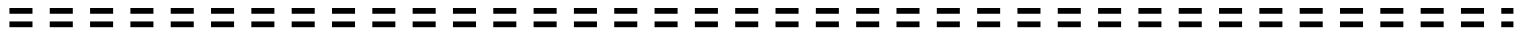


HOUSTON DEAF SENIOR CITIZEN NEWSLETTER

Volume 12

March 2011

Issue 03



Senior Citizens Trip to Beaumont



Twenty seniors went to Beaumont on Friday, February 11th to see the Fire Museum of Texas. This is the only fire museum endorsed by the Texas State Firemen and Fire Marshals' Association since 1986. It is housed in the 1927 Beaumont Fire Department Headquarters Station. We discovered the history of the fire service and the exciting development of the fire engine as we moved through the many exhibits. We saw the nostalgic Hand-Drawn Tub Pumper from 1856 and the famous Light

Truck that was sent to aid the New London School Explosion in 1937 and the Texas City Disaster in 1947. The Dalmatian spotted fire hydrant stands 24 ft. tall and weights 4,500 pounds. I had the privilege of donning a jacket and helmet like the firemen wear. Then, I got in the seat to pretend



that I was driving a fire truck to the scene. That was FUN! Check out their website at www.firemuseumoftexas.org. We stopped at The Cattle Company Restaurant for a delicious lunch. Then, we went to Clifton Steamboat Museum where this museum is dedicated to our "Heroes....Past, Present

and Future'. The exhibits were featured from Civil War battles, the Steamboat era, World War I, World War II, Korea and Vietnam wars.



A special section is dedicated to the Boy Scouts and includes

1,000 square feet of historical scouting memorabilia. We saw the "Hercules" Tugboat that was built in 1938 at the Gulfport Boiler and Welding Works. In 1991, after 53 years of service, The Hercules was going to be decommissioned and scrapped. The Sabine Towing Company donated Hercules to the Clifton Steamboat Museum.



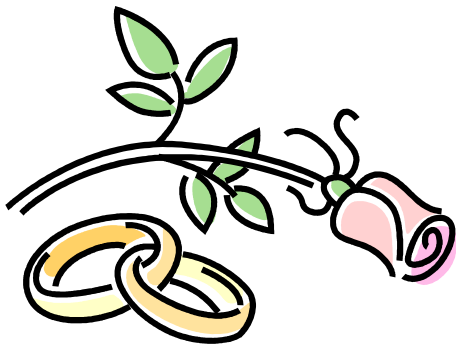


Happy February Birthday to Luci Ryan



Birthday for March

- 5th Felix Guerra
- 7th Marilyn Johnson
- 12th Gertrude Sesions
Betty Telfer
- 15th Zelma Curebello
- 19th Lawrence Coleman
- 21st Betty Falke
- 29th Tom Hollway
- 31st Eunice Woodson



February Wedding Anniversary to Bill/Trudy Shofner & Don/Fung Hahn



Anniversary for March 22nd
Earl and Marilyn Johnson 9 yrs - 2002

Calendar of Events

Friday, March 4 - ASL Social will be held at Thai Spice Buffet, 2520 South Voss RD @ Westheimer, Houston, TX 77057 from 5 pm to 9 pm. Check out their website at www.thaispice.com for more information. Come meet with friends!

Tuesday, March 8 - Chief's Citywide PIP will meet at 1602 State St. in Auditorium at 7:00 pm. Our program topic will be presented by the nationally recognized HPD Mental health Unit, "Crisis Intervention Team". These Officers are specially trained to deal with persons who may be mentally ill while investigating calls for service. Also, comments will be made by Chief of Police, Charles A. McClelland, Jr. Interpreter and captioning are provided. Contact Officer James Sobota at james.sobota@cityofhouston.net.

Wednesday, March 9 - Houston Deaf Senior Citizens will have their business/social meeting starting at 10 am. It is held at Metropolitan Multi-Service Center, 1475 West Gray, Houston, TX 77019. Everyone is welcome at 9 am till 1 pm to see friends and participate in our meeting. Please bring your friends.

Friday, March 11 - Houston Deaf Senior Citizens is having a trip Houston Police Department Museum (\$1). Please arrive at Woodhaven Baptist Church for the Deaf, 9920 Long Point, at 8:30 am as bus departs at 9 am. We will stop at Luby's Cafeteria at 11:15 am for lunch. Then, we will head to another Museum before going back to Woodhaven.

Sunday, March 13 - Daylight Savings Time begins by changing the time forward an hour. Clocks and watches should be changed on Saturday evening before bedtime to avoid the confusion of the time on Sunday morning.

Thursday, March 17 - St. Patrick's Day is celebrated by wearing green. Green ribbons and shamrocks were worn in celebration as early as the 17th century. The phrase "the wearing of the green", meaning to wear a shamrock on one's clothing.

Friday, March 18 - ASL Social will be held at La Cabana Mexican Restaurant & Cantina, 3390 FM 1960 West, Humble, Texas 77338 from 4 pm to 9 pm. Check out their website at www.vivalacabana.com for more information. Come meet with friends!

Wednesday, March 23 - Houston Deaf Senior Citizens will have social meeting to play games or do some crafts. Come join in the fun. It is held at Metropolitan Multi-Service Center, 1475 West Gray, Houston, TX 77019. The room is open from 9 am till 1 pm. It is fun to learn something new!

N E W S

11th Biennial Deaf Seniors of America

Copied from New Horizons newsletter and submitted by Paula Szablowski

Chicago 2011 Conference hosted by Illinois Deaf Seniors will be held from August 31 - September 6, 2011. Check out the Website: www.DSA2011-Chicago.org. Registration Rates (revised 12/2010): Full Combo package includes Friday Opening Reception, workshops, exhibits, Saturday Luncheon Awards, Saturday evening event; Sunday, Monday Entertainment & Monday Night Banquet Gala & Show. Combo Rates: Special Extension! Regular Rate Extended to March 31, 2011 will be \$280.00; Last Chance: Postmarked by June 30, 2011 will be \$305.00; and at door will be \$330.00. Combo Tickets are NON TRANSFERABLE! (All cancellation requests must be in writing and Postmarked on or before July 15, 2011). Location is at Sheraton Chicago Hotel & Towers, 301 East North Water Street, Chicago, IL 60611 (www.sheratonchicago.com for more information). DSA 2011 Room Rate: Single or Double: \$169.00 per night or Triple or Quad: \$189.00 per night. For Reservations: Tel: 1-800-233-4100. Ask for DSA2011 rates at www.DSA2011-Chicago.org (Click on Hotel Reservation).

Richard Clark:

submitted by wife, Margaret



My hubby is feeling much better after a neck surgery last November 1, 2010 due to pinched nerve, and he wore a neck brace for two months. In December, he needed to have a good time for a day so we went to Christmas Gathering for Deafies, and ate very good buffet in San Pedro, CA. He won a basket of cookbook, a bottle and dishes with flowers. A lady took a picture of us. Our friend helped and took us back home. We had a good time. In May 2011, he will go for re-check. See a picture attached. Also see another picture attached of my hubby and other seven men lay down on the ground designed as "TSD" at the Texas School for the Deaf in Austin long time ago around 1942-1948. NEAT!!



Beatrice Smith:

submitted by daughter, Gayle Smith Starr

My mom, Beatrice is Deaf. Her health has been declining. But after 3 or 4 months she is doing better now. Hopefully she will go back to her apartment, but only on a trial basis. (Gayle thanks for the updated news, and we, Houston Deaf Senior Citizens, are praying for your mother, Beatrice to continue improve.)

DeafNation Expo - Austin

This event will be held on Saturday, **April 16, 2011** at Travis County Exposition Center – Luedecke Arena, 7311 Decker Lane, Austin, TX 78724. Free admission and parking. Hours are from 9:00 am till 5:00 pm. Free children activities. Post this on your Calendar if you are interested in attending.

DeafTax VITA

Sponsored by Mayor's Office for People with Disabilities

Free Tax Preparation for the Deaf and Hard of Hearing !

- IRS Certified VITA volunteers will prepare the tax returns.
- Both federal and state income tax returns will be prepared.
- Videophones will be provided to participating VITA site allowing the taxpayer and volunteer to communicate in real-time.
- The service will be available from **February 1 to April 14, 2011**.
- Individuals and families earning \$49,000 or less without business income are eligible for this service.
- Locations:
Lillian Beard Deaf Connection Center
9920 Long Point, Houston, TX 77055
Career and Recovery Resources
2525 San Jacinto St., Houston, TX 77002
- **By Appointment Only** (call **Kaitlyn Tracy** at 281-936-0770 (VP) to make an appointment)
- What is the cost? **FREE**

Love Fund Cookbook

The new cookbooks have arrived. For those that ordered and paid already, you can pick up your copy at the Multi Metropolitan Service Center, 1475 West Gray, Houston, TX. For those that want to buy more, you can bring \$10 each to the center to purchase more. The cookbook contains 344 well-loved recipes including appetizers, main dishes, desserts, and many others. Recipes include the contributor's name. These cookbooks will make great gifts. For those that are out of town, please send your check for \$13 including \$3 for shipping to:

Houston Deaf Senior Citizens Love Fund
c/o Love Fund Cookbook
P. O. Box 664
Missouri City, TX 77459

The Committee will send the cookbook to you. For more information, please contact:

Luci Ryan (Striken263@yahoo.com)

Judy Lorenz, Amelia Guerra, Rochelle Simpson

Lone Star Deaf Bowling, Inc.

Given by Jose Ybarra



They will sponsor their 1st Annual Senior Citizens and 6th Annual Mixes Individual Handicap Bowling Tournament on Saturday, March 12, 2011 for Deaf Bowlers only. Fee is \$40 to cover Prize Fee, Bowling Fee, and Expense Fee. This will be held at Copperfield Bowl, 15615 Glen Chase Dr., Houston, TX 77095. Phone number is 281-550-8710. There are 3 time slots to choose from: 12:00 pm, 2:00 pm, and 4:00 pm. For those that are fans only, the admission is \$5 for general, \$3 for Senior Citizens and Students over 12 years, and free for children under 11 years. Entries close 10 minutes prior to bowling.

12 Ways to eat like a Biggest Loser

- 1) Keep precut vegetables such as bell peppers, celery, broccoli, and jicama in your fridge for easy snacking at home or work.
- 2) Limit starchier vegetables such as pumpkin, winter squash, and sweet potatoes to one or two servings per week since they are higher in calories and carbs.
- 3) Eat fruit for dessert! Many Biggest Losers who have a sweet tooth use this strategy to curb their cravings.
- 4) Choose whole fruit rather than fruit juices. Fruit juice contains less fiber, so it's not as filling as whole fruit. When you do choose juice, remember that a serving size is 4 ounces (1/2 cup).
- 5) Read the label when choosing bread products. If it says "enriched," the product probably contains white flour—meaning it's low in fiber and nutrition.
- 6) Choose cereals with fewer than 5 grams of sugar and at least 5 grams of fiber per serving.
- 7) Choose lean cuts of meat, such as pork tenderloin and beef round, chuck, sirloin, or tenderloin. USDA Choice or USDA. Select grades of beef usually have lower fat content.
- 8) Ask for white meat when buying ground chicken or turkey.
- 9) Eat seafood rich in omega-3 fatty acids such as herring, mackerel, salmon, sardines (water packed), trout, and tuna.
- 10) Try meals with vegetarian proteins including beans, nuts, seeds, tofu, and edamame.
- 11) Choose olive oil, canola oil, flaxseed oil, or walnut oil for salads, cooking, and baking.
- 12) When adding fat to a sandwich, use reduced-fat mayonnaise or a little mashed avocado.

Senior Citizens trip to Fredericksburg and Johnson City

If anyone is interested in going to this overnight trip on April 6th and 7th, please send me an email at nmorris726@gmail.com or call me at 281-402-3480 (VP). The bus has been reserved and will hold up to 50 people. We are planning to visit LBJ's home and park in Johnson City. Then, we will stay in Fredericksburg overnight. I'm still working out the schedule of what we will be doing on Thursday. But I need to know how many Seniors want to go. Thanks! Nancy Morris

Banana Berry Muffins

1 1/2 c unprocessed wheat bran or oat bran
1 c white whole wheat flour
2 Tbsp ground flaxseed
1 1/4 tsp baking soda
1 tsp ground cinnamon
1/8 tsp salt
3/4 c. unsweetened vanilla almond milk or fat-free milk.

Position a rack in the center of the oven and preheat the oven to 400°F. Lightly coat a nonstick 12-cup muffin pan with cooking oil spray. In a medium bowl, combine the bran, flour, flaxseed, baking soda, cinnamon, and salt. Set aside. In another medium bowl or in a blender, combine the milk, agave nectar or honey, bananas, egg, oil, and vanilla until smooth. Make a well in the center of the dry ingredients and pour in 1/3 of the liquid mixture. Using a spoon, stir until smooth. Add the remaining liquid mixture and stir just until combined. Add the blueberries and prunes, if desired; stir again, but do not over mix. Spoon 1/4 c batter into each prepared muffin cup. Bake for about 14 minutes, or until the tops spring back when pressed gently in the centers. Do not overbake. Cool in the pan on a wire rack for 10 minutes before removing the muffins from the pan. Serve warm, or cool completely on the rack. Per serving: 140 calories, 4 g protein, 25 g carbohydrates (10 g sugars), 4 g fat (0 g saturated), 20 mg cholesterol, 6 g fiber, 170 mg sodium. Submitted by Margie Graham from "The Biggest Loser" food guide.

Humors !

While driving in Pennsylvania, a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign... "Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust."

A Sunday School teacher began her lesson with a question, "Boys and girls, what do we know about God?" A hand shot up in the air. "He is an **artist!**" said the kindergarten boy. "Really? How do you know?" the teacher asked. "You know - Our Father, who does **art** in Heaven... "



Submitted by Dorothy Floyd

In the hospital, where a family member lay gravely ill, the relatives gathered in the waiting room. Finally, the doctor came in looking tired and somber. 'I'm afraid I'm the bearer of bad news,' he said as he surveyed the worried faces. 'The only hope left for your loved one at this time is a brain transplant. It's an experimental procedure, very risky, but it is the only hope. Insurance will cover the procedure, but you will have to pay for the BRAIN.' The family members sat silent as they absorbed the news. After a time, someone asked, 'How much will a brain cost?' The doctor quickly responded, '\$5,000 for a male brain; \$200 for a female brain.' The moment turned awkward. Some of the men actually had to 'try' to not smile, avoiding eye contact with the women. A man unable to control his curiosity, finally blurted out the question everyone wanted to ask, 'Why is the male brain so much more than a female brain?' The doctor smiled at the childish innocence and explained to the entire group, 'It's just standard pricing procedure. We have to price the female brains a lot lower because they've been used.'

Submitted by Sharon Head

While on a road trip, Dave and Pat stopped at a roadside restaurant for lunch. After finishing their meal, they left the restaurant, and resumed their trip. When leaving, Pat unknowingly left her glasses on the table, and she didn't miss them until they had been driving for about forty minutes. By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turn around, in order to return to the restaurant to retrieve her glasses. All the way back, the elderly husband Dave became the classic grouchy old man. He fussed and complained and scolded his wife relentlessly during the entire return drive. The more he chided her, the more agitated he became. He just wouldn't let up for a single second. To her relief, they finally arrived at the restaurant. As Pat got out of the car, and hurried inside to retrieve her glasses, the old geezer, Dave yelled to her, "While you're in there, you might as well get my hat and the credit card."

Obituaries

Frances May White, 92, passed peacefully on January 26th. Deaf since the age 13, Frances developed a passionate heart for deaf children and taught for over 40 years in several schools for the deaf, including many years at the Texas School for the Deaf in Austin. She was a Girl Scout leader and sponsor of the Junior National Association of the Deaf on the TSD campus. She graduated from the Alabama School for the Deaf, received her Bachelor's degree from Gallaudet University where she was Valedictorian, and a Masters degree in Education from the University of Texas in Austin. Born in Alabama, she was known as the quintessential Southern lady, famous for her cooking and hostess skills. She is survived by her daughter, Vicki & John Vystrcil of Frisco TX, 2 grandsons, 2 great grandchildren, 2 nieces, and a nephew. She was preceded in death by her cherished husband of over 55 years, Ralph White, and her brother, John May. The family invites you to attend a Celebration of Life memorial service to be held at Grace United Methodist Church in Austin TX on Saturday March 5th, 2011. It was Frances' wish that donations may be made to Deaf Seniors of America, 6100 Jays Lane, Austin, TX 78749, Best Friends Animal Society, 5001 Angel Canyon Rd, Kauab, UT 84741, or Gallaudet University, 800 Florida, Washington DC 20002.



Virgene Bice, 87, stepped into the eternal presence of her Lord on Saturday, Feb. 5, 2011. In lieu of flowers, consider a donation to New Life Fellowship Deaf Church, Fort Worth, TX, to support deaf mission efforts. Virgene was born Oct. 7, 1923, in Athens, OH, and graduated from the Ohio School for the Deaf in Columbus. During World War II, she was one of hundreds of deaf people who obtained civil service jobs in Akron, OH. In a thriving deaf community, she met her husband, J.E. In 1988, after 14 years of service, Virgene retired from the Texas School for the Deaf, where she served as a cottage parent with a lasting influence on many deaf youth. Virgene was preceded in death by her parents; deaf brother, Alvin; and one daughter, LuRee. Survivors: Husband, J.E. Bice; sister, Lee DeLay (Tom); sister-in-law, Minnie Hawk; son, Danny Bice (Joni); daughter, Vesta Sauter (Mark); 3 grandchildren and 9 great-grandchildren.

Onions

Submitted by Denis Tucker

In 1919 when the flu killed 40 million people, there was a Doctor who visited many farmers to see if he could help them to combat the flu. Many of the farmers and their family had contracted it, and many died. The doctor came upon one farmer, and to his surprise, everyone in the household was very healthy. When the doctor asked what the farmer was doing that was different, the wife replied that she had placed an unpeeled onion in a dish in the rooms of the home. The doctor couldn't believe it and asked if he could have one of the onions and place it under the microscope. She gave him one, and when he did this, he did find the flu virus in the onion. It obviously absorbed the bacteria, therefore, keeping the family healthy. Now, I heard this story from my hairdresser in AZ. She said that several years ago many of her employees were coming down with the flu and so were many of her customers. The next year, she placed several bowls with onions around in her shop. To her surprise, none of her staff got sick. It must work. The moral of the story is buy some onions and place them in bowls around your home. What have you to lose? Just a few bucks on onions!!!!!!!!!!!!!!

Editor's Message



Hello Everyone !

Hope you all are looking forward to Spring weather coming in. I am as this has been a very cold winter. Hope you are looking to work in your yards or watching the flowers, bushes, and trees bloom.

If you have any information, jokes, recipes, events, pictures, sports, or news that you want to have publish, please send them by the 15th of each month to nmorris726@gmail.com or mail the them to Houston Deaf Senior Citizens love Fund, P.O. Box 664, Missouri City, Texas 77459. If you want any pictures back, please let me know. I will be happy to return them. Please note that I, Editor may edit articles or news items for brevity and to correct errors.

Have a happy and fun in St Patrick's Day

Nancy Morris
Editor

VP: 866-824-5209

Spring

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a message about Spring.

T L E M W O N S S S A R G L A
G C Y C L A M E N S A L I L P
G N G R O W T H R L L L L R S
O Y I I D L S A R A I E S N N
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APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS

FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW
LEAVES
PLANTING

RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING
CLEANING
TULIPS
WARMER
WET

RENEWAL AND SUBSCRIBERS

NEW SUBSCRIBERS

Luci Ryan.

RENEWAL SUBSCRIBERS

Dorotha Altom, Dana Glasscock, M/M Gordon Gibbons, Cynthia L Graham, Troy & Margie Graham, Audrey Leger, Lennie Morton, Val Morton, Bertha Moses, Angel Smith, and Lorene Strother
Thanks to all the subscribers for their support

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DONATIONS

Anyone who wishes to donate money to **Houston Deaf Senior Citizen Love Fund, Inc.** (501c3 non-profit organization), please make check or money order payable to: **Houston Deaf Senior Citizen Love Fund.** In the memo part of your check, please write down what the amount applies to or you can send a note. Please mail to address on below:

Thanks to the following people for their generous donations to HDSC Love Fund: Cynthia L Graham, Marjorie Monson & Gwen Anderson, Lennie Morton, Beatrice Smith & Gayle Smith Starr.

Thanks for your general gift.

Audrey

Thank You

Houston Deaf Senior Citizens Love Fund

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