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Non-Profit Organization

Tidbits

Volume 15

October 2014

Issue 10

HDSCLF Field Trip—September 12, 2014

Bayou Wildlife Park and Dickinson Railroad Museum



First Row: Janie Morales, Delma Long, Bertha Moses, Gertie Sessions, Jan Dermon
Second Row: Ellen Sias, Linda Wise, Doris Williams, Sarah Turner, Irene Williams,
Earl Johnson, William Lambert, Dennis Smith
Third Row: Dinah/Mickey McKenzie, James/Lavern Fair, Sue Wilkerson, Virendra Desai



Whoa!...not my fingers....Irene Williams



James and Lavern Fair
in front of Dickinson Railroad Museum

Our field trip on Friday, Sept 12 started off just fine. The bus was on time; all the Seniors were on time; we left Woodhaven with high hopes. Then the trouble started. Someone mentioned rain....no, rain is not due until afternoon. And we rolled on our merry way.

We arrived at the Bayou Wildlife Park Exotic Animal Paradise at Alvin, TX around 10 a.m. The people were very nice as we got onto the tram to view all the wild animals. They even gave us each a bucket of food.... not for ourselves, but for the animals as we passed them. One ostrich took a bucket out of one lady's hands! We saw ostriches, hog deer, a rhino, llamas, some axis deer, many other animals, and rain. Yes, about half way through our tour it began to rain. Then we saw MOSQUITOS. Not the normal, everyday mosquitos. These MOSQUITOS were 1) hiding from the rain on OUR tram, and 2) almost as big as mice, and 3) they bit us! Finally the tour guide stopped and said we could have a

rain check to come back another day if we wanted one. Yes, we voted for the rain check! Maybe Spring time will have fewer bugs and better weather!

We arrived at the Kelley's Country Cooking Restaurant for lunch around noon. YUM! They offered a Sr. lunch for \$7.29 that was huge! Nobody had room for dessert, and everyone left stuffed.

We went on to the Dickinson Railroad Museum. The museums rooms were too small for everyone to tour together, so some of us just looked about, and some of us stayed with the docent and the Interpreter. It was very interesting and educational with information about the railroad's importance in the area around 1900. After the tour we were shown a short movie about the restoration of the Dickinson and the League City Railroad depots.

Everyone enjoyed themselves, especially the mosquitos!

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Games/Crafts—Jan Dermon
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Fund
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Houston, TX 77019

Disclaimer: Information published in the newsletter is thought to be reliable at the time of publication. However, we don't guarantee the accuracy of the content in the information presented.

HDSCF Field Trip — October 9, 2014

San Antonio, TX

- 1) SAS Factory Town
- 2) Sunken Garden/Japanese Tea Garden



Please meet at 6:00 AM

Woodhaven Baptist Deaf Church
9920 Long Point Rd.
Houston, TX 77055

Bus departs at 6:30 AM

Cost: \$5.00

Luncheon

On Your Own

Golden Corrals

Contact: Gertie Sessions

281-249-5284

The Basics on Nutrition by Bonnie Berube



Cindy Clifton is asking Bonnie a question as Ann Hornbeak interprets.

On August 27, 2014 Bonnie Berube gave a presentation on the basics on nutrition. She explained the importance of being healthy and being aware of what we eat.

There are facts that obesity in children is increasing by rate of 20-30% per decade and at this rate, the entire American population will be overweight or obese by 2030.

She compared the portion of how much we eat from past to now. For example, in 1950s, the size of a hamburger is equal to McDonald small hamburger or Whopper Jr. In 1973 a 7-Eleven, fountain soda was 12 fl. oz. and now it is 64 fl. oz.

It is important to know portion size so we can enjoy all foods without overdoing it. Here are some examples:

- 1/3 cup fruit, vegetables, cooked cereal, pasta = a small fist
- 3 oz. of cooked meat, poultry or fish = a deck of cards
- 1/2 bagel = the width of a to-go cup lid
- 1 pancake or waffle = a 4 in CD
- 2 tablespoons of peanut butter = a golf ball

If we go out to restaurant which serves large portions, we

should split our meal in half right away and place in “doggy-bag” or share the meal with a friend.

She emphasized the importance of exercise...be active.

Here are the steps of weight reduction:

1. Keep a food record
2. Be aware of meal timing —eat a larger breakfast and lunch and light dinner
3. Know your calories level
4. Subtract 20% of total calorie needs or 500cal per day
5. Become familiar with reading food labels
6. Eat slowly—order soup or have a salad before your meal
7. Eat your favorite foods regularly—2-3 times per week (moderate serving size)
8. Plan one day off each week from “dieting”
9. Keep away from food that tempts you!
10. Exercise consistently.

Bonnie Berube is Don Hahn's third cousin. She can sign pretty well. Special thanks to Ann Hornbeak for interpreting.

Our Alaska and Canada Vacation Story

Bill/Ann Hornbeak, Debbie Lokey, Gertie Sessions



Gertie Sessions, Debbie Lokey, Bill and Ann Hornbeak took a three-week holiday to Alaska and Canada and it was the “trip of a lifetime!” We toured Anchorage, Denali, Talkeetna, and then got on the cruise in Seward where the Parker’s (friends of the Hornbeak’s and Debbie) joined us. While on the cruise, we saw Hubbard Glacier (got really close to it!), Juneau, Skagway, Icy Point Strait, and Ketchikan, all in Alaska. Our ship ported in Vancouver Canada where we departed from our new friends we made during the first two weeks. We stayed for four nights in Vancouver Canada and visited Butchart Gardens in Victoria Canada. While on the bus to Butchart Gardens, Ann opened a box of snacks that expired August 2013!!! YUCK, did they stink!!! She was so disappointed, but Gertie just laughed and laughed! Then we went to Seattle by bus and stayed two nights.

We had so much fun! We were able to tour gold rush towns and pan for gold two times (yes, we have become “skilled” gold-panners...smile!), were able to touch the Alyeska Pipeline, went shopping at Fred Meyer Store which is like our Walmart, Gertie was able to go to an outdoor salmon bake while Debbie and Ann washed clothes. Ann met some people from ExxonMobil Senior Citizens who were also touring Alaska, but only for two weeks. We rode a jet bus for 5 hours at Denali and saw many bald eagles, moose, bears and wolves. We visited several museums to learn about Alaska history which surprised us with what we didn’t know. What we did find out and yes, they bragged a lot about it to ALL Texans, is that Alaska is THREE TIMES LARGER THAN TEXAS!!! Bill wanted to tell them Texas was its own country and we

only have ONE star on our flag because we KNOW WHO WE ARE and they obviously haven’t figured out who they are because they have several stars (smile again)! (No, he didn’t get the opportunity!)

In Talkeetna our lodge had an awesome view of Denali (Indian name for Mount McKinley) so we were some of the few to experience seeing the peak! God allowed the clouds to clear!! Also, while there we had a jet boat tour and saw eagles, salmon and a bear sow with her 3 cubs who the guide thought were about 3 months old

We were supposed to take a helicopter ride in Juneau, but it was cancelled due to rain and fog. From Icy Point Strait, we took a catamaran and saw hump back whales (which we learned are different from Orca whales which are the same as killer whales). Gertie and Debbie went to a kennel for sled dogs and learned a lot about the care of the dogs and preparation for travel or the Iditarod, a famous 1100 mile dog sled race. The race crosses frozen wilderness beginning at Anchorage, crossing 3 mountain ranges, two river valleys, the Frozen Bering Sea to end in Nome, Alaska.

In Vancouver, we went on bus tours and saw several beautiful churches, totem poles telling history of natives and Guinness Bridge. We went to the Lookout Tower and also took an evening dinner cruise.

We were able to visit Gertie’s friends (her daughter-in-law, Donna’s, aunt) who lived about 20 miles outside of Seattle. We also visited the Space Needle in Seattle...great views!



Virendra Desai
Pledge to USA Flag



Robert Yost welcomed UH ASL students,
Natalie Coffman and Cecilia Rios.



General Meeting
September 10



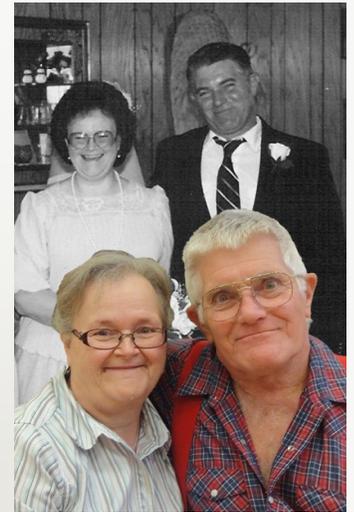
1997

Robert & Cynthia Stevens



David & Ann Wheeler

1989



We met at St. Dominic Center for the Deaf in Houston many, many years ago back in early '80. We became life long friend. God pulled us together to become more than friends. We became a loving husband and wife on September 27, 1997. Throughout our 17 years of happy marriage, we are blessed with God's love. He has enriched our faith, hope, and love with His precious love. We are growing more closer to our Lord and stronger with faith in Him. The highlight of our recent trip to Northwest for 3 weeks traveling in our SUV and saw God's awesome creations. And we renewed our wedding vows with new wedding band with script "God be with us together and apart". God brought us together for a reason, we believe truly.

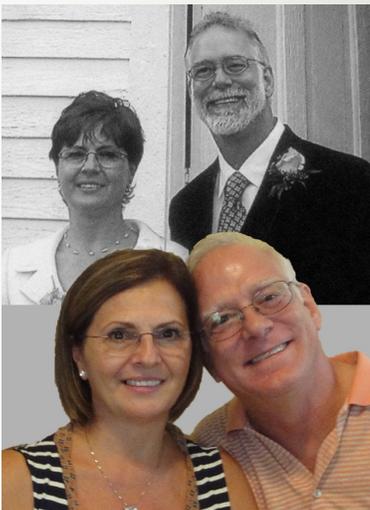
The first time I met David was in 1986, through his son David Jr. This was supposed to be divorce support, just to have someone to talk to. When I first saw him, I saw a man that had the most awesome eyes and the longest eyelashes I had ever seen. He was wearing this awful old worn out cowboy hat, pants that were about 6 inches too long and folded, and a worn out shirt and he was super shy. He also drove an old beat up Ford car and had only 1 set of brakes left. Boy, that was a ride.

Deedee and I fell in love with him at first sight. I told Deedee we will be with him for a while.

We started making coffee and cooking dinner; we did not go out on a date for about 6 months. We started to go out to dinner once a month, and we always included his son Jayson and my daughter Deedee.

We stayed together and married in September 9, 1989. We have a lot to give to each other.

Happy September Anniversary



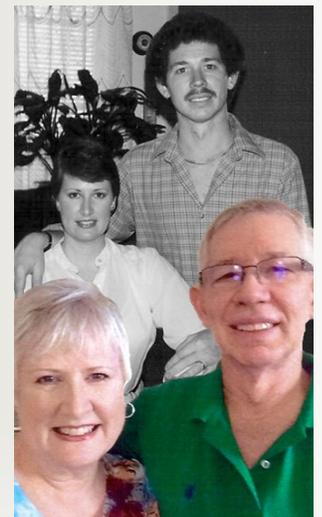
2005

Tom and Doina Langham

Tom and Doina met at Starbuck's coffee. They got married on Sept 3, 2005 in Tincup, Colorado at a church that was built in 1903. Tom's stepdad performed their wedding. They celebrated their 9th anniversary recently. It has been a very nice and very happy journey together.

Joe & Sheila Kennedy

1982



Joe C Kennedy, Jr and Sheila L Kennedy celebrate their 32nd wedding anniversary. They were married on September 28, 1982. They had been courting for two years before getting officially married. They have known each other since childhood in the same Port Arthur neighborhood, about 90 miles east of Houston. They attended Texas School for the Deaf together in Austin. The Kennedys have two sons (Kevin and Keith) and one beautiful granddaughter, Cora Bella.

When I was young, I wore dresses....Which one is me?



Answer below

Lottery Winners



Cindy Clifton,
Delma Lang
James Fair, Judy Becker



Happy September Birthday!

Back: Robert Yost, Amelia Guerra, Cathy Simerka
Front: Sarah Turner, Janie Morales, Ann Wheeler

October Birthday

- | | |
|-------------------|--------------------|
| 1 Joan Brubaker | 8 Rochelle Simpson |
| 1 Margie Scribner | 11 Glenn Simpson |
| 3 Irene Williams | 16 Pernella Smith |
| 5 Karen Michel | 26 Doris Williams |
| 7 Faye Sims | 27 Shirley Simmons |
| 8 Lavern Fair | |



Lavern-4, Ann-2, Jan-5, Audrey-8, Rochelle-6, Cathy-1, Margie-3, Dana-7, Lulu-9, Amelia-10

Accessible Signs



SIGN LANGUAGE accessible interpreters

Let us interpret for you!

Servicing the Deaf Community over 20 years!

We are available 24 hours, 7 days a week.

Call 713-263-9670

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COMMUNICATION MATTERS



Trip Down Memory Lane

13th Biennial Deaf Seniors of America

Asheville 2015 Conference

August 23-27, 2015

To register, go to www.DSA2015.org



For Sale — Love Fund Cookbook \$10.00

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 and handing of 1 book) or \$25 (including \$5 for 2 books).

Special Sale—Order 2 Books, Get a Free HDSCFL Bag—Limited Supply



**Houston Deaf Senior Citizens
Love Fund
c/o Love Fund Cookbook
1475 West Gray St #4
Houston, TX 77019**

**Contact:
HDSCFL Treasurer,
jdermon.senior@gmail.com**

	How Many	Amount
Name	_____ X \$10.00	
Address		Subtotal
City/St/Zip		Shipping/Handling \$3 for 1 Book
		Total

Send some news, an announcement (newborn baby, birthday, anniversary, obituary), and color photos to me before or on **15th day of each month**. Thanks!

Jan Dermon, Editor of HDSCFL Newsletter — Email: jdermon.senior@gmail.com —VP: 936-828-4013

Renewals

Chris Balat, Sidney Braquet, Richard Clark, Sheri Crabtree, Edie Feliciano, David Garcia, Billie Holloway (Gift from Mary Tippet), Ann Hornbeak, Joe/Sheila Kennedy, Janie Morales, Leonor Royce, Weldon/Molly Seely, Roger Spivey

Donation to HDSC Love Fund

Judy Becker

New Subscribers

Sandra Barnes-Smith (Gift from Paula Israel)
Billy Doyle Collins, Sr., Suzy Cooke, Charles Cummings, Elias/Christina Rodriguez

Donation in Memory

Sidney Braquet—His Parents

On the behalf of HDSCLF board, we want to thank you for your kind donation. Your generosity makes a difference in the lives of Houston Deaf Senior Citizens. Thanks again for your kindness.



Jim Dermon
HDSCLF Treasurer

Try Something Different...



Pumpkin Soup
with Apple
and Bacon Topping



Simmer:

- 1 15-oz can pumpkin
- 2 cups chicken broth
- 1/2 cup cream
- 1/2 teaspoon pumpkin pie spice
- 2 tablespoons maple syrup (real)

Topping:

- Cook 1 cubed apple in butter until soft
- Top the soup with the apple and crumbled cooked bacon

Houston Deaf Senior Citizens Love Fund

A non-profit, 501(c)(3) tax exempt organization

SUBSCRIPTION / DONATION FORM

Check one of the following:

Newsletter subscription: \$10.00 per year X _____ year(s) = \$____.00 New Renewal

Gift subscription from (who) _____ (\$10.00 per person for 1 year)

Donation to HDSCLF \$_____ in memory of _____ (tax deductible)

Donation: \$_____ to the Houston Deaf Senior Citizens Love Fund. (tax deductible)

PLEASE PRINT: CURRENT ADDRESS NEW ADDRESS

Name: _____

Address: _____

City/State/Zip: _____

Birthdate:
____/____/____

VP, TTY or Fax: _____ Email: _____

Make payable to **HDSCLF** and mail this form with personal check or money order to Houston Deaf Senior Citizens Love Fund, Attn: Treasurer, 1475 West Gray St., Mailbox #4, Houston, TX 77019. Thank you.

OFFICE USE ONLY:	<input type="checkbox"/> Cash (in a person)	<input type="checkbox"/> Money Order	<input type="checkbox"/> Check
Receipt # _____		# _____	# _____

Community Events

Friday, October 3

ASL Social

Thai Spice Buffet

2520 South Voss @ Westheimer

Houston, TX 77057

4 pm to 9 pm

Wednesday, October 8

HDSCFL General Meeting

Metropolitan Multi-Service

1475 West Gray Street

Houston, TX 77019

9:00 am—1:00 pm

Thursday, October 9

HDSCFL Field Trip

SAS Factory Town

Sunken Garden and

Japanese Tea Garden

See page 2

Friday, October 10

Deaf/ASL Social—Ft. Bend

Chick-fil-A

20010 Southwest Freeway

Sugar Land, TX 77479

5:00 pm—9:00 pm

Wednesday, October 15

Woodhaven Luncheon/Fellowship

Woodhaven Baptist Deaf Church

9920 Long Point

Houston, TX 7705

11:00 am—1:00 pm

Friday, October 17

Baybrook Mall Silent Dinner

Baybrook Mall—Food Court

500 Baybrook Mall

Friendswood, TX 77546

6:30 pm—9:00 pm

Wednesday, October 22

HDSCFL Fellowship

Metropolitan Multi-Service

1475 West Gray Street

Houston, TX 77019



Halloween

Party

October 22

HDSCFL at
MMS

HDSCFL Annual Field Trip 2014

October 28th, 29th and 30th

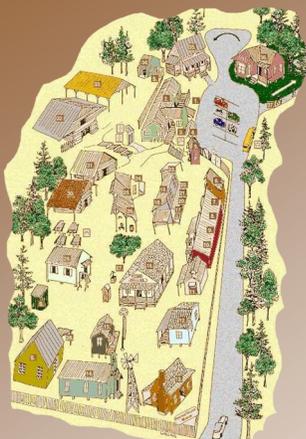
- Eisenhower
- The Perot Museum of Nature and Science
- Bureau of Engraving and Printing's Western Currency
- Stockyards Station
- Collins Street Bakery

Contact: Gertrude Sessions

281-249-5284



HDSCFL Field Trip—Heritage Village, Woodville, TX November 14, 2014



Tour & All-You-Can-Eat Lunch

Please meet at

7:30 AM

Woodhaven Baptist Deaf Church

9920 Long Point Dr.

Houston, TX 77055

Bus departs at 8:00 AM

60+ Deaf Seniors—\$10.00

Under 60 are welcome — \$15.00

Contact: Jim Dermon, 936-828-4013

HDSCFL Christmas Feast

December 10, 2014

Greek Dinner

Ticket Information

1. Senior patrons 60+ who have attended more than 5 meetings from January 2014 to November 1, 2014 need to pay \$10 to our charity fund and you will get a free Christmas feast.
2. Seniors 60+ from outside of Houston area and the non-deaf people will need to pay \$10 to our charity fund and pay another \$10 for the Christmas feast.
3. Donating more money to charity fund is always welcome.
4. Tickets will be for sale from September to December 1st, 2014.

ABSOLUTELY NO WALK INS OR REFUND

Make checks payable to HDSCFL and give check or cash to Larry Butler

For more information contact **Larry Butler** VP 281-249-5273

Metropolitan Multi-Service Center
1475 West Gray Street , Houston, TX 77019

