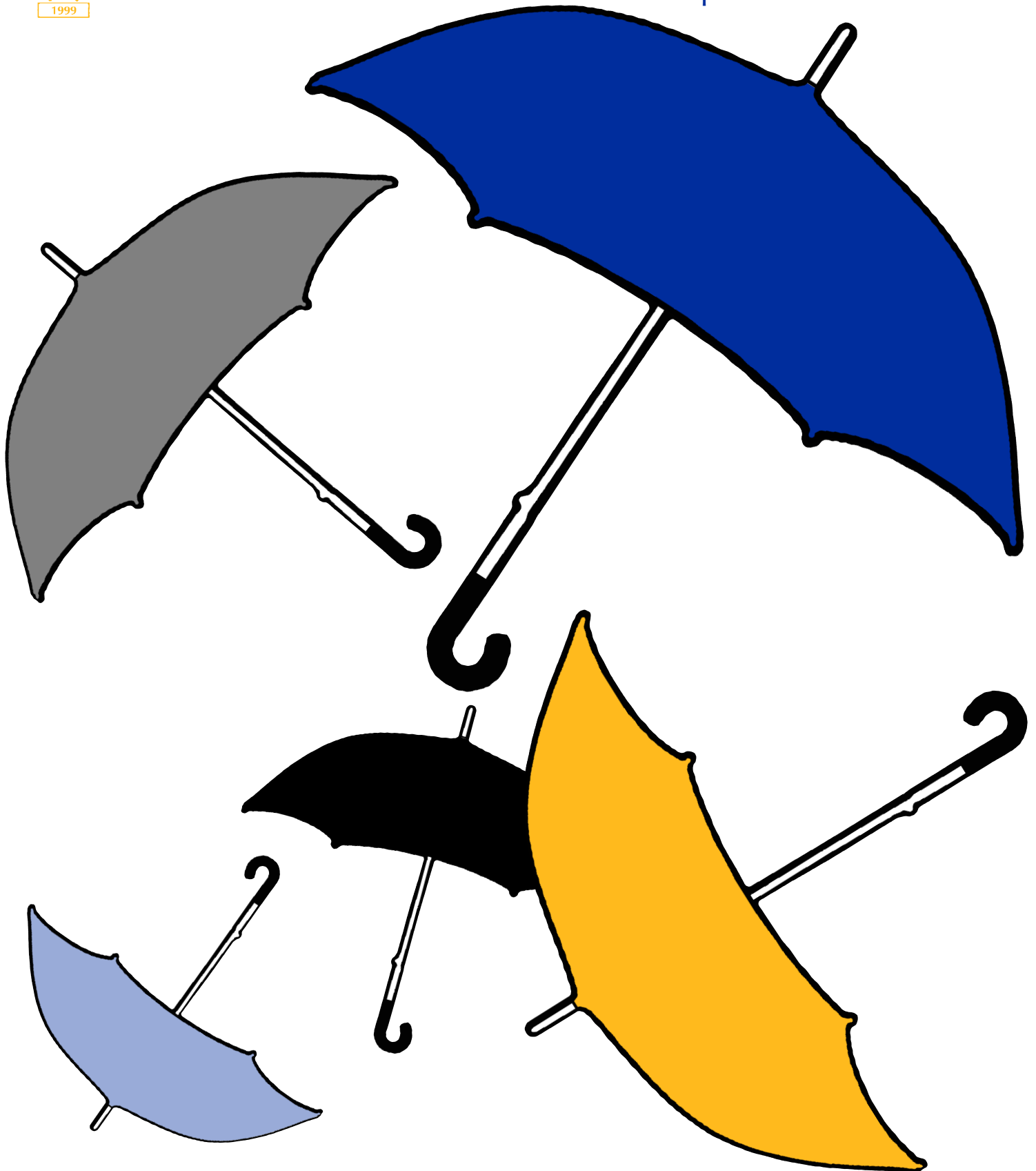




# ZIA ROADRUNNER

ZIA CHAPTER, PARALYZED VETERANS OF AMERICA

April 2011 • Vol. 45 - No. 4



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# Zia ROADRUNNER



**Cover:** Warmer weather is at last on the way (at least for most of the country!)

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Zia Chapter  
Paralyzed Veterans of America  
A Member Chapter of the  
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Zia *RoadRunner* is published eight times a year by:  
 Zia Chapter, Paralyzed Veterans of America  
 833 Gibson Blvd., SE, Albuquerque, NM 87102  
 (505) 247-381/www.ziapva.org/ziapva@aol.com  
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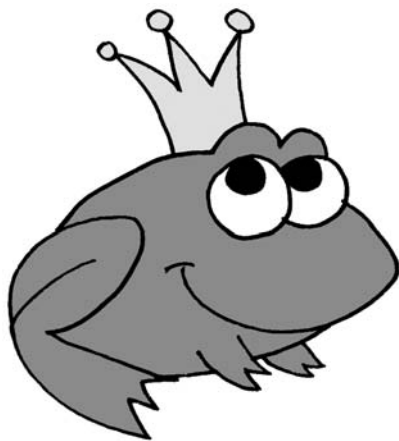
Material contained herein expresses the opinions of the writer, not necessarily the opinions of the editorial staff, Zia Chapter, or the Paralyzed Veterans of America.

# April 2011...

## Monthly

**Alcohol Awareness Month.** Sponsored by the National Council on Alcoholism and Drug Dependence to highlight the impact of alcohol in the U.S. and encourage local communities to focus on alcoholism and alcohol-related issues.

**Jazz Appreciation Month.** A global celebration of jazz as America's original music, launched by the National Museum of American History. Listen to some Ellington, Parker, Mingus, Brubeck...



**National Frog Month.** In honor of the little amphibians, take a moment to learn a little more about them. Make a frog pond in your back yard, teach your children about the life cycle of the frog, or play some leapfrog.

**National Occupational Therapy Month.** To promote the awareness of the benefits of occupational therapy and to honor those who work in the occupational therapy field.

**Stress Awareness Month.** A month to raise awareness of how stress can affect your

health, and learn how to manage stress levels better.



## Weekly

**National Public Health Week,** April 4-10. Reminding people everywhere that safety is no accident.

**National Library Week,** April 10-16. First sponsored by the American Library Association in 1958, National Library Week celebrates the contributions of our nation's libraries and librarians and promotes library use and support.

**National Park Week,** April 17-25. An effort to raise the awareness of the need for public parks and the pleasure they provide all Americans and their families. To make experiencing the great outdoors easier, the National Park Service is waiving entrance fees this week so visitors can enjoy all 392 national parks for free.



**Sky Awareness Week,** April 24-30. A celebration of the sky and an opportunity to appreciate the natural beauty of the heavens above.

## Daily

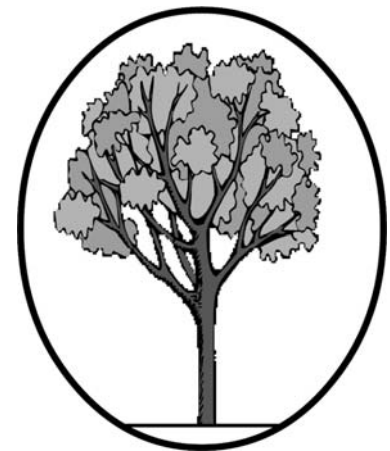
**April Fools' Day,** April 1. Your shoelace is untied!



**Earth Day,** April 22.

Anniversary of the first Earth Day observed in 1970, focusing attention on preserving our environment and promoting the use of renewable energy.

**Easter,** April 24. Christians celebrate the resurrection of Jesus.



**Arbor Day,** April 29.

Celebrated the last Friday in April to appreciate the beauty and majesty of trees wherever they may grow.

# From the President

Chris Ewer

Spring is in full bloom, weather is warming up, and, yes, this is one of my favorite times of the year. Gone are the freezing days and nights of winter and soon some April showers to help the greenery return. A re-birth of Mother Earth and a promise of Eternal Life at Easter. New Mexico is always an amazing place to be in the spring because of the visual changes, which take place as the days warm up and Nature awakens from its frozen slumber with all of the beautiful flowers and trees putting on their colors.

E.D. Amie Kelm and National Director Kevin Dailey attended the Mid-Winter BOD meetings in Washington, DC and they will write more in their articles. Mike D'Arco attended the Advocacy/Legislative seminars and met with some of the New Mexico government representatives' staffers on the Hill. He will also be writing more about this in an article.

April is the 65th birthday month of the National PVA.

Yes, PVA was founded 65 years ago by a small group of spinal cord injured WWII veterans whom went before Congress to lobby for better health care, monetary, educational benefits. Congress saw the need was genuine and granted this group of veterans a non-profit Charter and that small group has grown to more than 22,000 strong and the benefits have increased as PVA grew larger and with a stronger voice in advocacy.

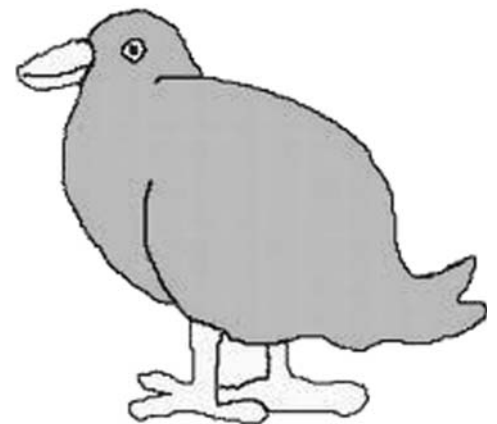
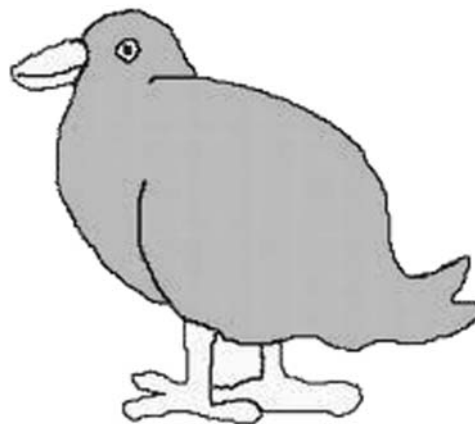
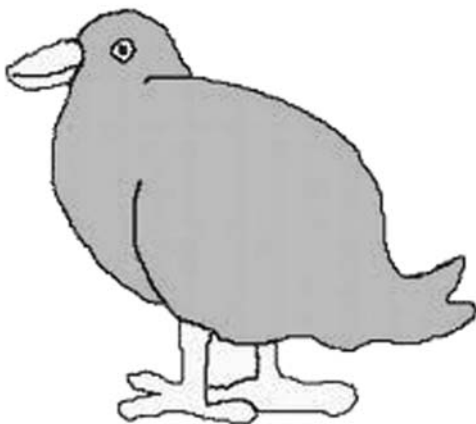
In celebration of the 65 years, PVA has changed the Public Awareness Week (PAW) to Public Awareness Month (PAM) to bring awareness of not only PVA, but to educate the general public about what the PVA mission statement is. This is being done via TV, Radio, and Public tours. Local chapters are getting into the act in their respective areas through PSA's on local TV, radio, newspapers and chapter sponsored events through out the month.

The 4th Annual Zia PVA Charity Bass Team Tournament is being held at Ute Lake State

Park. This is one of the events in which Zia PVA helps to raise funds and to raise awareness of Spinal Cord Injuries/ Dysfunction to help Zia PVA members. There will be more in the Sports and Recreation Report on the Bass Tournament.

It is my hope that when Zia PVA members go out shopping, eating, mingling with the general public that they, through their presence and actions, bring a positive awareness and education when people see us in our everyday lives. Just because we use wheelchairs, walkers, or canes and crutches, doesn't mean that we can't live life to its fullest and enjoy a happy, healthy life on a daily basis.

So, please get out and get in the public's eye during the month of April and make them aware of Zia PVA.



# Hospital Liaison

Chris Ewer

Things are pretty much the same as in the last article I wrote last month.

The exceptions are that with the warmer weather, the outside BBQ's on the third Thursday of the month will resume. They are sponsored by Zia Chapter PVA and manned by Mike D'Arco and his all-volunteer crew. These folks do a heck of a job getting food, preparing it, serving the inpatients, other members, SCI staff, members' families and the usual strays whom wander in. The 21st of April is first outside BBQ barring inclement weather. See the calendar in the *Zia RoadRunner* for the dates or call the office at 505 247-4381.

We all know that once you get a consult from your Primary Care Physician that it can take weeks to months until you actually get scheduled into the clinic to be seen. This is the same for all veterans in all of the Veteran Administrations Medical Centers all over the nation. Some clinics are harder to get an appointment than others, so, when you do get one – **SHOW UP FOR YOUR APPOINTMENT!** If you can't, call the clinic and let them know so they can re-schedule you and give you old appointment to someone else. Those of us who live close to the AVAMC are fortunate that we can ask to be placed on standby or cancellation list and get in a little bit sooner sometimes. But the key

thing is to keep you appointment or re-schedule if you are unable to keep it.

If you are having problems getting your Durable Medical Equipment (DME), call the office and have them leave me a note, or call or go in and talk to SBA Jean Dougherty at her SCI office (when she is there), or when Terry Conger or his helper calls on the "One to One" call, let them know so that they can document the problem. Speaking of Terry and the "One to One" telephone call service that is preformed, don't get angry with them. Don't you or your care taker/spouse curse or be rude to them, because they are just trying to contact you on behalf of the Zia Chapter to make sure you are all right, getting you newsletters, or bring you up to date on what is going on with the Zia Chapter PVA. These folks are volunteers who are taking their time to be nice enough to call you, so please respond to their questions in a friendly way.

If you have not had an annual evaluation in several years, please call the SCI Outpatient desk and have Sheila schedule you for one. The same goes if you haven't had an appointment in more than 6 months with you Primary Care Physician. Don't wait for a skin ulcer or UTI to get so bad that you have to spend weeks to months in the hospital to heal it up, when a little preventative

medicine could have shortened the healing time or prevented it in the first place.

The new SCI Chief should be on the SCI Unit by July 5th (keep you fingers crossed). Take care, exercise, eat properly, and drink plenty of fluids (water, etc.)



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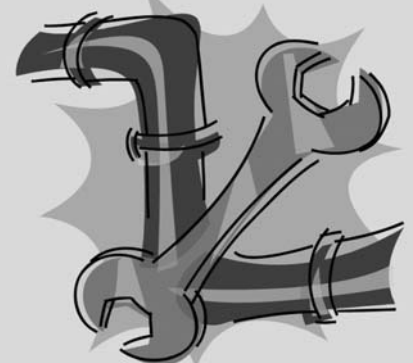
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# VARO and Hospital News

Jean Dougherty, SBA

## State Commanders and National Service Officers Quarterly meeting

On Wednesday, March 2, 2011 I attend a meeting with George Marnell, Director New Mexico VA Health Care System, Grant Singleton, Director VA Regional Office and Timothy Hale, Cabinet Secretary Designate NM Department of Veterans' Services.

This meeting was attended by State Commanders, Chapter Presidents and National Service Officers from the different organizations. It has been decided that the Veteran's Advisory Council meetings that are attended by National Service Officers with Mr. Marnell and Mr. Singleton chairing will be combined with this group as much of the same information is presented.

Mr. Marnell gave us an update on information concerning the changes of CBOC's around the State. The NW Metro CBOC which is located across from Intel will be opening in June 2011. This eventually will handle about 5000 veterans that live in the NW area. Las Vegas and Espanola CBOC will be under a contractor on April 1. Alamogordo will be under the new contractor in May, and then Taos will be opened by September. All these CBOC's will be for veterans only. There is still consideration of building a new CBOC in Roswell where the staff will be divided between Roswell and Artesia.

Home tele-health and Home Base Primary Care (HBPC) are expanding its services.

Mr. Singleton stated that there is a hiring freeze and the VARO is down 10% in staffing requirements. This VARO has an 82% accuracy rate and needs to get to 90% this year and then 98% in the following years. VA Secretary Shinseki wants to eliminate the claims backlog by 2014. This is going to be difficult when there is a hiring freeze and it takes about 2-3 years for a person to get trained to be efficient in rating and you start out with large percentage of cases over the required time. Currently 48% of the cases at the VARO are at more than 125 days old. There is still a large backlog of cases in the Appeal section. Last year they added another person to help out and this year they are going to be adding two more people. These two staff members will be transferring from ratings so that will slow ratings down.

Cabinet Secretary Designate Hale stated that all service organizations must work together and come up with a strategy on what issues they want to work on. Even though Federal and State agencies both have different agendas we must work to see how to get around obstacles to get the most out of everything. Some issues were brought up and discussed. At the next quarterly meeting we will be working on a specific agenda and issues that need to be addressed.

## Update on SCI Chief

Dr. Asanza has accepted the offer presented to him. He is

hoping to be at the Albuquerque SCI Center the first part of July. Dr. Abeyta has been doing a great job as acting SCI Chief but it is getting time for a permanent one to be in place.

## Changes in Insurance Billing for Prescriptions

The VA is implementing a new billing process to be more in line with industry standards that enables VA to better serve the veterans.

If you have an outpatient prescription filled on or after March 18, 2011 for a nonservice-connected condition, you will see a change in the Explanation of Benefits (EOB) from your insurance company. Currently, VA bills your insurance company a flat fee of \$151 regardless of the drug or amount dispensed. Under the new process, VA will bill the Actual cost of each drug for the quantity dispensed plus an administrative fee.

The change will not impact how VA processes and offsets your co-pay. When VA receives payment from your insurance company, VA offsets your co-pay dollar-for-dollar. As long as a payment equaling your co-pay is received, you will not be charged a co-pay. If your insurance company pays VA an amount less than your co-pay, then you will receive a bill for your co-payment. If you need more information please call 1-877-222-VETS (8387)

If you have any questions, issues or concerns please contact me at the Albuquerque SCI Center at (505) 265-1711 ext 15046.

# Sports & Recreation

Chris Ewer

While it is warming up at the lower altitudes, it is still cool in the mountains. If you want to see a wonderful sight of spring, take a trip up to Sugarite Canyon State Park in Northern New Mexico. This park sits astride the NM/CO border just north east of Raton, NM. From late March through early May, the mountain irises bloom en mass. Most alpine settings at the 7000 feet level and higher have similar examples of the beauty of Mother Nature in her spring finery.

The trout fishing in just about everywhere is doing great right now. Most of the ice has gone from the mountain lakes and the fish are hungrier than ever. Check out the Thursday edition of the fishing reports in the Albuquerque Journal.

The Winter Sports Clinic was a success and a number of Zia members participated in the various events that are held. You just have to attend to enjoy the multitude of thing to do at Snowmass, CO. keep your eyes out for articles in the Roadrunner by those whom attended the events.

The dead line for the late NMDGF big game drawings ended the third week in March, so if you didn't get in on this year's drawing, put in for next year's. I managed to get drawn for the Spring Turkey hunt in a WMA in Unit 9. I'll let you know whether I harvest a couple of beards or not. The spring



turkey season draw is April 25 through May 15 – I'll give it a go and maybe get lucky.

The 4th Annual Zia PVA Charity Bass Team Tournament will be held at Ute Lake State Park on April 8 – 10. Amie and Tournament Director, Dennis Martin, have put in a lot of work putting on this year's Tournament. At the writing of this article (March29) there are 14 teams that have signed up and within the next week and a half, at least 6 more teams have indicated that they will be there. Weather depending, there will probably be around 30 teams vying for the top prize of \$5000.00. If you know of anyone who likes to fish for bass, has a boat and a couple of fishermen, have them contact the Zia office or go to [ziapva.org](http://ziapva.org)

(our website) and find out how to register for the Tournament. There is no maximum number of boats/teams that can enter. There will be cash paid out at least three places and lots of prizes that go further down into more places. There are "Big Fish" prizes for Saturday and Sunday. So, if you are a bass fisherman, you should be planning on going to this Tournament!

I have attended the PVA Trapshooting events at Arizona and Nevada so far and will be attending the Cal-Diego PVA trapshoot in Redlands, CA on April 9/10. So far I have eked out a 2nd place extra long yardage at the Arizona PVA shoot and a 2nd place pistol win and 1st place extra long yardage win at the Nevada PVA shoot.

There are still 7 or eight shoots left in the 2011/12 National PVA Trap Circuit, so if you are a trapshooter, get out there and try one.

If there is enough interest, I'll start up the Introduction to Trapshooting again. If you have never tried the sport, this is an opportunity to try a couple of rounds of trap for free. I provide the shotguns, shells, eye & ear protection, targets, a lesson on safe shotgun handling and trapshooting protocol. All you have to do is show up with a positive attitude, will to learn, and the ability to safely handle the firearms. The course is held at the Albuquerque Trap Club on the last Sunday of the month. If you are interested either, call the office, call me at 505 681-0936, or email me at cewer3@yahoo.com .

If you are into hand cycling, the newly resurfaced Bosque River trail is awaiting your arrival. Tramway bike/pedestrian trail has been resurfaced also. The City Council recently rescinded the ordinance prohibiting bicycling on the shoulder of Tramway and some other popular bicycling avenues. Just remember that hand cyclists are even harder to see than bicyclists, so put up that red pendant flag, wear a helmet, and keep a sharp eye out for traffic.

Stay hydrated, wear sunscreen, keep you powder dry and your lures wet!



## For Your Information...

### Get On the Right Sleep Schedule

Are you a night owl? Most of us can pull the occasional all-nighter, but for some people getting to sleep before 2 or 3 a.m. is a real struggle, and getting up at 7 or 8 in the morning is next to impossible. It's not laziness, or simple insomnia, but a condition doctors call Delayed Sleep Phase (DSP) Disorder.

DSP interferes with a person's internal clock, or circadian rhythm.

Approximately three in 2,000 adults, and 7-16 percent of

teenagers, have trouble falling asleep within two hours of what's considered a "normal" bedtime. The causes of DSP are unknown, and by itself it's not a threat to health as long as one gets sufficient sleep. But people with DSP may have trouble accommodating a standard work or school schedule because of sleep deprivation. Some sufferers may resort to alcohol or sedatives to help them fall asleep, which can lead to other problems.

What's to be done? Some of the most common treatments include:

- Light/darkness therapy. Avoid bright lights for up to

two hours before going to bed. When you wake up, turn on the lights, or get outside as quickly as possible to trigger more wakefulness in your body.

- Chronotherapy. Try resetting your body's schedule by gradually adjusting your bedtime. Go to bed 15-30 min-

utes earlier every night, and get up earlier by the same amount of time. (You may need to wait until you have

some vacation time to attempt this.) Another strategy: Stay up all night, then go to bed an hour or so earlier than normal on the next night, and maintain that bedtime for a week. Repeat once a week until you're on a regular schedule.

- Medications. Melatonin is a common, naturally occurring compound that can help people feel drowsy if taken an hour or so before bedtime. Prescription medications are also available; check with your doctor (and remember that you don't need a "sleeping pill," as you're not suffering from insomnia).



# Navy and Coast Guard Ships Associated with Service in Vietnam and Exposure to Herbicide Agents

*Richard Martinez, Sr. NSO*

Provided below is the Department of Veterans Affairs new list of US Navel and Coast Guard ships operating inland waterways, close coastal waters or docking on the shore.

This ships list is intended to provide VA regional offices with a resource for determining whether a particular US Navy or Coast Guard Veteran of the Vietnam era is eligible for the presumption of Agent Orange herbicide exposure based on operations of the Veteran's ship.

According to 38 CFR § 3.307(a)(6)(iii), the presumption of herbicide exposure requires that the Veteran's service involved "duty or visitation in the Republic of Vietnam." For those Veterans who served aboard ships operating primarily or temporarily on the inland waterways of Vietnam, their service involved "duty" in Vietnam. In such cases, the evidence must show that the ship was on the inland waterways and the Veteran was aboard at that time. For those Veterans who served aboard ships that docked and the Veteran went ashore, or served aboard ships that did not dock but the Veteran went ashore, their service involved "visitation" in Vietnam. In cases involving docking, the evidence must show that the Veteran was aboard at the time of docking and the Veteran must provide a statement of personally going ashore. In cases where shore docking did not occur, the evidence must

show that the ship operated in Vietnam's close coastal waters for extended periods, that members of the crew went ashore, or that smaller vessels from the ship went ashore regularly with supplies or personnel. In these cases, the Veteran must also provide a statement of personally going ashore.

This list includes three categories of ships:

1. Ships operating primarily or exclusively on Vietnam's inland waterways
2. Ships operating temporarily on Vietnam's inland waterways or docking to the shore
3. Ships operating on Vietnam's close coastal waters for extended periods with evidence that crew members went ashore or that smaller vessels from the ship went ashore regularly with supplies or personnel

This list is not complete. Therefore, the presumption of herbicide exposure should not be denied solely because the Veteran's ship is not on this list. Additionally, when regional office personnel obtain evidence showing that a ship fits into any of these categories, the evidence should be forwarded to the Compensation and Pension Service Agent Orange Mailbox [VAVBAWAS/CO/211/AGENTORANGE] so that the ship can be added to the listing.

Ships operating primarily or exclusively on Vietnam's inland waterways

All vessels referred to in military records as part of the "Mobile Riverine Force"

All vessels with the designation LCM [Landing Craft, Mechanized]

All vessels with the designation LCVP [Landing Craft, Vehicle, Personnel]

All vessels with the designation LST [Landing Ship, Tank]

All vessels with the designation PBR [Patrol Boat, River]

All vessels with the designation PCF [Patrol Craft, Fast or Swift Boat]

All U.S. Coast Guard Cutters with hull designation WPB [Patrol Boat], WHEC [High Endurance Cutter], WLB [Buoy Tender], and WAK [Cargo Vessel] during their Vietnam tours

All vessels of Inshore Fire Support [IFS] Division 93, including:

USS Carronade (IFS 1)

USS Clarion River (LSMR 409) [Landing Ship, Medium, Rocket]

USS Francis River (LSMR 525)

USS White River (LSMR 536)

All vessels with hull designation PG [Patrol Gunboat], including:

USS Asheville (PG-84)

USS Gallop (PG-85)

USS Antelope (PG-86)

USS Ready (PG-87)

USS Crockett (PG-88)

USS Marathon (PG-89)

USS Canon (PG-90)

USS Mark (AKL-12) [Light Cargo Ship]

USS Brule (AKL-28)

USS Cohoes (AN-78) [net laying ship]

USS Patapsco (AOG-1) [Gasoline Tanker]  
 USS Elkhorn (AOG-7)  
 USS Genesee (AOG-8)  
 USS Kishwaukee (AOG-9)  
 USS Tombigbee (AOG-11)  
 USS Noxubee (AOG-56)  
 USS Montrose (APA-212) [Attack Transport]  
 USS Okanogan (APA-220)  
 USS Bexar (APA-237)  
 USS Benewah (APB-35) [Self-Propelled Barracks Ship]  
 USS Colleton (APB-36)  
 USS Mercer (APB-39)  
 USS Nueces (APB-40)  
 Barracks Barge (APL-26) [Sleeping Quarters]  
 Barracks Barge (APL-30)  
 USS Tutuila (ARG-4) [Repair Ship]  
 USS Satyr (ARL-23) [Repair Ship]  
 USS Sphinx (ARL-24)  
 USS Askari (ARL-30)  
 USS Indra (ARL-37)  
 USS Krishna (ARL-38)  
 USS Belle Grove (LSD-2) [Landing Ship Dock]  
 USS Comstock (LSD-19)  
 USS Tortuga (LSD-26)  
 Floating Base Platform (YRBM-17) [Repair, Berthing, and Messing Barge]  
 Floating Base Platform (YRBM-18)  
 Floating Base Platform (YRBM-20)  
 USN Harbor Tug 84 (YTB-84)  
 USN Harbor Tug 85 (YTB-85)  
 USN Winnemucca (YTB-785)  
 Ships operating temporarily on Vietnam's inland waterways or docking to shore  
 USS Card (ACV-11) [Escort Aircraft Carrier] mined, sunk, and salvaged in Saigon River Harbor during May 1964  
 USS Kula Gulf (CVE-108) [Small Aircraft Carrier: used as helicopter and troop transport] docked at Cam Ranh Bay

November 13-16, 1965  
 USS Pictor (AF-54) [Stores Ship] delivered supplies to Dong Ha on Cua Viet River during September 1967 and docked to the pier at Da Nang during 1969  
 USS Niagara Falls (AFS-3) [Combat Stores Ship] unloaded supplies on Saigon River and Cam Ranh Bay, April 22-25, 1968  
 USS Maury (AGS-16) [Mapping Survey Ship] conducted surveys of Mekong River Delta and other coastal areas and rivers from November 1965 through 1969  
 USS Tanner (AGS-15) conducted surveys of Mekong River Delta and other coastal areas and rivers from October 1966 through 1968  
 USS Serrano (AGS-24) conducted mapping surveys of Mekong River Delta and other coastal and river areas from 1966 through 1969  
 USS Merrick (AKA-97) [Attack Cargo Ship] operated on Mekong River Delta and Saigon River during 1966 and docked at Da Nang during September 1968  
 USS Ponchatoula (AO-148) [Oiler] operated on Mekong River Delta during July 1971  
 USS Kansas City (AOR-3) [Replenishment Oiler] docked at Da Nang on August 6 and 19, 1971  
 USS Henrico (APA-45) [Amphibious Attack Transport] operated on Hue River during March 1965 and conducted numerous troop landing through March 1967  
 USS Montrose (APA-212) operated on Song Hue River during December 1965, operated on Long Tau River during March 1967, and operated on Cua Viet River and at Dong Ha during May 1967

USS Talladega (APA-208) operated on Saigon River during October 1967  
 USS Grasp (ARS-24) [Salvage Ship] conducted salvaging operations on Song Cua Dia River and other inland waters from February through April 1969  
 USS Bolster (ARS-38) crew operated on land to extract USS Clark County (LST-601) from beach after grounding at Duc Pho from November 18 to December 1, 1967  
 USS Reclaimer (ARS-42) operated in Saigon Harbor to salvage USS Card (ACV-11) from sinking in Saigon River during May 1964 and in Rung Sat Special Zone of Mekong River Delta salvaging ships during early 1966  
 USS Tillamook (ATA-192) [Auxiliary Ocean Tug] operated on Long Tau branch of Saigon River during January 1966  
 USS Mahopac (ATA-196) operated on Mekong River from October 30-November 3, 1966  
 USS Tawakoni (ATF-114) [Fleet Ocean Tug] operated in Saigon Harbor to salvage USS Card (ACV-11) from sinking in Saigon River during May 1964  
 USS Canberra (CAG-2) [Guided Missile Cruiser] operated on Saigon River from March 31 through April 1, 1966, on Cua Viet River during December 15, 1966, and on Mekong Delta Ham Luong River during January 15, 1967  
 USS Providence (CLG-6) [Light Guided Missile Cruiser] operated on Saigon River 3 days during January 1964 and on Cua Viet River during August 1972  
 USS Conway (DD-507) [Destroyer] operated on Saigon River during early August 1966  
 USS Sproston (DD-577) oper-

*Continued on page 13*

## House and Senate VA Committees Consider FY2012 Budget

Following the release of the President's Budget Request for the Department of Veterans Affairs (VA) on February 14, the House and Senate Committees on Veterans' Affairs conducted their annual budget hearings to consider the Administration's budget recommendations. The House Committee focused its attention on the VA's identification of the \$953 million contingency fund and approximately \$1.1 billion in "management improvements" to support its overall budget recommendation. Meanwhile, both Senate VA Committee Chairman Patty Murray (D-WA) and Ranking Member Richard Burr (R-NC) expressed serious disappointment with the VA's failure to timely and appropriately implement the caregiver provisions of P.L. 111-163, the "Caregivers and Veterans Omnibus Health Services Act."

Paralyzed Veterans of America (PVA) and the other co-authors of The Independent Budget—AMVETS, Disabled American Veterans, Paralyzed Veterans of America, and Veterans of Foreign Wars—offered meas-

ured support for the President's proposed budget which provides an overall increase, even though it does not meet the recommendations of the IB. However, we expressed real concerns with some of the proposed decreases in spending, particularly for Medical and Prosthetic Research, the Veterans Benefits Administration, and Major Construction. Additionally, the IB co-authors fully supported the frustrations raised by Senators Murray and Burr regarding the VA's implementation plan for the new caregiver program.

The President's budget for FY2012 provides approximately \$61.9 billion in discretionary funding for the VA. The Administration's budget includes approximately \$53.9 billion for medical care programs for FY2012, an increase of \$2.3 billion over the FY2011 appropriated level. The Independent Budget recommended approximately \$55.0 billion for medical care programs. More importantly, the Budget Request also includes advance appropriations recommendations for FY2013. The President's budget includes \$55.8 billion for medical care programs for FY2013.

## Supreme Court Upholds Right To Protest At Military Funerals

The Supreme Court recently reviewed and ruled that the First Amendment protects protesters at funerals of deceased military servicemembers. The court voted 8-1 in favor of the Westboro Baptist Church of Topeka, Kansas. The decision upheld an appeals court ruling that threw out a \$5 million judgment for the father of a Marine who was killed in action in Iraq. The father sued church members after they protested at his son's funeral. The Westboro pastor, Fred Phelps, Sr., challenged that the deaths of American soldiers are punishment for the nation's tolerance of homosexuality.

The case sought to balance a group's free speech rights with the rights of private individuals to be protected from unwanted demonstrations and offensive remarks. A federal appeals court said the church's protests were "utterly distasteful" but protected because they were related to "matters of public concern."

After emotional testimony from Albert Snyder, father of the Marine who was killed, that he had "one chance to bury my son, and they took the dignity

away from it,” a Baltimore jury awarded Snyder more than \$10 million in damages. A district judge cut the amount in half, and then the U.S. Court of Appeals for the 4th Circuit in Richmond, Virginia, threw out the verdict and award. The three-judge panel said the signs could not be reasonably understood to be referring directly to Snyder and his son. The court stated it was protected as speech concerning issues in the national debate.

“Notwithstanding the distasteful and repugnant nature of the words being challenged in these proceedings, we are constrained to conclude that the defendants’ signs... are constitutionally protected,” the Supreme Court stated. Snyder’s petition to the Supreme Court said the appeals court decision “afforded more First Amendment protection to speech that is outrageous.” It urged the justices to review and determine what option individuals have against the actions of other individuals who would disrupt a funeral.




## Zia PVA Chapter Elections


It’s that time again. The floor is open for nominations for the upcoming elections. Please submit your nominee by May 17, 2011. Nominee’s must be Zia members in good standing. Please contact your nominee prior to submitting his/her name for their consent.

We need YOUR involvement to make this chapter the best it can be. Please take a little time and get involved.





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# Paralyzed Veterans Sports & Recreation Schedule

For more information contact PVA Sports at 800-424-8200 or [www.pva.org/sports](http://www.pva.org/sports)



## 5th Annual PVA/AWBA Bowling Tournament Series Schedule

### Nevada PVA Tournament

December 2-5, 2010  
Las Vegas, NV

### Virginia Mid-Atlantic PVA Tournament

April 1-3, 2011  
Virginia Beach, VA

### Florida Gulf Coast PVA Tournament

April 29-May 1, 2011  
Largo, FL

### New England PVA Tournament (50th AWBA/NWBT)

June 20-25, 2011  
Brockton, MA

### Southeastern PVA Tournament

July 29-31, 2011  
Dallas, GA

### Mountain States PVA Tournament

August 11-14, 2011  
Colorado Springs, CO

### Cal-Diego PVA Tournament

September 30-October 2, 2011  
Norco, CA

## 15th PVA Trapshoot Circuit Tournament Schedule

### Virginia Mid-Atlantic PVA Tournament

November 4-6, 2010  
Manassas, VA

### Arizona PVA Tournament

February 17-19, 2011  
Phoenix, AZ

### Nevada PVA Tournament

March 4-6, 2011  
Las Vegas, NV

### Florida Gulf Coast PVA Tournament

March 10-12, 2011  
Odessa, FL

### Cal-Diego PVA Tournament

April 8-10, 2011  
Redlands, CA  
Pistol Shoot  
April 8, 2011  
Lytle Creek, CA

### Southeastern PVA Tournament

April 29-May 1, 2011  
Augusta, GA



### Mid-America PVA Tournament

May 27-29, 2011  
Sedgwick, KS

### Colonial PVA Tournament

June 3-5, 2011  
Baltimore, MD

### Vaughan PVA Tournament

June 17-19, 2011  
Whittington, IL

### Wisconsin PVA Tournament

July 22-24, 2011  
Green Bay, WI  
Pistol Shoot  
July 25, 2011  
Green Bay, WI

### Northwest PVA Tournament

August 12-14, 2011  
Sumner, WA

### North Central PVA Tournament

September 9-11, 2011  
Sioux Falls, SD



## 31st National Veterans Wheelchair Games

August 1-6, 2011  
Pittsburgh, PA

## PVA Bass Tour

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## 2011 PVA B.A.S.S. Tour Tournament Tour Schedule

### National PVA "Bama Brawl" Tournament

October 8-10, 2010  
Scottsboro, AL - Lake Guntersville

### Central Florida PVA Tournament

April 1-3, 2011  
Tavares, FL - Harris Chain of Lakes

### Mid-America PVA Tournament

April 29-May 1, 2011  
Eufaula, OK - Lake Eufaula

### Vaughan PVA Tournament

May 20-22, 2011  
Mt. Vernon, IL - Rend Lake

### Lone Star PVA Tournament

June 10-12, 2011  
Garland, TX - Lake Ray Hubbard

### National PVA Tournament

July 22-24, 2011  
Waldorf, MD - Potomac River

### New England PVA Tournament

September 16-18, 2011  
Moultonboro, NH - Lake Winnepesaukee

## 5th Annual PVA/NWPA Billiards Tournament Series Schedule

### Minnesota PVA Tournament

October 8-10, 2010  
Fridley, MN

### Mid-South PVA Tournament

October 29-31, 2010  
Memphis, TN

### Virginia Mid-Atlantic PVA Tournament

February 18-20, 2011  
Richmond, VA

### Mid-America PVA Tournament

March 11-13, 2011  
Tulsa, OK

### New England PVA Tournament

April 15-17, 2011  
Worcester, MA

### Florida Gulf Coast PVA Tournament

May 20-22, 2011  
Tampa, FL

### Mountain States PVA Tournament

June 3-5, 2011  
Fountain, CO

### Buckeye PVA Tournament

July 22-24, 2011  
Northfield, OH

### Cal-Diego PVA Tournament

September 23-25, 2011  
TBD, CA



# Health and Safety

## Don't Let Parkinson's Disease Catch You By Surprise

**A**pril is National Parkinson's Awareness Month, an effort to educate the public on the effects and treatment of a disease that afflicts approximately a million Americans and 4 million to 6 million people around the world.

Parkinson's Disease (PD) is named for James Parkinson, an English surgeon who first described the condition in 1817. It's a degenerative disorder of the central nervous system that impairs motor skills and cognitive processes over time. Though medication can treat some symptoms, no cure has been found.

There's also no definitive test for PD; a diagnosis is based on the patient's medical history, along with neurological examinations to rule out any other possible causes for the symptoms.

Here are some early warning signs to watch out for (from the National Parkinson Foundation website):

- Slight tremors. An uncontrollable shaking of the finger, hand, leg, or chin.
- Changes in handwriting.

Words you write by hand are much smaller than they once were, or your words are crowding together on the page.

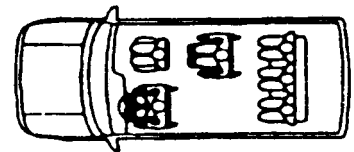
- Inability to smell. You can't detect distinctive odors of foods like licorice or bananas.
  - Thrashing in bed. Difficulty sleeping may be a result of uncontrolled movements that resemble kicking or punching.
  - Stiffness. Your arms don't swing normally as you walk, or your feet seem rooted to the floor; people comment that you look stiff.
  - Constipation. Lack of fiber or water, and some medications, can cause constipation, but in the absence of those factors, it may be a sign of PD.
  - Softer voice. People notice that your voice has become quieter over time, or that you sound constantly hoarse.
  - Frozen face, or "masking." Your face appears to be depressed, angry, or stern when you feel fine.
- A single one of these symptoms is probably nothing to worry about, but if you exhibit more than one, check with your doctor as quickly as possible.

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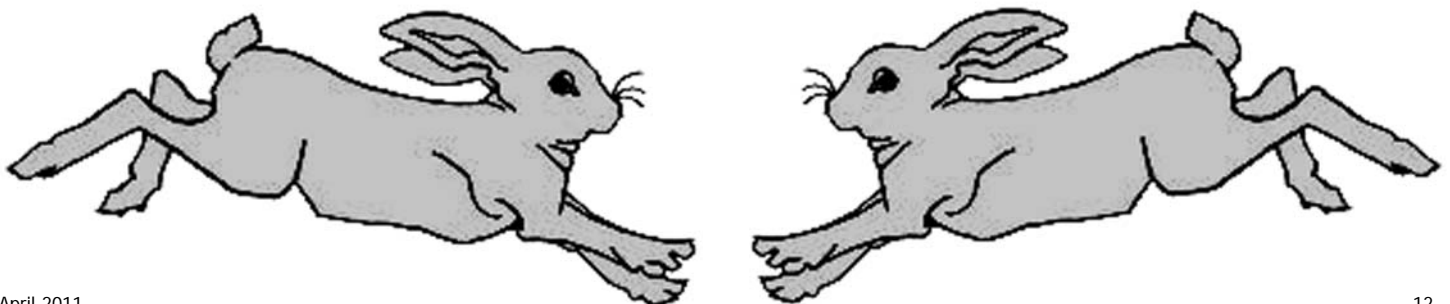


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*Continued from pg. 8*

ated on Mekong River Delta and Ganh Rai Bay during January 1966

USS Raine (DD-630) docked to pier at Da Nang on November 27, 1966

USS Ingersoll (DD-652) operated on Saigon River October 24-25, 1965

USS Black (DD-666) operated on Saigon River July 13-19, 1966

USS Picking (DD-685) operated on Saigon River during November 16, 1965

USS Ault (DD-689) operated on Mekong River Delta and Soirap River during May 26, 1967

USS Ingraham (DD-694) operated 10 miles up Saigon River on November 12, 1965

USS Hamner (DD-718) operated on Song Lon Tao and Long Song Tao Rivers, August 15-September 1, 1966

USS Epperson (DD-719) docked to Da Nang Pier on October 4, 1970

USS Walke (DD-723) operated on Mekong River Delta at Vung Ganh Rei September 2, 1969

USS Mansfield (DD-728) operated on Saigon River August 8-19, 1967 and December 21-24, 1968

USS Lyman K. Swenson (DD-729) traveled up Saigon River for a four-day visit to Saigon during May 1964

USS Southerland (DD-743) operated on Song Nga Bay and Saigon River during July 1966

USS Taussig (DD-746) operated on Soirap River in Mekong River Delta during June 15-26, 1966

USS Loftberg (DD-752) operated on Song Nha Be River during February 18-21 and April 14-15, 1969 and on Song Cua Dai River during April 10-12, 1969

USS Strong (DD-758) operated in Mekong River Delta and Rung Sat Special Zone during April 1968

USS John W. Thomason (DD-760) operated on Nga Be River during 1969

USS Buck (DD-761) operated on Mekong River Delta and Saigon River during October 1966

USS Rowan (DD-782) operated on Song Tra Khuc River during June 1965

USS Preston (DD-795) operated on Mekong River Delta, Ganh Rai Bay, and Saigon River during September 28 - 29 and December 27 - 29, 1965

USS Chevalier (DD-805) operated on Saigon River during June 15-21, 1966, and on Vung Ganh Rai area of Mekong River Delta during January 25, 1968

USS Higbee (DD-806) operated on Vung Ganh Rai area of Mekong River Delta during March 1-12, 1969

USS Dennis J Buckley (DD-808) operated on Mekong River Delta, Saigon River, and Ganh Rai Bay from December 19, 1966 to January 16, 1967

USS Holder (DD-819) operated on Vung Ganh Rai and Saigon River during August 5, 1966

USS Basilone (DD-824) operated on Saigon River, May 24-25, 1966

USS Fiske (DD-842) operated on Mekong River, June 16-21, 1966

USS Warrington (DD-843) operated on Mekong River Delta Rung Sat Special Zone, North of Vung Ganh Rai Bay during March 1967

USS Richard E. Kraus (DD-849) operated on coastal inlet north of Da Nang during June 2-5, 1966, protecting Marines holding a bridge

USS Leonard F. Mason (DD-852) operated on Vung Ganh Rai Bay and channels during August 1969

USS Brownson (DD-868) operated on Song Nha Be and Ganh Rai Bay areas of Mekong River Delta during February 1967

USS Damato (DD-871) operated on Saigon River during December 12-13, 1967

USS Perkins (DD-877) operated on Saigon River during June 1969

USS Leary (DD-879) operated on Baie de Ganh Rai of the Mekong River Delta on October 9, 1967

USS Dyess (DD-880) operated on Saigon River and Rung Sat Special Zone from June 19-July 1, 1966

USS Newman K. Kelly (DD-883) operated on Mekong River Delta and Saigon River November 23-28, 1966

USS Orleck (DD-886) operated on Mekong River Delta during July 1969

USS Mullinnix (DD-944) operated on Vung Ganh Rai and Saigon River during August 5-6, 1966

USS Henry B. Wilson (DDG-7) [Guided Missile Destroyer] docked at Da Nang pier on April 2, 1967

USS Joseph Strauss (DDG-16) operated on Mekong River Delta March 4, 1966 and Ganh Rai Bay during November 7 and December 7, 1968

USS Waddell (DDG-24) operated on Cua Viet River during March 1967

USS Davidson (DE-1040) [Destroyer Escort] operated on Vung Ganh Rai and Rung Sat Special Zone of Mekong River Delta from September 16 to October 5, 1967

USS Lang (DE-1060) docked to pier #4 in Da Nang Harbor for 38 minutes on January 5, 1972

USS Newell (DER-322) [Destroyer Escort Radar] docked at port of Nha Trang during December 22-24, 1965

USS Mahan (DLG-11) [Guided Missile Frigate] operated on Saigon River October 24-28, 1964

USS Duluth (LPD-6) [Amphibious Transport Dock] docked to pier at Da Nang during March and October 1971

USS Dubuque (LPD-8) docked at Da Nang on March 15, 1970

USS Boxer (LPH-4) [Amphibious Assault Ship] docked to pier at Cam Ranh Bay on September 9, 1965

USS Catamount (LSD-17) [Landing Ship Dock] operated on Song Nah Be River during April 1969

USS Conflict (MSO-426) [Minesweeper] operated on Saigon River April 1, 1966 and Song Huong River (Perfume River) May 14, 1966

USS Fortify (MSO-446) travelled up the Saigon River to Saigon September 19-22, 1964

USS Inflict (MSO-456) travelled up the Saigon River to Saigon September 19-22, 1964

USS Loyalty (MSO-457) travelled up the Saigon River to Saigon September 19-22, 1964

USS Geiger (T-AP-197) [Military Transport] docked at Qui Nhon November 23-26, 1965

Ships operating on Vietnam's close coastal waters for extended periods with evidence that crew members went ashore or that smaller vessels went ashore regularly with supplies or personnel

USS Mars (AFS-1) [Combat Stores Ship] conducted numerous on shore supply replenishments

at Da Nang, Cam Ranh Bay, Vung Tau, and An Thoi from July 1965 to November 1972 with evidence of crewmembers going ashore

USS Estes (AGC-12) [Amphibious Assault Command Ship] Conducted troop and supply beach landings during March and July-August 1965, at Chu Lai, Da Nang, and Qui Nhon

USS Vega (AF-59) [Stores Ship] conducted resupply operations in the Mekong River Delta area on September 13, 1966; on-loaded supplies at An Thoi, Vung Tau, Cam Ranh Bay, and Da Nang during June 1969; and delivered supplies to Da Nang, Cam Ranh Bay, Con Son, An Thoi, and Hon Choi during November-December 1970

USS Repose (AH-16) [Hospital Ship] operated continuously on close coastal waters from 1966-1970, with the likelihood that crewmembers went ashore on liberty leave

USS Sanctuary (AH-17) operated continuously on close coastal waters from 1967-1970, with the likelihood that crewmembers went ashore on liberty leave

USS Mathews (AKA-96) [Attack Cargo Ship] on-loaded supplies at Da Nang and delivered them up the Cua Viet River to Dong Ha with "mike boats" from August through December 1967

USS Skagit (AKA-105) conducted troop and cargo beach "mike boat" landings at Da Nang, Chu Lai, and Quang Ngai from November 1965 to November 1967

USS Union (AKA/LKA-106) [Attack/Amphibious Cargo Ship] anchored in mouth of the Hue River while conducting operations during April 1965 and conducted troop and cargo "mike boat" beach landings at Da Nang

and Cam Ranh Bay from 1965 to 1969

USS Tulare (AKA/LKA-112) conducted troop and cargo "mike boat" beach landings at Da Nang, Chu Lai, Cam Ranh Bay, and Vung Tau from 1966 to 1972

USS George Clymer (APA-27) [Amphibious Attack Transport] conducted troop and supply "mike boat" beach landings during July 1965, and March-July 1966, at Da Nang and Chu Lai

USS Bayfield (APA-33) conducted troop on loading and "mike boat" landings at Da Nang, Chu Lai, Baie de My Han, and Cua Viet River from July through October 1965 and February through May 1967

USS Hector (AR-7) [Repair Ship] anchored in Vung Tau Harbor repairing other vessels from July 20 to August 16, 1970, with deck logs stating that crew members went ashore on liberty leave

USS Currituck (AV-7) [Sea Plane Tender] travelled up Saigon River to Saigon during early 1964; operated in Mekong River Delta during June 1965; anchored at Cam Ranh Bay for month long periods during 1966 and 1967 to repair and tend to Navy sea planes, with the likelihood that crewmembers went ashore on liberty leave

USS Pine Island (AV-12) anchored at Da Nang during August 1964, and Cam Ranh Bay for month long periods during 1965 and 1966, to repair and tend to Navy sea planes, with the likelihood that crewmembers went ashore on liberty leave

USS Salisbury Sound (AV-13) travelled up Saigon River to Saigon during June 1964, and

*Continued on pg 15*

Cont'd from pg. 14

anchored at Cam Ranh Bay for month long periods during 1966, to repair and tend to Navy sea planes, with the likelihood that crewmembers went ashore on liberty leave

USS Chicago (CG-11) [Guided Missile Cruiser] while anchored in Da Nang Harbor on May 22, 1969, deck logs show a utility boat went ashore for one hour with 8 crewmembers aboard

USS Wiltsie (DD-716) [Destroyer] while anchored off the coast, two officers and five sailors went ashore by helicopter for one night during September 1970

USS Blue (DD-744) anchored in Da Nang Harbor on April 21, 1968, with crewmembers going ashore for picnic

USS Myles C. Fox (DD-829) anchored off Qui Nhon and Nha Trang with crewmembers going ashore during February 5-20, 1967

USS Cleveland (LPD-7) [Amphibious Transport Dock] operated on Cua Viet River and at Dong Ha, as well as Hue River, with "mike boats" from November 1967 through 1968 and on the Saigon River during September 1969

USS Carter Hall (LSD-3) [Landing Ship Dock] conducted troop-landing operations with "mike boats" at Da Nang, Dong Ha on Cua Viet River, and Nha Be on Saigon River, as well as three-month duty as "boat repair ship" at Da Nang, from July 1965 to August 1968

USS Whetstone (LSD-27) on-loaded and delivered troops to

Da Nang, Hue, Phu Bai, Dong Ha with beach landings and "mike boats" and served as long term "boat havens" for repairs of smaller vessels at Da Nang and Qui Nhon during 1965, 1966, 1968, and 1969

USS Epping Forest (MCS-7) [Mine Countermeasure Support Ship] conducted mine sweep of Cua Viet River using smaller vessels from main ship during May 1968

As always, if there are any questions or concerns that you might have or would like to discuss, please feel free to contact the PVA service office or PVA SCI/D office.



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# A Touch of Humor

## Hospital Hijinks

A receptionist at a busy hospital answered the phone late one evening. “General Hospital, how may I help you?”

The soft, quivering voice on the other end of the line reminded the receptionist of her grandmother. “I’m trying to find out the status of one of your patients. Can you help me?”

Something about the caller’s voice aroused the receptionist’s sympathies. “Well, it’s against policy to give out information to anyone except family members, but I’ll see what I can do. What’s the patient’s name?”

“Edna Smith, room 503.”

She looked up the patient’s file on her computer. “Oh, she’s fine. Her blood pressure is good, her blood work came back normal, and her doctor has scheduled her to be discharged tomorrow.”

“Oh, thank you!” the woman said. “That’s wonderful news. I was so worried.”

“You’re very welcome,” replied the receptionist. “Is Edna your daughter?”

“I’m Edna,” said the woman. “No one tells me anything.”

## The Value of Words

Three children on the playground were bragging about their parents.

One little girl said, “My

father is a songwriter. He writes a few words and calls it a song, and they pay him 500 dollars.”

“Oh, yeah?” said a little boy. “My dad writes a lot of stories and calls it a book, and they pay him 1,000 bucks.”

“That’s nothing,” said the third child. “My dad’s a pastor. He scribbles a few words and calls it a sermon, and it takes six people to collect all the money!”



## A Question of Timing

The phone rang at 3 a.m. “Is this the director of the library?” the caller asked.

The director snapped, “Yes. Do you know what time it is?”

“What time does the library open?”

“Nine o’clock in the morning. Who is this?”

“Can’t you open it any earlier?”

“No, I can’t. Why do you need to go to the library any earlier than that?”

“I don’t need to go to the library,” the caller said. “I’m trying to get out.”

## The Incredible Egg: More Than Just an Omelet Ingredient

As you try to figure out what to do with all those leftover Easter eggs, check out these interesting facts:

- A hen requires 24 to 26 hours to produce an egg. Thirty minutes later, she starts all over again.
- The egg shell may have as many as 17,000 tiny pores over its surface. Through them, the egg can absorb flavors and odors. Storing them in their cartons helps keep them fresh.
- White-shelled eggs are produced by hens with white feathers and ear lobes. Brown-shelled eggs are produced by hens with red feathers and red ear lobes.
- To tell if an egg is raw or hard-cooked, spin it. If the egg spins easily, it is hard-cooked; if it wobbles, it’s raw.
- Egg yolks are one of the few foods that naturally contain Vitamin D.
- Yolk color depends on the diet of the hen. Natural yellow-orange substances such as marigold petals may be added to light-colored feeds to enhance colors. Artificial color additives are not permitted.
- Occasionally, a hen will produce a double-yolked egg. It is rare, but not impossible, for a young hen to produce an egg with no yolk at all.

# ZIA CHAPTER MEMBERSHIP REPORT

The Zia Chapter, PVA voting membership stands at 550 as of April 6, 2011.

Zia Chapter records indicate our chapter voting membership as follows:

288 – Service connected

262 – Non-Service connected

Zia PVA would like to welcome the following new members:

Leroy Apodaca

The following members have been reported as deceased, we offer our condolences to their families:

Stephen J. Tuchalski

Terry L. Robinson

Charles R. Daniels

Karen J. Colburn

If you have an address change, please let us know so we may update our records and continue sending you various correspondence and the chapter newsletter.

If you know of a veteran with a spinal cord dysfunction and not yet a member of PVA, please let us know at the main Chapter headquarters. Our phone number are: (505) 247-4381 or 1-800-5580: FAX (505) 247-9204.

## Happy Birthday!

Zia PVA Officers, Directors, and staff salute the following voting members who are having

### Birthdays in April

- 1 - Chancer L. Smith  
Rodney W. Kingsbury  
Gregory M. Rodgers
- 2 - Jose F. Ruybal
- 4 - Richard Maliszczwski  
Jeffery L. Johnson
- 5 - Arthur E. Seelig  
Jerome V. Brooks  
Chris M. Dockweiler
- 7 - Donna S. Mayns
- 8 - Michael W. Walker  
Dan De Lao
- 9 - Danny A. Martinez
- 10 - Daniel Estrada  
Michael A. Parker
- 12 - Kathleen A. Smith  
Mark G. Kingston
- 13 - Christobal Garcia  
Manuel D. Romero
- 14 - Willard T. Monette
- 16 - Robert H. Ricker  
Philip L. Wangberg
- 17 - Daniel D. Wagner
- 18 - Jerry O. Walker
- 19 - Marcus A. Burkhardt
- 20 - Juan V. Sandoval  
David A. Runyon
- 22 - George Poulos
- 23 - Meliton Contreras
- 24 - Samuel Carmona  
David J. Knott  
Charles A. Pittman
- 26 - Maynard L. Beamesdefer  
Abelino Montoya  
Randall W. Martin  
James A. Graff  
Joe J. Martinez
- 28 - Daniel G. Madrid  
Thomas M. Young  
Jeffrey D. Trice
- 29 - Cipriano Wildenstein  
Anthony A. Jackson

# Classifieds

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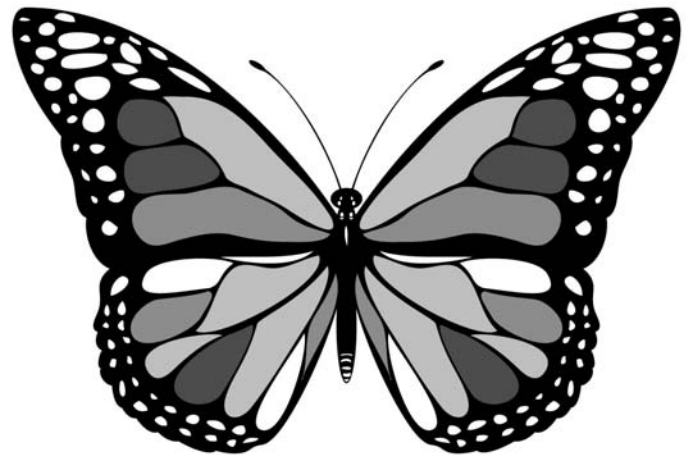
1988 Chevy President Van with 150,000 miles. New Hand controls ( used twice. ) Five year old (5) six (6) way power seat. Bruno Tri Fold, fold out lift. No broken glass, no dents, paint faded in spots, good tires. Engine doesn't run, needs battery and gas drained. Thirty six (36) gallon tank, eighteen (18) gallons in it.  
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Want to place an ad? Classified ads are free to members, \$10/issue for all others. Just call the office and let us know, then fax or email or mail the ad to us. For those ads requiring payment, it is due prior to the ad running. All information is needed to be in by the 15th of the preceding month.

Classified ads will be run in two issues of the *Zia RoadRunner* without further confirmation from the poster. After the second posting, it is the responsibility of the individual placing the ad to contact the Zia Chapter office if the ad needs to continue running.

If you would like to place an ad in the upcoming October newsletter, please contact the chapter prior to October 15th with your ad content.

*Thank you.*

# Zia PVA Programs

## Programs and their Managers

Aid and Attendant.....	Gary Kather
Assisted Living .....	Committee
Chaplain.....	Terry Conger
Chapter Hospital Liaison.....	Chris Ewer
Chapter Hospital Liaison-Spokes....	Pat Dougherty
Computer Assisted Technology .....	
Fund Raising.....	Amie Kelm
Government Relations .....	Mike D'Arco
Membership .....	Alyan "Ray" Hill
Newsletter .....	Amie Kelm
One-to-One.....	Terry Conger
Research and Education.....	Vacant
Sports and Rec.....	Chris Ewer
VA Voluntary Services.....	Mike D'Arco/Amie Kelm
Volunteers .....	Kevin Dailey

If you are interest in more information about one of the programs at the left, or you would like to volunteer some time, please contact the Chapter.

Zia is a small organization run with a small paid staff (currently one full time and one part time employee) and volunteers — members and associates. Without the volunteers some things don't get done. We exist for the benefit of our members and we want to provide programs and services that are of interest to you. Please let us know what we're doing right and what we can do better! Written comments we can post in the newsletter are great and we won't even print your name if you don't want us to. Let us know!



### Phone Numbers:

Zia Chapter .....	(505) 247-4381
Toll Free.....	(800) 597-5580
PVA Service Office .....	(505) 346-4896
Toll Free.....	(800) 795-3618
Office at SCIC.....	265-1711 x5046
El Paso VLO.....	(915) 564-6183
PVA (National Office) .....	(800) 424-8200
NM Department of Veteran Services .....	(866) 433-8387

### NM Veterans Administration (VA) Medical Center

#### Frequently called Direct Dial Service Numbers

Centralized Scheduling .....	256-2743
Eligibility .....	256-2741
<b>EMERGENCY ROOM.....</b>	<b>256-2793</b>
Medical Information.....	256-2731
<b>VA POLICE.....</b>	<b>256-2730</b>
Prosthetics.....	256-2756
Pharmacy .....	265-1711 x5067
<b>PVA Svc. Office @ SCIC .....</b>	<b>265-1711 x5046</b>
<b>SCIC Administration .....</b>	<b>256-2849</b>
Voluntary Services.....	256-2771
Switchboard .....	1-800-465-8262/265-1711
<b>Regional Office.....</b>	<b>1-800-827-1000</b>

# Zia Chapter, PVA Events Calendar

Tear Me out and post  
me on your fridge!

## April

### PVA Awareness Month

- 8-10 - Zia PVBA Charity Bass Tournament
- 13 - SCIC Bingo, 6:30pm
- 21 - SCIC Luncheon

## May

- 17 - Zia BOD Meeting, 10:00am
- 19 - SCIC Luncheon

### Dates to remember...

June 16 - SCIC Luncheon

July 4 - Election Ballots Mailed

July 12 - Zia BOD Meetings

July 21 - SCIC Luncheon

July 29 - Close of Business -- Deadline for return of Election ballots



Regularly scheduled events --

2nd Wednesday of each month - SCIC Bingo, 6:30pm

3rd Wednesday of each month - Zia Card Night, 6:00pm

**Dates are subject to change. Please confirm with the chapter  
if you plan to attend an event.**

Paralyzed Veterans of America  
ZIA CHAPTER  
833 Gibson Blvd. SE  
Albuquerque, NM 87102



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