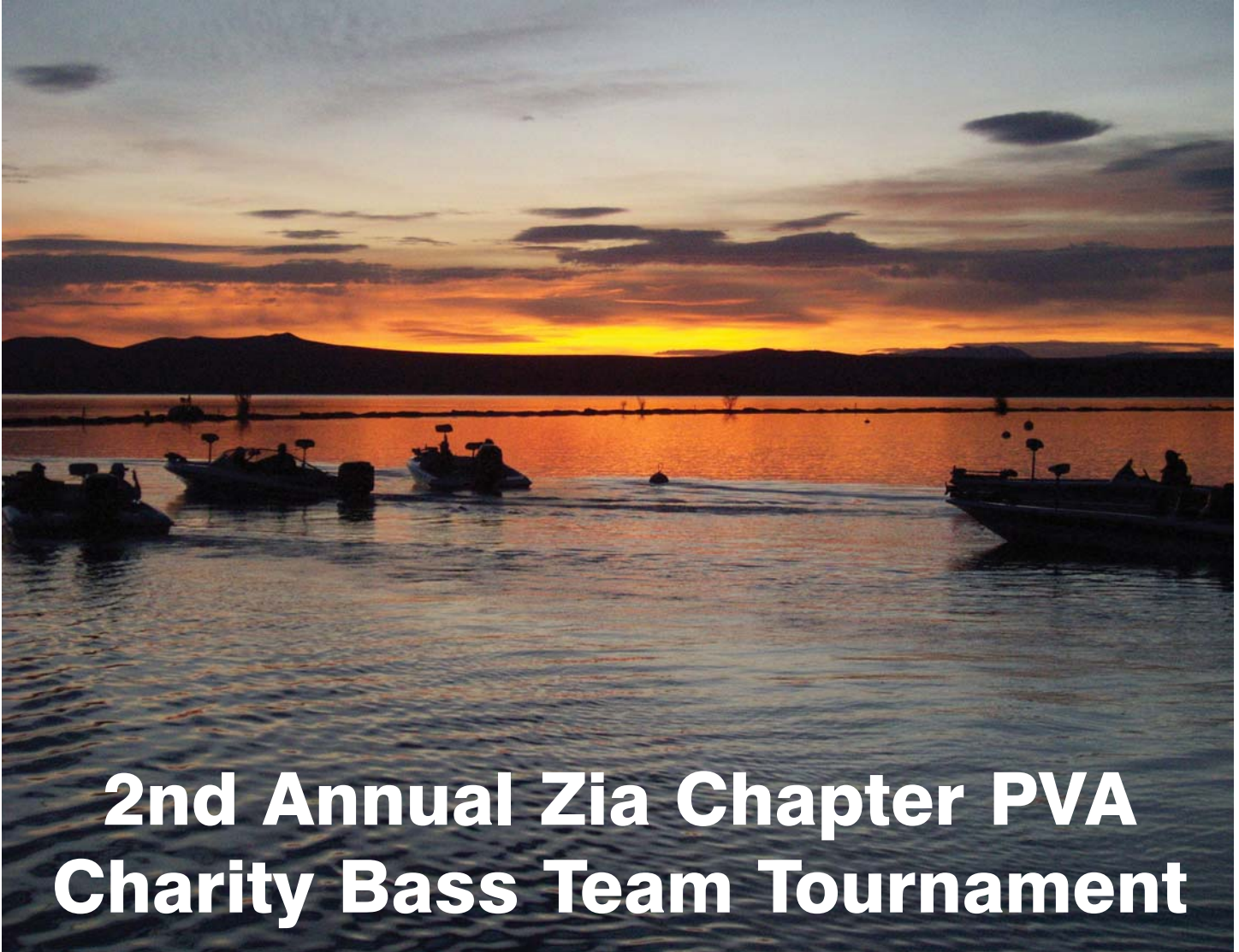




# ZIA ROADRUNNER

ZIA CHAPTER, PARALYZED VETERANS OF AMERICA  
June 2009 • Vol. 43 - No. 6



## 2nd Annual Zia Chapter PVA Charity Bass Team Tournament



**April 25-26, 2009**  
**278.43 lbs of bass**  
**were caught over**  
**this weekend!**

# Support Your Chapter!

Order your Zia PVA items today and show your support and pride in your chapter.



Patriotism and support for your chapter in one! 5 panel caps are embroidered with the chapter logo \$10.00



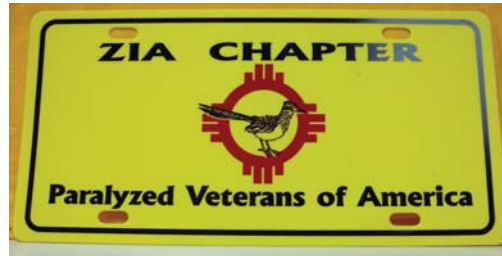
Just Received!!! Zia Challenge Coins and Keychains! Are you a collector? These 1 1/2" coins are great! \$10.00 for one or 3 for \$20.



Zia PVA Jackets embroidered with the Zia logo and your name on the front. \*Special order only\* \$85.00 and up



Zia PVA Coffee Mugs. Extra big with an extra large handle \$7.00



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City, State, Zip \_\_\_\_\_

Phone No. \_\_\_\_\_ Email address \_\_\_\_\_

Cap	_____ x \$10.00	=	_____
Coffee Mug	_____ x \$ 7.00	=	_____
Cup Holder	_____ x \$10.00	=	_____
Lapel Pin	_____ x \$ 5.00	=	_____
License Plate	_____ x \$ 5.00	=	_____
T-Shirt	_____ x \$ 8.00	=	_____
Wristband	_____ x \$ 4.00	=	_____
Challenge Coin	_____ x \$10.00	=	_____
Keychain	_____ x \$10.00	=	_____
Keychain and/or coins - 3 for \$20.00	_____	=	_____
Jacket*	---- Contact chapter office -----		
TOTAL		\$	_____

Mail with check or money order:

Zia Chapter, PVA  
833 Gibson Blvd., SE  
Albuquerque, NM 87102

For additional information:  
(505) 247-4381 or  
(800) 597-5580

# Zia ROADRUNNER

**Cover:** The 2nd Annual Zia Chapter, PVA Charity Bass Team Tournament was a success! Thanks to everyone who made this event possible.

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Zia Chapter  
Paralyzed Veterans of America  
A Member Chapter of the  
Paralyzed Veterans of America

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### Board of Directors

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 Vice-President.....Lindol Hill (\*9-10)  
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### Office Staff

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SBA.....Jean Dougherty  
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### COMMENTS WELCOME

Our readers' opinions on the contents of the Zia *RoadRunner* are always welcome. Please write, fax, e-mail, telephone your comments and suggestions to our chapter office and we will respond. All material in the *RoadRunner* may be reprinted, unless specifically prohibited, **JUST TELL 'EM WHERE YOU GOT IT.**

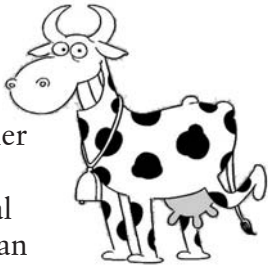
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# June 2009...

## Monthly...

**Dairy Month.** The National Dairy Council points out that milk, cheese, yogurt, and other dairy products contain essential nutrients that can reduce your risk of high blood pressure, osteoporosis and certain types of cancer. Go to [nationaldairycouncil.org](http://nationaldairycouncil.org) for more information.



**Dairy Alternative Month.** If you're vegan, lactose intolerant, or just don't like milk, there are lots of options for maintaining good health while avoiding dairy products. Visit Web sites such as [www.godairyfree.org](http://www.godairyfree.org)

**Adopt-A-Shelter-Cat Month.** Sponsored by the American Society for the Prevention of Cruelty to Animals. Visit your local cat shelter, adopt a feline companion, and keep the litter box clean. Fun fact: Did you know that a cat's pupil can expand to cover over 85 percent of its eye? That's why they need only one-sixth the amount of light that humans do — and why they see so well in the dark.



**National Aphasia Awareness Month.** Aphasia is an acquired communication disorder that impairs a person's ability to

process language. People with aphasia have difficulty speaking, understanding other people, reading, and writing. Find out more at the National Aphasia Association Web site: [www.aphasia.org](http://www.aphasia.org)

## Weekly...

**National Sun Safety Week, June 1-7.** As much as 80 percent of our exposure to the sun happens before we're 18 years old. Sun Safety Week is part of a campaign to reduce the incidence of skin cancer in the United States. Sponsored by the Sun Safety Alliance: [www.sunsafetyalliance.org](http://www.sunsafetyalliance.org)

**National Headache Awareness Week, June 7-13.** Advances in technology and medication have made treating headache pain easier, but we still don't know everything we need to know about what causes headaches and how they can be cured. Sponsored by the National Headache Foundation: [www.headaches.org](http://www.headaches.org)



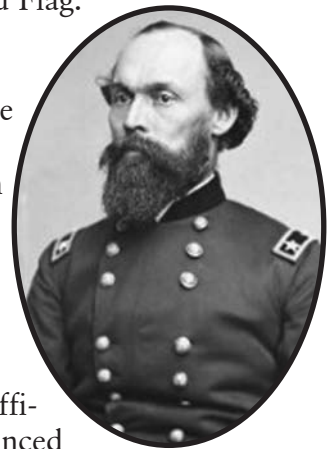
**Men's Health Week, June 15-21.** Men's Health Week seeks to increase awareness of preventable health problems as well as to encourage early detection and treatment of disease among men and boys. For information, see [www.menshealthmonth.org/week/](http://www.menshealthmonth.org/week/)

## Daily...

**National Cancer Survivors Day, June 1.** "The National Cancer

Survivors Day Foundation defines a 'survivor' as anyone living with a history of cancer — from the moment of diagnosis through the remainder of life." For information on supporting survivors and helping find a cure, see [www.ncsdf.com](http://www.ncsdf.com)  
**Flag Day, June 14.** Break out the Stars and Stripes—and maybe sing George M. Cohan's "You're a Grand Old Flag."

**Juneteenth, June 19.** The day in 1865 when Union General Gordon Granger came to Galveston, Texas and officially announced the end of slavery there. Former slaves celebrated in the streets, and gatherings to commemorate the date began the following year.



**World Juggling Day, June 20.** Helping to spread the fun of juggling, and to bring together jugglers all over the world. Sponsored by the International Jugglers' Association: [www.juggle.org](http://www.juggle.org)



**Father's Day, June 21.** Do something nice for Dad.

# From the President

Chris Ewer

Hope that all is well with all Zia PVA members and their families. With the weather warming up, I hope that you are able to get out in the sun, soak up some rays and enjoy the outdoors.

Well, it was just a question on time, but someone threw a large rock through one of the windows in the new Zia PVA building. Even though there are bars on the windows, the rock managed to glance off of the bars, break the window, and do some minor damage inside the office that it landed in. The chapter had an incident like this happen four or five years ago in the main building. Additional security measures will be needed, possibly expanded metal sheets over the bars, and ultimately, a perimeter fence with lockable electric gates to keep everyone out after the office is closed for the day or week. The BOD's approved in the fence system when the approval for the new addition was originally voted on, but as the building costs mounted and the economy faded, a decision was made to put off the security fence until the next fiscal year. A matter of economics and staying within the budget. Anyway, we are working out a plan to correct the security issues and hopefully forgo any other acts of vandalism to the Chapter office buildings.

On a better note, the Armed Forces Day luncheon at the SCI Center on Saturday, May 16, 2009, was a big success. A lasagna meal with salad, breadsticks, desert, and drinks were served by the "Food Gang" to the SCI inpatients, their family

members visiting, and the SCI staff on the day shift. Thanks to volunteers Mike & Vi D'Arco, Lindol and Laurie Hill, Don and Liz Durkee, Janet (the SCI RT) Escobedo, Pat Dougherty, and Robert Schnitzler.

As you may have noticed in the *May RoadRunner*, a number of activities are planned in the rec. room of the new chapter addition. If you have any ideas, call the office at 505-247-4381 and tell Carol or whoever answers what you thoughts are. The SCI RT gave the chapter 20 decks of cards to be used in card related games. I'm in the process of putting together a list of games so we can procure them and have them on hand for anyone to play. There is a limited amount of books, hardcover and paperback, that can be checked out and read. Check the calendar in the *Zia RoadRunner* and the online calendar of events at the Zia website, [ziapva.org](http://ziapva.org), for what is going on in the chapter and many other areas.

Due to the number of complaints heard about various subjects in the chapter and at the SCI Center, we have started a "complaint" folder to help document the problems brought up. If we receive a complaint, of any type, we will ask that the complainant give us their name, phone number, and verify their mailing address, in order to get back to them if and when we are able to help get the complaint resolved. The file is "confidential" and the complainant's name will have a code assigned to it so the complaint can be brought to the proper source without violat-

ing the confidentiality of the complainant. We need to get these complaints on record in able to be able to resolve them, otherwise the complaints are considered anonymous and therefore hearsay. There are only four persons who will have access to this file: Amie Kelm, Chapter ED; Carol Arms, Chapter Administrative Assistant; Jean Dougherty, National PVA SBA; and myself. By limiting the number of persons who have access, the confidentiality can be maintained and, hopefully, the complaints resolved. If you have a complaint, please call the office or Jean and we will try and help get it resolved.

On May 12th, the chapter ED, myself, and HLO Ray Hill, had our monthly meeting with the SCI Center Director, Dr. Kurt Fiedler and the SCI Unit Assist. Nurse Manager, Nancy Baca. Items discussed were currently open SCI Unit staff positions, their status and potential fill dates. The SCI Driver Training Program has two new vehicles, as of 05/04/09. The new Ford full sized van is ready to roll as soon as KT Bob B. finishes the registration of the vehicle. He reported that a new Ford Focus four door sedan was in the VA motor pool and would soon be available for driver training. The newly hired Medical (Ward) Secretary position has been filled by Brittany Bloom and she will be on temporary loan to the SCI OT department to assist Adrienne in getting the Durable Medical Equipment (i.e. wheelchair, etc) backlog straightened

*President's Report Continued on Pg. 4*

# From the Vice President

Lindol Hill

*Due to a sick computer,  
our Vice President was unable  
to send in his report.  
He plans to be up and running  
in time for the next issue!*

*Stay tuned!*



## Lunch Anyone?

### Just a reminder!

Zia PVA will be visiting a number of the Community Based Outpatient Clinics (CBOCs) and other VA Medical Centers in the upcoming months. While there we would like to have lunch with local Zia PVA members and hear your comments and concerns.

We will not be sending out letters as we have done in the past, so if you would like to meet us for lunch, please call the Chapter at (800) 597-5580.

We'll let you know where we plan to have lunch. Lunch is on us and will be at 2:00pm for all locations.

Here's the schedule:

June 23, 2009  
Hobbs, NM

June 24, 2009  
Artesia, NM

July 16, 2009  
Silver City, NM

Please don't make us  
eat alone!

out. Unfortunately many of the backlog problems in orders are 2, 3 or more years old and in many cases the patients will have to be re-evaluated to ensure that the equipment ordered will meet their current needs. Because of the SCI Unit inability to find qualified OT's and PT's to fill open positions, an attempt to get some assistance for the current SCI OT/PT staff by hiring a Certified Occupational Therapy Assistant (COTA) and a Health Tech. Although COTA and Health Tech positions are not recognized by National PVA, the SCI patients will at least get the therapy assistance they need. For those patients and members who have DME problems and are not able to contact the OT office, please call the Zia office at (505) 247-4381 or the National PVA SBA, Jean Dougherty, at (505) 265-1711, ext. 5046, so the problems can be documented and brought to the proper department personnel for resolution.

Each month, I will try to bring to the memberships' attention a few of the great volunteers and staff who go out of their way to assist you in what ever way they can. This month Directors Paul Stapleton and Terry Conger get the nod and applause for their work in the One-to-One Program. They contact Zia members by phone on the month of the member(s) birthday and ask how they are doing, if they need anything, verify their address, phone number, etc. and just have a one-on-one conversation about

whatever the member(s) want to talk about. A lot of members just need someone to talk to sometimes and these two gentlemen do that and much more. Thank you, Paul and Terry!!! I would like to acknowledge our Zia Administrative Assistant, Carol Arms. She is the person you usually get on the phone when you call the Zia office. She is sort of a "Girl Friday" in the sense that she picks up the slack in many areas of the running of the office and other projects going on at the Zia Chapter. Those handwritten birthday cards members receive get her personal attention as she writes them and sends them out to the members each month. Thank you, Carol!!!!

One last tidbit of information. If you have a computer, have internet access, and checked out the [ziapva.org](http://ziapva.org) website, you can access and read the latest *Zia RoadRunner* online up to two weeks earlier than if you wait for the hard copy to be snail mailed to you. By accessing the *RoadRunner* online, you can save not only time, but also the Zia chapter some money by calling into the office and having us take you off of the postal mailing list. It is a win – win situation for you, the member, and the Zia chapter PVA.

God Bless America, our men and women in uniform and you, our members!



## SCI Center Bingo

Chris Ewer

On Tuesday, May, 12th, volunteers from Zia PVA and Rio Rancho CIVITAN came together to put on the monthly SCI Center Bingo games for the SCI Unit inpatients.

Janet Escobedo, the SCI RT, was on hand and set up the equipment. There are still some problems with getting sound to each room so the players can hear the numbers called. I will work with Janet to try and get these straightened out before the next bingo night.

Once more, we had about 14 or 15 bingo players vying for canteen books and a few other special black-out bingo prizes. Almost as many volunteers were on hand to assist the players in their quest for the ultimate win. A good time was had by all involved and I would like to thank all those helped out on this month's event. Maybe we'll try a little different approach next month just to throw a different curve to the bingo game.

# Zia Sports and Recreation

Chris Ewer

It seems like I just wrote a report for the chapter on Sport and Recreation. I did! We were a little late getting out the *Zia RoadRunner* because of all that occurred in April. If you want to read the *Zia RoadRunner* a couple of weeks earlier than you do when you get it delivered by the USPS, go online to the [ziapva.org](http://ziapva.org) website and click on the “Newsletter” button and, Waalaa, you will have the latest edition of the *RoadRunner*. While you are on the website, click on the “Calendar/Events” button and check out what all is going on by viewing the calendar.

Here are a couple of events and dates to remember and are coming up soon.

1. The first Zia Poker night at the new building addition rec. room. We will play Texas Holdem’ or Blackjack or both, depending on how many show up and what they want to play. Sodas, coffee and water will be available — no alcoholic beverages allowed! The games start at 6 pm and the lights go out at 10 pm. bring your wallets and good luck charms. We might even order in pizza. This is open to Zia members and guests so join us and have a good time on Thursday, June 18th.

2. The Introduction to Trapshooting/Step Outside will be tried again on June 28th at the Albuquerque Trap Club. ATC is located off of Broadway, just north and west of the #219 exit of I-25. When you exit, coming from the Albuquerque area, go north on Broadway in

the left hand lane and turn left on the frontage road. As you drive back south on the frontage road, you will see the trap club on your right. Pull into the parking lot on the east side of the club house and look for shooters in wheelchairs. The first two rounds of trap and the shells are free to members. Additional rounds and boxes of shells are available for \$4.00 each. You will need to sign a waiver before shooting. Several shotguns are available, but we suggest you bring your own if you have one. Eye & ear protection will be available and are required. Shell holder bags are available also. Novices will be instructed on gun safety and range protocol before shooting. The area is sandy in some areas and has lots of goat heads to puncture tires, so keep that in mind. Shooting starts between 0900 and 0930 and ends around 1300. Water and soda vending machine will be available. If you have trouble finding the trap club, call me on my cell phone, 681-0936.

3. There will be a Fishing/BBQ outing at either Isletta Lakes or Sandia Lakes on September, 26th. This is a Saturday. Mike D’Arco and I will be checking out both facilities the last week of May. We will gather info about fishing, facilities, RV parking, etc. and make a decision on cost to Zia chapter and its members. It is still warm in September and necessary precautions must be observed for members sensitive to the sun and heat. More info will be in upcoming articles.

4. We are still trying to set up a daytime bowling league at the Santa Ana Star Casino Bowling alley in Bernalillo off of NM Hwy 550. If you are interested in bowling at this facility or any others that are wheelchair friendly, please call the Zia office @ (505)247-4381 and help us to get something going.

5. Anyone who is interested in crossbow hunting, call me on my cell phone @ 681-0936. We have two crossbows at the chapter and to use them, you need to get certified on their safe operation by me. The chapter is in the process of setting up a course to practice on. The non-scoped crossbow is dead on at 60 yds (180 ft) and buries the 22” bolt more than half its length in the archery target block we have. These crossbows are a truly potent weapon for hunting and safety is a prime concern. We have a crank-style cocking device for each crossbow. Each crossbow weighs 8 ½ lbs plus, so support devices, chest straps, etc. will have to be utilized by those who have a balance problem. I am attempting to locate a “bite” style trigger actuator for those who have bad finger dexterity. I hope to extend, at a later time, this program to air rifles and, ultimately, long fire arms.

In the meantime, get outside and do something and go somewhere interesting, for your physical and mental health!



# GRD and VAVS

Michael D'Arco

## City Bus Routes:

Since the last report my activities have been varied and interesting:

I recently participated in a press conference with Albuquerque Mayor Chavez regarding the cities progress on reaching it's goal regarding accessible city transit. I am happy to report that Albuquerque is one of very few cities in this nation that has 100% accessibility. This includes the fixed route buses and the para-transit program.

I was pleased to inform the TV reporters about how far the city has come and how PVA was and still is a prime advocate for accessible transportation. It seemed like only yesterday that PVA members parked their wheel chairs at a down town bus stop to protest that they could not board a city bus now we can board every bus.

## VAVS Program:

I met with Sonja Brown, Chief of VAVS at the VA Medical center for our annual joint review of PVA hospital programs. I am happy to report that for a second year in a row we have been rated excellent. Zia PVA has improved in nearly every category that is reviewed.

My congratulations and appreciation goes out to all of our members who volunteer at the hospital. A copy of the report is being forwarded to VA in DC and to the PVA national office. After it is finalized it will be available for your review at the chapter.

## SCI Luncheon:

On Saturday May 16, Armed

Forces Day we held our monthly SCI luncheon. A meal of lasagna, bread sticks, dessert and beverage was served to all. Special guest from the hospital chaplains office also attended. Nine Zia volunteers served more than 50 meals to some very happy patients, staff and visitors.

## Volunteering:

If you wish to volunteer at the VA hospital please contact me at the chapter or send a message to my e mail address. [ziapvaadvocate@aol.com](mailto:ziapvaadvocate@aol.com)

## IN THE WORKS:

The following are activities that I am currently working on. Their progress will be reported in future Roadrunners.

### 1: Membership picnic and fishing day.

Details being worked out with President Ewer.

### 2: Congressional staff briefing.

I will be inviting all New Mexico congressional staff to our chapter for a briefing regarding both national and chapter activities, goals, and challenges that lie ahead for the veterans and families that follow us. The briefing will be conducted by myself along with President Ewer and Executive Director Kelm.

### 3. Enhanced Use Facility:

I have been tracking this planned facility for more then two years. However it has been in the works for more then ten years as many know it is planned to be constructed off San Pedro east of the SCIC. However it appears to no longer be on any track that the VA in Albuquerque or Washington

cares to go down. Several years ago it made it to the VA central office top list of projects to be considered for funding. Since then it has been dropped off the face of the earth. No matter who we ask, the answers are always, conflicting and vague. But the finger of blame continues to be pointed toward the Air Force.

In the past we have been told the following:

A: There will be a joint project on the site to move the VA regional Office

B: VA not satisfied with this type of facility

C: Funding issues. (always)

D: Site study

E: Neighborhood meetings.

F: The Air Force previously contaminated the land.

G: The Air Force and the private sector are going to build a project along Gibson west of the hospital. And include the enhanced use. (Not really)

I have gone to VA Central Office, the Secretary of VA in DC, all members of Congress. And guess what? As of today the last answer is as follows *"there is still a soil contamination environmental issue that Kirtland Air Force base is still dealing with"* *"The chief engineer at the Alb. Medical center reports progress is slow."*

In a nut shell I did not need a report telling me progress is slow. And that they have drilled wells to assess the extent of the fuel and dissolved containment. We knew all this.

I bet that if Holiday Inn wanted to build it would have been up years ago. And I have to wonder if

*Continued on Pg. 8*

# Zia PVA Election Bios

## President:

Zia PVA members my name is **Chris Ewer** and hopefully I have become more familiar to you in the last eight years. During those years I have served the chapter as the current President and in the past as Vice President, Treasurer, Secretary, National Director, and Sports Director. It would be an honor to continue to serve as the Zia PVA President. To do this I will need your support and vote in the upcoming chapter elections. In August, I will be attending the National PVA Convention in Miami, FL. There needs to be a change in leadership after five years in the National PVA Executive Committee. Stagnation is an indication that change is needed to go forward, get back on track, and get back to the real reason for our purpose — representing the SCI/D veterans in their behalf in benefits and rights within the Veteran's Administration and the civilian world. It would be an honor to do this as the *President of Zia PVA* for the next two years.

In the upcoming Zia PVA elections, I will be seeking the office of chapter President. I have adopted a motto from US President, Harry S. Truman — "The buck stops here." To accomplish this motto, I have an open door policy in which anyone whom needs to meet and talk with me is able to. Another major item I hope to accomplish is the improvement of communication with the Zia membership, SCI/D Unit leadership and staff, VAMC leadership, and National PVA organi-

zation. Recently, in an effort to increase communication, in a technological way, I oversaw the upgrading of the [www.ziava.org](http://www.ziava.org) website. This website had been overlooked for the last four years and, information wise, was way behind times. It is now 95% up to date and is much more user friendly. If you have a computer or the means of accessing the internet, please check out the information on the [www.ziapva.org](http://www.ziapva.org) website.

I will do the job to the best of my ability! Every chapter needs new blood to bring in new ideas and ways of accomplishing the goal of the chapter. I believe that the ideas which I brought to the Zia Board of Directors and Officers in the previous eight years have been vital and helped move the chapter forward. Please remember my name, *Chris Ewer*, when you receive your Zia PVA election ballots, vote, and hopefully, **give me the honor of continuing to serve you as the Zia Chapter PVA President.**

**Please remember to vote for me for President when you receive you ballot.**

**God bless you all and thank you for your time and consideration.**



## Secretary:

**Kevin Dailey** for Secretary for the Zia Chapter

I would like to be considered for re-election as Secretary for the Board of Director's. I have been a member of the Zia Chapter since September 1998 and, God willing; I hope to continue long into the future. In 2003, I took the position as Volunteer Coordinator and I accepted the position of National Director for the Zia Chapter in April 2007

I have been able to work with the officers and board members on both a local and national level for the betterment of the organization on both the local and national levels. Veterans have been and are the providers of the freedoms that we all enjoy. I am loyal to Zia Chapter and I believe in veteran's rights and benefits. I ask for your vote and promise that my actions will always be in the best interest of Zia Chapter, its membership and the organization as a whole.

## Directors:

The last two years have ushered in many exciting changes for Zia chapter. I ask for your continued support as a Zia Board of Director. **Paul Stapleton**

I will run again for a BOD position. My appointed term ends this year. I have served PVA for more than 30 years. I need your vote to continue for the following reasons; 1- experience every BOD position. 2- interface with every

program and committee. 3- my health has improved. 4- a proven track record of honesty, integrity, and dedication 5- this type of administrative work is what I know best 6- I have a deep passion to serve our membership and carry out the mission of Zia PVA 7- if you don't vote for me there wont be anything in your stocking for Christmas.

Your vote will be graciously appreciated..... **Ron Gattas**

My name is **Terry Conger**, I am running for Board of Directors for the Zia chapter PVA.

I don't write about myself very often, in fact this is probably the first time. Amie needs this in the morning. Even though it will be short it might be a long night. I am 54 years young and suffer from MS. I was in the U.S. Army Aviation for 8 years. I am an Ordained Minister with a degree from Salt Lake Bible College. I and my family have had a nursing home ministry for 16 years. I am currently the Chaplain for the Zia Chapter PVA.

If you have read any of the "Chaplains Corners" you probably have a pretty good idea what I am like. Many of the articles represent things in my own life. I enjoy woodworking, electronics, and also have a small machine shop in the garage.

If elected I will strive to make sure the Zia Chapter PVA is doing all it can do to better serve the Veteran. Thank you, Terry Conger.



*Continued from Pg. 6*

the folks in that neighborhood really know how bad the Air Force and VA think the land is contaminated. They seem to always brief the community but we are never invited.

These are just what I remember.

**4: Volunteer training**

I will be arranging for a training for new hospital volunteers. The training will be conducted on a Saturday morning at the chapter by VA staff. Anyone interested should contact Carol at the chapter. We will create a list and call you when we set the day.

Keep in mind the training should not take more then an hour and, yes, we will serve Danish and coffee.

As a prelude I will be attending a VAVS training in Houston Texas conducted by VA. This is my first time attending this training and I am in hope of coming home with new ideas on how to improve what the chapter does at the medical center. There is plenty of work for volunteers so please think about spending some time with us. It is fun, gets us out of the house and helps fellow veterans have a better hospital stay.

**REMINDER:**

**[ziapvadvocate@aol.com](mailto:ziapvadvocate@aol.com)**

office 247-4381

ask for Carol

\*\*\*\*\*

And if you are in El Paso and volunteer at VA facilities, I want to hear from you.

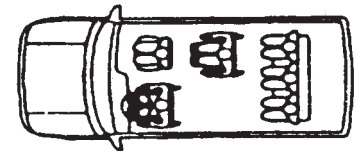
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# For Your Health and Safety

## Enjoying the Sun — While Avoiding the Burn

Summer is here, and the days are warm and sunny again. But if you're not careful, an afternoon on the beach or in the park can lead to a case of sunburn.

And worse: Overexposure to the sun's ultraviolet radiation (UVA and UVB) can damage your skin and increase your risk of skin cancer. Sunscreen will offer some protection (though some researchers argue that it doesn't prevent melanoma, the most dangerous type of skin cancer), but you've got to follow the directions. Here's some advice:

- Sun block, by the numbers. Pick the right protection in the first place: A Sun Protection Factor (SPF) of 15 will block about 93 percent of harmful UVB rays; SPF 50 screens out 99 percent. Apply your sunscreen 30 minutes before going out. This gives your skin adequate time to absorb it.
- Apply sufficient amounts. Experts advise applying at least one full ounce of sunscreen before going out — roughly enough to fill a shot glass. Reapply your lotion every two hours, and after swimming or exercising enough to raise a sweat. During a long day outdoors, you should use from one-quarter to one-half of an eight-ounce bottle. Remember to apply sunscreen to often-overlooked areas of your body like your ears, lips, and feet.
- Minimize exposure. Think of sunscreen as a second line of

defense against sunburn and skin damage, not your primary protection. Wear a broad hat, sunglasses, and protective clothing, and try to avoid direct sunlight between 10 a.m. and 4 p.m., when the sun is strongest and the atmosphere absorbs less UV radiation than it does during the rest of the day.

## What To Keep In Your Emergency Kit

The time to prepare for an emergency is before it happens. From the National Safety Council comes this list of items to always keep in a first-aid kit in your home and your car:

- First-aid manual
- Emergency telephone numbers
- List of allergies and medications of family members
- Antibiotic ointment
- Ipecac syrup
- Acetaminophen, ibuprofen, and aspirin
- Bandages and gauze of various sizes (including roller gauze)
- Medical-exam gloves
- Elastic wraps
- Adhesive tape
- Antiseptic wipes
- Cold packs
- Thermometer, tweezers, and small scissors

## Exercising Without Risk

Too often we're so eager to start getting into shape that we overdo it, exercising too hard and too fast. The American Council on Exercise offers these tips before you hit the gym:

- Stretch sufficiently. Not stretch-

ing before your workout is one of the biggest mistakes you can make. Stretching at least five minutes before you exercise can reduce stress in the muscles and help prevent injuries. And stretching afterward is every bit as important; it helps your muscles to recover.

- Warm up. Run around the block or the track a few times. A warmup of five minutes or more will deliver needed blood and oxygen to your muscles.
- Don't lift more weight than you can handle. You're better off doing lighter weights correctly, and more consistently, than trying to lift heavy weights every once in a while.
- Drink a lot of water. Don't wait until you are thirsty or dehydrated. Drink it during the workout.



"I'm always going after my goals. You just get up in the morning and kick yourself in the butt. I'd like to show people that they have that same drive to go where they want to go. It's up to you and not to anybody else."

— Heidi Klum

"In life, the question is not if you will have problems, but how you are going to deal with your problems. Are you going to fall forward or backward?"

— John Maxwell

# A Touch of Humor

## Absentees' Weird Excuses: 'You won't believe this, but...'

Some days you just don't want to go to work. In fact, a survey on absenteeism from CareerBuilder.com tells us that 33 percent of employers skipped work last year, telling their bosses they were sick when they really weren't. Thirty-four percent of those just didn't feel like going in that day; 9 percent were avoiding meetings, overdue projects, or a boss or colleague. Among the excuses some employees gave for not showing up:

- One employee claimed to have hit a turkey while riding a bike.
- Another worker said his dog was stressed out after a family reunion.
- An employee reported swallowing too much mouthwash.
- One employee allegedly suffered a heart attack earlier in the day, although he said he was "all better now."
- A worker said his wife burned all his clothes, leaving him with nothing to wear to work.

## Notable Things We Have Learned From The Movies

- Every police investigation will require at least one visit to a strip club.
- The Eiffel Tower can be seen from any hotel room in Paris.
- Striking one match will provide enough light to illuminate an area the size of the average football stadium.
- Ventilation ducts are roomy

enough to allow anyone to wiggle through them. Villains never think to search them.

- Medieval peasants all had perfect teeth.
- Mothers will cook elaborate breakfasts of bacon, eggs, waffles, and pancakes only on days when no one in the family has time to eat.

## Planting The Seeds Of Motivation

An armed robber serving a 10-year sentence in prison got a letter from his wife. "I'm thinking of planting a garden in the back yard," she wrote. "When is the best time to start planting?"

The prisoner wrote back immediately. "Whatever you do, don't plant anything in the back yard. That's where I buried the money from my last job."

A week later, his wife wrote back: "They're reading our mail! Yesterday a team of men came with a search warrant, and they dug up the entire back yard! Now what do I do?"

The robber wrote back, "Hey, the back yard is dug up. Now you can start planting your garden."

## How To Succeed In Business—One Strategy

The CEO called an employee into his office.

"You've been with this corporation for a little over a year. You started here as an intern, then took a sales job, and within a few months you were promoted to manager of the regional sales department. Six months after that you became a vice president. Does

that sound about right?"

"Yeah," said the employee.

"Well, I'm planning to retire, and I want you to take over the company. How would you like that?"

"Thanks!"

"Thanks, what?"

The employee thought for a moment, and then said, "Thanks, Dad."

## A Money-Saving Trick

Three engineers and three accountants were leaving for the train station to travel to a conference. One of the engineers boasted that he and his two partners would be able to travel on only one ticket.

"How can you do that?" asked an accountant.

"Just watch."

At the station, the engineer bought a single ticket. On the train, all three of them crammed into a restroom.

The conductor came by, knocked on the door, and called, "Tickets, please." The door opened, and an arm stuck out, holding the ticket. The conductor took it and went on.

On the return trip, one of the accountants said, "We're not even going to buy a ticket this time."

"How are you going to do that?" asked the engineer.

"You'll see."

The engineers again bought a single ticket and crowded in the restroom. After the train started moving, the accountant simply walked over to the door, knocked, and called, "Ticket, please."

# Zia Chapter, PVA 2nd Annual Charity Bass Team Tournament

On Friday, April 24, 2009, we held on-site registration at the Elephant Butte Inn. By seven o'clock we had 18 boats registered, three less than last year, but given the economy, not too bad. Saturday morning we were at the marina before the sun rose, checking boats in for the first launch of the tournament. Everyone was in the water as the sun began to rise ready to blast off. The National Anthem was played then Bobby Brewster, our tournament weigh master, began calling out boat numbers and the silence of the morning was broken as boats roared out to find their lucky spot on the lake.

The winds remained calm for launch both days, though they did pick up in the afternoon. All in all, it was an excellent tournament. We had fewer anglers, but the total weight brought in exceeded last year. Our first tournament saw a weekend total of 201.09 pounds, this tournament brought in a whopping 278.43 pounds of bass.

Congratulations to each of the anglers who made this event possible. We hope to see you next year — and bring your friends!

A special thanks to Bobby Brewster - Weigh Master; Jim Hay - Fund Raising Director, and Dennis Martin - Tournament Director. Without these men, this tournament would not have happened!



## Tournament Results

Team	Sat	Sun	Total
1 - Jessie Haynie/Tommy Brdecko	11.51	15.33	26.84
2 - Kevin Camp/Wes Williams	10.62	15.88	26.50
3 - Brett Britton/Robert Pexitto	11.84	11.71	23.55
4 - Chett Britton/John Hayes	8.06	14.84	22.90
5 - John Pinkston/Greg Pinkston	11.61	10.60	22.21
6 - Randell Bell/Mike Liska	10.05	11.77	21.82
7 - Daniel Rice/David Maestas	9.77	11.69	21.46
8 - Mark Tapley/Henry Benavidez	13.05	7.36	20.41
9 - Dean Leavengood/Mark Gibertini	10.29	6.63	16.92
10 - Steve Bell/TJ Bell	9.49	7.18	16.67
11 - Joe Ramirez/Charels Bonner	6.00	9.56	15.56
12 - Mark Sawyer/Travis Grantham	7.83	4.14	11.97
13 - RS DelValle/Tony Medran Jr.	7.33	4.28	11.61
14 - Arnold Lavato/Raul Sanchez	8.30	0	8.30
15 - Moe Gutierrez/X Gutierrez	8.10	0	8.10
16 - Dave Magee/Brad Hauf	0	3.61	3.61
17 - Marcus Burkhardt/Patrick Burkhardt	0	0	0
18 - Albert Saiz/Donald Hay	-1.00	0	-1.00

# Thank you to our Tournament Sponsors

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*for the wonderful dinner Saturday evening!*



*Door prizes awarded during the Saturday Dinner.*



*Weigh-in time gets busy as all the boats begin lining up to weigh in their catch of the day.*



*Lots of big fish were weighed in!*

Check out the Zia web site for more pictures from the 2nd Annual Zia Chapter PVA Charity Bass Tournament!



*Awards were handed out by Zia PVA President Chris Ewer. Here first place finishes Jessie Haynie and Tommy Brdecko receive their awards.*

# Hospital Director Meeting

By Jean M. Dougherty, SBA

On Monday, May 18, 2009 President Chris Ewer, Executive Director Amie Kelm and I met with Mr. Marnell, Director and his staff to go over some issues that were left over from the 2008 National Site Visit and issues from client's complaints.

The urodynamics equipment for the SCI Center is going to take a little longer than expected to actually get in and working. Money is not the problem. Every machine has different software capabilities and the machine that they want for the SCI Center is being tested to see if it will be compatible with VISTA. This has to be worked out with IT staff so the wait will be about 4-6 months before we will be seeing any progress on this.

The latest on the pressure mapping machine for the OT's is that the quote has been submitted. The machine has not been ordered at this time.

Sometime in June the Power Mobility Clinic will finally be moved out of the SCI Center and will be transferred to Stroke and Rehab. Stroke and Rehab now has two PT's that have driver training experience so it has not been decided if Bob Bennecke, KT, will continue to do the driver's evaluations. Changes for the scheduling for the pool therapy groups will no longer be done by Sheila at the SCI Center after the first of July. This is good news as then the SCI staff can

concentrate on taking care of the SCI patients.

Phase I for accommodations which is called Heroes Hall has been completed and was thought that everything was accessible for the SCI patients, it is not. We discussed what accessible and handicapped meant at the meeting. Having just the grab bars is not totally accessible. The VA is planning Phase II for accommodations to build 8 two bedroom units. The new area will be accessible for our SCI patients. I gave everyone Carol Lopez, PVA Director of Architecture, e-mail address to contact her to ensure that everything is going to be within limits for the accessibility. It sounded like the hospital was going by ADA standards.

Chris talked about the courtyard upkeep and stated that he went through the 1986 to 1992 board minutes and didn't find anything that stated that PVA had given any funding for the courtyard project. Ron Richter stated that he didn't remember anything being done by PVA. The VA knows that they are responsible for the courtyard and have been neglecting it. Ron stated that he went with Candace, Nurse Manager, and did a walk through and they would like to take out the horse shoe pit. They acknowledge that they need to replace some of the canopies. This will get done when the work order is submitted and put on the list.

The smoking building was discussed and the VA has installed an exhaust fan in it. They are also looking at installing a motion detector and a filtration system to the existing exhaust fan. The hospital is revising their hospital wide policy on smoking. It will be 35 feet from the door. It was discussed on who will be enforcing the smoking policy. As of this time no one was assigned to the enforcement. The VA will be going by trust and the people enforcing the policy themselves.

We were told that there is a Chief of Food Service, Vickie Baldwin. Also Carol Kusewell, Clinical Dietetic Supervisor. We will be setting up meetings with them to discuss how they can better serve the long term patients with changes in the menu.

I stated about the visit to the Raton CBOC and how desperately they need to be moved to a larger clinic area. Mr. Marnell then explained how the process goes as the hospital was doing it wrong. Neither the hospital nor VISN has any control over the leasing contracts. The contracts have to go through VA Central Office directly. Currently there are three leasing agents to take care of all of the CBOC's in VISN 18 that need to get into larger spaces. All of the CBOC's in New Mexico need to move to larger clinic areas. The CBOC's had to be put in a priority schedule with Rio Rancho being at the



top of the list since it hasn't been built yet. The CBOC in Farmington has the space but the owner wants that space and they were supposed to be moved out in January 2010 but they did get an extension. Mr. Marnell stated that the leasing agent that is assigned to New Mexico is going to be contacted on a weekly basis to see how the process and progress is going.

Chris ended the meeting by inviting Mr. Marnell, Director and Dr. Gerety, Chief of Staff to go on a guided tour of the SCI Center with him. Dr. Gerety said that she was down at the center once. They both agreed to the invitation and will get a date scheduled when everyone is free.



## Patriotism...

“Patriotism is not a short and frenzied outburst of emotion but the tranquil and steady declaration of a lifetime.”

— *Adlai E. Stevenson Jr.*

“Patriotism is easy to understand in America. It means looking out for yourself by looking out for your country.”

— *Calvin Coolidge*

“There is only the moment. The now. Only what you are experiencing at this second is real. This does not mean you live for the moment.

It means you live the moment.”

— *Leo Buscaglia*

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### **Administration Releases Detailed FY 2010 Budget**

For the first time in the 23-year history of The Independent Budget — a comprehensive budget and policy document co-authored by Paralyzed Veterans of America (PVA), AMVETS, Disabled American Veterans, and Veterans of Foreign Wars — the Administration proposed a budget for the Department of Veterans Affairs (VA) that exceeds our recommendations. The President's budget for FY 2010 provides approximately \$55.9 billion in discretionary funding for the VA, approximately \$5.8 billion above the FY 2009 appropriated level and nearly \$1.3 billion more than The Independent Budget.

The Administration's budget includes approximately \$47.4 billion for medical care programs, an increase of \$4.4 billion over the FY 2009 appropriated level and approximately \$800 million more than the recommendations of The Independent Budget. The budget also includes \$580 million in funding for Medical and Prosthetic Research, an increase of \$70 million over the FY 2009 appropriated level.

The budget also contains a significant increase in funding for the Veterans Benefits Administration (VBA) — the VA agency charged with providing compensation and benefits to vet-

erans. The President's budget recommends \$1.8 billion for VBA, an increase of approximately \$350 million over the FY 2009 appropriated level. This critical funding will allow the VA to be able to properly address the massive claims backlog and handle the implementation of the Post-9/11 GI Bill, set to go into effect on August 1, 2009.

PVA is pleased to see that the Administration reaffirmed its support for advance appropriations of VA health-care funding. The Administration has committed in its budget to working with the Congress and veterans' service organizations to develop an advance appropriation recommendation for FY 2011. The advance appropriations provision will offer long-term benefits ensuring the VA will better be able to meet the health-care needs of all veterans. More importantly, it will ensure that VA health-care funding is sufficient, timely, and predictable.

### **Air Carrier Access Act Regulations Effective May 13**

The Department of Transportation (DOT) updated Air Carrier Access Act (ACAA) regulations in May, 2008, to take effect in May, 2009. Primary changes include the application of the ACAA to foreign carriers on flights to or from the United

States, new provisions concerning passengers who use medical oxygen, service animal issues, and access for passengers who are deaf or hard-of-hearing.

For the first time foreign carriers are required by federal regulation to comply with the ACAA on any flight leaving from or landing in the United States. DOT previously issued a letter to foreign carriers instructing them to comply and now require it by regulation. Many foreign carriers already have accessible aircraft, including bathrooms, but now they must provide moveable armrests, designate seating accommodations, safely stow mobility equipment, and provide services even at foreign airports. This, again, applies only to flights starting or ending at U.S. airports; foreign carrier service with no contact in the United States need not comply.

One provision requires carriers to ensure that movable aisle armrests are proportionately provided in all classes, including first and business. For foreign carriers, the requirement applies to new aircraft ordered after May 13, 2009 or delivered after May 13, 2010. Further, when carriers remove any of the old seats on existing aircraft and replace them with newly manufactured seats, half of the replacement aisle seats must have movable armrests.

The regulations now allow carriers to require a "safety assistant" for an individual with a

mobility impairment so severe that he/she cannot physically assist in their own evacuation. The term safety assistant is new, and means an individual whose sole responsibility is to assist in the case of evacuation. The current regulations do not require a passenger to physically assist; the ability to provide oral directions was considered sufficient.

One of the biggest changes is for people who need medical oxygen to fly. Oxygen users will now be able to carry personal devices; previously, if a passenger required oxygen, they had to purchase it from the carrier, which could charge for each leg of the trip. This sometimes led to oxygen costing more than the ticket, and no requirement to provide oxygen while in an airport.

The personal devices passengers may bring on board include POCs or portable oxygen concentrators and Continuous Positive Airway Pressure machines (CPAPs). These machines must meet Federal Aviation Administration requirements for portable medical devices and be labeled by the manufacturer.

PVA has updated its insert for the New Horizons booklet to reflect changes in the rules. DOT will issue a FAQ (Frequently Asked Questions) document soon, and proposes to update its ACAA publication and training documents too.

The Psychiatric Service Dog Society has filed a petition asking for reconsideration of a provision that permits carriers to require advance notice and documentation from passengers who use emotional support or Psychiatric Service animals. DOT is considering this petition, but it will not affect the effective date of the rest of the rule.

## PVA Welcomes New Legislative Staff Member

PVA's Government Relations Department would like to welcome a new employee — Jonathan Cameron. Jonathan joined the legislation staff on May 4, as Associate Legislation Director. His primary responsibilities will be veterans' benefits and the claims process.

Jonathan was born in Fauquier, Virginia. He graduated from Fork Union Military Academy in 1998. After graduating from Fork Union, Jonathan enlisted in the Marine Corps and attended Recruit Training at Marine Corps Recruit Depot, Parris Island, South Carolina.

Following completion of Recruit Training and subsequently Administrative School, Camp Johnson, North Carolina, Jonathan was transferred to Hotel Battery, 3rd Battalion, 14th Marines, 4th Marine Division, in Richmond, Virginia. In October 2001, he received active duty special work orders to Headquarters U.S. Marine Corps, Reserve Affairs Plans and Policy, Quantico, Virginia, where he served as an Entry Level Training Assignments Manager.

Jonathan was next assigned to Marine Corps Recruiting Command (MCRC), Quantico, Virginia as the Assistant Waivers Manager. While assigned to MCRC, he received orders to Headquarters Marine Corps, Legislative Affairs, at the Pentagon in Washington, DC, as a Congressional Liaison Representative. While stationed at the Legislative Affairs Office, he served in both the House of Representatives and the Senate

Liaison Offices, providing legislative expertise to expeditiously resolve congressional inquiries and analyze and recommend procedures to improve congressional interest programs.

In March 2007, Jonathan separated from the Marine Corps and worked as a Policy and Regulations Analyst for Akin, Gump, Strauss, Hauer, and Feld located in Washington, DC. He provided consultation, advice, and recommendations to Senior Policy Advisors within the Public Law and Policy Section on Defense, Military Base Enhancement, Base Realignment and Closure Commission (BRAC), Homeland Security, and Military Intelligence issues.

In December 2007, Jonathan was recalled back to active duty to serve under the Wounded Warrior Regiment at Quantico to assist the Reserve Medical Entitlements Determination Section as the Medical Hold Program Manager and advise the Wounded Warrior Regiment on legislative matters. His Military decorations include the Navy and Marine Corps Achievement Medal and Good Conduct Medal.

Jonathan received his Bachelor of Science in Public Administration from George Mason University and is attending graduate school to earn his Masters in Public Policy.

Jonathan is a member of Disabled American Veterans and the Foreign Joint Services Non Commissioned Officers Association. Jonathan lives with his wife Beth and son Matthew in Orange, Virginia.



# Father's Day

## A Brief History of Honoring Dad

The “mother” of Father’s Day was Sonora Smart Dodd, according to many historians. The daughter of a widowed Civil War veteran who had raised her on his own, Dodd came up with the idea when listening to a Mother’s Day sermon in 1909. She held her own special tribute for her father on June 19, 1910, in Spokane, Wash., and began a campaign for an official celebration thereafter.

Initially the idea of Father’s Day was met with skepticism. But in 1919, President Calvin Coolidge expressed support for the holiday, and in 1926 a National Father’s Day Committee was formed in New York City to join the campaign. In 1966 President Lyndon Johnson signed a proclamation designating the third Sunday in June as Father’s Day, but it wasn’t until 1972 that President Richard Nixon officially recognized it as a national holiday.

The official flower of Father’s Day is the rose: red for fathers who are still living, and white for fathers who have passed away.

“If the new American father feels bewildered and even defeated, let him take comfort from the fact that whatever he does in any fathering situation has a fifty percent chance of being right.”

— Bill Cosby

## Paternally Speaking

Match the quote to the famous TV father who said it:

- a) “A man’s never wrong doing what he thinks is right.”
- b) “When you’re married, you’ll understand the importance of fresh produce!”
- c) “Why can’t you be a normal boy and swallow goldfish?”
- d) “When a man carries a gun all the time, the respect he thinks he’s getting might really be fear.”
- e) “Some of the greatest lies ever told by your children: ‘I forgot,’ ‘I’ll pay you back later,’ ‘It was like that when I found it.’”
- f) “There is only one thing I want from you: find something you love. Then do it the best you can.”
- g) “Come men, let us retire to the living room where we will watch The Three Stooges and we shall scratch ourselves.”
- h) “A fellow just hates to admit he’s wrong. It takes a little courage to do it, and swallowing of pride, but it’s one of the paths to wisdom.”
- i) “We’ve got a wonderful bunch of kids, I mean really marvelous. They don’t play hooky, they don’t lie, they’re not fresh. But they just won’t stay off of that phone.”
- j) “Alcohol, the cause of and solution to all life’s problems.”

- 1. Benjamin Sisko (*Star Trek: Deep Space Nine*)
- 2. Heathcliff Huxtable (*The Cosby Show*)
- 3. Jim Anderson, Sr. (*Father Knows Best*)
- 4. Ben Cartwright (*Bonanza*)
- 5. Homer Simpson (*The Simpsons*)
- 6. Andy Taylor (*The Andy Griffith Show*)
- 7. Mike Brady (*The Brady Bunch*)
- 8. Howard Cunningham (*Happy Days*)
- 9. Dan Connor (*Roseanne*)
- 10. Tony Soprano (*The Sopranos*)

Answers on Pg 20

## Saluting Your Father?

### Here’s How To Do It On a Global Scale!

“Father” may have many different connotations, and it can be expressed in many way. Here’s how to say it in different languages:

**Arabic:** baba, or yebba  
**Croatian:** otac  
**Icelandic:** pabbi, or fadir  
**Finnish:** isa  
**Hebrew:** abba(h)

**Japanese:** otosan, or papa  
**Malay:** bapa  
**Portuguese:** pai  
**Sicilian:** patri  
**Welsh:** tad

For more translations, go to TheHolidaySpot web site:  
[www.theholidayspot.com/fathers-day/many\\_languages.htm](http://www.theholidayspot.com/fathers-day/many_languages.htm)

# Volunteers Who Support Veterans are #1

*Ron Gattas*

Speaking from a SCIC patient point of view, volunteers make a difference. There are two types. Some are registered members of the VAVS PROGRAM and others volunteer on their own. Thanks to the efforts of our new RT, Janet and better corporation from the VAVS, patients are experiencing more activities than ever before. Before we didn't have a RT on the ward. Every Monday, Wednesday, and Friday, a gifted volunteer pianist, Ellie Sanchez, entertains us with a variety of music in the lounge. Dr. Bob Sanchez, a retired dentist and Effie's husband, entertains us with many stories about early Albuquerque. Their pal Neffy Quintana a long time resident of Albuquerque, who has coached about every sport known at UNM and refereed some very famous boxing matches tells us some very interesting jokes and experiences. He has refereed all sports. He plays life by the rules. Bill Daily, a former star of "I Dream of Jeanie," who is a multi-talented star lends his voice to the makeshift choruses' in the SCIC patient lounge. He also, visits patients and gives them an autographed picture of himself. The new Wii game allows patients to enter in all competitive sports. This electronic marvel allows those that are daring

to play instruments such as the guitar and the drums. Some of the VAVS volunteers born with the gift of gab visit bed ridden patients several times a week this gab is necessary to cheer the patients up and make them feel wanted or important. There are some volunteers from the private sector that assist patients with reading, writing, and various other small chores. Mitch Casias is the first person to complete the VAVS training which is required to assist in the feeding of patients. Mitch Casias tenacious efforts prove "the squeaky wheel gets the grease" or something like that. With proper training and certification volunteers can assist with the feeding of patients. This is a big asset for the short staffed wards. Where can you have afternoon card games outdoors and gamble with someone else's pretend money? Become a patient in the SCI ward and you too can gamble with VA money (fake money) administered by Janet. The slogan Veterans are #1, which is often forgotten, is being replaced with Volunteers Who Support Veterans are #1. Thank you and all of you volunteers who make life a little bit better for all of us, patients.



## Share The Bounty: A Farmer's Story of Sustained Success

A farmer's superior corn won awards at the state fair year after year. A newspaper reporter who went out to interview him was surprised to discover that the farmer shared his seed corn with all of his neighbors. "Why do you share your best seed corn with farmers who are going to be competing with you every year?" he asked.

The farmer smiled. "The wind picks up pollen from the corn as it ripens and sweeps it from one field to the next," he explained. "If my neighbors grow inferior corn, I'll end up growing inferior corn. If they grow good corn, I'll be growing good corn."

It's the same elsewhere: Keeping what's "good" all to yourself can hurt you in the end, but sharing what you've got tends to come back to reward you.

"Sometimes the situation is only a problem because it is looked at in a certain way. Looked at in another way, the right course of action may be so obvious that the problem no longer exists."

— Edward de Bono

# For Your Information...

## Stay Cool During Summer Months Without the A/C

The coming of summer means longer days and higher temperatures, as well as higher energy costs as we try to keep our homes comfortably cool. Don't sweat it. Here are some tips for beating the heat without running the air conditioning 24/7:

- Choose light fabrics at home. You don't want dark, heavy drapes and bedspreads absorbing heat during the day. Replace them with lighter materials. And pick clothes to wear that are made of natural fibers. Synthetics can block your sweat, making you feel warmer.
- Close curtains and blinds during the day. This can prevent your home from heating up in the hot sun. At night, once the temperature dips below 77, you can open your windows to let cooler air flow through the house.
- Keep the air moving. An oscillating fan will circulate the air more efficiently than a stationary one. Buy a large one for better coverage. If you sit in front of it to cool off, though, be careful not to let the air dry your eyes out. If you have a ceiling fan — a good idea — make sure the blades rotate counterclockwise during the summer months to push cool air down into the room.
- Turn appliances off. Lights, computers, stoves, and anything else that runs on electricity will produce heat. Keep

them off when you're not using them. Avoid cooking if you can—make sandwiches instead of oven-roasted chicken for dinner, for example.

## How Spilled Milk Led to a Successful Career

A noted research scientist likes to tell how he found his destiny at a very young age. As a small boy, he tried get a container of milk from the refrigerator all by himself. He dropped it, and milk poured all over the floor.

His mother rushed into the kitchen, of course, but instead of scolding him, she decided to turn this minor disaster into an opportunity. "What a great mess!" she said. Since the damage had already been done, she encouraged her son to get on the floor and play in the puddles of milk. Then she moved on to the next step: responsibility for solving the problem. "Well, we've got to clean it up now," she said. "What do you think would be the best way to do that?" He picked the sponge, and they worked together to clean up the mess.

Then the mother looked to the future: "Let's see if we can figure out a way for you to get a carton from the refrigerator without dropping it again." She found an empty carton, filled it with water, and took it outside so they could experiment until the boy figured out a safe way to lift and carry it safely.

As an adult, the scientist credits his mother with teaching him not

to be afraid of making mistakes. Isn't that a better response than anger and punishment?

## What will you sacrifice during these dark days?

Even during tough economic times, some things are too important to give up. For American consumers, according to a survey conducted by BIGresearch for STORES magazine, those things include the Internet, which 80.9 percent of survey participants aren't willing to sacrifice, and cell phones (64.1 percent). Among other necessities: cable TV (60.5 percent), discount clothes shopping (43 percent), and haircuts and coloring (40 percent). Shoppers are willing to scale back on such items as luxury handbags (92.2 percent), satellite radio (90.9 percent), and maid service (90 percent).

## Cell Phones: From Fashionable to Fashion

That ringing sound you're hearing could be someone's cell phone — or someone's dress. CuteCircuit, a UK-based fashion-technology firm, has introduced the M-Dress, a combination of fashion and function: It's a silk dress that also functions as a mobile with a standard SIM card. You just lift your arm to your head to answer a call when the phone rings. Experts note that "wearable technology" is already common among athletes (shoes with built-in pedometers, for example).

## Fly Old Glory With Pride on Flag Day

President Woodrow Wilson proclaimed June 14th Flag Day in 1916, commemorating the adoption of the Stars and Stripes by the Second Continental Congress on that day in 1777.

The idea of setting aside a special day to celebrate the U.S. flag wasn't new, though. One of the earliest observances of Flag Day occurred in Hartford, Conn., in 1861, at the suggestion of George Morris, to pray for the preservation of the Union at the beginning of the Civil War.

In 1885, a Wisconsin school-teacher named Bernard J. Cigrand held a formal observance of what he called "Flag Birthday" at his school. Cigrand went on to become a passionate promoter of Flag Day, delivering more than 2,000 speeches on the subject, and is generally considered to be the "Father of Flag Day."

In 1914, Secretary of the

Interior Franklin K. Lane delivered a Flag Day speech in which he said the flag had spoken to him that morning: "I am what you make me; nothing more. I swing before your eyes as a bright gleam of color, a symbol of yourself." In 1949, President Harry Truman signed an act of Congress formally establishing June 14th as National Flag Day.

### You're a Grand Old Flag

You're a grand old flag,  
You're a high-flying flag,  
And forever in peace may  
you wave.

You're the emblem of  
The land I love,  
The home of the free and  
the brave.

Ev'ry heart beats true  
Under Red, White and Blue,  
Where there's never a boast  
or brag.


But should auld acquaintance  
be forgot,  
Keep your eye on the grand  
old flag.

— George M. Cohan



### Answers to Paternally Speaking

Answers: 1 (f); 2 (e); 3 (h); 4 (a); 5 (j); 6 (d); 7 (i); 8 (c); 9 (g); 10 (b)



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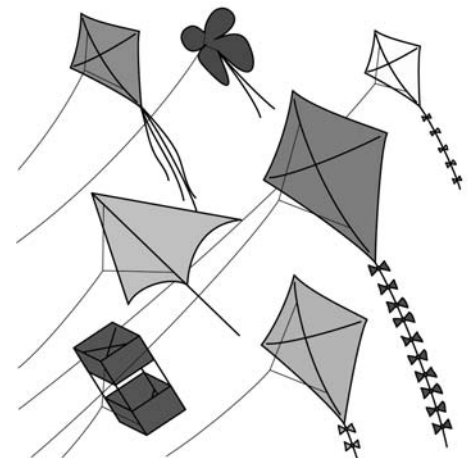
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# Saluting our Members

## ZIA CHAPTER MEMBERSHIP REPORT

The Zia Chapter, PVA voting membership stands at 577 as of May 14, 2009.

Zia Chapter records indicate our chapter voting membership as follows:

307 – Service connected

270 – Non-Service connected

Zia Chapter would like to welcome the following new members:

Wayne Edwards, Jr.

We received notice on the passing of the two members during this reporting period and extend our deepest sympathy and prayers to the families of

Jose Lopez

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 June

- 2 - J. Dudley Bursch
- 3 - Robert Beggs, Louie Candelaria, Julia Carr, Robert Borden
- 4 - Douglas Goff
- 5 - Jay Lanin, Robert Malcolm
- 6 - Robert Condon, Charlene McClellan, Rolando Hinojosa, Frank Nitek
- 7 - Dever Langholf, Johnney Burney, Diana Weathers
- 9 - Richard Mason
- 10 - Charles Butler, Joseph Santoro, Patrick Simone
- 11 - Thomas Peralta
- 11 - James Freudenberg
- 12 - Glen Rhodes
- 13 - Joseph Martinez
- 14 - Tom Max
- 15 - Marvin Monarco, Michael Wesley
- 16 - William Brown, William Murray, Ronald Polka, Edward Lovato
- 19 - David Beer
- 22 - Joe Yazzie, Carol Eaton, James Teague
- 23 - Robert Chisolm
- 24 - Robert Irish, Danny Allen
- 25 - William Callahan
- 26 - Roger Evans
- 27 - Edward Hartel, Tammy Oakley
- 28 - George Johnson
- 29 - Cesario Sandate

# Classifieds

'93 Dodge250 RAM designer van, V-8; Braun W/C lift & tiedowns w/remote; power doors; towing package; tv, vcr & MORE!  
Only \$10,500! call 505-832-2651

Solid wood entertainment center.  
Contact Ray at 821-2771  
for information

**Land For Sale** - \$60,000 - 3 1/2 acres, 10 miles south of Belen in Veguita. Has good well, 4,000 gallon upright water storage tank; 1 acre is pipe, cable and wire panel corrals, built in cow feeders, 200 gallon tank for water or hay; 3 100'x100' small corral and 2 large corrals approx. 1/4 acre each. Nice area for home - large or small; access to Hwy. 304; also access to paved N. Jaramillo. Call 861-0115 or 457-7296 for more information.

Also for sale: Generac 5000 (less than four hours) - \$400.00; GENE 3 Pt. PTO Driven seeder, holds 250-300 lbs ; 9" 3 Pt. PTO Drive Auger new, never been used - \$600.00; 5' Howse Blade (Brush Hog) - \$450.00

**WANTED** - Competent reader for blind veteran to read reports, newsletters, magazines, books, etc.  
Please call 266-8883 for more information.

W/C accessible mobile home near Air Force Base and Sandia Labs. 2 Bed/Bath; 14'x70' parked in doublewide corner lot; open livingrm/diningrm/kitchen concept; swamp & refrig. AC; reinforced floors; widened doors; ceiling rack for barrier free lift; 2 strong outside ramps; adult park; helpful neighbors; reasonable lot rent; established landscaping. **Price negotiable!** Call 505 296-9055

**For Sale:** 1998 GMC Suburban V-8, 5.7 liter, 9 passenger, all power, cold a/c with rear control. Michelin tires, 140k miles, low effort brakes installed by VA. Electric crane lift included. \$4,800 OBO. Call Paul at 505-884-1495 or cell 321-4319.

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 be the 15th of the preceding month.

## Commercial Advertising Rates Zia RoadRunner

	1x	3x (-5%)	6x (-10%)	12x (-15%)
Full Page	\$88	\$250	\$475	\$897
2/3 Page	\$74	\$210	\$400	\$755
1/2 Page	\$58	\$165	\$313	\$592
1/3 Page	\$43	\$123	\$232	\$438
1/4 Page	\$35	\$100	\$189	\$357
1/6 Page	\$25	\$71	\$135	\$255
Business Card	\$22	\$63	\$119	\$224

Contact the Zia Chapter at 247-4381 for more information about advertising.

# Zia PVA Programs

## Programs and their Managers

Aid and Attendant.....Gary Kather  
 Assisted Living .....Committee  
 Chaplain.....Terry Conger  
 Chapter Hospital Liaison.....Alyan R. Hill  
 Chapter Hospital Liaison - Spokes.....Lindol Hill  
 Computer Assisted Technology .....Jim Payne  
 Fund Raising .....Jim Hay  
 Government Relations .....Mike D'Arco  
 Membership.....Alyan "Ray" Hill  
 Newsletter.....Amie Kelm  
 One-to-One.....Paul Stapleton/Terry Conger  
 Research and Education .....Vacant  
 Scholarships .....Ron Gattas  
 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!

### Zia PVA Officers and Directors for FY'09

Chris Ewer, President  
 Lindol Hill, Vice-President  
 Kevin Dailey, Secretary  
 Ray Hill, Treasurer

Directors:  
 Terry Conger  
 Ron Gattas  
 Jim Hay  
 Paul Stapleton  
 Jim Payne

Immediate Past President,  
 Alyan "Ray" Hill

### National PVA Executive Committee for FY'09

Randy Pleva, President  
 Gene Crayton, Sr. Vice-President  
 Rick Glotfelty, Vice-President  
 Al Kovach, Vice-President  
 John Jackson, Vice-President  
 Bill Lawson, Vice-President  
 Frank Rigo, Secretary  
 Craig Enenbach, Treasurer  
 Joseph L. Fox, Sr.,  
 Immediate Past President

# Zia Events - July 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4 Independence Day
				<b>Zia PVA Closed</b>		
5	6	7	8	9	10	11
12	13	14 SCIC Bingo	15 Zia PVA BOD Mtg.	16 SCIC Luncheon	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



## 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  
**EMERGENCY ROOM.....256-2793**  
 Medical Information .....256-2731  
**VA POLICE .....256-2730**  
 Prosthetics.....256-2756  
 Pharmacy .....265-1711 x5067  
**PVA Svc. Office @ SCIC.....265-1711 x5046**  
**SCIC Administration.....256-2849**  
 Voluntary Services .....256-2771  
 Switchboard.....1-800-465-8262/265-1711  
**Regional Office .....1-800-827-1000**

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## Zia Events - June 2009

Sun		Tue	Wed	Thur	Fri	Sat
		2	3	4	5	6
7	8	9 SCIC Bingo	10	11	12	13
14 Flag Day	15	16 Zia BOD Mtg. 10:00	17	18 SCIC Luncheon	19	20
21 Father's Day	22	23	24	25	26	27
28	29	30				

Tear Me out and post me on your fridge!