Speedy Gazette

"Improving Lives... Building Futures"

Paralyzed Veterans of America

Texas Chapter

6418 FM 2100 Road
Crosby, Texas 77532
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www.texaspva.org

March 2016 Volume 35, Issue 5

Dedicated Board Members on Capitol Hill making a difference for our community.

Darrell Wilson, National Director & Treasurer, Kerry Reyna, Government Relations Director, and Matthew Bourbon, Secretary & Legislative Director

Paralyzed Veterans of America

TEXAS CHAPTER

6418 FM 2100 Road

Crosby, TX 77532

Tel: (713) 520-8782 / (800) 933-4261

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E-Mail: …… info@texaspva.org

The SPEEDY GAZETTE is published approximately once a month by the Paralyzed Veterans of America, Texas Chapter, in the interest of Chapter members. Subscriptions are free to members of TPVA. Send address changes to the TPVA Chapter address.

BBB ACCREDITED CHARITY bbbhouston.org

Please contact me with more information about volunteer opportunities and other ways I can help TPVA!

Name: _____

Address: _____

Phone: _____

Email: _____

Interests: (Circle all that Apply) Membership /Volunteering Donating Sponsorship Other

**Please cut out, and mail back to the Chapter Office at:

6418 FM 2100 Road

Crosby, TX 77532

SPEEDY GAZETTE

Available via email, send us your email address to info@texaspva.org or visit us to read your SPEEDY GAZETTE ON-LINE

www.texaspva.org

PVA National www.pva.org

We would like to welcome the following new members

David R. Buller

Jessie R .Vasquez, Jr.

PVA Service Officers-see p 27 for detailed contact info

Houston-Greg Treacy, SNSO—800-795-3571/713-383-2727

Houston-Kimberly Springfield, BA—713-794-7993

San Antonio-Armando De la Rosa, SNSO—800-795-3572/210-617-5300 x 1-6819

Temple-Jack Soto, VLO—254-743-1686

Waco -Dan Meckel, NSO II—254-299-9944, 800-795-3573

President's Report By Anne Robinson

Hello Texas PVA members,

Well it looks like Spring has started early this year, which gives us more opportunities to hit the outdoors before it gets too hot. Family Fishing weekend should be perfect on May 6 and 7 in Port Aransas. Make sure you call the office to reserve your spot.

I would like to thank everyone who helped to make the grand opening of the new office a spectacular event! We had the blue ribbon cutting with the Chamber of Commerce and state and local representatives present to help welcome TPVA into the community. JeMarcus, the Recreational Therapist from the Houston SCI brought several in-patients out to visit and to give our new archery course a try. I'm sure with the weather warming up, we will be able to start having barbecues and other events for the membership at the new location, so keep a lookout in your email blasts and the newsletters.

We have just wrapped up our Women's Healthcare Survey and received outstanding responses from all of our ladies. Thank you. We have 48 women in the chapter, and unfortunately 16 that we have on the roster were unreachable by phone or email. We would have loved to have their input. If you can, please contact the chapter office by phone or email and update your contact information, as we always have things going on and we would like to keep everyone in the loop.

If you have not had a chance to check out the chapter's new website, please do, as we have added lots of things and we are looking to build our resource links.

The chapter has a program that will reimburse a member up to $120 for a community event he or she has attended, such as rodeo, dinner out, a concert or even a Spurs or Rockets game. You do not have to have volunteer hours to take advantage of this opportunity. We offer it to encourage everyone to get out of the house and get involved in the community.

I would like to thank Darrell Wilson, Matthew Bourbon, and Kerry Reyna for their leadership and advocacy for the chapter and its members while attending the Advocacy and Legislative Seminar in Washington DC in March. Their meetings with our Senate and Congressional representatives, as well as testimony at the Congressional veterans committee hearing really helped to get the message out about the needs and concerns of Texas veterans.

Let's Hear It for Body, Mind, Spirit! by Roger Rahill, STVHCS SCIC Chaplain

Improving lives…building futures is this newsletter's byline. Pretty catchy. Pretty awesome! "Awesome" means to inspire fear and wonder. So the trendy, youthful American definition of awesome as "really great!" falls short in my thinking. I mean that to improve lives and build futures is a weighty mission, a fearsome task, a hard thing to do! Who's up for the job?!

I know who. I mean Who! Your Higher Power, that's Who! Remember my article about Re-citing God's Names A through Z? Well, what about Advocate, Almighty, Author of Life, Amen (it means "So be it!") to get us hopeful and motivated to improve our lives and build our futures. Our SCI community provides us lots of opportunities to excel. We're rich in relationships, so why not cash in?! Consider taking your inhibitions to your Higher Power, and then join us for fellowship in our many venues. And don't let being hospitalized keep you away. We're here for you here in the hospital.

Hard jobs (awesome tasks) are easier together. Together, and with Higher Power, we really can improve our lives despite our frailties and handicaps. Our physical, occupational, kinesiology and recreational therapists have trained and equipped us with exercises and devices to overcome our disabilities, right? Their and our rehabilitation efforts have made us stronger. It's been a team effort, and we've joined the effort in helping the next guys, those with new injuries. And we've all suffered setbacks and new symptoms, so the need for others' care and our own renewal is an ongoing reality.

FAMILY WEEKEND—FISHING TRIPS AT PORT ARANSAS

ON THE ISLAND QUEEN at Woody's Sports Center is located at:

136 W. Cotter Ave., Port Aransas, TX 78373

Two days only: FRIDAY EVENING, May 6th---1700 UNTIL 2100 (5 p.m.)

SATURDAY MORNING, May 7th---0800 UNTIL 1200 (8 a.m.)

Dinner: SATURDAY EVENING, May 7th, 6p

LOCATION: Crazy Cajun, 303 Beach Ave.
Port Aransas, 78373

Washington UPDATE

Contact the Chapter Office to read the entire article

*****PRIORITY*****

The Government Relations staff is still looking for stories about problems that our members have experienced during air travel. Please visit www.AirAccess30.org and share your story.

*******April 4th 11:00 AM @ San Antonio SCI Rec Room*******

Vietnam Veterans Commemorative & PVA Awareness Event

Please join us in honoring Vietnam Veterans and bringing awareness to the PVA

BBQ lunch provided, Guest Speaker and uniform display by Danny Castillo

PVA President Al Kovach, and PVA Acting Executive Director Sherman Gillums, will be in attendance

(If you are a Vietnam Veteran or know a Vietnam Veteran, please contact the Chapter)

Secretary By Matthew Bourbon

Greetings my fellow warriors. Your Chapter has had another very busy and successful month in Feburary. If we are not shooting clays, we are hunting, fishing, shooting, competing, or something this past month. We have been so busy the bees and ants look on in amazement at us. The forecast for the next couple months will be just as busy. So, my brothers and sisters please get informed and lets get rolling. This is the month that TPVA shakes off the warm blanket of the holidays, and springs forward into its' training months. As we begin training for the multiple games ahead of us. We have our need to eat healthy, perform regular exercise, and attend our multiple training events. Make sure that you get some practice in for the variety of events that our SCI program yields for all our individuals. Everything from track and field, boccia, archery, air rifles, swimming, and the list is to huge to mention them all. Our chapter Sports & Recreation Director is our ever so awesome Tammy Jones, Jose Laguna is our head Recreation Therapist in San Antonio, and Jemarques Handy is the Recreation Therapist in Houston. If you have any questions, please feel free to ask any of our officers, board members, and VA Rec specialists.

There are monthly activities happening every day of the week, just about. Please see the calendar on p. 6 & 7 or www.texaspva.org for major events throughout the week. Some I participate in San Antonio are:

Mondays	Archery at Harlendale Stadium @ 10am-12, and Video Games in the Rec Room SA VA SCI 1p
Tuesday	Boccia Ball in the Rec Room SAVA SCIC @ 1pm-3pm
Wednesday	Bowling at the Bowling Alley on Calllaghane and Fredricksburg @ 9:30-12pm
Thursday	Coffee and snacks, ping pong, weight lifting, and 9 ball practice in the Rec Room SA VA SCIC @ 10am-3pm
Friday	Air rifle in the Rec Room SAVA SCIC @ 9:30 am-2pm

These are our regularly scheduled events, however there are many other events that happen at our Satellite areas. Again I implore you to get involved, get active, and live longer. There is not a week day or weekend that your TPVA Chapter is not having something for you to do. Please review your calendar of events and get active. If we don't have participants, programs can be cut. Even if you're a little interested or just want to hang out with your buddies, come to as many events as you can. Did you know that Thursdays 10 am - 2 pm is our coffee, and games time? Our superstar Hope and her helpers put out coffee and treats for us, and at that time pool, 9 ball, ping pong, and singing groups are practicing. Plus this a great way to meet others just like you and make some long term friendships. There is no reason to

UPCOMING EVENTS (cont'd on p. 7)—pls contact Chapter Office (800-933-4261) to volunteer

Ongoing Sports – San Antonio Area

Sunday

SA Spur's Wheelchair Basketball Team Training – 0900-1200, 8/23/2015 – 4/3/2016 Morgan's Wonderland Event Center (STRAPS)

Power Wheelchair Soccer – 5:00-7:00pm, MWL Event Center, POC Jennifer Weatherford Cooper (STRAPS)

Monday

Archery – 10:00am Harlandale Memorial Stadium POC Matt Bourbon

Operation Comfort Swimming & Aquatic PT - 0800-0930, Ft. Sam Houston Outdoor Pool POC Todd Erickson

Wheelchair Soccer – 6:00-7:30pm (Jr & Recreational) 7:00-9:00pm (Open Play), 7/13/2015 – 2/29/2016, MWL Event Center, POC Brooke Matula (STRAPS)

Wheelchair Softball – 3/14/2016 – 6/27/2016 6:00-8:30pm, MWL Event Center (Bad weather practice moves inside) POC Brooke Matula (STRAPS)

Tuesday

Boccia – 12:00-3:00pm ALM SCIC Rec Room POC Jose Laguna

YOGA (PIYO) – high impact, 11:30am Jimmy Brought Fitness Center, Ft. Sam Houston POC Jennifer Weatherford Cooper

BAMC Wheelchair Basketball – 1300 at METC Fitness Center Gym, Ft. Sam, POC Troy Hopkins or Abdul Brown

Goalball – 10/6/2015 – 3/2016 6:30-8:30pm, MWL Event Center, POC Brooke Matula (STRAPS)

Track & Field Practices – 2/2016-6/2016 POC Brooke Matula (STRAPS)

Wednesday

Bowling – 9:30-11:30am Oak Hills Bowling Lanes, POC Jose Laguna

Archery – 0800-1000, Ft. Sam Houston Riding Stables, POC Jeremy Valez/Brad Bowen **__Must Contact__ 24 hour advance notice for equipment

Air Guns – 1300 -1500 Central Catholic High School POC Jennifer Cooper/Jose Laguna

Operation Comfort Adapted Cycling – 9:30-11:30am Locations change, contact Janis to get on email list

Operation Comfort Automation – 1300-150018811 FM2252, San Antonio, TX 78266 POC Brad Bowen/Chris Leverkuhn

Wheelchair Football – 3/30/16-6/16 5:00-7:00pm MWL Parking lot, POC Brooke Matula(STRAPS)

Skeet Shooting – Evening, Bandera Gun Club, POC David Bradshaw

Thursday

Wheelchair Rugby – 6:30–9:30pm, San Antonio FIRE Center, POC Gabe Diaz de Leon/Barry Muth

Shooting Sports – National Shooting Sports Complex, Time TBD, POC Jose Laguna/Alvin G

YOGA (PIYO) – high impact, 11:30am Jimmy Brought Fitness Center, Ft. Sam Houston POC Jennifer Weatherford Cooper

Air Guns – 1200 -1500, **24 hr advance notice to Jennifer for location & equipment

BAMC Wheelchair Basketball – 1300 at METC Fitness Center Gym, Ft. Sam, POC Troy Hopkins or Abdul Brown

Kayak – 1300 Olympic Outdoor Center, San Marcos, POC Ben Kvanli

Boccia – 6:00-7:30pm, 10/22/15-6/16 Morgan's Wonderland Event Center POC Brooke Matula (STRAPS)

Friday

Air Rifles - 10:00am-12:00pm ALM SCIC Rec Room POC Jose Laguna

Karate – 0900-1100 at Jimmy Brought Fitness Center, Ft. Sam Houston POC Brad Bowen

Operation Comfort Swimming & Aquatic PT - 0800-0930, Ft. Sam Houston Outdoor Pool POC Todd Erickson

Saturday

Wheelchair Rugby – 10:00am–1:00pm Thousand Oaks YMCA, POC Gabe Diaz de Leon/Barry Muth

Operation Comfort Cycling – Locations change, contact Janis to get on email list

San Antonio Sled Rampage, Ice & Golf Center at Northwoods, POC Chris Leverkuhn or www.operationcomfort.org

Table Tennis – San Antonio Table Tennis Center, www.satabletennis.org

Ongoing Sports Austin Area

Sled Hockey – Austin Blades, www.AustinBlades.org, POC frank@starskaters.org

Ongoing Sports Houston Area

Archery—2nd & 4th Wed, 2nd and 4th Wednesdays of every month. - Bass Pro Shop or Chapter Office, confirm 800-933-4261 x0
TIRR Memorial Hermann Adult & Pediatric Outpatient Rehabilitation at the Kirby Glen Center 2455 S Braeswood Houston, TX 77030 (713) 383-5642—TBI Support Group, 3rd Saturday of every month, 10:00 – 11:30 a.m. Classroom B
SCI Support Group, Meet Second Wednesdays, 3:00p.m.-4:00p.m. Staff Lounge, **Chair Yoga,** Meets every Monday & Wednesday 5:30p.m. - 6:30p.m. Staff Lounge, **Amputee Support Group,** 2nd Wednesday of every month, 6 p.m. Board Room
TIRR Memorial Hermann Hosp - The Woodlands—Outpatient Therapy, 920 Medical Plaza Dr, 77380, 713 897-2863
Multiple Sclerosis Support Group, 2nd Thurs of each mo, 4:30-6:30p., **TBI Support Group,** 2nd Saturday each mo 10:00–11:00 a
Pearland Adaptive Rec—lfrench@pearlandtx.gov, **Adaptive Yoga,** Sat. 1/16 – 4/23 10-12p, Westside Event Ctr, 713-526-8967
Paralympic Archery, Wed. 1/13 – 5/11 2 - 4pm, Bass Pro Shop, Pearland, **Wheelchair Basketball/Football,** Thur 1/14–5/19, 7–9p, REC 4141 Bailey Rd
Pasadena Adaptive Recreation—Multipurpose Rec Ctr, 5200 Burke Rd., 77504, Facility is open until 9 p. M – F, 281-487-1755, **Wheelchair Basketball,** Wed 6-8:30p, **Power Wheelchair Soccer,** Thurs 6–8:30p

For a complete list of non-TPVA adaptive sports & contact info, please contact the chapter office at 800-933-4261 x0 or go to www.texaspva.org and select the Resources tab, then click Sports & Recreation calendar

UPCOMING EVENTS (also se p. 6)—pls contact Chapter Office (800-933-4261) to volunteer

UPCOMING COMPETITIONS

30th National Disabled Veterans Winter Sports Clinic

April 2 – April 9, 2016, Snowmass, CO

NVWG -June 27 – July 2, 2016

Salt Lake City, Utah **Deadline 31 March 2016 to Chapter**

Membership Events

March

30	Houston Membership Forum, MED VA SCIC Dayroom Lunch 12p meeting follows
31	South TX Satellite Membership Forum, John Taylor, Dir., 800-933-4261 for time & place
31	"PASABILITIES" 4 – 7pm Pasadena Convention Center
31	Deadline for NVWG Packets in the Chapter Office

April

PVA Awareness Month

4	Vietnam Veterans Commemorative/PAM Event 11:00 AM San Antonio SCI Rec Room
7	SAS Membership Forum, ALM SCIC Rec rm Dinner 5:00pm Forum 6:00pm
12	TPVA BOD Face to Face
14	ALM SCIC Women w/SCI Support Group
15	Bowling Tournament 10:30am checkin Oak Hills Bowling, San Antonio
19	Planning meeting SA 11am
22	Air Rifle Competition, ALM SCIC Rec room
14-25	125th Fiesta Event
23-24	BBQ Cookoff & Fun Run/Rally(m/c & cars, jeeps, etc, Hawg Stop, 11335 Sheldon Rd, Houston 77044 (see flyers on p. 11-16)
22-24	USQRA Nationals University of Houston Recreation Complex
27	Houston Membership Forum, MED VA SCIC Dayroom Lunch 12p w/mtg to follow
28	South Texas Satellite, Corpus Christi Membership Forum, POC Chapter Office for time & place

Paralyzed Veterans of America

[illegible]

Memorandum

POSITION ANNOUNCEMENT

TITLE: Executive Director
DEPARTMENT: Executive Offices
SUPERVISOR: PVA National President
JOB LOCATION: WASHINGTON, DC
CLOSING DATE: **March 31, 2016**

GENERAL DESCRIPTION: The organization's Executive Director acts as the Chief Executive/Operating Officer for Paralyzed Veterans of America (PVA). The Executive Director accounts for all duties normally assigned in law and in public conduct of business to the Chief Operating Officer of a corporation except as expressly foreclosed in the bylaws of the *PVA Personnel, Policies, and Procedures Manual*. The position exercises total administrative control, as directed by the President, of all offices and functions of PVA. Duties include: hiring of National office staff, exploration of means to promote and improve all programs in which PVA has a vested interest, maintenance of regular communication with the PVA Board of Directors and other officials, accountability for acceptable maintenance of the financial resources of the national organization, submission of an annual budget to the Board of Directors, investigation of new avenues of income, and involvement with all current PVA fund-raising programs.

REQUIREMENTS: The selected candidate will have a bachelor's degree in business/management or equivalent years' relevant work experience and seven to ten years' of executive level corporate and/or non-profit management experience. Prior PVA experience in another management role is strongly preferred. Previous work experience within PVA, at either the National or Chapter level is preferred. The candidate must have excellent oral/written communication skills, have the ability to motivate/lead, and be an effective public speaker. The ideal candidate should have direct experience in management, budgeting, forecasting, problem solving and strategic planning. Must be able to maintain diplomatic, cordial and cooperative relations with staff, officers, directors and members of the corporation. The candidate must be able to travel within and outside of Washington, DC and **must be a member of PVA in good standing.**

IF YOU ARE INTERESTED IN APPLYING FOR THIS POSITION YOU MUST SEND:

1. A cover letter which describes your interest in the position, your management style and how you plan to fulfill your management responsibilities;
2. A resume detailing your education, experience and accomplishments;
3. Contact information for at least 3 references that we can contact regarding your qualifications for this position;
4. Two writing samples that were created within the past six (6) months, and
5. Your salary requirements.

Interested candidates may send their packet to the Office of Human Resource Management via email to: careers@pva.org.

******ALL INTERESTED CANDIDATES MUST SUBMIT AN APPLICATION PACKET NO LATER THAN CLOSE OF BUSINESS ON MARCH 31, 2016. ******

DEAR CICI-a Caregivers Column*—*this column is designed to be interactive. Caregivers please send us your input to info@texaspva.org or fax 713-520-8217. Call 800-933-4261 x4 if you have any questions.

Dear Cici, My 45-year-old husband Jimmy, an army vet, was recently in an automobile accident and sustained injuries to his spinal cord. We have two children ages 12 and 9, both boys. Dealing with my husband's disability is not an easy task, but sometimes dealing with the inconsideration of others is worse.

The other day one of my neighbors came over for a visit and saw my two young sons playing basketball in the back yard. She commented that it must make my husband and me feel really bad to know that Jimmy will never be able to participate in sports with our boys. It caught me off guard and I didn't quite know how to answer her, so I just mumbled something to the effect that life is not all about sports. Her comment bothered me then and it's still bothering me. And now I'm wondering if my husband and I secretly harbor those same thoughts.

How do I deal with offhanded comments that leave me feeling perplexed? Is she right?

A Disabled Vet's Wife

Dear DV's Wife,

Well, one thing is certain. You know your own thoughts, and you can learn what your husband is thinking simply be asking him. But that's not the issue, is it? The real question is *Is there anything recreational out there for a SCI (spinal cord injury) survivor and his/her family?* If you're reading this article in the Speedy Gazette, then you know something about the TPVA and all the programs it offers to disabled vets and their families. If you don't, then it's time to learn about them.

Your neighbor was being inconsiderate to say what she did. Not only that, she's not very knowledgeable about sports for those with physical challenges. All your neighbor (and you) need do is visit the Rec Therapy room at the VA to see first hand what people in wheelchairs are able to do.

There are a great many things your spouse can do to be active in sports to include your boys. The San Antonio and Houston chapters sponsor family fishing trips, outings to ball games, bowling and 9ball tournaments, skeet shooting and hunting trips to name just a few. Every year the National Veterans Wheelchair Games take place in the US (in June this year) to which you and the boys can go. Believe me, you've never seen such athleticism and enthusiasm.

The best way to answer any inconsiderate questions is to be well-armed with information about all the opportunities for disabled vets available out there. That way you can use the opportunity as teachable moment for your neighbor and any other person who wants to know.

Get involved. The adventures are waiting, and thanks for being a concerned caregiver. Cici

Chief Master Sergeant ROBERT C. (BOB) LAYMON (USAF-Retired) Bob Laymon was born April 29, 1950 in Champaign, Illinois. In 1962 he moved to Springfield, Illinois where Bob graduated from Pleasant Plains High School in 1968. He enlisted in the Air Force after graduation and served more than 22 years in the jet aircraft maintenance career field and was awarded the (master level) aircraft maintenance badge. Bob was selected for promotion to the rank of Chief Master Sergeant (the highest enlisted grade: E-9) with 16 years time-in-service (on-time: 22.5 years) and retired from the Air Force five years later on September 30, 1990.During his military career, Bob served as a crew chief assigned to the T-39A Sabreliner at Randolph AFB, Texas and then Tan Son Nhut AB, Republic of Vietnam. While in Vietnam, Bob served as a crew chief and enlisted aircrew member with the 7th Air Force T-39A "Scatback" combat courier/DV-VIP airlift mission. He was the squadron's designated aircraft engine run-up & aircraft taxi instructor and the enlisted aircrew Stan-Eval Flight Examiner [SEFE].During this tour of duty he flew 725 sorties and logged 917 flight hours, of which 550 hours were combat-coded for sorties flown into South Vietnam, Laotian, and Cambodia airfields. He was credited with a total of 185 combat missions (from Sept. 1971 –Sept. 1972). He logged a total of 1,585 aircrew hours in the T-39A during his career as an Air Force enlisted aircrew member. Today, Bob is nationally recognized as a historian/subject matter expert (SME) on the Vietnam Air War. Bob later served as a crew chief assigned to the F-4D Phantom II supporting the 22nd Tactical Fighter Squadron at Bitburg Air Base, Germany, and as a flightline production superintendent, and NCOIC of PARPRO alert, assigned to the F-15C Eagle supporting the 12th Tactical Fighter Squadron at Kadena Air Base, Okinawa. In his final military assignment, Bob served on the headquarters Air Training Command logistics and acquisition requirements staffs at [JBSA]- Randolph Air Force Base, Texas.Bob is a recipient of the Meritorious Service Medal - 1 Oak Leaf Cluster; Air Medal - 1 OLC; Commendation Medal; Air Force Outstanding Unit Award - 3 OLC & Combat "V"- valor device; Vietnam Service Medal - with 3 bronze service stars; Republic of Vietnam Gallantry Cross - with Palm; Republic of Vietnam Campaign Medal; and the Enlisted Aircrew Badge [a.k.a. enlisted 'wings'].In his second career, Bob served as southwest regional manager for Raytheon/Beechcraft & L-3 Communications on both the T-1A Jayhawk and T-6A Texan II aircraft training systems, retiring in 2008 after 18 years in aerospace management. Bob is married to the former Gayle {née} Sharp, a practicing OB/GYN nurse from Chatham, Illinois. The Laymons have two adult children: daughter Kris Blair and son Robert-II; and five of the most beautiful grandchildren in the world. The Laymons have been married for over 45 years and reside in Universal City, Texas. ###

Outdoor Sports Report *By Alvin Guerrero*

CHL Class San Antonio 2/27

PLEASE NOMINATE AND VOTE FOR YOUR TPVA BOARD OF DIRECTORS

2016 Elections for President, Secretary & Board Member #1

FROM THE TPVA SRC Elections: The President, Secretary and #1 Position Board Director election shall be held in even numbered years and terms shall start on October 1st for a period of two [2] years. The Vice President, Treasurer, #2 Position and #3 Position Board Director election shall be in odd numbered years, and terms shall start on October 1st for a period of two [2] years. Nominations will open after the October Board of Directors Meeting and will close at the end of the April Board of Directors Meeting. The Nomination Committee will prepare announcements for the Chapter Newsletter soliciting potential candidates with the requirements for nomination. The nominations shall be submitted in writing to the nomination committee and include the date of the nomination, name of nominee, the position nominated for and the individual doing the nomination. Nominations may be mailed, faxed, emailed or delivered in person. Incumbents shall have to be nominated within the guidelines of the SRC. Nomination Committee is: Tammy Jones, Chairman; Alvin Guerrero, Derrick Perkins, and Frank Ellis. Send your nominations for President, Secretary & #1 Position Board Director to any Nomination Committee Member.

Annual
Paralyzed Veterans of America
Texas Chapter

In Memory of Bobby Blankenship

Auction Items Needed

April 22nd & 23rd, 2016

Hawg Stop – 11335 Sheldon Road - Houston

Brisket - Chicken – Pork Spare Ribs $165.00 entry fee for one or all.

Jack Pot Open (No Desserts) $20.00

$1500.00 Guaranteed Money

Entry forms are available at www.tgcbca.org

Turn in times will be:

11:30am Open – 1:00pm Chicken – 2:30pm Pork Spare Ribs – 4:00pm Brisket

Cook-off will be TGCBCA sanctioned

Contact: Jill Blankenship 713-520-8782/281-460-0139 Cell

Email: JillB@texaspva.org

TPVA 713-520-8782 or www.texaspva.org

Make Check Payable to: TCPVA

Mail Entry to: TCPVA – 6418 FM 2100 – Crosby, TX 77532

San Antonio Satellite Director Report *By Ben Reynaga MD*

Helotes VFW 7103 in Helotes raised more than $16,000 to buy a new track chair that they then donated to TPVA in San Antonio. The chair will give the paralyzed veterans the ability to experience the great outdoors -- hunt, fish, anything they want.

THE BENEFIT OF COMPLETING YOUR ANNUAL EVALUATION AT THE HUB OR SCI CENTER—As a veteran with a spinal cord injury or disease or even a veteran diagnosed with multiple sclerosis or Amyotrophic Lateral Sclerosis and suffer from certain symptoms that would benefit from special skilled care of those trained in SCI), at least once a year you speak to your primary care provider at the VA about when and where you would like to complete your annual evaluation. Like clockwork many forego the perceived hassle of working out travel issue, leaving the comforts of home or trekking to another city for days just to complete an exam that can be completed at the comforts of your local VA or CBOC even. These issues are very real and understandable, however; before you accept and settle for this as the foreseeable norm in how you receive your care, please consider the benefit of obtaining your annual at a HUB.

Yes, it may require going through the hassle of travel and leaving home to stay in t the hospital for a few days, but it just may be worth the effort when you consider the fact SCI patients are prone to many other complications, so the annual evaluation is very important. Veterans with spinal cord injuries often have changes in their bodies and their conditions that require more experienced care and specialized examinations annually to properly assess and prevent more serious problems. Your local VA medical center or primary care team may be very nice and take great care of you, but their expertise and training in SCI is limited and the local VA facility (let alone a CBOC) does not have other disciplines or the specialized equipment along with trained personnel to provide the compete annual evaluation for a veteran with a spinal cord injury that your are entitled to receive and authorized in VHA Handbook 1176.01. The annual evaluation should be very comprehensive and will generally require you to commit two to three days or even a week to get the evaluation completed in the proper way at the proper facility using the proper equipment. Remember this commitment is not without its benefit. It can possibly prevent the development of more chronic conditions in the future. The critical functions of the SCI Comprehensive Preventive Health Evaluation include health promotion, prevention, early identification and treatment of complications related to lifestyle, aging, and living with a SCI/D.

You should expect your SCI/D evaluation to include such elements as assessment of medical history and a physical exam for integumentary (e.g. pressure ulcers), cardiovascular (e.g. postural hypotension, education about autonomic dysreflexia, cardiovascular risk factors), pulmonary (e.g. impaired cough, pneumonia, and respiratory failure), gastrointestinal (e.g., neurogenic bowel), endocrine (e.g., low testosterone), genitourinary (e.g. neurogenic bladder), metabolic (e.g., diabetes), musculoskeletal, and neurologic systems. The annual may include an assessment of upper tract function to include an anatomical test (e.g., abdominal ultrasound). Indwelling catheterization may result in long-term complications such as bladder cancer, therefore; surveillance using cystoscopy, cytology, and random bladder biopsy should be performed on a regular basis at the SCI Center. Screening for seating and postural abnormalities will be completed at your annual by experienced therapists in the SCI Center using seat mapping equipment. I know, that is a lot and still not all inclusive of what an annual may consist of; and as you can see, most or no local VA facility has the properly trained staff or maintain the specialized equipment to conduct this type of detailed evaluation, but you can also see undergoing this type of evaluation will most likely be more beneficial to you. So, if our local VA physician or PCP is not talking to you about having your annual completed at your HUB, then you should be proactive and inform them that you would like to have your next annual completed at the HUB in accordance with VHA Handbook 1176.01. If there is an issue, contact your local Paralyzed Veterans of America Veteran Service officer. You deserve the best care out there.

Paralyzed Veterans of America, National Service Officer, March 9, 2016

HAPPY BIRTHDAY TO YOU IN MARCH **It is never our intention to leave anyone out**

Leo A Andrade, Jr.
Abel D Gonzales
Paul R Martinez
Jason W Mead
Clarence D Finley
Tedd W Shelton
Kevin S Kuddes
Paul M Stanford
Carey L Alford
Larry E Bean
Robert D Poffinbarger
David Foster
Piedad T Tristan
Howard W Van Noy, Sr.
Michael J Levine
Ulysses J Wicker
Kerry A Reyna
Sammie King, Jr.
William M. Chavez
Gabriel Diaz De Leon, Jr.
Edmund Zaitz
Darrell A Wilson
Jose I Perez
Jerry L Turner
Clarence G Walton

Lorinda L Carr
Mitchell D Crowley
Raymond W Weatherford
Calvin P Lambert
Johnny R Treadwell
Donald R Moore
John M Sedillo
Charles C Sherman
Alfredo A Ramos
Alex G Williams
Luther L Sanders
Marshall R Hicks
Harold L Brown Jr.
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Albert C Ellis
Raul Ramirez
Joe James
Peter A Westerfield
Hugh R Morgan
Sylvester R Barner
Steven T Hoffman
Carlos J Ramos-Moll
Gregory G Rosales
Donald W Howard
Josue T Lopez

IN MEMORIUM

LET US TAKE A MOMENT TO REMEMBER THOSE WHO ARE NO LONGER WITH US

Dario Aguilar
Pete Aguilera
Samuel Calamaco
Jack Calvert

William Cibosky
John Johnson
John Lee
Herctor Marin

James Martin
Ronald Maxon
Charles Mouton
Andrew Roca

We have several different kinds of frozen deer meat in the Chapter Office freezer. Please contact the Chapter office at info@texaspva.org or 800-933-4261 x0

Legislative Director *By Matthew Bourbon*

US Capitol in Washington DC Paralyzed Veterans of America's Legislative Priorities for 114th, Second Session of Congress. Paralyzed Veterans of America works with policymakers to implement legislation to improve benefits and health care services for veterans and their families. Paralyzed Veterans of America's Legislation Program plans, coordinates, and implements Paralyzed Veterans' relations with the United States Congress and federal departments and agencies. Through our relationships with federal, state, and local policymakers, Paralyzed Veterans works to ensure that veterans, their dependents, and survivors, receive the best benefits and highest quality health care available. These benefits include compensation, pensions, insurance, housing and employment. For example, Paralyzed Veterans:

- Ensures that veterans have access to quality, timely health care at VA medical facilities.
- Promotes and supports VA research on spinal cord injury, dysfunction and rehabilitation.
- Develops programs, including non-institutional long-term care, for aging veterans.
- Works for realistic, cost-effective VA funding through The Independent Budget. This is an annual comprehensive budget and policy guide that provides budget and policy recommendations for the Department of Veterans Affairs. It is co-authored by Paralyzed Veterans of America, AMVETS, Disabled American Veterans, and Veterans of Foreign Wars.

To find out what the United States Congress and federal agencies are doing to help veterans or to get information on legislation pending before Congress, select one of the following links:

- Department of Veterans Affairs
- Department of Labor-Veterans Employment and Training Service
- House Committee on Veterans Affairs
- Senate Committee on Veterans Affairs
- THOMAS

On behalf of Paralyzed Veterans of America, we offer an outline of the priority issues that Paralyzed Veterans will devote its advocacy efforts to during the second session of the 114th Congress. These issues reflect areas of concerns for our members as both veterans with spinal cord injury or disease and people with disabilities. Additionally, we remain a steadfast advocate for all veterans and all people with disabilities.

Legislative Program Priorities (Veterans Issues):

- Veterans Health Care Reform
- Expand Eligibility for the VA Comprehensive Caregiver Program
- Procreative Services for Catastrophically Disabled Veterans.
- Protection of Specialized Services, to Include Reinstatement of Annual Capacity Report.
- Problems with Denial of Clothing Allowance for Catastrophically Disabled Veterans.
- Advocacy Program Priorities (Disability Community Issues):
- Air Carrier Access Problems for People with Disabilities.
- Complex Rehabilitation Technology.
- The "Seniors and Veterans Emergency (SAVE) Benefits Act."

To learn about Paralyzed Veterans of America's efforts on behalf of disabled veterans as well as all people with disabilities, visit

http://www.pva.org/site/c.ajIRK9NJLcJ2E/b.9357971/k.CBAE/114th_Congress_Second_Session_Priorities.htmor call 800-424-8200 and ask for the Legislation Program.

Advocacy Director *by Derrick Perkins*

On behalf of Paralyzed Veterans of America, they offered an outline of the priority issues that PVA will devote its advocacy efforts to during the second session of the 114th Congress. These issues, as outlined at pva.org reflecting areas of concerns for our members as both veterans with spinal cord injury or disease and people with disabilities. Additionally, we remain a steadfast advocate for all veterans and all people with disabilities.

Legislative Program Priorities (Veterans Issues):

1. Veterans Health Care Reform
2. Expand Eligibility for the VA Comprehensive Caregiver Program
3. Procreative Services for Catastrophically Disabled Veterans.
4. Protection of Specialized Services, to Include Reinstatement of Annual Capacity Report.
5. Problems with Denial of Clothing Allowance for Catastrophically Disabled Veterans.

Advocacy Program Priorities (Disability Community Issues):

1. Air Carrier Access Problems for People with Disabilities.
2. Complex Rehabilitation Technology.
3. The "Seniors and Veterans Emergency (SAVE) Benefits Act."

Election Season

Register To Vote; to vote in Texas, you must be registered. Simply pick up a voter registration application, fill it out, and mail it at least 30 days before the election date, OR get your application here on-line http://www.sos.state.tx.us/elections/voter/reqvr.shtml .
You are eligible to register to vote if:

You are a United States citizen;

You are a resident of the county where you submit the application;

You are at least 18 years old on Election Day;

You are not a convicted felon (you may be eligible to vote if you have completed your sentence, probation, and parole); and

You have not been declared by a court exercising probate jurisdiction to be either totally mentally incapacitated or partially mentally incapacitated without the right to vote.

Are you already registered?

To confirm your voter registration status, you may select one of three methods to perform a search:

Your Texas driver's license number, if you provided it when you applied for voter registration;

Your Voter Unique Identifier (VUID), which appears on your voter registration certificate;

Your first and last name.

Paralyzed Veterans of America
Texas Chapter

the Hawg Stop BAR

FUN RUN/RALLY

Saturday, April 23rd

Register at 10:30 a.m. - last vehicle in by 4:00 p.m.

unlimited entry $10 per hand

Model Car, Car, Bus, Bike, Uber……..

50/50 Raffle (custom AR15 & a YETI Cooler) & live auction
Auction items needed

Live Music—DJ 3 to 7 & live band 8 to 12

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Stop 2: Pookies—19121 Fm 2100 Rd, Crosby 77532

Stop 3: Outlaw Rays—14039 FM 2100 Crosby 77532

50/50% of the donations split between Paralyzed Veterans of America, Texas Chapter and the winning poker hand. For more info contact Amanda @ 713-520-8782 x2 or

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Executive Director Report *By Amanda Saunders*

Hello TPVA Friends,

Can you believe we're already to April? Time flies when you're having fun! We just wrapped up our 8th Annual Kill'n Clays Classic and it was a fun and successful day.

PVA Awareness Month (PAM) is April and we will be having a Vietnam Veterans Commemorative to honor our Vietnam Veterans. The event will be at the ALM VA MC on Monday, April 4th at 11 AM. We will also have an event at the MED VA MC with time and date TBD.

On Saturday, April 23rd we will host a BBQ Cook-Off and Fun Run/Rally at the Hawg Stop Bar and Grill in east Houston. We will need as many volunteers as possible. We need people to help with the event but also need several folks to be tasting judges. If you like BBQ, we can use your help! This event will also serve as a PAM event honoring Vietnam Veterans. I hope you can join us for a fun filled day to promote PVA, boost awareness for our cause and raise money for our programs in the process. There will be raffles, an auction and a chance to win best poker hand, if you choose to participate in the Fun Run. It is open to any street legal vehicle and the total distance is about 35 miles.

I will be setting up our Galveston Bay Fishing Trip in May but don't have the date pinned down just yet. If you've not been on this trip, come join us! It's a lot of fun.

I hope everyone going to the WSC has an amazing time in Snowmass with plenty of snow and sunshine.

Please feel free to contact me if you have any concerns or if I can be of assistance to you.

Amanda

Government Relations Report *By Kerry Reyna*

1) Attended the Advocacy Convention in DC with Darrell and Bourbon and in my estimation made some significant strides with a couple of Congressman such as Representative Castro, Representative Jackson-Lee and Representative Green's offices. The key will be to follow up with our Representatives to keep our initiatives and requests alive.

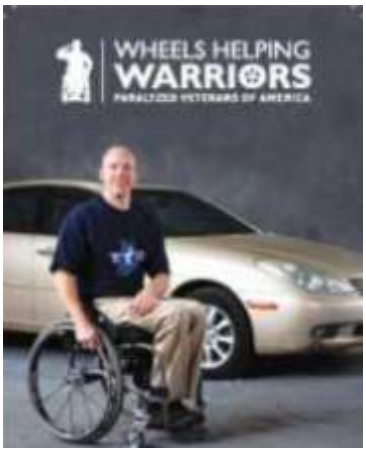
2) It was very significant that Bourbon during the testimony portion was recognized by a Congressman to speak from the floor. Way to go Bourbon.

3) The Kill'n Clays tournament was a great opportunity for me to tell our story to a couple of people who signed up to participate in the tournament and they requested my card.

Thanks,

Kerry

KILL'N CLAYS TOURNAMENT 2016



How Your Vehicle Can Help Veterans

Every vehicle has value, whether it runs like the day you drove it off the lot or doesn't start at all. Regardless of the condition, it will sell at auction. In return, donors receive a tax deduction, and the proceeds of the sale help provide rehabilitation services, job training, quality healthcare, benefits, and funding for education and research for veterans living with spinal cord injury/dysfunction.

It's simple: Be sure the vehicle title is on hand, fill out the online form or call a Wheels Helping Warriors representative, and schedule a pickup free of charge. Paralyzed Veterans of America's Wheels Helping Warriors Vehicle Donation Program accepts a variety of vehicles:

- Airplanes
- Boats
- Farm/construction equipment
- Horse trailers
- Motorcycles
- Motorized wheelchairs
- RVs/campers
- Semi-tractors
- Trucks/SUVs

Any of these vehicles can become a new beginning for a paralyzed veteran. Be a hero to a hero today and consider vehicle donation to help someone who has served and sacrificed.

Donate Today!

Call or visit us online to donate your vehicle today:
855-744-0782
wheelshelpingwarriors.org

one car one difference

One Car One Difference is IAA's public awareness campaign promoting the benefits of vehicle donation.
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In addition, feel free to use the following Wheels Helping Warriors you tube ad on your website and through social media.

:30 spot http://www.youtube.com/watch?v=GCn255-xYL0

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Contact Christopher Stanford

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RAMPS AND OTHER THINGS—Our veteran friend, Carmen Gonzalez, works with the Boy Scouts. To help the boys earn their Eagle Scout status, they will build things like ramps at no cost other than the material. He said they will build portable or stationary ramps and other small projects. This is their community work they have to do. Contact Carmen by calling the Chapter

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Name: Casey Norris—My husband and I would like to offer free lawn care to wounded veterans in the Houston metro area as a thank you for all they've done, and a way to relieve some pressure from their families. If you have any information that can help us accomplish this, we would greatly appreciate it. We have at least one full day open per week to dedicate to this. Thank you! email: Caseynorris90@gmail.comphone: 918-407-5476

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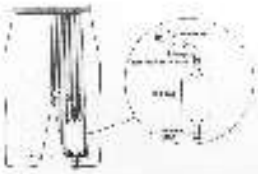
Leg Straps



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Gold Donor	$250 – $499
Silver Donor	$100 – $249
Bronze Donor	$50 – $99
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2015-2016 DONOR CLUB as of October 1, 2015

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BRASS - **William & Marian Tannahill in memory of F.A. Stokley, El Tejano, Alvin Guerrero, Woman's Club of Cleveland, Rosemarie Zimmer, Darlene Byler, Robert or Teresa Ochoa in memory of Mary Aguilera, Rebecca Edwardes, Frances Colaianni, Diann Fiore, Linda Cowles, Patricia Chapman**

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PARALYZED VETERANS OF AMERICA. TEXAS CHAPTER DISCLAIMER

We are a chartered chapter of Paralyzed Veterans of America. This newsletter is a publication of the PARALYZED VETERANS OF AMERICA, TEXAS CHAPTER , Houston, Texas. It is designed to serve its members and interested parties by keeping them informed of Chapter activities, Veterans Issues, SCI related items, Legislative and Advocacy Issues, Veterans Benefits, Development, and other issues concerning the disabled community.

The opinions expressed in this newsletter do not necessarily reflect the views of the Chapter, Board of Directors, Officers, or the Editor. Similarly, any appearance of advertising, or mention of products, does **NOT** constitute an endorsement of products or services.

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All submissions for the classified section of the **SPEEDY GAZETTE** must be in the TPVA office no later than the 1st of the month. The charge is $15.00 for 15 words (each additional word is $.25). Payment must accompany the ad. If you are a member in good standing of TPVA, you may place a 15 word ad for FREE. An incentive 10% discount applies on ANNUAL commitments.

Display Advertisements: to offset some of the cost of printing and mailing the **SPEEDY GAZETTE**, the following ad rates apply:

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Full Page	$125	$750 less 10% = $675

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