



# **SENIORS' CHAT**









Hello, Happy Hands Members and Friends,

See pages 4-5 for a recap of the April 3 meeting. Twenty-nine people showed up in person, and eight people joined the meeting via Zoom.

Mark your calendar for our monthly meeting on May 1. Hope to see you on that day for the presentation by Eddie Drawdy (see page 2). He will give a presentation on "Cable vs. Streaming."

Stan Smith will give a presentation on "Titanic" via Zoom on May 22 (page 2).

As usual, Stay Happy Safely with Our Awesome Hands!





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

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

For information, see page 3.

#### ~ Don



#### HAPPY BIRTHDAY ...to the folks with birthdays in May

Steven Burton [3rd] Walter Klatt [13th] Felix Chevere [16th] Rose Otterman [17th]

Steve Williams [24th] Eve Christian [25th] Shelley Simms [25th] Joan Corley [31st]

### Happy Hands In-Person Meeting May 1 at 10:00 AM



We will have our 23rd post-COVID in-person monthly meeting on May 1 at 10:00 AM - 2:00 PM. Bring your own lunch bags and beverages.

Before lunch, we will have an election of Fine Tuners for 2024-2025. Then Lois Herberger will give a brief presentation on Northern Virginia's role in the Civil War.





After lunch, Eddie Drawdy will give a presentation on "Cable Vs. Streaming." He will explain pros and cons for keeping cable or switching to streaming — benefits, costeffective options, and how to tailor viewing experience to suit your preferences.

Here is Zoom info: https://us02web.zoom.us/j/84390065679 Meeting ID: 843 9006 5679





# Happy Hands Zoom Chat May 22, 2024 at 10:00 AM



On May 22, 2024 at 10:00AM-12:00PM, Stan Smith will give a presentation on "Titanic: The Exhibition" at National Harbor. He will share what he learned:

\* Fact vs Fiction

- \* Travel back to 1912 through photographs, handwritten notes, wayward keepsakes, and other personal belongings
- \* Connect with the Titanic's passengers via their testimonies.

For more information about this exhibition, see <u>https://</u> <u>titanicexhibition.com/</u>. The exhibition's last day is May 12.

Zoom Info: https://us02web.zoom.us/j/82300195415 Meeting ID: 823 0019 5415





#### Picnic at Lake Fairfax Park

(Rain or Shine)

June 5, 2024 at 10:00 a.m. - 4:00 p.m.

Happy Hands will provide: Hamburgers Vegan Burgers

- Hamburgers, Vegan Burgers, and Hebrew Hot Dogs
- Cheese, Condiments, and Rolls

Location: Picnic Shelter K 1400 Lake Fairfax Drive, Reston, VA 20190



https://www.fairfaxcounty.gov/ parks/lake-fairfax/attractions



https://www.fairfaxcounty.gov/ parks/lake-fairfax/trails

http://www.fairfaxcounty.gov/parks/lakefairfax https://www.fairfaxcounty.gov/parks/lake-fairfax/on-your-own



Because we need to know how much stuff to buy, we need RSVP by May 29. Please email Pat Beech at <u>pgbeech@aol.com</u> with your choice of burger and/or hot dog.

There will be NO at-door registrations.



HH Members (bring side dish): No Charge HH Members (not bring side dish): \$8.00 (pay at picnic) Non-Members: \$15.00 (pay at picnic; this goes toward membership for Happy Hands)





#### Bring your own (non-alcoholic) beverages.

The location of Shelter K is a short walk from the parking lot. The bathroom is close by.

Shelter K has two BBQ grills. We will use those to cook the burgers and hot dogs. For the Side Dishes, the Menu Committee will work with those who RSVPed.

There are paddle boats, hiking trails, and fishing. Bring appropriate clothing if you want to participate in these activities.

HYBRID

# HYBRID

# Recap of Hybrid Meeting on April 3, 2024

We had our 22nd Hybrid Meeting on April 3, 2024. We had 29 attendees and 8 people on Zoom. Here is the link [https://youtu.be/rArYgIIiUnI] about community amenities and services offered at Ashby Ponds, an Erickson Senior Living community in Ashburn, VA. For more information about Ashby Ponds, see: https://www.ericksonseniorliving.com/ashby-ponds and https://www.ericksonseniorliving.com/ashby-ponds/faq.







**50/50 Raffle Winners** Tom Dowling Sam Yates



Cheryl Gault with interpreters [Jennifer Greene and Candace Whitlow]



#### Pat Beech with the Ashby Ponds team

- \* Jason Guldi (Sales Associates at Ashby Ponds)
- \* Elizabeth Dunwoody (Director of Sales at Ashby Ponds)
- \* Emily May (Manager of Resident Services at Ashby Ponds)
- \* Sharon Baksa (Director of for Erickson Senior Living)



- \* Holly Henderson (Regional VP of Sales for Erickson Senior Living)
- \* Sharon Baksa (Director of Talent Development, Sales Marketing & Communications for Erickson Senior Living)
- \* Jason Guldi (Sales Associates at Ashby Ponds)





Jill Moebus with her Lamb Cake

For more information:

- https://ncsml.org/easter-lamb-cakemeets-the-21st-century/
- https://www.tastingtable.com/ 1226327/the-polish-lamb-cake-youshould-consider-for-your-eastercelebration/

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#### **Recap of Hybrid Meeting** on April 3, 2024 (continued from page 4)





Don Ames, Mary Ann Beatty, Sam Yates, and Lanny Quarles



Jill Moebus. Cathleen Potosky, and Steve Williams



Lois Herberger, Jill Kotchen



Bethany Adner and June Freeman



Eileen Goran and Laurie Warren



Melanie Williams and Denise Proulx



Jonathan Kiell and Pat Beech



Don Ames and Dan Sellman

Sitting: Peggy & Paul Daniels

Standing: Rocky Rockburn, Eddie Drawdy, Tom Dowling, Tim Beatty, and Serry Fahmy

JOIN US FOR Lunch, Tours, & More

At Ashby Ponds, Ashburn's vibrant senior living community, you're always our VIP guest. Here, you'll enjoy amenities such as a pool, fitness center, restaurants, additional on-site care should you ever need it, and peace of mind with our smart financial structure.

Don't just take our word for it! Join us and:

- · Eat a delicious, complimentary lunch
- Tour a variety of apartment homes
- Learn about community amenities and services
- · Meet our community residents and staff

Wednesday, May 8th, 2024 at 10:00 AM

E-mail: elizabeth.Dunwoody@erickson.com

Cheryl Rockburn, Bob Hickey, and



Denise & Tom Drake



**Eve Christian** Maria Dollhopf Sharon Harvey Tony Heller

Margaret Huang **Bill Morris** Paula Murphy Paula Olejarz

# News of Interest





Ashby Ponds celebrated American Sign Language Month for April. This collection included: ILY Barbie, ILY Needlepoint, and ILY Patriotic Hand (Eve Christian); and the 10 reasons for learning ASL (Jill Moebus).





Nancy Rarus (left) sent pictures of the Agave plant at her home in Austin, TX. The agave plant is valued for landscaping and gardening. It requires very little water to survive, making it a popular choice for drought-tolerant gardens. The tall stalk is an impressive structure emerging from the center of the plant.

For information about the Agave plant, see: \*<u>https://en.wikipedia.org/wiki/Agave</u>



Here are links for the 2024 Total Solar Eclipse on April 8:



Through the Eyes of NASA: https://www.youtube.com/live/2MJY\_ptQW10 https://www.flickr.com/photos/nasahqphoto/albums/72177720315879304/

Astronauts watched the Eclipse from the ISS Space Station (thanks to Barbara Eger-Klatt for this link): <u>https://www.goodnewsnetwork.org/astronauts-watched-eclipse-from-iss-space-station-capturing-cool-pictures/</u>



# VAD-VSDAA 04-13-2024



Virginia Association of the Deaf (VAD) and Virginia School for the Deaf Alumni Association (VSDAA) hosted Deaf History Month & Birthday Bash celebrating 140th anniversary of both VAD and VSDAA on April 13. One of Veditz Brewery owners, VAD Vice-President, and VSDAA President greeted everyone before the VAD Awards Ceremony. The afternoon included Veditz History by Greg Randall, VAD History by Race Drake, and VSDAA History by Rhonda Jennings-Arey. The program ended with the Birthday Cake Cutting ceremony by Donna Graff-Viall and Michele Paoni VanBoxlaere. Here is the YouTube video for this event: <a href="https://youtu.be/ezBmE0cNuxM">https://youtu.be/ezBmE0cNuxM</a>.





Cindy Burton VAD Secretary



Daphne Cox Emcee



Greg Randall Veditz Brewery



Donna Graff-Viall VAD Vice-President



Michele Paoni VanBoxlaere VSDAA President



VAD Board Donna Graff-Viall, VP; Tom Dowling, Treasurer; Cindy Burton, Secretary; and Jeanne Lavelle, Member-At-Large



Tim Lavelle NVAD President



VSDAA Board Michele Paoni VanBoxlaere, President; Earl Wright, Vice President; Rhonda Jennings-Arey, Secretary; Rusty Thompson, Treasurer; and Richard Goode, Board Member



Veditz Brewery

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### VAD-VSDAA 04-13-2024



(continued from page 7)



Daphne Cox Chair of VAD Awards



VAD Distinguished Award Janice Couch Dillman



VAD Mother of The Year (2023) Bobbie Dietz



VAD Father of The Year (2023) Ed Martin





**Birthday Cake Cutting** Michele Paoni VanBoxlaere, VSDAA President Donna Graff-Viall, VAD Vice-President





German Bratwurst Food Truck from Staunton, VA Thomas Marzolf, Owner





Veditz Brewery Owners Greg Randall and Joey Seifner

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### VAD-VSDAA 04-13-2024



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# VAD-VSDAA 04-13-2024



































#### Cruising Around The World CEANIA with Barry and Vicki CEANIA CRUISES"

What: A 196 Days Voyage around the world Date of this report: Wednesday, April 17, 2024 Current Location: Chan May International Cruise Port, near Hue, Vietnam on the Oceania Insignia Ship Heading To: Naha Trang, Vietnam

We are more than half way around the World's Cruise on the Oceania Insignia Ship, making a wonderful connection with the folks and the crew on the ship!



Food Galore on the ship - got five restaurants or cafes to choose from for our meals! Definitely have gained some weight, but will be committed to losing when we get home.





Vicki posed with one of the Entertainment Team Members - fantastic show to watch, "Gatsby"!! The same six member team will be with us till Singapore!!



Terrace Cafe's crew loves to tease us!! Easter Dinner on March 31.



Special guest entertainer: Syan, The World Champion Balloon Artist hails from Japan. He was good!! Enjoyed his show!



The Dragon - the head part is all made from balloons.

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### **Cruising Around The World** with Barry and Vicki

**OCEANIA** CRUISES

(continued from page 11)





Housekeepers Stef and Cristine surprised Barry for his 80th birthday with a complete birthday makeover in our stateroom.



New friend from NYC, Kate posed with Barry for his 80th birthday dinner at the Grand Dining Room.



New friends also joined us for Barry's special dinner.





Luckily, Barry only had one candle to blow out, not 80!!



10 of us completes the birthday party for Barry.

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### Cruising Around The World with Barry and Vicki

OCEANIA cruises® (continued from page 12)

OCEANIA cruises<sup>®</sup>



The main hall at the National Martyrs' Shrine at Taipei, Taiwan



A side pavilion at the National Martyrs' Shrine



The National Concert Hall and its manicured gardens at Taipei, Taiwan



The Exchanging of Guards at the National Martyrs' Shrine at Taipei was very impressive and synced with perfection!



The main gate, the Gate of Great Centrality and Perfect Uprightness, at the Chiang Kai-Shek Memorial Hall.



The National Palace Museum at Taipei is huge with three floors! So much to see since it is the site of over 700,000 pieces of artifacts from China which were moved or transferred in 1949 during the Republic of China retreat to Taiwan from a museum in Forbidden City, China. Relationship between these two countries in the past was not peaceful. The ownership of these artifacts is still a debate.

### Cruising Around The World with Barry and Vicki

OCEANIA cruises<sup>®</sup> (continued from page 13)

CRUISES°



Chiang Kai-Shek Memorial Hall is dedicated as a memorial to the former President of Taiwan. There are 89 steps leading to the main hall, symbolizing his age at the time of his death.



Two Military Guards at the main chamber stand still in memory of Taiwan's former President. Exchange of guards takes place every hour from 9am to 5pm.



Taipei 101, the 11th tallest skyscraper in the world



The Senganen Garden is a sprawling traditional garden loved by the lords of the Shimadzu Clan. The original resident, Shimadzu Mitsubishi, was inspired by the surrounding views of the Kinko Bay. Chinese influences can be seen in many places around the gardens.



Use of rocks around the gardens is a typical feature at the Senganen Garden, near Kagoshima, Japan on the Island of Kyushu.



The original stately home was built by Mitsubishi, the 19th head of the Shimadzu Family, in 1658. Presently in its 32nd generation, the Shimadzu family is one of Japan's oldest and most famous warriors clans.

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#### Cruising Around The World with Barry and Vicki

OCEANIA cruises (continued from page 14)









Posing with Peggy and Meri, our guides, at the Buddhist Temple, Sensöji-Ji, in the heart of Tokyo



A shopping street of over 200 meters, called Nakamise, leads to the Buddhist Temple, Sensöji-Ji. Alongside typical Japanese souvenirs such as yukata and folding fans, various traditional local snacks from the Asakusa area are sold along the Nakamise.



In Japan, you pay less property taxes if you plan or incorporate "green" into the design.



Evening meal with new friends at a traditional Japanese Restaurant



Meiji Jingu, a Shinto shrine, was built to honor and recognize Emperor Meiji and Empress Shoken's virtues. The original temple was lost by fire and then reconstructed in 1958. It is a shrine of national prayer for peace and prosperity.

### Cruising Around The World with Barry and Vicki

OCEANIA cruises<sup>®</sup> (continued from page 15)





On the hillside of Mount Arakura is this sunny five tiered Churaito Pagoda in honor of the war dead.



An escape for an overnight at Suikouen Sakura Ryokan gave us the cultural experience of enjoying a natural hot spring bath and mainly seafood meals in the mountains at Hakone National Park. [Location: Fujinomiya]



Evening meal at Suikouen Sakura Ryokan consisted mainly of seafood.



It was a 12-course meal!



The front entrance at Suikouen Sakura Ryokan.



Meri, Vicki, and Peggy "signing" in the rain at front of Mt. Fuji World Heritage Centre in Shizuoka, Japan. Inside the building, we climbed up along a spiraled ramp, along with moving videos from Sea Level to the Summit of Mt. Fuji.

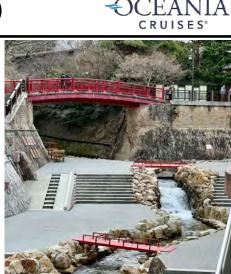


Our second overnight escape at one of Japan's oldest Hot Spring resort towns was at Arima Cho Onsen. This small town is believed to be over 1000 years old. Took a cab, some 35 minutes to Nakanobo Zuien, a resort hotel, surrounded by nature.

#### Cruising Around The World with Barry and Vicki

#### OCEANIA cruises<sup>®</sup>

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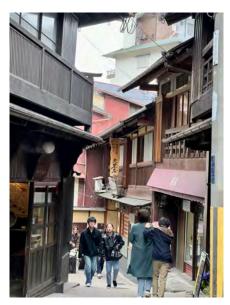
A stroll along this narrow creek was lovely.



Hiroshima Castle, original destroyed by the Atomic Bomb, rebuilt the main keep in 1958, and now serves as a museum showcasing the city's history prior to WWII. The original castle was a residence of a feudal lord during the 1590s.



Our spacious room with Japanese style tatami mats. Remove the shoes at the entrance. Low table and chairs, however the corner couch in the "sunroom" was so comfortable! And ceiling beams were just too low for Barry!



The hilly old ancient town of Aroma Onsen is lined with many cafes, souvenir shops, and historical sites.



The breakfast was served in our room, after they removed our beds and put back the table and chairs.



The Genbaku Dome is well known at the Peace Memorial Park. This is where the first Atomic Bomb hit Hiroshima on August 6, 1945. The library at the Peace Memorial Museum is the place to go if you want to hear or see films or videos of the survivors' stories. We watched one video of a deaf survivor who told her story in JSL, translated to ASL by our deaf guide. It was surreal to learn about her escape up to the mountains to stay with a relative for a couple of months until aid arrived.

#### Cruising Around The World with Barry and Vicki



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OCEANIA cruises®



The second Atomic Bomb hit Nagasaki three days later on August 9, 1945. Considering the amount of energy released from the explosion: 50% came from the blast, 15% from radiation, and 35% heat rays. These combined factors caused serious damage to Nagasaki. Number of victims who perished = under 74,000 and number of injured = under 75,000.



Amazing to see tall modern buildings at Busan, second most populous city of South Korea. Over 3.4 million people live here.



Haedong Yonggungsa is a Buddhist Temple that lies on a rocky shoreline along the east side of Busan.



What was the most striking architectural feature for me, were the classical roofs! Mostly black encaustic tiled roof - sweeping upward at the corners or a variation of its kind.



The Nurimaru APEC House on the island of Dongbaekseom is where the world leaders from 21 countries discussed economy in 2005. In 2019, the facility held the ASEAN-ROK commemorative summit. This place is open to the public and still used for other major meetings. [Location: Most southern point of South Korea]



The Huangpu River in China is a long 113 km river from the East China Sea - our ship had to cruise a 90-minute scenic section of this river in order to reach Shanghai.

#### Cruising Around The World with Barry and Vicki

#### OCEANIA cruises

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CRUISES"



The Water Town of Zhujiajiao is a 1,700 years old water town that features old bridges, small rivers, small shops and restaurants, and homes in the western district of Shanghai, 60 km out.



Watching a canal boat being turned around is entertaining.



An UNESCO recognized site, the Master of the Nets Garden in Suzhou, China, is one of the best ancient gardens in the world. This 5,400 square meters is considered a small classical garden. Breathtakingly beautiful!



Dejima, a reconstructed "artificial" island off of Nagasaki, was originally built in 1636 to confine the Portuguese and curtail the spread of Christianity. Back during those "isolation" days, Dejima served as a trading post for the Portuguese (1570-1639) and subsequently the Dutch (1641-1854). For 220 years, it was the central conduit for foreign trade and cultural exchange with Japan during the isolationist Edo period (1600-1869), and the only Japanese territory opened to Westerners.



Fukuoka is a modern city in southern Japan, which lies along the shores of Hakata Bay on Kyushu Island.

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#### Cruising Around The World with Barry and Vicki

#### OCEANIA cruises<sup>®</sup>

(continued from page 19)

CRUISES



Shanghai at night! Went up to the observation deck on the 88th floor at the Jin Mao Tower.



From L to R: Jin Mao Tower, The Shanghai World Financial Center, and the Shanghai Tower — tallest adjacent trio of skyscrapers in the world.



Suzhou's Grand Canal - took a boat ride through the narrow waterways.



Suzhou is very popular with tourists.



Ascended to an outdoor open terrace at a shopping mall on a hill, The Peak Galleria, to get this spectacular view of Hong Kong.



Shanghai — impressive manicured gardens and floral arrangement along the streets in and out of the city — also seemingly litter free as well very neat and organized.



Then followed with a leisurely descent to beautiful beach at Repulse Bay on the southern part of the Hong Kong Island.

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### Cruising Around The World with Barry and Vicki

OCEANIA cruises® (continued from page 20)

CRUISES



Ha Long Bay is an UNESCO World Heritage Site and popular travel destination in Quảng Ninh province, Vietnam. The name Hạ Long means "descending dragon". The bay features thousands of limestone karsts and islets in various shapes and sizes.



Enjoyed a great kayaking adventure at Ha Long Bay.



Cultural Dance Performance



The colored ceramic tiles painting was made from nearly 56,000 pieces that were fired at a temperature of 1200 Celsius. The wall images are about the heritage of Vietnam and the World. Painting is 264 meters long and 9 meters high.



Barry in his royal costume posed with one of the Vietnamese greeters.



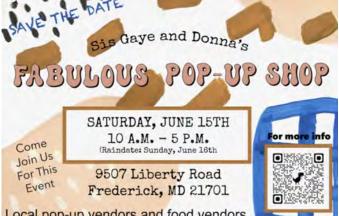
A Royal Evening at Hue Royal Citadel gave us the experience of a splendid pomp and circumstance of a grand evening. Hue was the former Imperial City of Vietnam. We were given royal costumes for the festival, and enjoyed cultural dance performances accompanied by the sounds of Nha Nhac (Royal court music) which has been recognized by UNESCO as a Masterpiece of the Oral and intangible Heritage of Humanity. Feasted on a dinner fit for kings with culinary selections traditionally served to the royal family with free flowing wine.

# NVRC Tea Party Silent Auction Fundraiser 06-02-2024

NVRC will host a Tea Party and Silent Auction Fundraiser on June 2 during 1PM-3PM.

https://www.nvrc.org/happening/nvrc-tea-partyfundraiser/



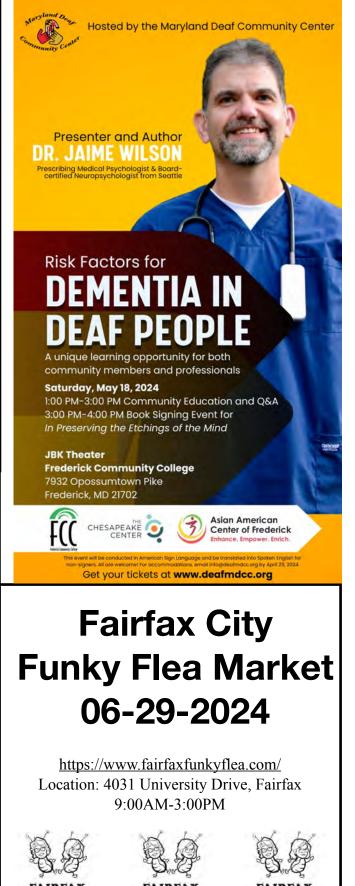


Local pop-up vendors and food vendors



Enjoy complimentary wine and water all day long!





FUNKY FLEA

FUNKY FLEA

FAIRFAX FUNKY FLEA

May 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 HH Monthly Hybrid (p. 2) HAPPY MAY DAY!	2	3	4
5 Social Night at Wegmans (p. 24)	6 NATIONAL NURSES DAY	7 HAPPY TEACHERS DAY	8 HH Social at Wegmans (p. 24) Ashby Ponds (p. 5)		10 National GOI Day	11 NORLD.
12 Motherize Day	13	14	15 Fine Tuners (committee) 10AM-12PM	16	17	18 Preakness Stakes
<b>19</b> Social Night at Wegmans (p. 24)	20 Bee Day	21	22 HH Zoom Presentation (P 2)	23	24	25
26	27	28	29		31	© BlankCalendarPages.com

#### Thanks to:

- Elizabeth Dunwoody and Emily May for sharing information about community amenities and services offered at Ashby Ponds on April 3
- Jennifer Greene and Candace Whitlow for interpreting the April 3 presentation
- Pat Beech for facilitating the Hybrid Monthly Meeting on April 3
- Jonathan Kiell for helping with the PowerPoint presentation on April 3
- Lois Herberger, Jill Moebus, and Cathleen Potosky for being on the Menu Committee
- Everyone for bringing goodies on April 3
- Everyone who helped with room set-up before and clean-up after the meeting on April 3
- Pat Beech for doing the monthly HH Newsletter issue
- 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





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

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



Don Ames, Chair [dames@cox.net]

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



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 May 5 and 19.



The date for HH Lunchtime Social Chat is May 8.

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

Please come join the very informal chat; the group often includes students and interpreters looking to learn and practice ASL. You can also get your groceries while you are there!

#### Additional Happy Hands 2024 Members (as of April 21, 2024)

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

• Laurie Warren

For those who have not renewed for the year 2024, please see:

https://www.nvrc.org/wp-content/uploads/ 2024/04/HH\_Membership2024\_Form.pdf.