please pencil that date on your calendars. We will provide more information at the details firm up.

BREAKING NEWS



HAPPY BIRTHDAY

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

- Marty Blakely [3rd]
- Vicki Hurwitz [6th]
- Cathleen Potosky [10th]
- Peggy Daniels [12th]
- Darren Marquardt [12th]
- Rocky Rockburn [12th]

- Don Ames [14th]
- Lanny Quarles [14th]
- Nancye Torbett [16th]
- Tony Heller [24th]
- Stan Smith [25th]
- Mary Ann Kielsgard [26th]


Happy Hands Meeting
February 7 at 10:00 AM


We will have our 20th post-COVID in-person monthly meeting on February 7, 2024 at 10:00 AM - 2:00 PM. We will provide unlimited Sloppy Joes and more for \$5.00 (see menu below). For more information, contact Pat Beech at pgbeech@aol.com.



- | | |
|--------------------------------------|-------------------------------------|
| Beef Sloppy Joes — Melanie Williams | Apple Pie — Cheryl Rockburn |
| Vegan Sloppy Joes — Eddie Drawdy | Cherry Pie — Lois Herberger |
| Hamburger Buns — Jill Moebus | Red Velvet Cupcakes — Paul Daniels |
| Cheese — Cathleen Potosky | Cookies — ?? |
| Onions — Cathleen Potosky | Water Bottles — Don Ames |
| Hot Sauce Bottle — Jill Moebus | Coke Products — ?? |
| Potato Chips with Dip — Tom Dowling | Pepsi Products — ?? |
| Fruit Platter — Stan Smith | Ice — Stan Smith |
| Vegetable Platter — Melanie Williams | Paper Products and Cups — Pat Beech |

Weather Advisory

If Fairfax County Government is closed due to weather (i.e., snow), NVRC will be closed too (no Snow Date for February).

Eileen Goran will give a presentation on “Art is Everywhere.”
 Here is Zoom info: <https://us02web.zoom.us/j/86528149308>
 Meeting ID: 865 2814 9308

Happy Hands 2024 Members
(as of January 24, 2024)

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

- | | | | |
|-----------------|------------------|------------------|--------------------|
| Don Ames | Peggy Daniels | Song Jo | Geneva Riffe |
| Mary Ann Beatty | Eddie Drawdy | Kathy Jones | Cheryl Rockburn |
| Tim Beatty | Deanna Dunham | Lynn Keefe | Rocky Rockburn |
| Pat Beech | Phuong Duong | Chuck Kelley | Becky Sadler |
| Peter Brawley | Serry Fahmy | Mary Ann Kelley | Thelma Schroeder |
| Claudia Brawley | Cheryl Gault | Jonathan Kiell | Vicki Shank |
| Jean Buffardi | Robert Gault | Jill Kotchen | Shelley Simms |
| Cindy Burton | Eileen Goran | Tom Lindsey | Stan Smith |
| Steve Burton | Julie Greenfield | Jill Moebus | Catherine Thompson |
| Felix Chevere | Barry Harlan | Sally Newman | Richard Thompson |
| Eve Christian | Anthony Heller | Rose Otterman | Eleni Triantafell |
| Richard Cohen | Lois Herberger | Cathleen Potosky | Melanie Williams |
| Joan Corley | Bob Hickey | Denise Proulx | Steve Williams |
| Paul Daniels | Vicki Hurwitz | Iryna Ravliuk | |

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



Recap of Hybrid Meeting on January 3, 2024



We had our 19th Hybrid Meeting on January 3, 2024. We had 24 people in person and 3 people on Zoom. Here is link for viewing the meeting: <https://youtu.be/wcfjM5IZGdY> or <https://youtu.be/soS38ct0eVE> (BLM only).

Melanie Williams gave a presentation on “BLM and Wild Horses.” Below are links used in this.

Wild Horse and Burro Program
https://youtu.be/AGnBde_-MiE

Wild Horse and Burro Online Corral
<https://wildhorsesonline.blm.gov/>

Myths and Facts
<https://www.blm.gov/programs/wild-horse-and-burro/about-the-program/myths-and-facts>

Common Questions from the Public
<https://www.blm.gov/programs/wild-horse-and-burro/about-the-program/common-questions-from-the-public>

Utah’s WHB Program — Wild Horse and Burro Act of 1971
https://youtu.be/ompFl_5Pob8

The Reality of Roundups
<https://youtu.be/P5OT00oHxss>



Chili Chefs
Peggy Daniels
and Melanie Williams



Meg Hawkins
and Jonathan Kiell



Don Ames, Eileen Goran,
Tom Dowling, and Paul Daniels



Lynn Keefe, Bill Morris,
and Deanna Dunham



Rocky & Cheryl Rockburn



Jill Moebus, Melanie & Steve Williams,
Cathleen Potosky, and Stan Smith



Pat Beech and
Peggy Daniels



Debbie Jones and
Eileen McCartin

Recap of Hybrid Meeting on January 3, 2024



(continued from page 3)



Eileen Goran and
Lois Herberger



Bob Hickey and
Rocky Rockurn



Serry Fahmy
and Don Ames



Jonathan Kiell
and Richard Cohen



1st 50/50 Raffle Winner
Peggy Daniels



2nd 50/50 Raffle Winner
Cheryl Rockburn



Zoom Participants

Song
Jo

Nancy
Rarus

Phuong
Duong

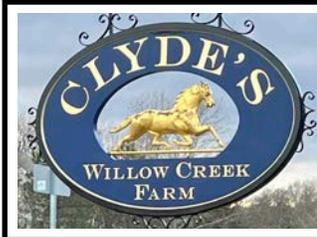
Goodbye
2023
Hello
2024

Goodbye
2023
Hello
2024

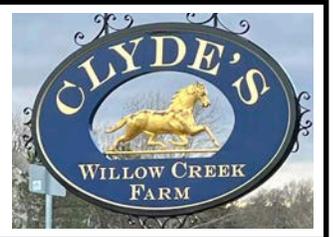
Thanks for donating to Happy Hands:

- Jill Moebus
- Geneva Riffe
- Becky Sadler
- Shelley Simms





New Year Lunch 01-10-2024



Eileen Goran and
Melanie Williams



Daniel Murray
and Eddie Drawdy



Steve Williams



Cindy & Steve Burton



Rocky
Rockburn



Jill Kotchen and
Arthur Traurig



Paul & Peggy Daniels



Denise Proulx and
Jill Moebus



Bev Young and
Kathy Ferris



George Sidawy and
Gary Viall



June Newman and
Patty Raswant



Neil Ferris and
Karen Schleifer



Cheryl Rockburn
and Denise Drake



Laurie Dowling
and Serry Fahmy



Jonathan Kiell
and Tom Dowling



Donna Graff-Viall
and Barbie Sidawy



Tim & Jeanne
Lavelle



Pat Beech and
Don Ames



Bob Hickey
and Stan Smith



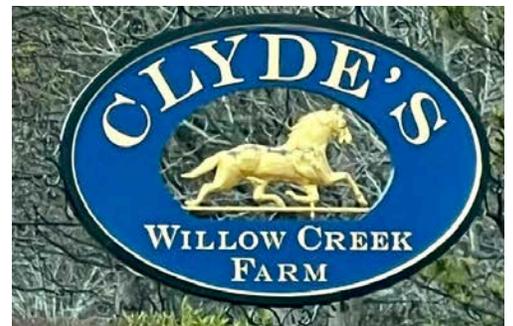
Lanny Quarles and
Lois Herberger



Janice Barker



Our waiters
Dimah and
Indigo



Tips and Tricks

Senior Citizens Health Resource Information
Barbara Eger-Klatt, Community Health Educator
February 2024

Quotes

“Count your age by friends, not years.
Count your life by smiles, not tears.”
– John Lennon

Do you love potatoes? Below is a list of myths and facts about potatoes:

MYTH Starchy foods don't contain many nutrients.

FACT: Potatoes are a nutrient-dense vegetable.

MYTH All of a potato's nutrients are in its skin.

FACT: The majority of a potato's valuable potassium and vitamin C is found in the flesh.

MYTH: Potatoes are empty calories.

FACT: Potatoes contain carbohydrates for fuel, 2 grams of fiber and 3 grams of plant-based protein.

MYTH: Only fresh produce is good for you.

FACT: Fresh, frozen and dehydrated potatoes are all optimal vegetable choices that contain nutrients.

The website below is a recipe for a Vegan potato-broccoli soup:

<https://potatogoodness.com/recipes/dairy-free-crockpot-broccoli-potato-soup/>

February 14, 2024 - Happy Valentine's Day!

American Heart Association AED Story

(AED means Automated External Defibrillator)

On January 2, 2023, everyone glued to the square box glowing with lights were shocked by the Buffalo Bills safety Damar Hamlin's collapse on the field. He had a cardiac arrest while playing against the Bengals in Cincinnati, Ohio.

A person with CPR training had a defibrillator, restarted Hamlin's heart on live television and the whole game changed. It is still being talked about to this day.

After this occurred, thousands of people realized the importance of saving a life while in the midst of any activities, regardless of the age. People thought it only happened to seniors, but this is not the case. It can happen to anyone, even a young child.

Yet only 40% of people who have a cardiac arrest outside the hospital get CPR from a bystander, and just 9% survive, according to [American Heart Association statistics](#).

(More about CPR on page 10)

Trivia Question (see answer on p. 17)

What system does the liver belong to?

1. Lungs 2. Digestive 3. Bloodstream 4. Heart



News of Interest



Tru By Hilton Manassas mentioned on its FaceBook page that January 18 was National Maintenance Day. Stephen Williams was celebrated for all he does for the Tru Manassas. Stephen started with Tru Manassas in 2021 as a Front Desk Agent. He was promoted to Engineer in Spring 2022. FUN FACT: he is a diehard Cowboys fan!

Note: Stephen is the son of Melanie & Steve Williams.



Signature Theatre will have a play called “Private Jones” during February 7 - March 10. This play is about a deaf Welsh sniper in World War I. After losing his hearing, Gomer Jones is left behind when the rest of the young men enlist. When fresh recruits are needed, he fakes his way into a battalion. Jones becomes a celebrated sniper. With songs and an innovative soundscape, the play features a cast of hearing, Deaf and hard-of-hearing actors. The production will be performed in spoken English as well as some ASL and BSL. Open Captions will be shown at every performance on the sides of the stage. Closed captions are available at every performance using the GalaPro app. ASL Interpreted Performances are scheduled for February 22 at 8PM, February 27 at 7:30PM, and March 10 at 2:00PM. The best sightline will be from Orchestra Right. For more information, see: <https://www.sigtheatre.org/events/202324/private-jones/>.



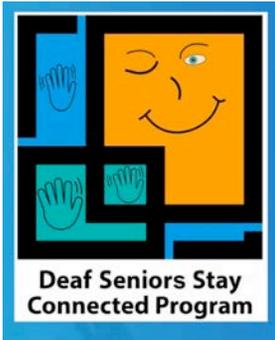
Tom Lindsey moved in with his daughter, Peggy Springsteen, in Fairchance, PA. The picture on left has Tom with his two daughters, Peggy and Julie. Tom used to live in Bowie, MD. He is a long-time member of Happy Hands Deaf Seniors. He graduated from NCS D in Morganton, NC.



On January 20, Gary Viall, Peggy Daniels, and Donna Graff-Viall watched the NFC Divisional Playoff. Green Bay Packers and San Francisco 49ers competed in this game. San Francisco won. The score was 24 to 21.



More News of Interest



DSSCP has new dates for its weekly ASL chat sessions — every Tuesday from 12:00PM to 1:00PM. The first session was on January 9, and will end on April 30. Each weekly session will have a different topic to discuss in ASL.

YouTube: <https://youtu.be/Q7KI3fYgG9M>

Register: https://us02web.zoom.us/meeting/register/tZAvf-yupjsjHtWyRoOPPYNkqhEG_xN-9r1S



NVRC will host a Film Fest 2024 with ReelAbilities on February 10 during 1:00PM-4:00PM.

For more information, see:

<https://nvrc.org/nvrc-film-fest-2024-with-reelabilities/> .

You need to register, even if it is free admission.



Barbara Eger-Klatt is offering Yoga classes online. The price for 2024 is \$25.00 per hour per session. The 1/2 hour is \$15.00. Barbara's hours and availability are Monday to Friday at 6:00AM till 11:00AM. She is not available for private lessons.

You can contact her at barbara.yellowleafyoga@gmail.com for more information or to decide on a plan.

Disability:IN DC Metro is a proud sponsor of Omnum Circus 2024! This event will be on February 24 at 2:00PM-4:00PM. The location is: Capital One Hall at 7750 Capital One Tower Road in Tysons.

For more info about Omnum Circus, see:

* <https://youtu.be/2bMPDpX1OEw>

* <https://omnumcircus.org/>

* <https://omnumcircus.org/virtual-show/>



To get tickets, see: <https://www.capitalonehall.com/events/detail/omnum-circus-presents-impossible>.



Still More News of Interest



ECHO premiered on Disney+ on January 9. Alaqua Cox plays the lead role, Maya Lopez. She made her acting debut in “Hawkeye”. The deaf actress was born and raised on the Menominee Indian Reservation in Keshena, WI. She is the first Native American to play a superhero. Her character is also Native American. She attended the Wisconsin School for the Deaf.

Alaqua is an amputee with a prosthetic leg. She has never publicly revealed how she lost her limb. She performed her own stunts in ECHO.

Official Trailer for ECHO:

* <https://youtu.be/AFUKnherhuw>



Here are links to some articles about Alaqua:

* <https://people.com/alaqua-cox-reflects-on-career-success-marvel-echo-after-being-bullied-deaf-and-amputee-exclusive-8424431>

* <https://theconversation.com/marvels-echo-is-a-one-of-a-kind-superhero-and-an-inspiration-to-the-deaf-community-221148>

* <https://abc7.com/alaqua-cox-echo-marvel-phase-five-kingpin/14297328/>

Yiqiao Wang’s mural is called “Deaf AAPI Experience,” which celebrates the multicultural spirit of ASL. It is located on the northwest side of the main Union Market building at Fifth Street NE. The mural also represents the pride and heritage of Asian American and Pacific Islander (AAPI) deaf communities and their contributions to society.

For more information about this mural, see:

* <https://gallaudet.edu/president/alumna-employee-yiqiao-wang-creates-mural-for-union-market/>

* <https://youtu.be/dbN7kOUqFW8> (YouTube)



For information about Yiqiao, see: <http://yiqiaowang.com/>.

The September issue of Happy Hands newsletter (page 7) had a news item about the special collection at Starbucks. This collection was designed by Yiqiao.

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





Super Bowl LVIII on February 11, 2024 will have Deaf performers: Daniel Durant, Anjel Pinero, and Shaheem Sanchez during pregame festivities:

- * Daniel will perform the National Anthem in ASL.
- * Anjel will sign “America The Beautiful.”
- * Shaheem will sign “Lift Every Voice and Sing.” He will also perform the ASL Halftime Show.



Those performances will be produced in partnership with Alexis Kashar of LOVE SIGN and Howard Rosenbaum of the NAD. Information on where to best watch these performances will be shared when it becomes available.

Sources: <https://www.nad.org/2024/01/18/deaf-performers-at-super-bowl-lviii/> and https://en.wikipedia.org/wiki/Super_Bowl_LVIII

More information on the performers:

- * Daniel Durant - https://en.wikipedia.org/wiki/Daniel_Durant or <https://www.imdb.com/name/nm3310289/>
- * Anjel Pinero - <https://youtu.be/IAcgXC1pbRQ>
- * Shaheem Sanchez - <https://youtu.be/XbWyaDy9N1M>



- by Jonathan Kiell -

Learning Basic CPR and AED is a relatively simple skill that anyone can and should learn. And, refresher training is a good idea if you took a course a long time ago. While in person training with the resuscitation dummies and a skilled instructor is best, there are many inexpensive on-line, self-paced courses available; some that issue certificates. Just google “on-line CPR training” and pick one that looks right for you. The Red Cross has a wide variety of classes, but there are numerous other providers.

Online CPR Course or First Aid Certification: <https://cprcare.com/>
 CPR Training by Red Cross: <https://www.redcross.org/take-a-class/cpr/cpr-training>
 American Heart Association: <https://cpr.heart.org/>



Cruising Around The World



with Barry and Vicki



What: A 196 Days Voyage around the world

Date of this report: Friday, January 19 2024

Current Location: At Sea on a 600 ft Cruiser, Oceania Insignia, cruising around 17 to 19 knots

Heading To: Kailua-Kona, Hawaii

Emotions are running wild, high, and a bit surreal whether this extraordinary journey is still a dream or not! We boarded the ship on December 29, 2023 at Miami, joining about 120 guests who also are circling the globe with us. By the time we got to Los Angeles, an additional “Around the World” 300 guests joined the ship. There are some guests (fewer than 100) who are doing only a sectional segment, disembarking at Auckland, Bali, or other ports as specified by their respective cruise segment.

Weather conditions and the world’s political/social unrests can change the cruise itinerary. We are not following the original itinerary as planned. Updates, including shore excursions that are impacted by the changes, are shared with us via the daily news, Currents, and on our TV monitor in our stateroom.

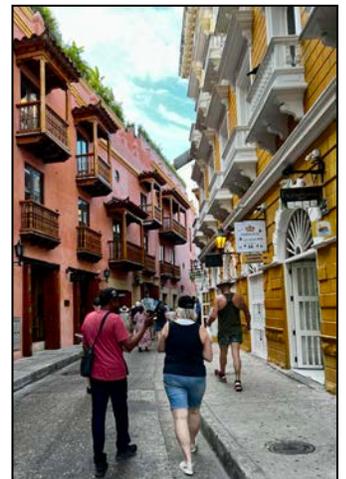
We were unable to stop at Grand Cayman due to weather conditions. Instead we stopped at Port Antonio in Jamaica during a rain storm. All excursions were cancelled and thus we did our own leisurely “walk” to town and returned back in time before heading to Cartagena, Colombia, the next port call.

Cartenage is an UNESCO designated historic walled city that was built during the 16th century. Our shore excursion included a guided cruise on a replica 17th century Spanish galleon. We ended the tour at Port Oasis, part of a 1000 square meters beautiful garden grounds, that showcased examples of Colombia’s flora and fauna.

On January 3, we headed up to the 10th deck of our ship to witness the entrance to the Panama Canal, a marvelous achievement that earned one of the Greatest Wonders of the World. First set of locks at Gatun consists of 4 lock gates - took about 3 hours. Two small boats brought in a crew of pilots from the Panama Canal Authority to take full control of the ship till the end of the transit. At each set of locks there was a pulling engine ‘car’ with two cable wires attached at the front,



Port Antonio, Jamaica



One of the colonial street at Cartagena, Colombia

Cruising Around The World with Barry and Vicki

OCEANIA
CRUISES®

(continued from page 11)

OCEANIA
CRUISES®

back, port, and starboard sides of the ship. A total of four of those cars pulled/slid the ship through the locks. The second set of locks is at Pedro Miguel and the third set, the Miraflores is situated at the Pacific side. To get through the 51 mile long canal, it took approximately 10 hours.



One of the four engines that pulled the ship through the Panama Canal



A jaguar rescued when she was a cub and residing at NATUWA sanctuary

At Puntarenas, Costa Rica, we visited NATUWA, a sanctuary for the macaws and other wildlife who needed care. Some of the wildlife return to their natural wildlife state. With the case of the three jaguar cubs who were found after their mom was killed, the cubs would not be returning back to their natural environment. Their website is excellent. <https://www.natuwa.com/animales-ingles/>.

At Puerto Quetzal, Guatemala, we took a 90 minute coach ride to the UNESCO designated city of “Colonial” Antigua, surrounded by three volcanoes (one is still active). Antigua is well preserved as if time has stood still.

We enjoyed the walking tour that allowed us to witness the former capital up close. A stop at Finca La Azotea (Coffee Plantation) took us to their cultural museum as well as the coffee museum that illustrates the history of processing and marketing coffee in Guatemala. We had lunch at Casa Santo Domingo where ruins of a monastery and a temple still exist. We visited a jade factory and museum before returning to the ship.



A marmoset monkey at NATUWA sanctuary

At Puerto Vallarta, Mexico, Vicki joined 17 other folks to Hacienda Dona Engracia (a tequila factory and shop) for a 3 mile trek through two small villages and the lower elevation of the Sierra Madre Mountains. It wasn't a tough trek - just went with the flow and it was fun crossing the Rio Mascota several times. Before returning to the ship, we had several tastings of the tequila.



La Merced Cathedral, Antigua, Guatemala

Cruising Around The World with Barry and Vicki



(continued from page 12)



The 3 mile trek at the lower elevation of the Sierra Madre Mts



The ionic Arch at Cabo



A very busy marina at Cabo!

The city of Cabo San Lucas (known as Cabo) lying at the southern tip of the Baja California peninsula has experienced very rapid growth and development. The distinctive sea arch El Arco de Cabo San Lucas is well know for its scenic location. Our ship anchored out at sea and used the tender boats to come to shore and back. A visit to a spectacular Glass Factory outside of Cabo and the town square at San Jose del Cabo concluded the end of our day tour.



Ensenada, Mexico

At Ensenada, via a coach bus, we stopped at the nearby Riviera Cultural Center which was once a hotel and casino favored by Hollywood stars (including Lucille Ball and her husband Desi Arnaz) in the 1930s to 1940s. It was meticulously restored and converted into a cultural hub with a small museum, courtyard, a bar, and a ballroom.

We were entertained with a folkloric show with a Mariachi band. The ballroom's wooden ceiling is painted with vivid colors. Back on the coach bus, we headed south along a scenic coastal road, 20 miles, to see the La Bufadora Geyser that shoots from the sea toward the cliff tops. From the overlook, you can see the ocean waves rush in furiously forcing the water through the blowhole and then spewing upward.



Dancers at Riviera Cultural Center, Ensenada, Mexico

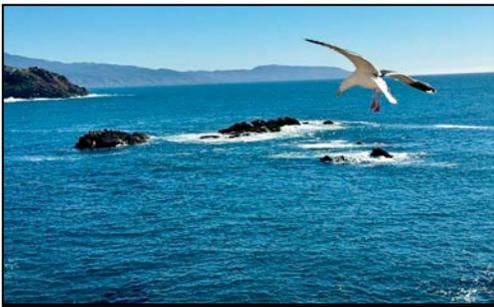


Cathedral of San Jose, Antigua

Cruising Around The World with Barry and Vicki



(continued from page 13)



At the bay of

The first segment completed at Los Angeles. Some of our new friends disembarked here to head home. But for us, we decided to spend the day with good friends Paul and Lily. Since we had never been to the heart of downtown LA, it was an opportunity for us to take the public transportation from the San Pedro pier to Los Angeles Union Station, about 25 miles away. A block from the Union Station lies El Pueblo de Los Angeles. We strolled around the area and had lunch at Las Anitas on Olvera Street.



Barry, Vicki, and friends Lily and Paul at Las Anitas, Los Angeles

We were fortunate to have met a new friend on the ship during the first leg of the cruise. His name is Yaniv Zarif, an American Vocalist and Polyglot of 32 languages, including ASL. He was most recently featured on Amazon Prime's the Marvelous Mrs. Maisel. His show, "Music Beyond Language" had its debut at the Feinstein's /54 Below in NYC. A native of Fort Lauderdale, he now lives in NYC. His theatrical background comes fused with pop, soul, and even accomplished Yodeling! He performed two one-man shows on the ship. He sang about 8 or 9 songs, all in different languages. He sang two in ASL, "Heart Forever" and a song from the musical "Funny Girl". He got off the ship at Costa Rica.



Barry, Vicki, and vocalist Yaniv Zaria after his first show on Oceania Insignia

There are plenty of ship activities giving us choices and meeting new friends. The crew is just wonderful! The incoming crew from Los Angeles created this sign and posted it in front of our stateroom door! How thoughtful of them! We discovered we are not the only signing couple on this ship. Another hearing couple knows ASL from Arizona (an interpreter and her hubby).

If interested in following us on this world cruise on Facebook, send an email to vickishank@verizon.net.



Sign created and posted by the incoming new crew at Los Angeles San Pedro Cruise Terminal

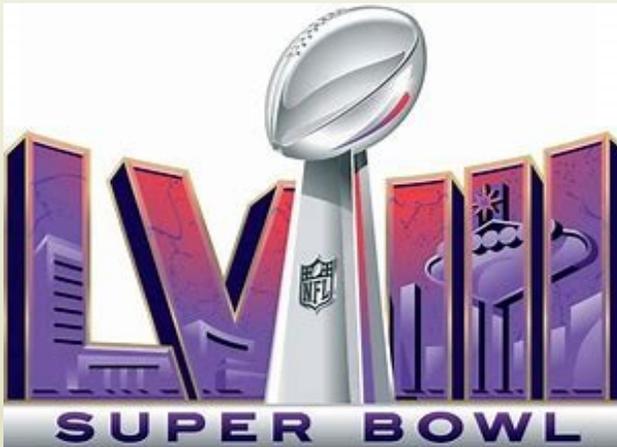
Northern Virginia Association of the Deaf



proudly hosts



SUPER BOWL LVIII PARTY



Sunday, February 11 2024

5:00 PM

Dinner: 5:30 PM

Kickoff: 6:30 PM

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

Please RSVP to Joan Corley.
Deadline:
Saturday, February 10, 2024.



Please bring a dish or 2 to share according to your last name:

A-F: Appetizers

G-L: Desserts

M-S: Hot Dishes

T-Z: Cold Salads

Bring your own sodas & non-alcoholic drinks. NVAD will provide Ham and water bottles.

Please let NVAD Vice President Joan Corley know at nvadvicepresident@gmail.com what dish you will bring to avoid duplicates.

*In case of inclement weather in our area, the party will be cancelled.
Watch for flash news via email and Facebook.*



Northern Virginia Association of the Deaf

(NVAD)

**Lego and Duplos
Family Event**

**Sunday, February 18, 2024
1:00PM to 4:00PM**

Please bring your kids to join us Lego
and Duplos Family Event at NVRC.
Refreshments will be served

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

Any questions: please contact
Jamie Berke,
NVADFamilyEvent@gmail.com

Please RSVP to Jamie,
how many kids you will bring.

Events for February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 	3
4 Social Night at Wegmans (p. 18) 7PM	5	6 Which US President was born on this day? (answer on p. 18)	7 HH Monthly (p. 2) 10AM-2PM	8	9 Which US President was born on this day? (answer on p. 18)	10
11 NVAD Super Bowl Party at 5PM (see p. 15)	12 Which US President was born on this day? (answer on p. 18)	13 	14  Social Chat (p. 18)	15	16	17
18 NVAD Family (see p. 16) Social Night at Wegmans (p. 18)	19 	20	21 Fine Tuners 10AM-12PM	22 Which US President was born on this day? (answer on p. 18)	23	24
25	26	27	28 No ZOOM Meeting	29		

Recipes for Every Day in February



Allrecipes provides warm and comforting meals to make every night in February. See <https://www.allrecipes.com/gallery/comforting-february-dinners/>.

Here are several recipes:

- Slow Cooker Chili for February 9 [<https://www.allrecipes.com/recipe/48449/slow-cooker-chili-ii/>]
- Super Nachos for February 12 [<https://www.allrecipes.com/recipe/51147/super-nachos/>]
- Baked Macaroni and Cheese for February 20 [<https://www.allrecipes.com/recipe/14140/baked-macaroni-and-cheese/>]
- Easiest Pot Roast Ever on February 22 [<https://www.allrecipes.com/recipe/14670/easiest-pot-roast-ever/>]
- Asian Lettuce Wraps for February 26 [<https://www.allrecipes.com/recipe/71722/asian-lettuce-wraps/>]

Answer for **Trivia Question** on page 6

What system does the liver belong to?

2. Digestive



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 February 4 and 18. The date for HH Social Chat is February 14.

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!

Thanks to:

- Peggy Daniels and Melanie Williams for making Chili for lunch at the Hybrid Monthly meeting on January 3
- Everyone that brought goodies for lunch at the Hybrid Monthly meeting on January 3
- Pat Beech for facilitating the Hybrid Monthly meeting on January 3
- Melanie Williams for presenting “BLM and Wild Horses” at the HH Hybrid Monthly meeting on January 3
- Jonathan Kiell for helping with the Tech Set-Up and Powerpoint Presentation at the HH Hybrid Monthly meeting on January 3
- Pat Beech for planning the New Year Lunch at Clyde’s Willow Creek on January 10
- Everyone who attended Clyde’s Willow Creek on January 10 for making New Year Lunch a memorable one
- Barbara Eger-Klatt for presenting “Community Health Worker” via Zoom on January 24 [<https://youtu.be/NTWCHbwZnMo>]
- Pat Beech for doing the monthly HH Newsletter issues
- Sharon Svenningsen, Melanie Williams, and Jonathan Kiell for proofreading monthly HH Newsletter issues
- Debbie Jones for stuffing the monthly HH Newsletter hardcopies and getting them ready for mail



Answers for the four questions in the calendar on page 15: Four U.S. presidents had birthdays in February.

February 6, 1911 - Ronald Reagan

February 12, 1809 - Abraham Lincoln

February 9, 1773 - William Henry Harrison

February 22, 1732 - George Washington