

THE INTERPRETER CONNECTION

Issue 6

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Biking for Better Health

I thought my deceased Nancy was the one 'CRAZY' wife.

Looking back the year 2007, that was my turning point of my living a normal life and soon be laid low in graveyard.

I developed pneumonia in both lungs and all my legs and arms constantly freezing. In 2005, I had 5 bypasses heart surgery and that led to complication of pneumonia. She constantly microwaved the health bean bags for warming up my limbs.

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Those bikers are deaf!

First Deaf World Congress in Spain

This article that ran in the Southern Deaf Fellowship Newsletter recently about Pastor Jeff Jordan's trip to Spain. He was accompanied by his wife and two of his boys. The article is used by permission.

The first World Congress for the Deaf and Deaf-Blind was held in Seville, Spain May 13-16, 2016. Some stayed longer for an optional extended congress. It was an awesome experience.

A total of 230 people came from 15 different nations, the largest from Germany and a few from as far as USA, Brazil, and Korea. Nine different sign languages were interpreted. Douglas Silva, Deaf pastor of Brazil, and I were the main speakers and we both gave a total of 12 sermons mornings and evenings. The theme was, "Through My Hands" and our main focus was on Jesus Christ.

During the day, we took tours of the historic cities of Seville and Cordoba. At Seville Cathedral, we saw where the famous Christopher Columbus is rumored to be buried. At Cordoba, we saw where

Christopher Columbus asked the king and the queen to sponsor his trip to the New World.

The closing program was a musical performance of Bible stories in sign language. It was creative but I think the favorite of many was Spanish's own Carlos Martinez. He is a well-known pantomime who travels all over the world giving

mime shows without needing to speak. You can Google him.

Hats off to Corrado Cozzi, director of Special Needs Ministries of Inter-European Division, and Taida Rivero, director of Special Needs Ministries of the Spanish Union, who worked many hours preparing for this first world

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Above: The deaf and hearing group from America who attended the Deaf World Congress in Spain poses for a picture with Larry Evans (far left)

Left: Pastor Jeff Jordan with his wife and kids in Seville, Spain.

A Right Heart with God

Many who work with deaf people place great importance on the hands. Some want to be able to spell fast and learn more and more new signs. They seek to come up with new ideas, new programs and new philosophies. In interpreting, some even boast that they are able to “sign every word.” Others seek to become professionals and reach for certification on a high level.

The desire to improve is to be commended. To communicate with deaf people it is important to learn as much as possible. But in ministering to deaf people the first priority should be on the heart not the hands.

One church had two interpreters. One was very skilled in Sign Language but did not live a pure life. The other was not as skilled but

was a faithful Christian. The best signer was chosen to be the leader of the ministry and soon the ministry was lost. There are no short cuts to doing right.

Yes, to have a successful deaf ministry the hands are needed but the heart must be right.

Many who were skilled quit because they did not have a right heart. Some who were excellent signers have fallen by the wayside

Search me, O God, and know my heart: try me and know my thoughts:”

—Psalm 139:23

because of sin problems. A ministry for the Lord requires a clean heart. A person with a right heart will work on becoming more skilled with his/her hands in Sign Language.

Deaf people need to have a right heart with God. Deaf Christians who have a right heart are needed to help other deaf people. Deaf Christians

who have a right heart are needed to become leaders in the deaf world.

Is your heart right with God? If not, pray and ask God to search your heart as in Psalm 139:23. Confess your sins as in 1 John 1:9, then ask God to create in you a clean heart and renew a right spirit within as in Psalm 51:10.

Those who work in the deaf ministry should first dedicate their hearts then their hands to do the work of the Lord. Can you say, “My heart is right with God.”

Janette Bielick, who is deaf, splits her time between Sacramento, California and Texas. She and Steve share a passion to teach Evangelism and Deaf Ministry.

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congress! Elder Larry Evans, assistant to the President of the General Conference, witnessed this historic even and declared that he’s hoping the next world congress will take place in the year 2019. Now is the time to start saving money for the next congress. The exact place is not yet known.

I’ve given my report of the trip at church a few Sabbaths ago and it will be posted on the SDF website. Also, Larry Evans has posted some pictures you can view by going to the Adventist Deaf Ministries website (adventistdeaf.org).



The closing program was a musical performance of Bible stories in sign language.

Benefits of a Bicycle



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By September, I was barely able to walk half a block and often fell down from fainting. Nancy knelt beside me and with love and smiled at me “Keep on trying ‘chipmuck’ .. when ready get up and press onward”

One day, Nancy told me, “Instead of walking let us buy road bikes.” I said, “That is the bright idea and let us go to REI store and get them.”

From that day on before her passing away peacefully on May 28, 2012, Nancy always riding behind me cheering me on mile by mile.

Three years later both of us were able easily biking 18 miles twice a week with pleasure and joy.

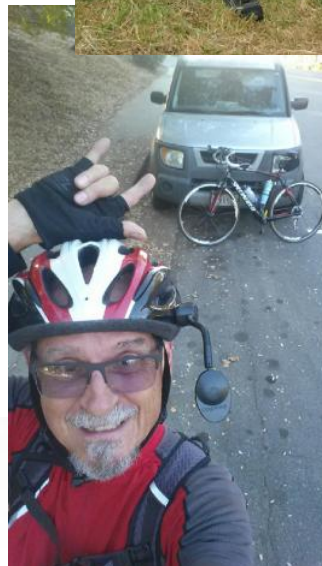
Many thought, we were CRAZY and Nancy was going to KILL me from exercising on road bike.

Today, I am still biking without her pushing me on, 25 miles twice a week. My heart is strong, lungs are able to breathe deeply and long, and both of my legs and arms are warm.

I am telling you the truth, those who DO NOT exercise are CRAZY. Thank God for Nancy’s positive thinking and kept me going no matter what I felt in my body’s pain and weakness from FMS.

Go outside to your garage or storage get your rusty and dusty bike out and follow our exercising for better health.

Steve Bielik, who is deaf, splits his time between Sacramento, California and Texas. He and Janette share a passion to teach Evangelism and Deaf Ministry.



Even though Nancy Bielik (pictured above and below) passed away peacefully in 2012, Steve Bielik still bikes 25-30 miles twice a week.



Ergonomics and Interpreting

One subject that came up at the 7th Day Interpreters' Conference at Milo was ergonomics and what is comfortable for the interpreter. We had a great conversation on what the interpreter should do in order to prevent injury and be able to interpret for years to come. I would like to share a bit with you on the things that we, a group comprised of both interpreters and Deaf individuals, discussed.

A deaf individual comes to your church but prefers to be seated in the back of the sanctuary. The deaf person wants interpreting, but does not want the attention to be drawn to them so they ask for the interpreter to not sit in the back of the church to interpret. Should the interpreter remain in the front of the church but exaggerate the sign production to accommodate the distance? According to our discussion group, the interpreter may have to stay in the front of the church, but should not make their signs bigger so the deaf person in the back can see.

By signing outside of your normal signing area, you have the potential to injure yourself. The professional interpreters and deaf advisors of our group advised that it is the responsibility of the deaf individual, in this particular situation, to adjust and move as necessary to be able to see the interpreter. If you extend your arms beyond what is a comfortable signing space for long periods of time, you can injure your body easily.

According to a research conducted by Rochester Institute of Technology (RIT) the work of interpreters is more high-risk than those high-risk jobs of those who work in industrial settings such as assembly work (www.terphealth.com/health). With this type of research done, it makes sense why in the field of interpreting the idea of stretching before working makes sense. Stretching will help your body considerably whether you are a professional interpreter who works daily in the field or only a church interpreter who works once a week. Either way, stretching is a vital component to the work of an interpreter.

While I am not an expert in the area of stretching and ergonomics, there is a great resource I can refer you to. One expert in the field of interpreter ergonomics is Diane Gross. I have taken one of her workshops and can attest to her expert advice. Diane has written a book on the subject and also has a website: terphealth.com. Diane used to be an interpreter so she understands the nature of the job. I highly recommend using her advice.

I have heard stories of how stretching prior to working has saved the interpreter's hands and body, but also want to stress the importance of taking breaks if possible. For most of us working in the church settings we don't work with a team interpreter. For the fortunate few, a team interpreter can really save our bodies a lot of damage. Switching out with your team interpreter every 10-20 minutes not only helps your brain to rest, but also allows your arms, wrists, and hands an opportunity to rest as well. If you are one of the interpreters who does not work with a team, there are a few tips I have learned over the years to help give your body a quick rest. Whether you are standing or sitting while interpreting, if there is a break in speakers or a time where there is a gap in the schedule, drop your arms to your sides. This will allow the blood to flow back to your hands and give your shoulders a short break.

I encourage you to research more about ergonomics and stretching. Let's all do our best to keep our bodies stretched and ready to help spread God's word through our interpreting.

Want to learn more about Ergonomics and interpreting?

I took a workshop from interpreter ergonomics specialist, Diane Gross, who conducted an evaluation on my interpreting. She was fantastic and offered lots of information and I highly recommend her! You can check out Diane's articles that she has written at terphealth.com. She has written a book *Sign Safely, Interpret Intelligently: A Guide to the Prevention and Management of Interpreting-Related Injury* available for purchase through Amazon.

Another good manual recommended for hand ergonomics is *Caring for the Painful Thumb* by Jan Albrecht.

Tidbits: Happenings & Events



Interpreters pause conference workshops for a silly picture at the flag pole on the campus of Milo Adventist Academy in July.

From the Editor



I was not raised in an Adventist home until I was a teenager. God placed my family next door to Christian neighbors who always offered to take me to church on Sunday. It was not until I was fourteen that I was baptized into the Adventist church after attending the local evangelistic meetings with my mom and siblings.

The very next summer we were introduced to the delightful experience of camp meeting when we attended Redwood Camp Meeting in

Northern California for the first time. The time was so meaningful; visiting with friends, great speakers, beautiful area, and time away from home learning about God.

Deaf Camp Meetings provide the same experience for the Deaf and hearing individuals who attend in the summer time. In our next issue, we will be reading about Deaf Camp Meeting and the Interpreter Conference that takes place the end of July. Stay tuned!

Do you want to contribute? Send all articles, pictures or points of interest for *The Interpreter Connection* to 7thdayterps@gmail.com. Thank you for all of your services for God!

—Nohe

UPCOMING INTERPRETER/ DEAF EVENTS

October 20-23, 2016 Deaf Eastern Autumn Revival (DEAR) Camp Meeting at Camp Blue Ridge in Montbello, VA. Guest speakers will be Pastor Fred Griffith and DEAR Director Cathy Ingram.

March 10, 2017 begins “Revelation of Hope” in Washington Conference presented by Shawn Boonstra. ASL interpreting will be provided by Nohelani Jarnes and Leslie Kentor. Please pray for the meetings especially for the potential of having live stream option so the Deaf anywhere can access the information.

Help is needed! The Hope Channel needs volunteers to help subtitle programs for Hope Channel- Deaf. If you are interested, please contact Colin Preston at cprest21@gmail.com. This is an opportunity for you to serve as a missionary from your own home. If you or someone you know would be interested in this wonderful opportunity, email Colin for more details!