



ZIA ROADRUNNER

ZIA CHAPTER, PARALYZED VETERANS OF AMERICA

May 2010 • Vol. 44 - No. 5



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3rd Annual Charity Bass Team Tournament**

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Zia ROADRUNNER

Cover: Boats roared off into the rising sun, each angler determined to catch the big one.

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

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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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May 2010...

Monthly...

Brain Tumor Awareness Month. The House of Representatives declared May “National Brain Tumor Awareness Month” in 2008, in response to the brain tumor diagnosis of Sen. Edward Kennedy, (1932-2009). For more information on brain tumor issues, go to the North American Brain Tumor Coalition Web site, www.nabrainumor.org.



Better Sleep Month. Sleep is essential to a healthy life, but 95 percent of Americans report difficulty sleeping at some time in their lives. Infants require 12–14 hours of sleep, whereas seniors may require only 6–8 hours. For tips on getting the sleep you need, go to <http://www.medicinenet.com/sleep/article.htm>.

National Arthritis Month.

Some 46 million Americans are living with arthritis, the nation’s leading cause of disability. The Arthritis Foundation encourages people with arthritis to stay active and exercise 20–30 minutes a day, three times a week or more. Avoiding a sedentary lifestyle is important. For more information, go to www.arthritis.org.

Weekly...

Be Kind to Animals Week, May 2-8. This annual tradition, sponsored by the American Humane Association, celebrates the role that animals play in our lives, and it encourages everyone, especially children, to treat them humanely.

National Nurses Week, May 6-12.

National Nurses Week begins each year on May 6 (National Nurses Day) and ends on May 12, the birthday of Florence Nightingale. This year’s theme: “Nurses: Caring Today for a Healthy Tomorrow.” For more information, go to the American Nurses Association Web site, www.nursingworld.org.



National Bike to Work Week, May 17-21. Lots of communities have encouraged people to start biking to work, which helps both their health and our



environment. In 2008, more than 10,000 tried biking to work in Denver during Bike to Work Week, and one in five became regular bicycle commuters.

Daily...

Cinco de Mayo, May 5.

Celebration of the defeat of invading French forces by the Mexican army at the Battle of Puebla in 1862. The outnumbered Mexican soldiers defeated a much better-equipped French force, marking the last time any country in the Americas has been invaded by forces from another continent.



Mother’s Day, May 9.

Observed the second Sunday of May, by proclamation of President Woodrow Wilson in 1914. “A mother always has to think twice, once for herself and once for her child.” (Sophia Loren)

Armed Forces Day, May 15.

Paying tribute to the men and women who serve in the U.S. military here and around the world.

Memorial Day, May 31. To remember all those who gave their lives in defense of their country.

From the President

Chris Ewer

Ah, May, the beginning the summer. Mayday, Memorial Day, The Indy 500 race, the first three-day weekend of the summer, and the end of school for most kids – it is a great time of the year for everyone!

How are you going to celebrate the beginning of summer? Will it be a long awaited trip? Catching an Isotopes game at the ballpark? Cleaning up the BBQ in preparation for a long summer of outdoor cooking? Whatever you choose to do, Zia chapter PVA hopes you have a great time.

Check out the calendar in this issue of the *Zia RoadRunner* — there are a number of things going on which you may want to attend. Also check out the calendars in the PN and Sports AND Spoke magazines published by National PVA. They will bring you up to date on what is on the National PVA agenda. The last issue of PN magazine had a number of articles about accessible travel opportunities sent in by different individuals.

The next Board of Directors' meeting is on May 18th. We encourage and welcome you to attend and give input. At this meeting the nominations for the 2010 Zia PVA elections will close, so if you are interested in serving on the BOD, Vice-president, or Treasurer — this is your

opportunity to do so. Ballots will be mailed out in July.

Last month was the Chapter's 3rd Annual Bass Fishing Tournament at Elephant Butte Lake. Unfortunately, the only date available was Easter weekend so the number of boats and teams were the same as last year. Each year we put this on we learn something new and are committed to putting on a 4th Bass Tournament next year. With a date change, local bass fishing clubs co-operation, and some rule and entry fee changes we should be able to double or more the number of teams participating.

The week of April 12-16 was PAW (Public Awareness Week for PVA). How many times have you been somewhere, wearing a Zia PVA hat or some other memorabilia and had someone ask, "what does PVA stand for"? It happens to me too often to count and just points out just how important name recognition is. PAW is an effort ramrodded by National PVA to encourage each chapter to try and increase it's identify ability and name recognition. We encourage each and every member of Zia PVA to help with Zia's name recognition. Whether your are wearing a hat, shirt or have a sticker on you vehicle with the Zia PVA or National PVA name on it helps. Better name recognition

will help to avoid be confused the VFW, DAV, or other veterans organizations. We've got nothing against the other VSO's, but since we specialize in SCI/D type injuries and are the only organization, veteran wise, that does, the name recognition is very important.

Enjoy your summer and visit us down at the Zia PVA office.



“However far modern science and technics have fallen short of their inherent possibilities, they have taught mankind at least one lesson: Nothing is impossible.”

— Lewis Mumford

“Any idiot can face a crisis — it's day-to-day living that wears you out.”

— Anton Chekhov

“Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.”

— Jack Handey

From the Vice President

Lindol Hill

Since my last report there has been little to report. The Management Meeting has been changed so it falls on same day as BOD for March in hopes more will be able to attend. So as soon as BOD is over on March 16th we will immediately go into the Management Meeting.

We keep losing members and each is a very hard thing to accept. Our members are very important to us and we are so sorry to loose them and have heartfelt sympathy for their families. This is a very hard time for families and I hope each of us has made proper plans and expressed those to our families. This is extremely important even though it is hard to discuss burials and finances with our loved ones. Please take time to think about this and advise your family of your thoughts and wishes.

Jean and I have made our trip plans and I reported them in my February report. We do hope to see members as we visit VA medical facilities this year. Having lunch with you would be a real pleasure for us.



Zia PVA CBOC Visits

Zia Vice-President Hill and SBA Dougherty plan on making trips in New Mexico and Texas to visit VA Medical Facilities.

They hope to start in May 2010 and end in September 2010.

Current plans are to visit Gallup, Clovis and Big Spring, TX., Farmington, Santa Fe, Las Cruces and El Paso and they hope to visit the Veteran Home in Truth or Consequences.

If you are a member of Zia PVA and you and a guest would like to have lunch with them on these visits please call Zia Chapter at (505) 247-4381 or 1-800-597-5580 and leave your name and telephone number so we can contact you later with needed information.



Zia Chapter PVA Elections

*Chris Ewer,
Election Committee Chairman*

Nominations for the upcoming Zia 2010 elections are open until May 18. The Vice President, Treasurer, and three Board of Director positions will be on the ballot. If you want change, now is the time for it. It is in the members' hands as to whom they elect. I can only hope that whatever decisions are made will be for the good of all the members and not just a select few.

You may submit nominations in writing to the Zia Chapter office until May 18. If you would like to nominate someone, please speak with them first and obtain their consent. Nominees must be Zia PVA members in good standing. If you have any questions, please contact the office.

PVA Service Office — Hospital News

Jean M. Dougherty, SBA

On Friday, April 16, 2010, Amie Kelm, Zia PVA Chapter ED, Michael D'Arco, Government Relations Director and I attended the Veterans Integrated Service Network (VISN) 18 Stakeholders Meeting. It was lead by Susan Bowers, VISN 18 Director. This was the first time that they had El Paso, TX; Big Spring, TX and Amarillo, TX on video tele-conference. Mrs. Bowers was pleased with this and most likely will continue with this same process next year when she has her next meeting.

VISN 18 covers 350,000 sq miles which includes all of Arizona, New Mexico, western part of Texas, Durango, CO and Liberal, KS. In VISN 18 there are seven VA Health Care Systems and forty Community Based Outpatient Clinics (CBOC's). Fifteen CBOC's are under review (all of the VA CBOC's in NM) for expansion or relocation due to increase in size of patient load and they can't add anymore staff. The outreach clinics that are operating now are only open 2-3 days per week and might have a primary care person but they are more of specialty clinics and see the patients only for that concern. There are additional proposals for more outreach clinics for NM in the rural areas. This is not an overnight situation in getting more space for the CBOC's or contracting for new places. Contracting is now under VA Central Office

in Washington DC. VISN 18 has hired four leasing specialists to just work on the forty five leasing projects that are outstanding.

Quality of Care, Access and Patient's Satisfaction are the top priorities for VISN 18. The VHA model is that all services are available and every patient should expect and receive the same type of care no matter where they go for their care. So it is VHA's responsibility to increase services that have been lacking. If you want to check on how the hospital that you receive your care at compares to other hospitals in the local area you can now check it on the web site of: www.hospital-compare.hhs.gov

When you get a patient satisfaction sheet to complete and you respond with a "good" rating it is not counted. They only count the "very good" or "excellent" marks. The National average for in-patient satisfaction is 63.2%-VISN 18 has a 64.6%. The National average for out-patient satisfaction is 54.6%-VISN 18 is rated at 51.4% so we are below the National average.

Since most of the patients are being seen on an out-patient basis the VISN is looking at a new system called Veteran Centered Care. It is an educational program that is centered about patient care and not controlled by staff. The system is going to be modeled after "If Disney Ran Your Hospital". The VISN 18 staff is ready to sign the contract for Disney

staff to come to the hospitals and evaluate/assess each hospital to see where the troubled areas are. Then 25 people from each hospital (all different areas from management to service line staff) will be visiting the Disney training program. Then upon completion of the program they will visit a hospital that has used this method to see how it has been put into action.

There is a major complaint that patients have to wait so long to get into see a doctor. VISN 18 is working at having no more than 1% of all patients (over 250,000 patients) of having an appointment within 30 days of when they call in for one. Their optimum goal is to be at .5%. If the hospital doesn't feel that they can meet that goal they will Fee Base the appointment but the results haven't been getting an appointment any sooner. Where it does take longer to get an appointment is in the specialty clinics of orthopedics, neurosurgery, optometry, audio, and GI. Albuquerque VA spent more than \$30 million on Fee Basis appointments last year. There are plans to expand services at CBOC's and build more CBOC's to help in the rural areas.

Currently there is a thirty day window that the hospital (VHA) has to get the compensation and pension exam completed and back to the VA Regional Office (VARO). There have been more exams requested as the average veteran puts

Cont'd on Page 6

Zia Sports and Recreation

Chris Ewer



I always think of May being the lead month for summer. Most schools in New Mexico start their summer vacation by the end of May. The Memorial Weekend is the first three-day holiday during the warmer months and officially kicks off summer. Baseball, while starting in April, is going full swing (no pun intended) and the warmer weather make you want to get outside and go to a ballgame.

With the snowy weather we had over this last weather, the snow packs in the mountains are starting to melt and fishing for the colder water species is very good right now. If you ever wanted to try white water rafting, there are some white water rafting outfitters who accommodate folks in wheelchairs and other disabilities. They would also be able to tell you when the best time to go rafting is.

The registration deadline for the National Veterans Wheelchair Games closed on April 15th. Hopefully, if you planned to attend the NVWG in Denver, CO, you got your applications in on time. Janet Escobedo, the SCI Unit RT has been trying to get a team together to attend the Games. You might still call her or

drop in and see her when you go in for an appointment and start the ball rolling for next year.

Another registration, which closed on April 7th, was the deadline for the late draw for the New Mexico Dept. of Game and Fish. The late draw is for deer, elk, antelope, and several other species. Hopefully, all of you who hunt got your applications in on time. A number of outfitters and guides cater to disabled hunters and some have accessible facilities to stay in to make the hunting experience a little less tedious.

How people would be interested in learning to shoot a shotgun, air rifle, bow, or crossbow? The last four or five years the Zia Chapter PVA had a program called Introduction to Trap shooting/Step Outside, but it got cancelled last year due to lack of interest. The Chapter has two crossbows for hunting and a couple of air rifles. Each of these venues requires a certain amount of balance, strength, and dexterity because of safety issues. Since the Sports Director does most of the instruction, he has the final say when it comes to safety issues. Give me a call at the Zia PVA office (505 247-4381) and we'll discuss it.

By May, most of the local Albuquerque area lakes like Isleta, Sandia, Shady Lakes, or Tingley Beach, have quit planting trout due to the warmer water temperatures and start planting catfish or other warm water fish. If an individual or very small group of anglers want to fish on Abiunque (sic), Navajo, or some of the larger lakes, you might contact Global Opportunities in Albuquerque for some fishing arrangements. Their phone number is (505) 480-2374. The contact person is Dustin Berg, a young enthusiastic paraplegic who started this non-profit 501(c)(3) corporation to help local disabled adults and youngsters enjoy the great outdoors. Several of our members, including myself, have used their services.

Remember, as the weather warms up — be prepared. Carry more fluids (not just beer), use plenty of sunscreen, and let people know where you are going and how long you will be gone. Sitting out in the broiling sun for a couple of hours, stuck in the sand, is not good for your ego or your health.

Keep your powder dry and your lures wet!

Con't from Page 4

in a claim for 9-15 issues. Susan Bowers is currently on a committee to streamline the process between VHA and VARO. Secretary Shinseki doesn't want to have claims at the VA Regional Office take more than 180 days.

VHA is working with DOD on a Disability Evaluation System (DES). This is when the service member is separating from the service and goes for his physical. This will now be done at a VA hospital and then used for the compensation and pension rating. Tucson, AZ is one of the pilot sites for this. This is going to be a big challenge as there will have to be a lot of coordination between the VA and DOD.



“Money won't make you happy, but everybody wants to find out for themselves.”

— Zig Zigler

Take A Quick Mental Workout

If your brain needs a little exercise, try stretching it with some of these brain teasers:

1. Can you move one of the numbers in the following equation to make it correct?


$$62 - 63 = 1$$

2. What's significant about the numbers in this series?


8 5 4 9 1 7 6 10 3 2 0

3. Fred's mother had three children by three different fathers. One child is named April; another is named May. What's the name of the third child?

Answers will be published in the June/July *Zia RoadRunner*. If you'd like to win a Zia coffee mug, send in your answers by May 26 (snail mail or email) and I'll draw a winner from the submissions. Good Luck!!!

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For Your Health and Safety

How To Recognize And Treat Burn injuries

Burns can be painful — and serious. It's all a matter of degree. To know how to treat a burn, and when to call a doctor, first learn to distinguish the different types of burns:

- **First degree.** Only the outer layer of skin is damaged. The skin is red, with some swelling and pain. This is the least serious type of burn and can be treated with first aid.
- **Second degree.** The first layer of skin has been burned through, and the layer underneath is red and splotchy. Blisters may develop, along with swelling.
- **Third degree.** The most serious type of burn, affecting all layers of skin and possibly causing permanent damage to tissues and even bones. Skin may appear either charred and black, or white and dry.

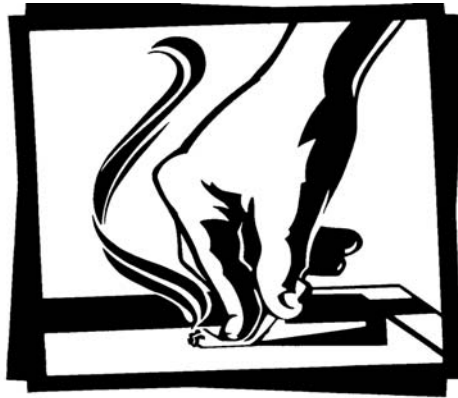
For third-degree burns, immediate medical attention is needed. Don't remove burned clothing or soak in water, but cover the area with a cool, wet sterile cloth or bandage. If possible, raise the burned area of the body above the level of the heart.

With first-degree burns, or second-degree burns that don't cover more than 3 inches of skin, hold the burned area under cool — but not cold — running water for about 15 minutes. Don't put ice on the burn. Wrap the wound in a loose dressing of sterile gauze,



keeping air and pressure off the burn. Don't break any blisters that form. The patient can take over-the-counter medications such as aspirin, ibuprofen, or acetaminophen for pain.

Keep an eye out for increased redness, swelling, or oozing, and call a doctor if any of these signs of infection develop.



Don't Quit When You're Quitting Cigarettes

Mark Twain supposedly said: "Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times." But for most people, really giving up cigarettes is the most difficult challenge of their lives.

If you're looking for help on your quest to become smoke-free, consider these suggestions:

- **Set a date.** Don't just decide to stop smoking on a whim.

Set a firm date so you can prepare yourself mentally and start tapering off, if that's your approach.

- **Know why you're quitting.** Some people write their own personal mission statements, citing health benefits, their family, and other compelling reasons to quit. Whether this is your style or not, be clear in your mind about why ending your cigarette habit is important to you.
- **Get support.** Many people can't quit smoking alone. Whether you join a support group or just seek counsel from your family and physician, enlist people to help you keep your commitment strong.
- **Exercise.** You'll relieve stress and help your body recover from years of tobacco use. Start out slowly, and check with your doctor.
- **Drink lots of water.** Water can help flush nicotine and other chemicals from your system and can satisfy your craving for something to put in your mouth.
- **Do what works.** Some people try burying all their cigarettes so they have to put a major effort into getting a smoke, or chewing dog biscuits when they feel like a cigarette. Don't go overboard, but find a solution that works for you.



Humor & Anecdotes

A Cold Lesson

A family owned a parrot that had picked up some naughty words and squawked them at the top of its voice. Nothing seemed to shut it up.

One day the minister was due to visit the home. The mother, in a panic, stuck the parrot in the freezer (after making sure to adjust the temperature so it wouldn't freeze). After the minister left, she went to let it out.

When she opened the door, the parrot hopped out.

"Learned my lesson," it squawked. "No more cursing."

"Thank goodness," said the mother.

The parrot cocked its head. "One question?"

Puzzled, the woman said, "Go ahead."

The parrot leaned its head forward, gestured toward the freezer, and whispered, "What did the chicken do?"

As Crazy As... Whatever

These analogies, originally published in a Washington Post humor contest, are as outlandish as a clown in a monastery or a break-dancer in a waltz class or — well, you get the idea:

- "Her face was a perfect oval, like a circle that had its two sides gently compressed by a ThighMaster."
- "His thoughts tumbled in his head, making and breaking alliances like underpants in a dryer without ClingFree."

- "She grew on him like she was a colony of E. coli and he was room-temperature Canadian beef."
- "He was as tall as a six-foot, three-inch tree."
- "The whole scene had an eerie, surreal quality, like when you're on vacation in another city and 'Jeopardy!' comes on at 7 p.m. instead of 7:30."

Cinematic Lessons About Conflicts and Other Difficulties

The movies have so much to teach us.

Here are a few important life lessons they offer:

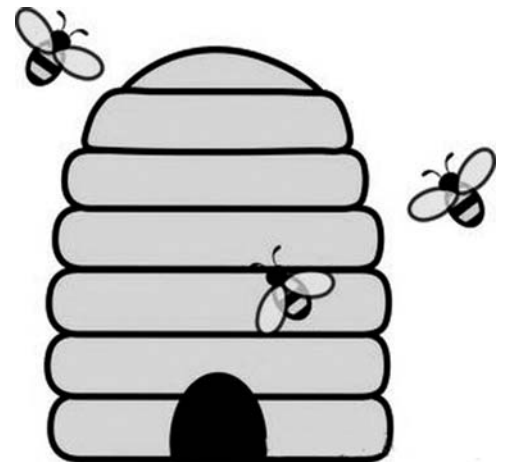
- If you have a prolonged physical fight with another person that ends without one of you killing the other, you'll become best friends.
- If your current problem revolves around an elderly scientist, he or she will invariably have a beautiful daughter who will fall in love with you.
- If you shoot people, they will die instantly. If someone shoots you, you'll suffer a flesh wound.
- If you grunt in pain while a beautiful woman is treating your flesh wound, she will fall in love with you.
- If you compete in a game or sport against a world champion, you will win despite your lack of training. He or she will then try to kill you.
- No matter what your problem is, it's somebody else's fault.

Keeping Up With Today's Workplace Buzzwords

Business is full of jargon and buzzwords.

Here are a few contemporary terms that describe the workplace as it is, not as an idealized vision of productive contentment:

- Digital nomads: Workers able to be productive in any location due to their mastery of wireless technology.
- Goldman-sacked: A massive layoff, similar to the firings in the financial sector during the economic meltdown of 2008.
- Ohnosecond: The fraction of a second between hitting "send" and realizing that you've just fired off an embarrassing e-mail to your boss — or your entire company.
- Bosshole: A manager who's a ... jerk.
- Ramen-profitable: A business that's just scraping by, like a college student living on an endless diet of ramen.
- "Trep: Abbreviation of "entrepreneur" for those too cool to use multisyllabic words.



3rd Annual Zia Chapter, PVA Charity Team Bass Tournament

Amie D. Kelm

We held our 3rd Annual Bass Tournament on Easter weekend, April 3/4, 2010. We had 18 teams registered by 7:00pm Friday night and we were all praying that the winds which had plagued for the past week would indeed die down as forecasted.

At 5:30am, before the sun had even touched the horizon, Tournament Director Dennis Martin and I were waiting at the top of the hill to check each boat in. In addition to checking the live well on each boat, Dennis gave each angler an Easter egg - a hard-boiled, colored egg. The anglers were surprised by the Easter eggs, but word is they all enjoyed getting them.

Once all the boats had checked in, we joined our Weigh Master, Bobby Brewster, to launch the boats. The National Anthem rang out across the lake to start the morning. Bobby then called out the boat numbers, sending them speeding out across the lake in search of the perfect spot.

The day remained relatively calm, with only the normal winds kicking up midday. By 3:00pm each boat was in line at the marina for weigh-in. Total weights for the day ranged from 16 lbs to 2 lbs. It is called "fishing" not "catching" and there are no guarantees.

Saturday evening we all met back at the VFW Post 1389 for dinner. Dinner was brisket, ham, potato salad, cole slaw, baked beans and bread. After everyone had their fill of food, we began the drawing for the door prizes.

We had excellent prizes donated again this year. (See the back cover for a list of the donors.) Zia President Chris Ewer assisted with the door prizes.

Sunday was pretty much a repeat of Saturday. The anglers received their Easter eggs again and once more set off in search of the ever elusive "big one."

Weigh in was at 1:00pm on Sunday. As the anglers weighed in their catch, some moved in the standings and others dropped. However, there was not denying the winners. In first place after Saturday's weigh-in, Jesse Haynie and Robert Carson listened as weights were called out. When their closet completion came in

below them, they knew they had it and the grins on their faces could not be denied. Jesse Haynie won last years tournament as well, though with a different partner.

Awards were given out at the VFW. First, second and third place received cash awards in addition to custom made plaques. Awards of prizes were given out for 4th through 10th place. A special award, called the "Empty Hook" was awarded to Clint Yilek and Fritz Rohrkaste. They caught fish, but the big one eluded them - this year. Who knows what will happen next year.

Good luck to all the anglers, we hope to see you again next year!!!

Tournament Results			
Team	Sat.	Sun.	Total
Jessie Haynie/Robert Carson	16.68	13.13	29.81
Moe Gutierrez/X Gutierrez	10.48	11.04	21.52
Mark Adams/Franco Vallejos	11.02	9.89	20.91
Dean Leavengood/Mark Gibertini	9.21	11.40	20.61
John Pinkston/Greg Pinkston	10.84	8.62	19.46
Mark Sawyer/TJ Sawyer	7.17	11.87	19.04
Darrell Newton/Josie Newton	13.29	5.03	18.32
Frank Ransey/Clayton Ramsey	16.19	1.74	17.93
Joe Ramirez/Dennis Hoy	8.85	8.83	17.68
Mark Tapley/John C. Myers	4.93	12.37	17.30
Brian Stangel/Seth Garrison	8.57	8.46	17.03
Chett Britton/Robert Peixotto	10.92	5.44	16.36
Steve Bell/TJ Bell	10.33	3.98	14.31
Barry Stanley/Steve Ragsdale	5.93	8.20	14.13
Randell Bell/Mike Liska	4.42	6.70	11.12
Lou Golson/April Golson	2.72	3.00	5.72
Clint Yilek/Fritz Rohrkaste	2.17	0	2.14
Marcus and Patrick Burkhardt	0	0	0



Recent news regarding legislation and regulatory actions affecting veterans and people with disabilities.

Congress Passes and President Signs Major Health Care Legislation

Government Relations staff was involved with passage of the sweeping health reform legislation that finally was signed into Public Law 111-148 on March 23. The focus of staff efforts was to ensure that the broad ranging initiative contained provisions beneficial to veterans and people with disabilities and at the same time did not diminish or restrict PVA members' access to current care provided by the Department of Veterans Affairs.

During the debate of health care reform a tremendous amount of misinformation appeared in the media and on the Internet with a great deal of it focused on the possible harm it would do to veterans, military personnel and their families. Throughout the debate Government Relations staff maintained contact with congressional leaders and the Administration and received continued assurances that all veterans enrolled in VA health care and their dependents and survivors under CHAMPVA, as well as, military families, military retirees and dependents enrolled in TRICARE and TRICARE for Life are deemed to

have essential coverage that satisfies the individual requirements of the reform legislation. One problem arose concerning a few hundred disabled children of Vietnam and Korean War veterans with spina bifida, but that issue is currently being addressed in Congress with the Senate having already passed S. 3162 which amends the reform law guaranteeing that VA's program of care for these children will be considered minimum essential coverage.

To further reassure veterans, active duty military personnel, retirees and families and dependents legislation has been introduced in Congress to eliminate any ambiguity regarding continued availability and access to VA and TRICARE for these individuals. Staff will continue to monitor this effort and to insure the implementation of the health care reform law will not adversely affect PVA members, all veterans and people with disabilities.

This major health care reform legislation along with a subsequent bill of "fixes" signed into law March 30 contains several provisions important to people with disabilities.

First, lifetime and restrictive annual limits on coverage caps and restrictions due to preexisting conditions for children are

prohibited as of this year. The pre-existing conditions provision will apply to adults starting in 2014.

Second, the Access Board will develop guidelines for minimum technical criteria to ensure that medical diagnostic equipment is accessible. Providers and plans covered by the bill must meet the requirements of the Americans with Disabilities Act and section 504 of the Rehabilitation Act, i.e., that individuals with disabilities receive equal access to all aspects of the health care delivery system.

Additionally, some major disability policy issues, that PVA has supported for years, were enacted as part of this legislation. These initiatives include: broader access to Medicaid coverage for people with disabilities; the beginning of the CLASS Act initiative, a voluntary program that will provide funds for home and community-based long-term care services; a national prohibition against insurance coverage discrimination for people with pre-existing medical conditions; a prohibition against health plans from establishing lifetime limits (caps) on coverage; and the new law begins a process to close the coverage gap in Medicare prescription drug coverage by 2020.

PVA Testifies On VA Appropriations

On March 23, PVA testified to the Subcommittee on Military Construction and Veterans' Affairs of the House Committee on Appropriations concerning The Independent Budget and the Department of Veterans Affairs (VA) budget for Fiscal Year 2011.

As one of the four co-authors of the The Independent Budget (IB), PVA discussed the importance of Advance

Appropriations and the historic step toward providing sufficient, timely, and predictable funding. The actions of Congress last year generally reflected a commitment to maintain a viable VA health-care system and Congress showed real interest in reforming the budget process to ensure that the VA knows exactly how much funding it will receive in advance of the start of the new fiscal year.

Even though Congress had already provided advance appropriations for FY 2011, PVA chose to still present budget recommendations for the medical care accounts specifically for FY 2011.

While Congress provided approximately \$48.2 billion in discretionary funding for VA medical care and when combined with the \$3.3 billion Administration projection for medical care collections in 2010, the total available operating budget provided by the appropriations bill is approximately \$51.5 billion. The Independent Budget recom-

mended approximately \$52.0 billion for total medical care, an increase of \$4.5 billion over the FY 2010 operating budget level which PVA believes validates the advance projections that the Administration developed last year and has carried forward into this year.

Furthermore, PVA remains confident that the Administration is headed in a positive direction that will ultimately benefit the veterans who rely on the VA health-care system to receive their care.

The medical care appropriation includes three separate accounts — Medical Services, Medical Support and Compliance, and Medical Facilities — that comprise the total VA health-care funding level. For FY 2011, The Independent Budget recommends approximately \$40.9 billion for Medical Services. The Medical Services recommendation included the following recommendations:

Current Services Estimate	\$ 38,988,080,000
Increase in Patient Workload	\$ 1,302,874,000
Policy Initiatives	\$ 650,000,000
Total FY 2011 Medical Services	\$ 40,940,954,000

The growth in patient workload is based on a projected increase of approximately 117,000 new unique patients — Priority Group 1-8 veterans and covered non-veterans at a cost of approximately \$926 million. The increase in patient workload also included a projected increase of 75,000 new

Operation Enduring Freedom and Operation Iraqi Freedom veterans at a cost of approximately \$252 million. The increase in workload also included the projected enrollment of new Priority Group 8 veterans who will use the VA health care system as a result of the Administration's plan to incrementally increase the enrollment of Priority Group 8 veterans by 500,000 enrollments by FY 2013. PVA emphasized that the VA must have a clear plan for incrementally increasing this enrollment, otherwise it risks being overwhelmed by the significant new workload.

PVA testified on its policy initiatives which were limited to recommendations to restoring long-term care capacity, support for centralized prosthetics funding, medical support and compliance, and Medical Facilities, including additional funding for non-recurring maintenance provided under the Medical Facilities account. PVA also expressed disappointment in the Administration's decision to virtually flat line the VA research budget. VA research has been grossly underfunded in contrast to the growth rate of other federal research initiatives. PVA emphasized that at a time of war, the government should be investing more, not less, in veterans' biomedical research programs.



For Your Information...

Mother's Day: A Long Tradition Of Love

The second Sunday in May was officially proclaimed "Mother's Day" by President Woodrow Wilson in 1914. But it had a long history before then.

The ancient Greeks held a festival for Cybele, the mythical mother of many Greek gods, during the spring. The Romans dedicated a holiday called Matronalia to the goddess Juno, mother of Mars, Minerva, and Vulcan. Gifts to one's real mother were common that day.

"Mothering Sunday" in Europe and the British Isles honored mothers and motherhood on a specific Sunday. The Catholic liturgical calendar marked the fourth Sunday of Lent to honor the Virgin Mary and "mother church," and families offered token gifts and took charge of traditionally female tasks such as cooking and cleaning for the day.

In the United States, Anna Reeves Jarvis organized Mother's Work Day in the 19th

century. Her goal was to heighten awareness of local sanitation issues in her home state of West Virginia. Julia Ward Howe, author of the lyrics to "The Battle Hymn of the Republic" promoted a "Mother's Day for Peace" in 1872.

In 1908, Anna Marie Jarvis (daughter of Anna Reeves Jarvis) organized a celebration of motherhood at her church in Grafton, W.Va.; more than 400 children and their mothers participated.

After that, Jarvis proposed a national day of recognition for mothers. West Virginia recognized Mother's Day first, in 1912. President Wilson's proclamation came in 1914.

Today Mother's Day is a big business. Greeting cards, flowers, perfume, jewelry and dining out are all a big part of how we express appreciation to the women who raised us.

Memorial Day: A Solemn Occasion

Memorial Day began in the 19th century as "Decoration Day." Citizens were urged to decorate the graves of soldiers who'd died in the Civil War.

After World War I, Decoration Day expanded to include ceremonies honoring the dead in all of America's wars.

Decoration Day became Memorial Day officially in 1967. In 1968 the Uniform

Holidays Act established it as one of three holidays (including Veteran's Day and George Washington's birthday, now called President's Day) celebrated on a Monday to create a convenient three-day weekend. Memorial Day is now observed on the last Monday in May.

One tradition of Memorial Day is the wearing of poppies. The custom is generally credited to Moina Michael, a former teacher at the University of Georgia, who was working for the YMCA Overseas War Secretaries at the end of World War I.

She was inspired by reading the poem "In Flanders Fields," by Canadian poet and doctor John McCrae. The poem's opening lines read:

"In Flanders Fields, the poppies blow

Between the crosses, row on row..."

During the Overseas War Secretaries' annual conference held in New York City in 1918, shortly before the signing of the armistice ending the war, grateful delegates gave Michael \$10 in recognition of her help with the conference. She spent the money on 25 red silk poppies to hand out to participants (or she may have used the money on materials to make the poppies herself.)

The poppy became a national symbol of remembrance, and two years later the American Legion adopted it at its own conference. Poppies have symbolized the day ever since.

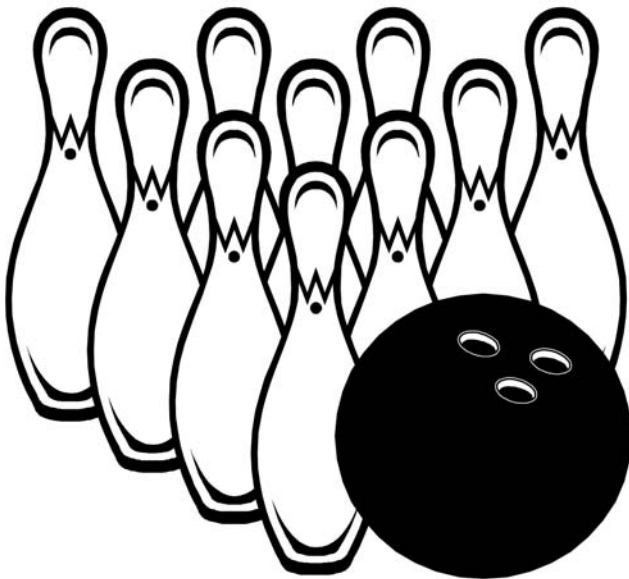


Zia Chapter, PVA Bowling Tournament

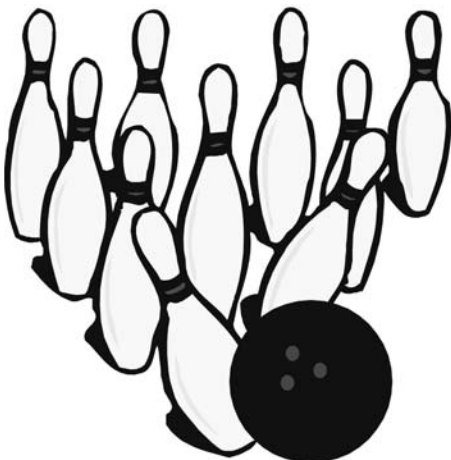
A one day - 3 game total
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Bowling Tournament!!!!

Thursday, July 15, 2010
1:00 - 4:00pm

Entry Fee: \$25.00 (includes shoes)



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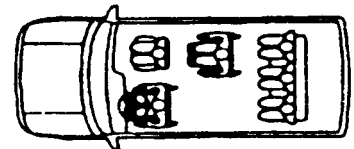
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contact Kevin Dailey at
Zia Chapter, PVA
(505) 247-4381
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ziapva@aol.com

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Perception or The Real Thing

By Lindol Hill

I have discussed this title with a lot of people in my lifetime because so many folks just do not seem to understand the difference. And the reason for this is what people perceive to be true is as real to them as the real truth could possibly be at the moment. Everybody I have ever met has had a problem with what the difference really is until we sit down and I point it out to them.

If I think that someone is cheating at cards without ever really seeing them do it then I am really convinced they are cheating but in reality it is a perception unless I can prove

otherwise. If I think someone is telling a fib without actual proof then it is a perception until such time I can come up with sometime to prove they did fib.

Many times folks will take something personal even if it was not aimed at just them and run down that person as if they had told a lie or were picking on them only. For instance, if someone with authority were fighting for a smoking policy that would benefit everyone (smokers and non-smokers) the smokers might fight such a policy and say that the person was abusing their power. That would be a perception by the

ones against a smoking policy because the policy would allow the smokers a place to smoke and assist the non-smokers to stay away from second hand smoke. But their perception was just as real to them as if it would hurt them or go against them because they were looking at it from only one angle, their personal angle. I think we all have been guilty of perception versus the real thing because most of us speak or act before we take time to really think things through. After all we are human being made from flesh and blood and bones and have much more of that than brains. But I feel all of us need to stop

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and think before we act or speak and be sure we do in fact have all the information. And yes, I am just as guilty because I think we all want to get off the first shot. It seems to be a matter of pride and we just act so quick and way to often we hurt folks without needing to do so. Once damage has been done it is really hard to erase the damage. So lets all try to be sure we know the real thing instead of perceiving things.

I feel if we all knew the real thing about politicians and their actions then we could probably have a better voting record and could elect better representatives for Washington. But it is so hard to define the real thing anymore because they cover up so much with just a bunch of bull that says nothing. I wonder how many bills have passed Congress and the Senate without anyone really knowing what the entire bill covered and what it would really do to the public. I am talking about those in office and us out here trying to figure out what is going on. Now are these words done because of my perception or are they the real thing. I really believe the truth is that way to many bills are passed without those voting on them really knowing what they all entail. And if they do not know then we sure can not know before the bill is passed.

I feel everything in our lives are to often motivated by perception rather than the real thing. Can we really believe TV or newspapers anymore? They appear to be one sided most of the time and it is fairly easy to

see which way they lean. So what does one do to get to the real thing? One must continue to watch all TV stations, read as many papers as possible, read as many articles as possible from as many places as possible. Discuss issues with as many folks as possible and ask each other questions to try to determine why they feel the way they do. Discuss things with folks at different levels of positions and education as well as different employment positions. Try to get as much info as you can before making up your mind on something. It is not easy because there is so much cheating, cover ups and down right lies that it gets difficult to know who to trust anymore. I think one of the problems is that everyone wants to do something as of yesterday rather than take the time needed to discuss everything to insure it is best for the majority of the citizens.

I really think this problem exists worldwide, in politics, large companies, small business, organizations, at all levels of governments, and in society as a whole. We live in a much faster world today but that should not change the need to be honest, civil, do the right thing, and be sure it is the real thing rather than only perception. And as I try to look to the future I do not see any real change at any level because we are a greedy society with a very large appetite for all we can get free without thinking about who will pay the bill someday. I woke up the other night from a nightmare and was no longer an

American but rather a citizen of China because they had demanded full payment on all loans and debts and we could not come close so they just took us over and with very little fight from us. Folks I am concerned that we have over reached our abilities and are so in debt that this country is in dire trouble. It frightens me and I do not understand how nor why we continue to ruin ourselves. I have always hoped we had very smart folks in Washington making the decisions but I am beginning to wonder about their abilities. I fought for this country because I loved it and wanted the best for it. I am no longer sure the two party system is the way to go because nothing gets done for the country only for a party and it just may ruin us before we realize it. Now is this perception or the real thing. In my mind it is the real thing and it scares me to no end. May God bless this country and our leaders and give them wisdom they definitely need.

All the above are my thoughts and no one assisted me. If need be, then be mad at me not ZIA nor PVA.





Saluting our Members

ZIA CHAPTER MEMBERSHIP REPORT

The Zia Chapter, PVA voting membership stands at 567 as of March 16, 2010.

Our records indicate

297 Service Connected

270 Non-Service Connected

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 May

- 1 - Richard Moore, Michael Lowe
- 2 - Ronald Botsko, Danny Hutson,
John McLaughlin
- 3 - Mark Hopper, Andrew Callahan
- 4 - Michael McQuade
- 5 - Gary Gordon, Richard White
- 7 - James Walters, Karl Foust
- 8 - Harold Landes
- 10 - Elmo Gurule, Marlin Ekstrom
- 12 - Enrique Padilla
- 15 - Guillermo Zozaya
- 16 - John Mattson
- 18 - Felix Cordova, Vega Nilsson,
Steve St Clair, Dennison Hauf,
Raymond Scheller
- 20 - Raymond Montoya,
Sean McFarland
- 21 - Robert Copenbarger
- 22 - Kenneth Harbison
- 24 - Jose Navarrete, Monte Wooden
- 25 - William Moffitt, Rudy Martinez,
Joe Chris Rodriguez
- 26 - Jose Silva, William Nelson,
John Collins
- 27 - James Calar
- 28 - Michael Dyer
- 29 - Robert Ulses, Roger Bradley
- 30 - Pauline Franklin,
C. Joseph Harrington,
George Palma
- 31 - David Lambert

Classifieds

For Sale: Two cars w/Braun Wheelchair
toppers and hand controls.

1995 Oldsmobile Cutlass Supreme,
4dr. sedan w/89,000miles

2004 Buick Century 4dr sedan
w/30,000 miles

Contact Margaret P. at 833-0762
for more information.



FOR SALE:

Dodge Dakota Sport, 2002, V6, Club Cab, 2WD, Electric Topper with lift for
scooter. 20,966 miles. \$10,000 OBO.

Dodge Ram 1500, V8, fullsize Van, conversion; Rinco Wheelchair lift in rear;
fully loaded; has rear bench seat (like new, never used); rear door is automatic;
81,5000 miles; \$8,000 or OBO.

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.

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 issue, please contact
the chapter prior to May 15th.

Thank you.

Zia PVA Programs

Programs and their Managers

Aid and Attendant	Gary Kather
Assisted Living.....	Committee
Chaplain	Terry Conger
Chapter Hospital Liaison	Terry Conger
Chapter Hospital Liaison - Spokes.....	Lindol Hill
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
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!



Phone Numbers:

Zia Chapter	(505) 247-4381
Toll Free.....	(800) 597-5580
PVA Service Office	(505) 346-4896
Toll Freet	(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

Zia Chapter, PVA

Events Calendar

May

- 11 - SCIC Bingo, 6:30pm
- 18 - Zia PVA BOD Meeting,
10:00am
- 20 - Zia Sponsored SCIC Monthly
Luncheon
- 31 - Zia Chapter, PVA Closed -
Memorial Day

June

- 8 -SCIC Bingo, 6:30pm
- 16 - Zia Card Night at Chapter,
6:00pm
- 17- - Zia Sponsored SCIC Monthly
Luncheon

Dates to remember...

- July 5-6 -Zia Chapter, PVA Closed
- July 13 -SCIC Bingo, 6:30pm
- July 15 -Zia Sponsored SCIC Monthly Luncheon
- July 20 -Zia PVA BOD Meeting, 10:00am
- July 21 Zia Card Night at Chapter, 6:00pm

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



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Taylor Marine -	Albuquerque, NM		Elephant Butte, NM
Charlie's Sporting Goods -		MoFish Rattle Baits -	
	Albuquerque, NM		Albuquerque, NM
Simard Electric -	Albuquerque, NM	Los Pinos Fly & Tackle -	
Sportsman's Warehouse -			Albuquerque, NM
	Albuquerque, NM	Strictly Fishing	
Napa Auto -	T or C, NM	Marcus Burkhardt	
Reel & Rifle Sporting Goods -		Jerry Taylor	
	Albuquerque, NM	Marina Del Sur -	Elephant Butte, NM
Morgan Marine -	Elephant Butte, NM	Marina Suites Inn -	
Pat's Chevron -	Elephant Butte, NM		Elephant Butte, NM