



Non-Profit Organization

# Tidbits

Volume 24—Issue 7

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July 2023

## Field Trip to King TUT's Tomb — June 3. 2023



**Kneel:** Jeanne Hilferty, Tommy Langham, Sidney Gilland, Ruth Billiot **First Row:** Fred Simerka, Debbie Teague, Virginia Duncan, Brenda Lozano, Lee Morgan, Diane Finnegan, Doina Langham, Cristina Rodriguez, Sheryl Meador, Celia Lasry, Deborah Wold **Second Row:** John Holland, Jayne Leycock, Kevin Finnegan, Diane Finnegan, Lee Rodriguez, Yvonne Butler, Carolyn Dill, Patti Sah, Larry Butler, Dominique Parisi, Don Sah, Jan Dermon John Wunsch, Cynthia Wunsch, Eddie Billiot, Karen Hancock **Third Row:** Christine Johnson, Marion McCreary, Lori Davis, Jim Dermon, Larry Hilferty, Jose Ybarra  
Picture taken by Robert Bellard

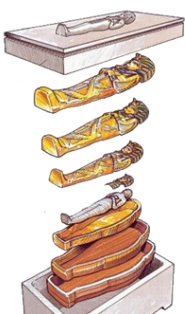
On June 3<sup>rd</sup>, 37 of us got on the bus to visit the King TUT's Tomb museum and learned about King Tut's history.

As we entered a room filled with video film, we felt we were there during King Tut's history, but no closed caption was provided. Fortunately, a sign offered information on closed captioning using QR. Most of us used our iPhones.



**Fun Fact:** King Tut's tomb was buried in the Egypt desert 3,330 years ago. In November 1922, it was discovered by English archaeologist, Howard Carter.

I looked around at many displays. There were golden chariots, jeweled chests, and couches in the shape of animals. There were vases and statues; everything glittered with gold. I don't think it was real gold; probably a replicas.



The one that caught my eye was the King's coffin. To my surprise, three coffins were nested inside the golden casket. The mummy was held in the first coffin. Interestingly, it reminded me of the Russian doll called the Nesting Doll. See the picture of the dolls on the right.



We spent two hours in the museum. Then we went on to Fuddruckers for lunch.

It was an education for us.

Written by  
Jan Dermon

## June Social Meeting—6/14/2023

### Happy Father's Day



#### FATHERS

**First Row:** Gary Pretzsch, Winford Riddle, Don Sah, Clyde Andrew, Dennis Smith, Fred Simerka, Elisa Rodriguez, Jose Ybarra

**Second Row:** Zee Broussard, Leroy Bookman, Brian Kilpatrick, Larry Butler, Jim Dermon, Dominique Parisi

**Third Row:** Tommy Langham, Kevin Finnegan, Michael McKenzie, Eddie Billiot, Robert Bellard, Jorge Enriquez

#### GRANDFATHERS



**GREAT GRANDFATHERS**  
Clyde and Zee



#### Diabetes 101: The Basics



On June 14<sup>th</sup>, Joel Silva with Houston Health Department spoke about diabetes. He explained that diabetes is a disease that involves blood sugar and glucose. Glucose is an essential source of energy. It's the primary fuel source—the pancreas secretes insulin which lowers the amount of sugar in the bloodstream. Type 2 risks include lack of exercise, being overweight, unhealthy eating, family history, high blood pressure, and abnormal cholesterol. The liver releases too much insulin when the pancreas produces insufficient insulin. Whereas Type 1 has the pancreas produces no insulin, and this is when the person must do insulin injections. A1C is taken once a year through the doctor.

Symptoms of diabetes will be sudden weight loss, wounds that don't heal, sex problems, numb or tingling hands or feet, and vaginal infections that don't heal. The causes of High Blood Sugar are overeating, eating sugary liquids, not exercising, illness/disease, and not taking enough diabetes medications or no medications prescribed. The causes of Low Blood Sugar are shaking, fast heartbeat, impaired vision, weakness & fatigue, headache, and anxiety. Everyone who is classified with diabetes needs to wear a bracelet or necklace so that EMTs will know how to handle their situation better in case of emergency.

Healthy eating needs to be controlled. Starch and bread raise blood sugar. You must limit how much to eat. Meat and other proteins can slightly increase blood sugar. It's better to eat a smaller portion of that. Vegetables have little effect on blood sugar. Therefore, half a plate of vegetables is the best. Fruit can be eaten, but they need smaller portions due to the sugars in them.

The benefits of exercising decreases blood glucose for up to 12 hours, reduces risk of stroke and heart attack, improves muscle cells, lower the need for medications, more energy, and improves cholesterol levels.

Submitted by Nancy Morris



After the social meeting, we had a delicious BBQ lunch to celebrate Father's Day for our men. Special thanks to the servers—

Cristina Rodriguez, Joanie Stephens, Mary Ann Ryba, and Celia Lasry.



## Interesting Deaf News from Deaf Digest

Submitted by Nancy Morris

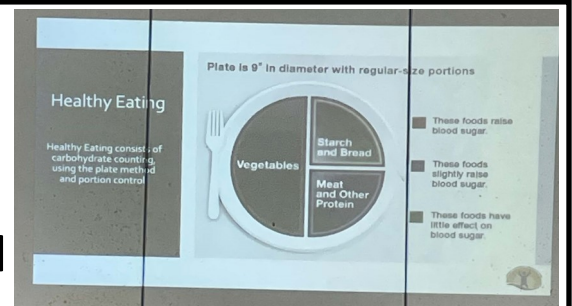
### DEAF ASTRONAUT BREAKS BARRIERS



Eric Shear, a Deaf man, has had many experiences – getting his master's degree in Planetary Science and a second master's degree in chemical engineering. He lived in a simulated Mars habitat where he did astronomy surveys, flew twice in zero-g flights, and toured the Biosphere 2 in Arizona which is the first attempt in creating a sustainable closed ecology. He has also written two published papers, one exploring Saturn's rings, and the other exploring ice caps on Mars. On the Astro Access program that Eric joined, teams went on zero-g plane flights. The program remains active and aims to put a disabled astronaut in space, possibly in orbit.

<https://deafdigest.net/deafwire-edition-3-june-2023/>

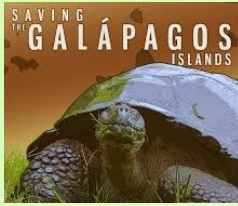
## The Plate Method



The guest speaker, Joel Silva, recommends using the food charts to decide what food to use for a healthy meal. There are two charts: the plate method and the food pyramid. The plate method is simpler and easier to understand, while the food pyramid provides more detailed recommendations.

The aim is to have twice as many vegetables and fruits as meat/protein foods and starchy carbohydrates. In this way, it helps control calories and portions. It also features a smaller plate to contain calories – typically 9 inches (23 cm).

**Houston Zoo—Galapagos Islands  
Friday, July 7, 2023**



**Cost:**  
Over 60—\$15  
Under 59—\$20  
**(Non-Refundable)**

Meet at the South Parking Lot  
behind Memorial City Mall at **8:45 am**  
Bus leaves at **9:00 am**

**Contact Christine Johnson—979-413-5014**

**Lunch on Your Own  
Cleburne Cafeteria**



**Houston Deaf Seniors' Cookout  
July 19, 2023 9:00 AM—3:00 PM  
Houston's First Deaf Church  
946 W 17th St, Houston, TX 77008**

**HDSCF Provides Meat**

**What to Bring—Contact Christine Johnson  
979-413-5014**



***Please RSVP for Headcount***

**No Social Meeting at MMSC for July Month.**

**Houston Astros/Boston Red Sox  
Thursday, August 24, 2023**



**Cost: Over 60—\$15  
Under 59—\$20  
(Non-Refundable)**

Meet at the South Parking Lot  
behind Memorial City Mall at **11:00 am**  
Bus leaves at **11:30 am**

**Contact Jim Dermon—936-828-4013**

**Deadline: 08/01/2023**

**A Day at Post Houston  
September 16, 2023**



Meet at the South Parking Lot  
behind Memorial City Mall at **10:00 am**  
Bus leaves at **10:30 am**

**Contact Christine Johnson—979-413-5014**

**Deadline: 08/09/2023**



The weather was so hot lately that I stayed in my cool room. I longed for relief from the heat—dreaming of a white Christmas, and I remembered the song I used to sing in sign language when I was in deaf school many years ago. Then, I remember the church secretary who always sent gifts to the missionary during July. It is called Christmas in July. It is a great way to donate gifts to needy people. It would be nice if we, the seniors, could participate in social meetings.

There are a few websites about Christmas in July. I encourage you to read about it. Merry Christmas!

By Jan Dermon

**What you need to know about  
summer heat in Houston—**

- Typically, Houston does not reach triple-digit highs until July.
- Residents need to stay safe and be on the lookout for signs of heat stroke.
- Be sure not to leave children or pets in cars. A hot car can turn deadly very quickly
- The City of Houston plans has opened 22 cooling centers.
- ERCOT is expecting record power demand and may ask for conservation.

**Social Meeting — 2nd Wednesday of the Month 8/9, 9/13, 10/11, 11/8, 12/13**

**Field Trips—9/16, 10/14, 11/18, 12/09**

## HDSCLF's 40<sup>th</sup> Anniversary Party

A committee has been set up to plan the 40<sup>th</sup> Anniversary Party, which will be held on October 11<sup>th</sup>. We are working on getting things ready for it. However, everyone that wants to attend must pay \$35, which will confirm that they are attending. The deadline for paying is September 15<sup>th</sup>. After the 15<sup>th</sup>, the cost will be \$50.00. Please fill in the below flyer and give it to Christine Johnson with your money or mail it to HDSCLF's Post Office box. We look forward to seeing you all at the party.

**Please Note:**

**HDSCLF 40th Anniversary Party**  
**Cost: \$35.00**  
**Deadline September 15, 2023**  
**After September 15th—\$50.00**

**Chairperson**  
 Nancy Morris—  
 nmorris726@gmail.com

**Co-Chairperson**  
 Christine Johnson—979-413-5014

**Mark Your Calendar!**



**HDSCLF**  
**40th Anniversary Luncheon**  
**1983—2023**

**Wednesday, October 11, 2023**  
**9:00 AM to 3:00 PM**  
 Metropolitan Multi-Service Center  
 1475 West Gray St  
 Houston, TX 77019

**Houston Deaf Senior Love Fund Luncheon — \$35.00 Per Person**

Name:

Address:

City/Zip:

Phone/VP

Email:

Mail this form with a check or money order (payable to HDSCLF) to  
 Houston Deaf Senior Citizens Love Fund, PO Box 131072, Spring, TX 77393  
 MEMO: 40th Registration Due date by September 15, 2023.

## Recipe for Diabetes

Submitted by Jeanne Hilferty



### Spiral Pasta Salad

1 package (12 oz) spiral pasta  
 3 plum tomatoes, seeded and chopped  
 1 small onion, thinly sliced  
 1 can (2-1/4 oz) sliced ripe olives, drained (options)  
 Cook pasta according to package directions, drain, and rinse in cold water.

Combine the paste, tomato, green pepper, onion, and olives in a large bowl.

### Marjoram Vinaigrette

3 tablespoons white wine vinegar  
 3 tablespoons honey  
 1 tablespoon minced fresh marjoram or 1 teaspoon dried marjoram  
 1 11/2 teaspoons chopped fresh basil or 1/2 dried basil  
 1 teaspoon Dijon mustard  
 3/4 teaspoon salt  
 1/8 teaspoon pepper  
 1/2 cup olive oil

Combine the vinegar, honey, marjoram, basil, mustard, salt, and pepper in a small bowl. Gradually whisk in oil. Pour over pasta mixture and toss to coat. It is covered and refrigerated before serving.

## Board of Directors and Tidbits Committees



**Patsy Walker**  
President



**Christine Johnson**  
1st VP



**Nancy Morris**  
Secretary



**Jim Dermon**  
Treasurer

**Newsletter Editor**  
Jan Dermon

**Webmaster**  
Judy Becker

**Photography**  
Robert Bellard  
Jan Dermon



*To Audrey Leger  
 With Sympathy for  
 the loss of her son,  
 Alvin R Wright*



Lavern Fair came to the social meeting this month. She spent a few months with her family, who lived in California. Special thanks to Dinah and Mickey McKenzie for picking her up. It was wonderful to see her again!

## Tidbit Newsletter

### Renewals:

Clyde/Wanda Andrew, Marvin/Bonnie Deckert, Larry/Jeanne Hilferty, Sylvia Odom, Rosa Saucedo, Gayle J Smith Starr, Vernice/Debra Sonnier, Joanie Stephens

**Donation to Project Love Fund:** Gayle J Smith Starr

**New Subscriber:** Rose Marie Garcia, Robby/Kathy Laws

**Gift Subscription:** Peter J Gerner (Don/Patricia Sah)  
 Lee H Treybig (Fred/Cathy Simerka)

**In Memory of:** James/Beatrice Smith  
 (Gayle J Smith Starr)



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

**Jan Dermon** Editor of HDSCLF Tidbits  
**Email:** jdermon.senior@gmail.com

<input type="checkbox"/> New <input type="checkbox"/> Renewal		\$5.00 per year-Electronic \$12.00 per year-Paper	X Year(s) = \$ ____ .00	<input type="checkbox"/> SUBSCRIPTION <input type="checkbox"/> DONATION	Houston Deaf Senior Citizens Love Fund, Inc. Non-profit, 501(c)(3) tax exempt organization
Please Print Clearly					
Name:		OFFICE USE ONLY			
Spouse:		<input type="checkbox"/> Money Order <input type="checkbox"/> Check <input type="checkbox"/> Cash		Receipt #	
Address:		Receipt #		City/State/Zip:	
City/State/Zip:		VP/Phone		Fax	
Email (Required):		Donation/Gift Subscription Gift Subscription from (Giver) _____ Donation to HDSCLF \$ _____ In memory of _____ (tax deductible) Donation \$ _____ to the Houston Deaf Senior Citizens Love Fund (tax deductible)			
Make payable to <b>HDSCLF</b> and mail this form with personal check or money order to Houston Deaf Senior Citizens Love Fund, Attn: Treasurer, PO Box 131072, Spring, TX 77393. Thank you.					