

# Speedy Gazette

"Improving Lives... Building Futures"



# PVA

Paralyzed Veterans of America

Texas Chapter

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April 2024





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## Board of Directors Contact Information

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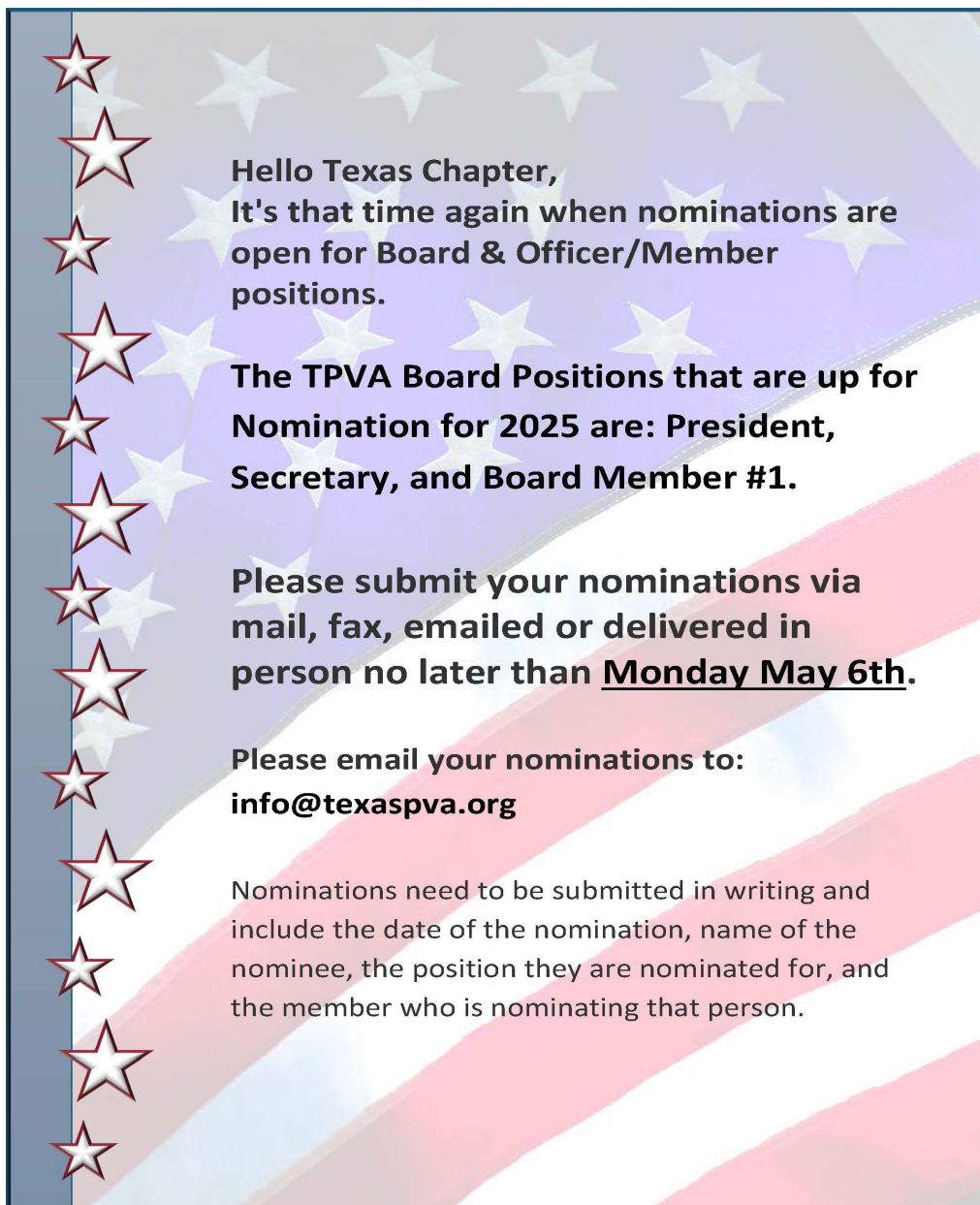
Bruce Kuker: brucek@texaspva.org/ Phone #210-632-0495

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Juan Reyes: jreyes@texaspva.org/ Phone #210-618-6359

Zach Jones: jreyes@texaspva.org/ Phone #661-435-3324



**Hello Texas Chapter,  
It's that time again when nominations are  
open for Board & Officer/Member  
positions.**

**The TPVA Board Positions that are up for  
Nomination for 2025 are: President,  
Secretary, and Board Member #1.**

**Please submit your nominations via  
mail, fax, emailed or delivered in  
person no later than Monday May 6th.**

**Please email your nominations to:  
[info@texaspva.org](mailto:info@texaspva.org)**

Nominations need to be submitted in writing and include the date of the nomination, name of the nominee, the position they are nominated for, and the member who is nominating that person.



Note: \*\* means this is not a PVA-sponsored event.

## Air Guns

- **Wisconsin Air Gun Tournament**  
March 8-9, 2024  
Milwaukee, WI
- **Texas Air Gun Tournament**  
May 4-5, 2024  
San Antonio, TX

## Bass Fishing

- **Citrus Slam Bass Tournament**  
Hosted by Florida Gulf Coast PVA  
April 5-7, 2024  
Kissimmee, FL
- **Bluegrass Bass Bash Bass Tournament**  
Hosted by Kentucky-Indiana PVA  
April 19-21, 2024  
Kuttawa, KY
- **Capital Clash Bass Tournament**  
Hosted by PVA National  
June 7-9, 2024  
LaPlata, MD

## Billiards

- **Mid-Atlantic Billiards Tournament**  
March 15-17, 2024  
Midlothian, VA
- **Mid-America Billiards Tournament**  
May 23-24, 2024  
Oklahoma City, OK

## Bowling

- **Nevada Bowling Tournament**  
November 30 - December 3, 2023  
Las Vegas, NV
- **Florida Gulf Coast Bowling Tournament**  
January 31-February 2, 2024  
Tampa, FL
- **Texas PVA Bowling Tournament**  
May, 8 2024  
San Antonio, Texas

## Boccia

- **Bayou Boccia Tournament**  
February 2-3, 2024  
Gulfport, MS

## Paracycling

- **PVA Racing High Performance Racing Camp**  
January 28-February 4, 2024  
Brooksville, Florida
- **Swamp Classic\*\***  
February 3-4, 2024  
Gainesville, FL
- **Valley of the Sun Stage Race\*\***  
February 17-18, 2024  
Phoenix, AZ
- **PVA Pocahontas Off-Road Spring Camp**  
April 10-14, 2024  
Chesterfield, VA
- **PVA Off-Road Classic (PVA Off-Road Race)**  
April 13, 2024  
Chesterfield, VA
- **PVA Paracycling Learn to Race Camp**  
June 21-22, 2024  
Milwaukee, WI
- **US Paracycling Road National Championships**  
(PVA High Performance Team)  
TBD 2024  
Location TBD

## Trapshooting

- **Cal-Diego Trapshoot**  
March 22-24, 2024  
Redlands, CA
- **Vaughan Trapshoot**  
May 24-26, 2024  
Elburn, IL
- **Wisconsin Trapshoot**  
June 7-9, 2024  
Green Bay, WI
- **Iowa Trapshoot (Year End)**  
June 21-23, 2024  
Cedar Rapids, IA

## Non-Series Events

- **PVA Rugby Invitational**  
January 11-14, 2024  
Louisville, KY
- **National Veterans Wheelchair Games**  
July 25-30, 2024  
New Orleans, LA

**MAY 18-19**

**ST. LOUIS, MO**



# PART OF THE HARTFORD COMPETITION SERIES

**THE PREMIER PARA SPORT SERIES**

HOSTED AT MULTIPLE SITES  
THROUGHOUT ST. LOUIS AREA

## EVENTS INCLUDE:

- AIR RIFLE
- ARCHERY
- PARATRIATHLON
- PARA POWERLIFTING
- SWIMMING
- TRACK & FIELD

**SCAN QR CODE FOR EVENT &  
VOLUNTEER INFORMATION**



**DASASPORTS.ORG**



**@DASASPORTS**



This years Texas State Time Trial has Multiple Adaptive Cycling opportunities Via their “Special Category “.

MAY 11th

Hempstead Tx

This is an USA Cycling event thus Fees & Licensing required

Organizers reached out to us because they wanted to insure the “Adaptive Cycling Community” had an official Time Trial this Year.

Let’s return the favor - Register and Race.

Questions: [brucek@texaspva.org](mailto:brucek@texaspva.org)

[Bikereg.com](http://Bikereg.com)

[USACycling.org](http://USACycling.org)

[Texaspva.org](http://Texaspva.org)

**2024 Texas State  
Championship  
Time Trial**

**SWCC**  
RACING HOUSTON

**MAY 11, Hempstead Tx**

**State Farm**  
Insurance your life with  
Khalid Alrashid Agency  
951-222-6666

**Geri Atrix**  
with summer's holiday

**USA  
CYCLING**



## WELCOME NEW MEMBERS

Norman Jones  
Thomas Gafford  
Brandie Jeter  
Robert Dafft  
Leah Groggett  
Earl Thornton  
Chauncey Spencer  
Jennifer Splichal

Ken Taylor  
Polly Long  
Pierre Broughton  
Gilbert Ozuniga  
Winfred Stevenson  
Ricardo Rodriguez  
Lee Perry  
Tonya Cueva Leon-Cole

## REST IN PEACE



Edward Born  
Robert Strambler  
Elmer Canady  
Harry Boucher  
Samuel Natter



Has  
Joined



## TO BECOME THE LARGEST MOBILITY DEALERSHIP IN TEXAS WITH 10 LOCATIONS!

Let United Access help you get on your way, because your mobility is our mission

- ✓ New & Pre-owned Wheelchair Accessible Vehicles
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**www.unitedaccess.com**



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**Paralyzed Veterans  
of America**







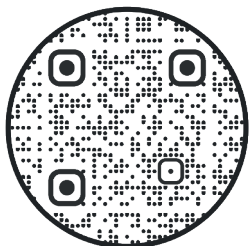
# Ekso Indego® Gets Veterans Walking Again

Eligible veterans can receive an Ekso Indego exoskeleton at NO COST!

## Ekso Indego Personal

### What is Ekso Indego?

Ekso Indego is an FDA-cleared, powered exoskeleton worn around the waist and legs that enables individuals paralyzed from spinal cord injuries (level T3-L5)\* to stand and walk, offering a new level of independence.



Scan with your phone for more information on how you could receive your own Ekso Indego Personal.

### Getting Veterans with SCI Back on Their Feet

A recently revised VA policy allows Ekso Indego to be issued to qualified veterans at no cost.\*\*

- Walk at home and in your community
- Improve your cardio & bone density
- Enjoy eye-level conversations again



Contact us to find out if you are eligible to receive an Ekso Indego at NO COST!

An evaluation by your provider at a SCI/D center is required to determine eligibility for use of the Ekso Indego Personal device



Proudly designed & assembled in the USA  
[www.eksobionics.com](http://www.eksobionics.com)

\* For full indications for use, visit: [www.eksobionics.com/indications-for-use/](http://www.eksobionics.com/indications-for-use/)

**Donate your gently used clothing and household items to help support our chapter. Please be sure to mention you'd like your donation to benefit the TEXAS PARALYZED VETERANS. All donations are tax deductible. To schedule a pickup please call:**

**# 713-696-5500**



**Don't**



Remove hangers, check the pockets and wash if possible. Don't forget we need shoes, purses, and accessories.

Even towels and bedding that are threadbare can have a second life as they are used for cleaning up, and recycling.

We continue to offer free, In Person, mental health counseling for military veterans and their families. We practice social distancing guidelines and have hand sanitizer available. We can also help with transportation needs with weekly bus passes.

Charles Jackson MA LPC  
Licensed Professional Counselor  
Healthy Minds, Healthy Heroes

American GI Forum – National Veterans Outreach Program  
210-248-9933 Phone  
cjackson@nvop-sa.org  
206 San Pedro, Suite 201, San Antonio, TX 78205

Veterans when you sign up the tickets that you request will be at will call the day of event. This is all over the country and they have events like Disney on ice, monster trucks, nba, nfl, mlb, college sports, comedy shows, you name it.

Website: <https://www.vettix.org/tixer/my-account/login>

San Antonio membership forums will take place on the 1st Thursday of each month at 2 pm in the SCI Rec. Room

# May Birthdays

Frederick Garraway

William Drevo

Clarence Green

William Spivey

Roger McDowell

Paul Smith

John Murray

Claudie White

Charles Garcia

Paul Colyer

George Williams

Maurice (Mike) Meehan

Jonathon Smith

Johnie Stewart

Dorothy McGary

Everett Voortman

Norman Benson

Linda Neiberger

Debbie Williams

Polly Long

David Haslock

John Collins

Frank Daebelliehn

Thomas Powell

Peter Garner

James Burkes

Jesse Vasquez, Jr.

Daniel Burney

Bruce Rodgers

Lloyd Ford

Juan Banda

Richard Uzzel

Juan Reyes

Jerome Jones

Toai Nolan

Troy Tallent

Eric Cameron

Kiera Chapai

Brandie Jeter

Daniel Thornhill

Mario Rodriguez

Clayton Monroe

Edgar Machado

Jennifer Sexton

Hashinto Takeshi

Ryan Cano

## **March Birthday Raffle Winners:**

1. William Chavez
2. Paul Martinez
3. Victor Galan
4. Gabriel Diaz De Leon
5. Kerry Reyna





# HOUSTON NATIONAL CEMETERY

MONDAY  
MAY  
27

IN HONOR OF 20  
24



# MEMORIAL DAY *Event*

PROGRAM  
STARTS  
9:00 AM

10410 VETERANS MEMORIAL DRIVE HOUSTON, TX 77038  
For More Information Call 281-447-8686



## Sportsman's Challenge 2024

This was the sixth year that Ronnie Lofton, a Vietnam Veteran has hosted this fun, exciting and challenging event on his forested property in Montgomery County. This year there were over 20 veterans competing including five Texas Chapter PVA members. The Sportsman's Challenge consists of five events all located in different places around the property. Each event has a maximum possible score of ten points. At the rifle event a contestant shoots five bullets at a target 100 yards away. There are two scoring rings with the smaller center ring worth two points and the larger outer ring worth one point. Any bullet hole further out from center than that nets a zero score. The pistol event works the same only at a distance of 10 yards. Archery is also the same. Five scored arrows at approximately 15 - 16 yards. The tomahawk throw is a very fun event although quite challenging. From about 12 to 15 feet you throw tomahawks at a wooden target with the two scoring rings painted on it. Your five tomahawks must stick in the wooden target inside those scoring rings to earn any points. If any of your tomahawk throws knocks out any other tomahawks you lose those points. That is quite disappointing when that happens! Last is shooting clay pigeons with a shotgun. For a chance to earn ten points here you get to shoot at ten separate clay targets thrown out by a mechanical thrower in random directions. Which is also very challenging. All five of these sports are quite challenging to be proficient at, hence the name of Ronnie's event.

The veteran earning the most combined points from those five events is crowned champion. This year they also included a shoot off in any event that had a tie for highest score in that event. Which resulted in individual event winners including prizes for winning those events. Besides those six prizes all the contestants were included in a large raffle drawing where nearly everyone won some sort of prize. To top all of that off the event concluded with a good old-fashioned fish fry.

A huge thank you goes out to Ronnie Lofton and his entire family that help along with all the other volunteers that make this event possible for Texas PVA members to attend free of charge. If this all sounds fun to attend watch your Speedy Newsletter or chapter emails for when this takes place again next year and come out and give it a try. Even if you don't have your own equipment or have never tried any of these events it's a good place to learn with all the qualified and experienced volunteers there to help.





# JOIN US IN WHEELCHAIR TENNIS

- No experience required
- Free practices
- Equipment provided
- Become a part of an amazing community
- All levels and mobility are welcome!



**Practices held every  
Thursdays 7pm-11pm, &  
Sundays 9am-11am**

**West Gray Recreational Center  
1474 W Gray St. Houston, TX 77019**

**Contact us!**

**ADAPTIVE ATHLETICS**  
at  
UNIVERSITY of HOUSTON

  [uadaptiveathletics](#)

 [uadaptiveathletics@gmail.com](mailto:uadaptiveathletics@gmail.com)

 **Coach Gabe: (281) 256 - 5804**



# Saturday Shotgun Olympic Trap





# Adaptive Brewing

Adaptive brewing is a concept whereby people with different abilities are given the opportunity to participate in homebrewing activities. Using activity modifications and assistive technology, adaptive brewers are enabled to brew beer, wine, cider and mead alongside their able-bodied peers, called a Brew Buddy. This article addresses brewing beer.

Activity modifications are changes made to the brewing process that allow all brewers to have an equal or more equal chance of doing well. One example of an activity modification is a wheelchair basketball game, where players use wheelchairs. The players' inability to walk is not a factor in how well they play. An adaptive brewer's different abilities does not affect how well they can brew. Stock equipment and processes can be adapted to the adaptive brewer's abilities.

Assistive devices are any machines or equipment used to provide accessibility and increase safety during the brewing processes. Good examples of assistive devices used in adaptive sports are swimming pool lifts that lower a non-ambulatory swimmer into a pool, and standing frames that allow wheelchair users to stand up while playing ball. Many municipal governments in the U.S. use adaptive recreation as a way to meet the requirements of the Americans With Disabilities Act (ADA), specifically its section dealing with public services. Governments are required by ADA law to provide reasonable accommodation to people with disabilities in order to allow them participation in sports and recreation programs. (al. U. e., 2024)

History of Brewing. Homebrewing has existed since time immemorial. Brewing has taken place since around the 6th millennium BC, and archaeological evidence suggests that emerging civilizations, including ancient Egypt, China, and Mesopotamia, brewed beer. Since the nineteenth century the brewing industry has been part of most western economies. The first written records of brewing come from Mesopotamia (ancient Iraq), with the oldest in the Sumerian language from approximately 4,000 BCE. (Evans, 2024)

Early colonists of the North American continent had a simple life. The typical immigrant from England had only three things on their mind: where to get food, how to secure shelter, and when would they get their next beer. Nearly every citizen of the day knew that drinking water could make you deathly ill. Ale drinkers were somehow spared this affliction and therefore most people soon substituted a frequent imbibing of ale over the dreaded curse of water. The boiling to make beer neutralized most of tainted water's ill effects, but this was long before anyone made the connection between boiling and sanitation. So people merrily went about the practice of drinking beer. Although the new world had a seemingly inexhaustible supply of pristine water, few if any would ever dream of drinking it. So it was that a brewhouse was an indispensable priority in each new settlement. (Smith, 2024)

Brewing Process. There are four types of ingredients for brewing beer. Water, fermentable sugar(s), hops, and yeast. In the simplest process, water is boiled, fermentable sugars are added providing flavor and color, hops are added providing bitterness, flavor and aroma, yeast is finally added prior to fermentation to convert the fermentable sugars to carbon dioxide (CO<sub>2</sub>) and alcohol. Yeast is available in two forms: dry and liquid; and two types: ale and lager. Ale yeasts are top-fermenting and ferment at room temperature to higher temperatures and ferment relatively quickly usually within a week. Lager yeasts are bottom-fermenting and ferment at lower temperatures, usually requiring some form of temperature control. Lager yeast take their time, sometimes up to months producing crisp clear lager beers. Measuring the amount of sugar in the sugary liquid, called wort, at the beginning (original gravity or OG) and end (final gravity or FG) of fermentation allows a ballpark calculation of the alcohol by volume (ABV%). This formula provides a "hand grenade range" calculation of the alcohol by volume.  $(OG - FG) \times 131 = ABV$ . The FG is dependent on the efficiency of the yeast to convert the sugars. Not all sugars are converted leaving what is called residual sugar providing a sweetness component to the flavor. If it was 100% converted you'd just have bitter water

Type of Brewing. There are basically two types of beer brewing processes based on the fermentable sugars used. The original process is called all-grain brewing. A simplified modern version is called extract brewing. Both

methods produce excellent beers and vary in methods, equipment, and time required. All-grain brewing uses malted then milled grains and a process called mashing to convert the starch in the grain to fermentable sugars. It requires more equipment and time. Extract brewing uses dry malt extract (DME) and liquid malt extract (LME) as fermentable sugar, essentially replacing the mash stage. Extract brewing requires less equipment and time and is how most brewers first learned to brew.

**Fermentation.** Yeast, in the presence of oxygen and a fermentable sugar, reproduce using aerobic respiration by “consuming” the sugar and excreting gaseous carbon dioxide (CO<sub>2</sub>) and liquid ethyl alcohol (EtOH). Sir Isaac Newton’s (no relation to the author) 1st Law of Thermodynamics says that energy cannot be created or destroyed. The sugar is converted to gas and liquid. The gas is allowed to leave the fermentation vessel and the liquid remains. Ethyl alcohol is miscible with water, in other words they mix well together, remains to completion. This is called primary fermentation. Secondary fermentation is done transferring, called racking, into a second vessel. Here such additions as dry hopping, adding fruit or vegetables, chocolate nibs, and spices are completed. **Conditioning.** The finished beer is then racked to sanitized bottles or kegs for conditioning. Conditioning helps settle the beer and carbonates the beer. A small amount of sterilized sugar water is added and mixed with the beer, then racked into the bottles, capped and stored for several weeks. The residual yeast consumes additional sugars excreting carbon dioxide. Since it cannot escape the bottle, it is dissolved into solution, thus carbonating the beer. With kegging, usually in 5 gallon “corny” kegs for homebrewing, two methods of carbonation are used. Cask conditioning or forced carbonation. Adding the sugar water just as described previously produces a cask conditioned beer, just is a bigger “bottle”. Force carbonation uses compressed carbon dioxide added to the keg under a specific pressure to achieve the desired level of carbonation.

**Brewing equipment.** Equipment ranges from simple to complex, stove top to outside, using electric or gas power. Kettles and vessels should be stainless steel. Utensils should be stainless steel or plastic. Cooling equipment should be copper or stainless steel. Fermentation vessels should be stainless steel, glass or plastic. Transfer equipment can be as simple as a siphon or be an electric pump. A thermometer is important and can be instant read (digital) or analog bi-metal (dial). Proper washing and sanitizing chemicals are critical in limiting bacterial infection of equipment and spoiling the beer.

**The Adaptive Approach.** We begin selecting an all-in-one electric 120 VAC system with less than 30 inches in height and a recipe using the extract brewing method. BSG has graciously donated two G30 systems to the PVA Chapter. We will get our brewing materials from Sound Homebrew Supply. The adaptive brewers can define their abilities to participate in the brewing process. Able-bodied Brew Buddies will provide brewing knowledge assisting where needed. Throughout the process, we continue to evaluate and adapt processes and equipment to enable the adaptive brewer to safely participate to the fullest extent possible. The University of Puget Sound Occupational Therapy Program has students doing a Capstone Project on adaptive sports and recreation. They have expressed interest in participating in developing our Adaptive Brewing Program and have been invited to the Big Brew Day on Saturday 4 May celebrating National Homebrew Day (7 Nov) at 4 Barking Dogs Brewery in Burien. Handicap parking and unloading zone will be available and an ADA porta-potty. Regional homebrew clubs have been contacted and are interested in supporting the program. We will continue to engage with them as our program is developed.

To participate more in the program, contact the Chapter to get on the list to be included in updates and opportunities. If you would like to participate in Big Brew Day, contact the Chapter.

**Author Bio:**

Jon M Newton is a retired 21-year US Army (Military Intelligence Corps) disabled veteran who served from Cold War through Gulf Wars on three continents. He has been brewing for 40 years and lives in Burien with his wife Teri and their 4 barking dogs Devi, Bohdi, Gus and Wil.

# TEXAS Advocacy Update



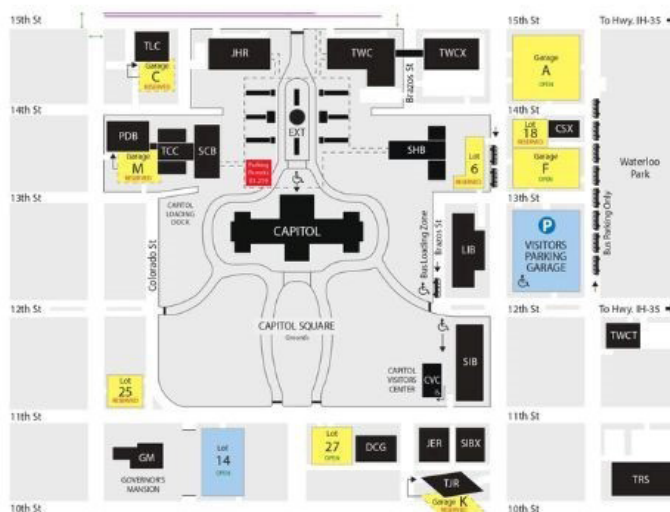
You are invited to participate in The ALS Association Texas Legislative Advocacy Roundtable on Thursday, May 16, 2024 from 9:00 AM to 3:00 PM at the Texas Capitol in the Extension Legislative Conference Center. Register today to participate.

This is an opportunity for ALS advocates to obtain a recap of the 88th Legislative Session, learn about our key legislative priorities for the 89th Legislative Session, meet our team and lawmakers as we discuss the importance of grassroots advocacy. Learn how to become a district lead, and how you can take an active role in our advocacy outreach. Breakfast and lunch will be provided.

One of our sessions includes "Recording In Progress." Whether you're someone living with ALS, a caregiver, or a loved one of someone affected by ALS, sharing your story can foster connections within the ALS community and beyond, illustrating the profound impact of this disease. Your personal narrative is instrumental in educating and inspiring policymakers to allocate resources towards ALS treatment development and improving the quality of life for those affected by ALS. Attendees of the Texas Advocacy Roundtable will have the chance to be interviewed and filmed by our videographer, providing a platform for their stories to be heard and amplified.

If you have any questions, or need accommodations, please contact me at [diana.arevalo@als.org](mailto:diana.arevalo@als.org) or 210.489-1446.

## Visitor Parking Details





PVA Texas Chapter member, Marco De La Rosa, qualified for his 2nd Paralympic Games! Marco is a 2023 Parapan American Games Champion and a United States Marine Corps Veteran. The PVA Texas Chapter is proud and wishes Marco the very best of luck at the Paralympic Paris Games 2024! Go Team USA!

Original Article and Photos by USA Paralympic Shooting, Reedited by Dan Castillo



## 2024 Jr. State Trap/Bunker Competition. members Zach Jones and Bruce Kuker attended this event.

Zach Jones and Bruce Kuker Spearheading the charge for representation at a Paralympic level in International Trap. Zach (along w/ others) has been practicing at SAGC with Coach Maxi on a weekly basis. This has prepared him for the grueling but required Qualifiers that are slotted across the State.

Zach J and Bruce K competed in this Years USAS Jr State Qualifier Trap in Kerrville Tx. Zach proved practice makes perfect by scoring well & progressing to the next stage of his Olympic Journey in 2024.





# PVA Texas Coffee Days 2024

The Original PVAT Coffee Ladies are back in town Volunteering by serving up quality Coffee and Treats to our SCI Inpatients and Outpatients. Sylvia, Susan, Jan, Rosemarie, and Cathleen teamed up with existing members Bruce, Gabe, and John to restart the weekly Coffee Days for our SCI Inpatients & Outpatients at ALM VA SCI REC Dept 0900 - 1115ish every Tuesday morning.

Thank you to the ALM VA SCI RT Staff and Chapter for helping prepare and support this simple but always delicious activity.

Va.gov, Texaspva.org, PVA S&R, Black Rifle Coffee, HEB, Cha-cha Bdoyn Donuts, Keurig- K cups



## Women Veterans Empowerment Retreat

Oct. 5-8

The Westin Long Beach • Long Beach, California

Join us for Paralyzed Veterans of America's 6th Annual Women Veteran Empowerment Retreat (WVER). Each chapter is invited to nominate one woman leader and one alternate to enjoy three days in beautiful Long Beach with fellow women veterans.

This event is limited to 50 attendees! Participants will enjoy time an inclusive, supportive environment with other women Veterans with sessions that focus on:

- Self-Advocacy
- Leadership Skills
- Resiliency
- Empowerment

A few things you can expect if you attend the Women Veteran Empowerment Retreat:

- Three days of education, opportunities, and camaraderie
- Interact and learn from experts
- Meeting other women members

PVA and our sponsors are proud to cover all expenses related to travel, hotel accommodation, meals, and programming. Additionally we will have several fun activities at no cost to the participants.

If you require a caregiver for everyday needs, please ensure that you have PVA Approved Caregiver and the same expenses will be covered for one caregiver.



I have been empowered to try to live my best life in the face of a "WVER has encouraged me to exercise more, eat healthier for my disease and smile more. Tomorrow is not guaranteed. It was so wonderful to hear from my fellow women veterans. I loved being there and meeting them!

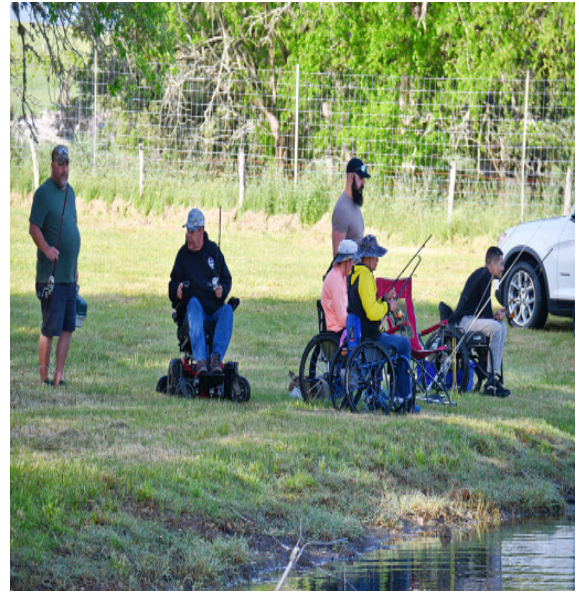
2023 WVER attendee



Please let us know if you are interested in attending this event by June 1st.



# Santa Bob's Magic Fishing April 6, 2024











The Texas Paralyzed Veterans of America inaugural women's group meeting was held on 7 March 2024 at the Spinal Cord Recreation Center Audie Murphy VA, San Antonio. The purpose of the group is to

discuss specific women veterans' unique health care needs and how to navigate the VA system for support. The Women's group will meet quarterly and have guest speakers. Our next meeting will be held in June with further details coming out in the Speedy and via TPVA email.

-Kerry Reyna

## ALS CLINIC

The ALS Clinic is scheduled for ALS patients only, but they will do their best to help assist emergency walk-ins. They can do that through the Emergency Room, Neurology, Pulmonology, and the other discipline clinics as well.

The Clinic is held on Mondays from 1:00 - 4:00 pm in the Michael E. DeBakey VAMC SCI Ward Outpatient Clinic.

For Veterans to get on the ALS Clinic schedule, Veterans must be enrolled in VA Health Care, then contact ALS Clinic Coordinator NP Richel Aliboso 281.660.7538 or email [Richel.Aliboso2@va.gov](mailto:Richel.Aliboso2@va.gov)

Also, Veterans can contact me since I attend the Clinic every week.

Gregory T. Treacy  
Senior National Service Officer  
Paralyzed Veterans of America

6900 Almeda Rd. Room 1028  
Houston, TX 77030  
RingCentral Phone/Fax/Text: 202.416.1011  
[gregoryt@pva.org](mailto:gregoryt@pva.org)

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## Volunteers Needed for...

### Research study on people with SCI who have experienced difficult or abusive relationships in the past

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#### You may be eligible if you:

- ✚ Have had a traumatic spinal cord injury (SCI) for at least one year
- ✚ Are at least 21 years of age
- ✚ Have experienced difficult relationships, mistreatment, or neglect since sustaining your SCI
- ✚ Have had those experiences in the past but not in the past 12 months
- ✚ Have access to a smartphone or computer with Internet connection
- ✚ Are able to communicate and answer questions in English
- ✚ Live in the U.S.

Eligible participants will be asked to answer questions about themselves and then schedule and participate in an individual interview in Zoom about their health, safety, and difficult relationship experiences.  
Participants will receive a small payment for their time.

Contact Jessica Rodriguez for more information and to find out if you are eligible.

**Phone:** 713-797-7245

**Email:** [SCIPSstudy@uth.tmc.edu](mailto:SCIPSstudy@uth.tmc.edu)

OR **Scan the QR code** to provide your contact information



The study is funded by the Department of Defense (DOD) Spinal Cord Injury Research Program (SCIRP). The study is conducted by TIRR-Memorial Hermann's Spinal Cord Injury and Disability Research Center (SCIDR) in Houston, Texas in collaboration with investigators affiliated with the University of Texas at Houston Health Science Center, and the University of Montana.

This is not VA research, will not be conducted by VA, has not been reviewed by VA's Institutional Review Board, and is not endorsed by VA. VA is not responsible for any costs incurred by a Veteran if the Veteran enters the study as a research subject. The announcement is being provided for information

UTHealth Houston IRB NUMBER: HSC-MH-23-0676  
IRB APPROVAL DATE: 03/21/2024

DAVID GRAHAM Digitally signed by DAVID GRAHAM  
Date: 2024.04.01 08:50:20 -0500

# MS Walk San Antonio 3/23/2024 Morgan's Wonderland

PVAT Board Members: Joe B and Bruce K were on site to promote PVA & MS Awareness during this year's MS Walk/Roll/push/pull. We made contact with dozens of Military and Civilian Families. Most did not know that PVA now allows Veterans with an MS or ALS diagnosis. PVA has also adopted a fast-track Membership program for our MS & ALS Veterans.

Membership/Marking proved priceless. Together, the Texas Chapter along with Team supporters donated generously to the MS Walk. Opportunities to get involved are available Statewide.

Thanks to all that attended and/or showed your support.



# MS Walk Houston 04/06/2024 University of Houston

Please feel free to use these in our various publications. The pic with 5 of us is: Tonya Cueva Leon-Cole (who you helped me get her transfer initiated) her wife (I didn't get her name) me, and Clay Monroe and wife.

The other pic is member Adam Darling's team (he rolled deep!), Joe Bludeau and PVA member Jennifer and family from California. The pic with 5 of us is: Tonya Cueva Leon-Cole and her wife, Joe Bludeau, Clay Monroe and wife.







Edward "Jimmy" James Born Jr.  
JUNE 4, 1949 – MARCH 7, 2024

IN THE CARE OF

Forest Park The Woodlands Funeral Home & Cemetery

Edward James "Jimmy" Born, Jr. passed away on March 7, 2024, at the Michael E. DeBakey VA Medical Center in the Spinal Cord Injuries Unit, Houston, Texas. He was surrounded by family, doctors and staff that had loved and served him for many years. Eddie leaves behind a legacy of courage, love, and one heck of a sense of humor.

He was born on June 4, 1949, in Houston, Texas to Edward James Born, Sr. and Elsie Born. He grew up in Cottage Grove, Houston and graduated from Reagan High School in 1967.

Eddie served his country by enlisting in the United States Army, First Cavalry Intelligence in 1968 serving his tour in Vietnam marked with acts of bravery and selflessness, earning him the respect and admiration of his fellow soldiers. Upon returning from Vietnam, Eddie married his Regan High School sweetheart, Debra Warr. They started their life together in Germany while Eddie completed active-duty service. He was fully discharged in 1974 after he and Debbie settled in Houston.

In 1980, Eddie was in a life-altering automobile crash that left him a T-4 paraplegic. In true Eddie fashion, he found the silver lining making the best of his situation. It was during this time that Eddie would tell you that his faith grew exponentially. It caused him to prioritize his faith and family above all. In 2013, Eddie retired from being an assistant coordinator to the chief in the spinal cord injuries unit at the Michael E. DeBakey VA Hospital. For 35 years, "Fast Eddie" enjoyed his position and used it to mentor returning disabled veterans, encouraging them to live life to its fullest after their disability. His service was recognized when he won "Man of the Year" for the Veterans Association. In addition to his job at the hospital, he volunteered and was an advocate for the Houston Paralyzed Veterans Association and Texas Institution for Rehabilitation and Recovery (TIRR).

Eddie created lifelong relationships inside the Lutheran community, Aldine Little League Baseball, Eisenhower band parents, and "The Perfect 10". He and Debbie forged great memories together with all these different groups.

Many family memories were made watching Houston sports where Eddie was always rooting for the home team: Phi Slama Jama, University of Houston, the "Love Ya Blue" era of the Oilers, the Ryan Express of the Houston Astros, and the Twin Towers of the Houston Rockets, and of course, our beloved Houston Texans. He may have been biased, but he was strong in his convictions for his Houston teams. The family will always remember Eddie as a great role model, mentor, coach, friend, husband, father, and grandfather that loved his family above all.

Edward is preceded in death by his parents.

He is survived by his wife of 53 years, his sons, Chris and wife, Kelly, and Jonathan and wife, Casey, and his grandchildren Corbin, Korigan, Grayson, Kennedy, Noah, Owen, and Annabelle. He is also survived by his sister, Patricia Bermingham and numerous nieces, nephews, and cousins.



The deadline for sending in a request for funding for the NVWG is May 15th.

## CLASSIFIEDS / SERVICES /ANNOUNCEMENTS ADVERTISE WITH THE SPEEDY GAZETTE!

All submissions for the Classified Section of the SPEEDY GAZETTE must be submitted to the TPVA Office no later than the 1st of the month. The charge is \$15.00 for 15 words (each additional word is \$.25 cents). Payment must accompany the ad. If you are a member in good standing with TPVA, you may place a 15-word ad for FREE! An incentive of a 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:

SIZE:	MONTHLY:	ANNUAL (Approximately 6 issues per year):
Business Card	\$20.00	\$120.00 less 10% = \$108.00
¼ Page	\$30.00	\$180.00 less 10% = \$162.00
½ Page	\$55.00	\$330.00 less 10% = \$297.00
Full Page:	\$125.00	\$750.00 less 10% = \$675.00

Please call 1-800-933-4261 or 713-520-8782 (EXT. 4) to place a Display Advertisement or Classified Advertisement and watch your business get noticed!





Texas Chapter

### Request for Event funding from TPVA

P.O. Box 989  
Crosby, TX 77532  
Fax 713-520-8217

**Submit 30 days prior to the event application deadline**

Members name \_\_\_\_\_

Members email, phone \_\_\_\_\_

Event participating in \_\_\_\_\_

Sports participating in \_\_\_\_\_

Do you have medical clearance to participate in this event? YES NO

Are you requesting funding from Texas Chapter, Paralyzed Veterans of America to participate?

YES NO

Will you be flying? YES NO

Will you be driving, license plate number/state? \_\_\_\_\_

Will you be taking a caregiver or spouse/partner? YES NO

Full name on ID \_\_\_\_\_

Type of wheelchair manual or power?

Width of wheelchair. \_\_\_\_\_

When booking hotel rooms list preferences accessible room (1,2,3)

\_\_\_\_\_ Accessible room - Roll-in shower

\_\_\_\_\_ Accessible room - w/bathtub

\_\_\_\_\_ Room with extra space and bathroom door removed

\_\_\_\_\_ King Bed \_\_\_\_\_ Double Bed

Do you need the bed raised, for lift use? YES NO

In order to receive funding from TPVA you must have 75 points accrued for the event. Points must be submitted to the Chapter office by 10th of each month. If you do not have 75 points accrued, you must submit a request to the Chapter or Sports Director to be considered for the Maginot Award. The Maginot award is a lottery drawing with all members who request it and then one (1) name is drawn.

\_\_\_\_\_  
signature

\_\_\_\_\_  
date

# San Antonio SCI Eclipse Watch Party

PVA Texas ALMVA SCI Inpatient Solar Watch Party APRIL 8th, 2024

PVA Texas SCI In Patents, Members, Family, along with most of the SCI Staff donned protective Glasses, stood in unity to watch “Our Universe Wink at Planet Earth”. All eyes looked towards the Heavens and peaked between the South Texas clouds to catch a view of this Year’s full Solar Eclipse. We will all remember this Unique experience.

Thank you PVA Texas Chapter, SCI REC Staff, NSO and SA Satellite Director for setting up this event for our In Patents. [Va.gov](http://Va.gov), [Texaspva.org](http://Texaspva.org)





# Become A Donor

**Annual contributions for  
2023-2024 will be as follows:**

<b>Platinum Donor</b>	<b>\$1,000 or more</b>
<b>Titanium Donor</b>	<b>\$500 - \$999</b>
<b>Gold Donor</b>	<b>\$250 - \$499</b>
<b>Silver Donor</b>	<b>\$100 - \$249</b>
<b>Bronze Donor</b>	<b>\$5 - \$99</b>



## **2023-2024 DONOR CLUB as of April 2024**

**Platinum:** St. John's Lutheran Church Congregation, Wayne & Joann Moore Charitable Foundation, Jacqueline Hehli, Mobius Mobility LLC, CFC TASC, Kevin E Corcoran, Maxwell Medical Services Inc, Phillip G & Frances J Rowe, Heritage Linehaul & Trucking Inc, Scott E & Elisa Caudill, Johnny Godwin, GMP Developers LLC, Steven Wardlow, Alamo Chapter of SCI, Jose G Laguna, Scott Parker, The NRA Foundation, United Access LLC, Texas Regional Para Sports, Paxton Arms LLC, Sonora Bank, & Stanley Kolodzey.

**Titanium:** Daniel Rich, Willard Allen, Jonathan Devlin, Mark Vrataric, Thomas Nate Turner, Robert Trevino, Edward J Hughes, Lone Star Chapter PVA, John P Kimble, Pedal Guerrero, Area Real Estate, LLC, F M Roberson, Zachary S Jones, Charles Poole, Maryann Trujillo-Hanford, Ronald McAnally, Summer Chesson, Mr. & Mrs. Philip B Green, Military Order of the Purple Heart, URO Development LLC, Peggy L Marler, Thomas A West, & John E Jones Jr.

**Gold:** Billie Edwards, F & Pamela Roberson, Joel Hoots, Michael Del Soldato, Alvin Guerrero, Richard Carson, Jesus Yanez, John Branum, ED Peacher Jr., Frank R Daebelliehn, True Vine Missionary Baptist Church, Steven Pamplin, John Lynch, Give Lively Foundation Inc, Tym & Gerry Kelley Charitable Fund, Patriot Warrior Foundation, AOG Foundation, Toai Nolan, Robert Patterson, Bruce W Kuker, Morgan Stanley, TTY Holdings Magnolia LLC, & Linda G Patrick.

**Silver:** Edison International, South Texas Stampede, Alan L Justice, James Johanssen, Jorge Rodriguez, Gary Standley, William Davis, Ernest Taylor, R Nichols, Thomas Schleier, Sydney Miller, Thomas Ishibashi, Daniel & Kristi Montague, Jamison F Reed, Marion Bell, Bob Connelly, Trey Miller, Phyllis Tinsley, Robert Waite, Michael Lee, America's Charities, Catherine A Webster, Robin Allshouse, Nickey Lang, Patron Kookers, Perkins Creek BBQ, Ronald J. & Silvia L. Garcia, Ted Skinner, Brandon Perryman, Jaime Garza Jr, Hunter Strawderman, Jethzi Kuker, Sam Kelley, Lorence Trick, Zack Redwine, Philip Tereskiewicz, Marion Samson, Jim Gieptner, Nathan Smith, Robert L Gause, Jennifer Emerson, Pablo Bonar, Pat McMurry, William Born, Michael Hynes, Michael Taggart, Doris Hoffman, Brandy Sausse, David Bradshaw, Lisa Clark, Rhonda T Winer, James Howard, Jimmy Alvarez, Judith A Oliver, Nishidha Kumaresan, Barbara McDonald, Daniel L Castillo, Barbara Slaughter, David Bodker, Jose Avalos, Rick & Anna Trish McDaniel Fund, Mark L & Monica K Wells, Alice Sutton, John DeMauro, Terry Hoke, Daniel G Martinez, Joseph H Bludeau, Myra Williams, M.L. Newman, Michael & Laurel M Crump, Jim Baccus, & Mac McCausland.

**Bronze:** Chevron Employee Corporate, Anna Marzec, Keith Walker, Laurie Stiteler, Richard Pekkala, Juana Pagel, Diane Green, Jeanne Phelps, Adrian R Moreno, James W Menn, Frederick Illg, Dudley Weber, Nakia Merritte, Amanda Saunders, Lidia F Quincy, Microsoft Rewards, Richard & Vicki Bailey, Luiz Lopez, Judy Welch Smith, Jose G Pena, Paula Barton Steele, Mary Fern Sword, Sandra Vasek, Marlon M Punch, Stanley L or Deborah T Hill, George W & Etsuko Schulenberg JTWROS, Brian & Druann Bosien, Diana Duran, Christiane Alexander, Laura Cameron, Cynthia Luckie, Kostas Lambrakos, Derrick Perry, Michael Alonzo, Jennifer Harvill, Yvette Garza, Kimberly Henderson, Jysun Cardenas, Stacey Allen, Angel Kappa, Debra Williams, Richa Devlugt, UK Online Giving Foundation, Elizabeth Pena, Christine M Hofer, George M Hofer, D.J. Byler & K.L. Byler, Jerry Or Cindy Slye, Mihaela Tanasescu, Roberta McLaughlin, Jane Montevaldo, Stephen Chastain, Roy D Bristow, Veronica Espinosa, Nathan C Rayes, Linda F Quincy, Kelly M Koonce or Kimberley C Koonce, Darlene Y Vannoy, Abbott Lab, Jason Grice, Edward Grange, James Lipa, Charles Lagarde, Lisa Anderson, Pricewater House, Steven Thomas, Shaheen Ansari, & Gail Burger.

Paralyzed Veterans of America is dedicated to providing our Veterans and their families with the support they need. That's why we are thrilled to announce that we are now accepting applications for scholarships for the 2024-2025 school year!

We will be accepting applications until May 15, 2024, and will award scholarships worth \$2,500 for full time students and \$1,000 for part-time students.

To be eligible to apply, you must be:

- A PVA member, the spouse of a member, or an unmarried child (under 24 years of age) who is dependent (as defined by the IRS) on the member for principal support.
- A citizen of the United States.
- Accepted and enrolled as a full-time or part-time student in an accredited U.S. college or university.

Scholarship recipients will be notified between June 6 and June 16, 2024.

For more information and to access the application form, please visit our website at <https://pva.org/find-support/scholarship-program/>.

If you have any questions or need further assistance, feel free to reach out to [members@pva.org](mailto:members@pva.org).

PVA Membership Team

Direct Member Line: 888-838-7782 [Members@pva.org](mailto:Members@pva.org)



# Texas Regional Games 2024

I recently had the pleasure of attending the Texas T.R.G. event over the weekend, where I had the opportunity to connect with numerous members of our PVA. It was gratifying to witness the success of our members, as each of us managed to secure medals in our respective competitions.

My primary focus during the event was participating in air gun and archery alongside my wife, as well as engaging in hand cycling. It was an enriching experience, allowing me to interact with many of our PVA members who were also actively participating in various competitions.

This year marks my inaugural venture into the realm of archery, and I am grateful for the valuable insights and guidance provided by one of the esteemed Paralympic coaches. It was undoubtedly amusing to observe my initial attempts at hitting a seventy-meter target with an underpowered bow, as my arrows seemed to mimic the trajectory of artillery fire. Nevertheless, I thoroughly enjoyed the experience and found it to be both challenging and rewarding.

According to the coach's assessment, my technique was largely sound, with the exception of using inappropriate arrows and the need for a more robust bow limb. Despite these minor setbacks, I had an exceptionally enjoyable time and eagerly anticipate participating in next year's event.

Toai Nolan



Adessa Nolan

Josue Lopez



The air rifle podium. Lea Groggett 1st, Steve Holbert 2nd and Toai Nolan 3rd.



Steve Holbert





Toai Nolan



Tom Caddell, Josue Lopez, & Adessa Nolan



Jim Castaneda



This past weekend I went to a different Fiesta. I attended Texas Regional Games, April 26-28, 2024. I participated in cycling with my hand-cycle and obtained a participant medal on Saturday. On Friday I got a gold medal in Rowing, on Sunday I got a silver medal in bocchia.  
Irma Pennington



Team Picture



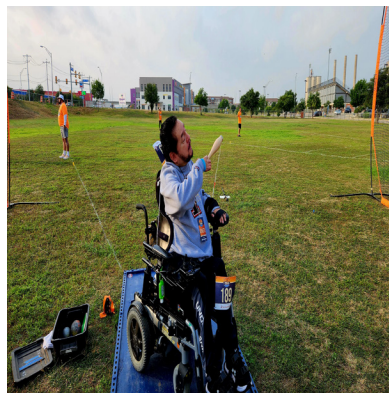
# Texas Regional Games 2024

Several PVA Texas Chapter members Medaled at the 2024 Texas Regional Games held in San Antonio on April 25-28. Over 320 adaptive wheelchair sports athletes participated in 10 sports in these games! The Texas Regional Games official crew worked with 250 volunteers in 4 days, incredible people!

Bruce Kuker earned a Gold Medal in Men's Recumbent Class Handcycling. In Bocchia, Dan Castillo and his Ramp Operator Angelina won Gold and Irma Pennington took the Silver Medal in the BC1-BC5 Division and Nook Gustamante took Gold in the Bocchia Open Division! Dan Castillo took a Gold in Club Throwing Field Event! Phil Schweizer earned Gold Medals in Shot Put, Javelin, Discus, Rowing, and Powerlifting. Gil Garcia, Nakia Merritte, Gil Garcia, Eric Anderson, Armando Gonzales, and Steve Wurth all played with the San Antonio Spurs Basketball Team, and they beat the Air Force and Marine Basketball Teams!

A great weekend of competition! A shout out of appreciation to the Texas Para Sports and multiple organizations for providing training throughout the year and coaches, staff, and volunteers! Thank you, Coaches Jose Laguna, and Joel Caltrider! I met incredible people all weekend and look forward to next year!

Submitted by Dan Castillo and Gil Garcia and Bruce Kuker



May 2024	Houston Parks & Recreation - Adaptive Program	Metropolitan Multi-Service Center (West Gray) 1475 West Gray, Houston, TX 77019
<b>Monday</b>	<input type="checkbox"/> 9am - 10am: Water Fitness Class <input type="checkbox"/> 12pm - 1pm: Line Dancing <input type="checkbox"/> 1pm - 2pm: Bocchia Ball	<input type="checkbox"/> 2pm - 4pm: Air Rifle Shooting <input type="checkbox"/> 6pm - 9pm: Wheelchair Basketball
<b>Tuesday</b>	<input type="checkbox"/> 8am - 12pm: Pickle Ball <input type="checkbox"/> 1pm - 2pm: Tabata Tuesday	<input type="checkbox"/> 6pm - 9pm: Kidz Night
<b>Wednesday</b>	<input type="checkbox"/> 9am - 10am: Water Fitness Class <input type="checkbox"/> 1pm - 2pm: Bingo	<input type="checkbox"/> 4pm - 5pm: Wheelchair Soccer <input type="checkbox"/> 6pm - 9pm: Wheelchair Basketball
<b>Thursday</b>	<input type="checkbox"/> 10am - 11am: Zumba <input type="checkbox"/> 1pm - 2pm: Dance Crew	<input type="checkbox"/> 6pm - 8pm: Wheelchair Rugby <input type="checkbox"/> 7pm - 9pm: Wheelchair Tennis
<b>Friday</b>	<input type="checkbox"/> 8am - 12pm: Pickleball <input type="checkbox"/> 9am - 10am: Water Fitness Class <input type="checkbox"/> 12pm - 2pm: Pool Volleyball	<input type="checkbox"/> 6pm - 8pm: Wheelchair Lacrosse <input type="checkbox"/> 7pm - 9pm: Wheelchair Tennis
<b>Saturday</b>	<input type="checkbox"/> 9am - 11am: Wheelchair Rugby <input type="checkbox"/> 11am - 2pm: Powerchair Soccer	<input type="checkbox"/> 2pm - 4pm: Deaf Basketball <input type="checkbox"/> 6pm - 8pm: Wheelchair Tennis
<b>Sunday (Facility Closed)</b>	<input type="checkbox"/> 9am - 11am: Wheelchair Tennis	

Chuck French | Administration Manager    [charles.french@houstonbc.gov](mailto:charles.french@houstonbc.gov)

Hannah Walker | Recreation Facility Manager    [hannah.walker@houstonbc.gov](mailto:hannah.walker@houstonbc.gov)

Nolan Griffin | Recreation Therapist    [nolan.griffin@houstonbc.gov](mailto:nolan.griffin@houstonbc.gov)

Front Desk: 632-895-7333    [www.houstonparks.org](http://www.houstonparks.org)

## San Antonio Sports Practice:

Air Guns- Fridays at 10am in the SCI Rec. Room

Bowling- Thursdays at 11am at the Lanes at Oak Hills

Bocchia- Wednesdays at 1pm in the SCI Rec. Room

Trap/Sporting Clays- Thursdays at 1pm (Membership Meeting Days) at San Antonio Gun Club





# **MAY 8, 2024**

# **ADAPTIVE**

# **BOWLING**

# **CLINIC**

## Bowling Tournament Schedule

8:30-9:30 AM REGISTRATION CHECK IN

9:30- 9:45 VOLUNTEERS AND LANE ASSIGNMENTS

9:45-10:00 POSTING OF COLORS AND PLEDGE

10:00-10:30 ORIENTATION CLINIC

10:30-10:45 WARM UP

11:00 TOURNAMENT STARTS

12:30- 2:00 LUNCH

2:00-2:30 AWARDS

The venue is located 3 miles from the VA's SCI center and 7 miles from the San Antonio International airport. The Drury Inn San Antonio Northwest Medical Center, Courtyard by Marriott Medical Center, and Spring Hill Suites Marriott San Antonio Medical Center are all within a 5 miles radius. They all have ADA rooms available.



**Register online at**  
**[pva.org/adaptive-](http://pva.org/adaptive-sports/sports-calendar/)**  
**[sports/sports-calendar/](http://pva.org/adaptive-sports/sports-calendar/)**

**&**

**Onsite registration is**  
**available.**

**Please arrive by 10am.**

**POC: Amanda Saunders:**

**[amandas@texaspva.org](mailto:amandas@texaspva.org)**

**Bruce Kuker:**

**[brucek@texaspva.org](mailto:brucek@texaspva.org)**

**Awards:**

**Wheelchair & Ramp**  
**Divisions**

**If you are flying in for the event:**

**San Antonio Airport Address**

**9800 Airport Blvd.**

**San Antonio, TX 78216**

**The Lanes at Oak Hills**

**7330 Callaghan Rd.**

**San Antonio, TX 78229**

**TEXAS**

**VETERANS NETWORK**

POWERED BY COMBINED ARMS

January - December 2024

# MONTGOMERY COUNTY VETERAN MOBILE FOOD PANTRY

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Secondary Parking Lot  
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Conroe, TX 77304

**VETERANS & SERVICE MEMBERS**  
Join us and receive food for you and your family and get connected to loads of resources!!

To register visit: [www.combinedarms.us/mocofoodpantry](http://www.combinedarms.us/mocofoodpantry) or

SCAN TO REGISTER

IN NEED OF RESOURCES NOW OR HAVE QUESTIONS? CALL US!  
**1-844-489-8387**

Every 3rd Thursday of the Month 4p-6p

These institutions are equal opportunity providers

Veterans Crisis Line

DIAL 988 then **PRESS 1**

× MENU

- [How We Help](#) ▼
- [Signs of Crisis](#)
- [Resources and Support](#) ▼
- [About](#) ▼

Dial 988 then Press 1

Chat

Text



# FIND SUPPORT

Benefits Helpline: 1-866-734-0857

Veterans Crisis Hotline: 988 , Press 1

Women Veterans Hotline: 1-855-829-6636

Caregiver Support: 1-855-260-3274

Donor Hotline: 1-800-555-9140

PVA is a 501(c)(3) tax-exempt, non-profit organization

Federal Tax ID number 13-1946868

Chartered by United States Congress

# Help Starts Here



Call  2·1·1

Free • Confidential • 24/7

**If you or someone you know needs:**

- Food
- Clothing
- Health care
- Employment
- Child care
- Elder care
- Utility/rent assistance
- Counseling/mental health
- Adult literacy
- Drug treatment

• or many other services

**Call 2-1-1 or 210.227.4357**

**Serving the following counties:**

Atascosa | Bandera | Bexar | Comal  
Frio | Gillespie | Guadalupe | Karnes  
Kendall | Kerr | Medina | Wilson

2-1-1 Texas/United Way Help Line  
is a public/private partnership between the  
Texas Health and Human Services Commission  
and United Way of San Antonio and Bexar County.



## Are You Interested?

We are in need of SCI Veterans interested in becoming Peer Partners to our SCI Inpatient Veterans.

Please reach out for more information.

Houston Contact: Heidi Candler #281-513-3260

San Antonio Contact: Dr. Divya Singhal [Divya.Singhal@va.gov](mailto:Divya.Singhal@va.gov)

## PVA Election Volunteers

Thank you to Steve Holbert, Rosemary, and Juan Banda for helping PVA mail out nomination letters.





# This ain't Bocce! It's Boccia!

Boccia is a modified version of the game Bocce, which was founded in the Roman Empire during ancient times. Many cultures have since taken the game and evolved it into their own versions. Boccia was developed for wheelchair users and is a competitive Paralympic sport.

## Boccia history

Boccia was practiced for many years as a leisure activity before being introduced at the New York 1984 Paralympics as a competitive sport. It is one of only two Paralympic sports that do not have an Olympic counterpart (goalball being the other) and is governed by the Boccia International Sports Federation (BISFed)

Daniel Castillo, Competitive Paralympic Athlete

Sport: Boccia

What attracted you to the Paralympic sport of Boccia?

“The game of Boccia requires tactical skills, and it challenges an athlete’s technical play on court. I enjoy it because it is a tactical game like chess! I am a BC3 Boccia Ramp player due to my quadriplegia and play Boccia with a Ramp Operator (RO). The Boccia BC3 Division is about 2 individuals working as a team moving the ramp in advantageous positions to launch the ball tactical onto the court under a strict time clock!”

How did you get started in this unique Paralympic sport?

“In 2013, VA SCI Jose Laguna introduced the game of Boccia. By 2014, several PVA Texas Chapter member/athletes traveled to the Atlanta, Georgia to participate in the Blazed Sports Boccia Clinic to train and compete at a higher level. After that Georgia Boccia Clinic, my Ramp Operator and I began placing in the top 3 in local, regional, and national tournaments to include the National Veterans Wheelchair Games since 2018. Over the years I have had 4 different Ramp Operators.”

What training is entailed to be competitive in Boccia?

“I have 10 years of training and competing, covering 2013-2015 and 2018-2024. We currently train in a gym 2 days per week but also at home at least 2 days a week. The last few years, we have traveled to Colorado Springs, Colorado, and Lakeshore Birmingham, Alabama Olympic and Paralympic Training Centers for additional high performance level Boccia training.”

Can you share some of your accomplishments along the way?

“Beginning in 2019, we were invited to the Colorado Springs, Colorado Olympic and Paralympic Training Center for Boccia training. We have returned to Colorado for additional training in 2022, 2023, and 2024. Additionally, we made selection to the 2023 Boccia United States National Developmental Team and began training at Lakeshore Olympic and Paralympic Training Center in Birmingham, Alabama. It’s an honor to represent the United States!”

What have been some of the challenges experienced as you have progressed as an athlete?

“My Ramp Operator and I have struggled with obtaining the right Boccia Ramp, Boccia Balls, and headset to improve our game play on court. Every piece of equipment must be in perfect operating condition. It also takes time to develop precise communication between the player and Ramp Operator. It takes skill, training, and knowledge of the game to win! My Ramp Operators over the years: Lulu Galvan from 2013-2016, Tena Lopez from 2017-2018, DyAnn DeLeon from 2019-2021, and currently Angelina Randez from 2022-2024.”

So, with your years of experience and exposure to the competitive Boccia community, where do you find yourself?

“My Ramp Operators and I have won over 20 medals in many Boccia state, local, regional, and national tournaments. We have medaled in every United States National Boccia National tournament since 2019.

My Ramp Operator Angelina Randez and I are on the 2024 Boccia United States National Team as BC3 Ramp Division athletes.

Team picture below!”

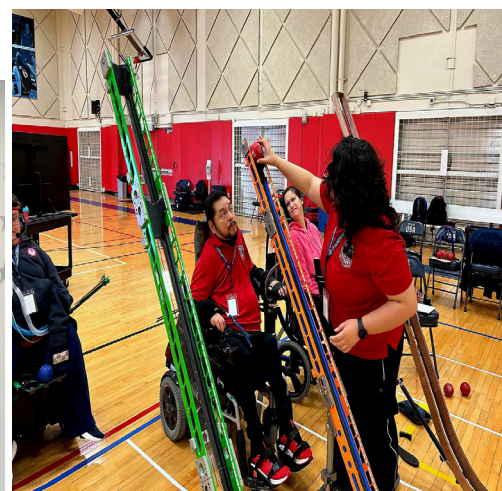
What’s in the future for you as a Paralympic Athlete in the sport of Boccia?

“My goal is to compete at local, state, national Boccia events. We plan to compete in several International World Boccia Challengers over the next few years leading to the 2028 Paralympics in Los Angeles, California.” Daniel, or Dano as his friends call him is a multi-generational American hero. His family has served our great nation since World War 1. Dano is a US Army Captain, retired. Originally from Denver City, Texas, currently living in San Antonio, Texas since 1996. Dano was injured on Active Duty in 1987 while serving in Central America as an Operational Detachment Alpha Team Leader serving with 7th Special Forces Group (Airborne). He enjoys reading and collecting anything pertaining to military history. Of special interest is his extensive military memorabilia collection. Dano is a current member of the Boccia United States National Team. He also participates in 5 adaptive wheelchair sporting events in 3 distinct national competitions every year!

Juan A Reyes

Board Member Paralyzed Veterans of America, Texas Chapter

\*Juan is a veteran living with ALS who is engaged in ALS advocacy nationally. He currently hosts and writes about life with ALS on the blog: <https://www.alsthewritestuff.com/>



**Lakeshore Foundation**  
19h · 🌐

We are excited to announce the athletes who have been selected for the 2024 Boccia United States National Team and the 2024 Boccia United States Development Team.

**National Team:** Nick Taylor (BC4), Cassie Mitchell (BC4), Daniel Castillo (BC3), Angelina Randez (ramp operator), Kalvin Blauert (BC3), Tony Blauert (ramp operator)

**Development Team:** Wyatt Struxness (BC1), Michele Lynch (BC2), Henry Sawyer (BC4), Fawad Zakai (BC3), Mohammad Zakai (ramp operator), Natalie Chastain (... See more

BOCCIA UNITED STATES 2024 NATIONAL TEAM ROSTER		BOCCIA UNITED STATES 2024 DEVELOPMENT TEAM ROSTER		
NICK TAYLOR BC4	CASSIE MITCHELL BC4	MICHELE LYNCH BC2	HENRY SAWYER BC4	WYATT STRUXNESS BC1
DANIEL CASTILLO BC3	KALVIN BLAUERT BC3	FAWAD ZAKAI BC3	NATALIE CHASTAIN BC3	
ANGELINA RANDEZ RAMP OPERATOR	TONY BLAUERT RAMP OPERATOR	MOHAMMAD ZAKAI RAMP OPERATOR	REBECCA PRINCE RAMP OPERATOR	





## Hand Controls for Vehicles

John Allen, Senior Benefits Advocate

For veterans who have experienced disabilities that affect their ability to operate a standard vehicle, regaining independence and mobility can be a daunting challenge. However, the Department of Veterans Affairs (VA) offers a ray of hope through its comprehensive program for hand controls for vehicles. These adaptive driving aids provide veterans with the means to navigate the road with confidence and autonomy. In this article, we will explore the significance of hand controls for veterans, the types of controls available, and the VA's role in ensuring that those who have served our nation can continue to lead active, independent lives.

The Significance of Hand Controls cannot be overstated. For many veterans, the ability to drive is not just a convenience but a lifeline. It represents freedom, the chance to rejoin the workforce, and the means to partake in social and recreational activities. However, for those who have lost the use of their legs or experienced significant mobility impairments due to injuries sustained during their service, standard vehicle operation becomes an insurmountable challenge. This is where hand controls come into play.

Hand controls for vehicles are adaptive devices that allow individuals with disabilities to operate a car or van safely and effectively. These controls can be essential for veterans seeking to live independently and maintain their quality of life. By using hand controls, veterans can regain their mobility, access job opportunities, attend medical appointments, and participate in family and community events.

There are also several types of Hand Controls. Hand controls come in various designs, each tailored to suit specific mobility and dexterity needs. The Department of Veterans Affairs provides eligible veterans with access to a range of hand control options, ensuring that individuals can select the one that best fits their requirements. Here are some common types of hand controls:

- **Push-Pull Hand Controls:** These controls consist of a lever that is pushed or pulled to operate the accelerator and brake. They are user-friendly and adaptable for various types of vehicles.
- **Electronic Accelerator and Brake Controls:** These controls employ electronic technology to allow drivers to accelerate and brake using hand-operated controls. They are particularly useful for veterans with limited upper body strength.
- **Spinner Knobs:** Spinner knobs are steering wheel attachments that make it easier for individuals with limited hand mobility to steer the vehicle.
- **Left Foot Accelerators:** These controls are designed for veterans who have mobility limitations in their right foot. They allow for left-foot acceleration, making driving more accessible.
- **Reduced Effort Steering:** For veterans with upper body limitations, reduced effort steering systems can make turning the steering wheel less physically demanding.

The VA plays a crucial role in ensuring that eligible veterans have access to the hand controls they need to regain their independence and mobility. Here are some key aspects of the VA's involvement:

- **Eligibility Assessment:** Veterans seeking hand controls first undergo an eligibility assessment by VA healthcare professionals. This assessment helps determine the specific type of hand controls needed to address their mobility limitations.
- **Vehicle Modifications:** The VA can assist in modifying veterans' personal vehicles or help them acquire adapted vehicles equipped with hand controls. The VA covers the cost of these modifications for eligible veterans.

- **Training and Education:** The VA offers comprehensive training and education on the proper use of hand controls. This training is essential to ensure veterans' safety and confidence when operating adapted vehicles.
- **Ongoing Support:** The VA provides ongoing support to veterans who use hand controls, including maintenance and repairs to ensure the continued functionality of the adaptive devices.

Hand controls for vehicles provided by VA are more than just adaptive devices; they are instruments of empowerment, enabling veterans to reclaim their independence and mobility. These controls offer a lifeline to those who have served our nation, allowing them to rejoin the workforce, engage in social activities, and live life on their terms. Through its commitment to ensuring access to these essential adaptive tools, the VA continues to make a profound difference in the lives of veterans who have sacrificed so much for our country. It is a testament to the nation's promise of care and support for those who have served.

For additional information, always contact your local Paralyzed Veterans of America Service Office either at your local VA Regional Office or the Veterans Administration Medical Center that serves your area.

I just want to thank TPVA. We came in Second at Nationals last week.

On behalf of San Antonio Parasport Spurs. We would like to thank TPVA for sponsoring us. Thank you.  
- Nakia Merritte





# 2024 Fiesta and Texas Regional Games

Viva Fiesta 2024 kicked off with a Fundraiser Shoot at the SAGC presented by the Military Order of the Purple Heart - Alamo Chapter (a Special thanks to the Staurolite Foundation & Scott C). Followed by a wonderful family day at the Battle of the Flowers Parade in downtown San Antonio. This year's Texas Regional Games followed suit and provided a chance for PVAT athletes to show case their many skills this weekend too. I was lucky enough to make it back to Morgan's Wonderland on SAT afternoon to Race in front of my Family and Friends, taking 1st Place in the Men's Recumbent Division. Go Army Go The weekend finished with even more SG Shooting during the USAS Jr State Qualifier Trap in Kerrville Tx. This weekend really proved that our Texas Chapter is more than just Athletes, but we are a Family of winners.



Texaspva.org, VA.gov, Texas Para Sport, PVA Racing, NVWG 2024, Morgan's Wonderland, Hartford Insurance, Pedal Guerrero, SAGC, US Shooting, USA Para Sports, USA Cycling

Military Order of Purple Heart - Alamo Chapter, Staurolite Foundation Operation Comfort, Move United, CAF



## PVAT Shoot/Gun Sports





PVA Texas Chapter Trapp/Bunker/Sporting Clay Program continues to grow and improve in 2024.

SAGC is home if our weekly 5 Stand and Int Trap practices that are offered multiple times a month to our members. Serving approx 10-12 members every weekly our program continues to progress and produce Novice & Elite shooters.

Also, (NSCA & PVAT) Members routinely get together at various ranges to secure their required yearly registered targets. Shooters know of its importance and that it is mandatory to attend practice and to secure the minimum amount of NSCA Registered Targets is mandatory to compete in State or National Sporting Clays Championships. For more information or to get involved in the Nat - PVA Shooting Sports Program, contact John Arbino at [JohnAR@pva.org](mailto:JohnAR@pva.org).

- PVA Texas Trap & Sport Clays, Contact Bruce at [brucek@texaspva.org](mailto:brucek@texaspva.org). - Looking for a place to shoot - Go to "Wheretoshoot.org" to find a Range near you. It's the perfect season to come out and Shoot.

NSCA, SAGC, VA.gov, Texaspva.org, PVA.org, US Para Sports, USA Trap, Coles Guns, Academy Sports, Moyesway, Joshua Creek Ranch.







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
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