



ZIA ROADRUNNER

ZIA CHAPTER, PARALYZED VETERANS OF AMERICA

November/December 2010 • Vol. 44 - No. 11/12



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Zia ROADRUNNER



Cover: The holiday season is upon us once again -- let us all try and be a little more patient with those around us because everyone is under some type of stress!

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A Member Chapter of the
Paralyzed Veterans of America

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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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November/December 2010...

November

American Diabetes Month. In the United States, 23.6 million people have diabetes—children and adults. That's 7.8 percent of the population. For years, the American Diabetes Association has used this month as an opportunity to communicate the seriousness of diabetes and the importance of diabetes prevention and control.

Epilepsy Awareness Month. More than 3 million people in the United States have epilepsy, and 200,000 new cases develop each year. The purposes of Epilepsy Awareness Month are to dispel common myths about the disorder, promote public awareness, and inform people with seizure disorders and their families about service programs and informational resources.

National Animal Shelter Appreciation Week, Nov. 7-13. Sponsored by the Humane Society of the United States in 1996 to acknowledge and promote the invaluable role shelters play in their communities, and to increase public awareness of animal welfare issues and shelter services.

National Games and Puzzles Week, Nov. 21-27. Encouraging families and friends to spend more time together playing games, doing puzzles, challenging their brains, and having fun.



Sadie Hawkins Day, Nov. 6. Widely observed in the United States, usually the first Saturday in November. An American event that originated in the comic strip *Li'l Abner*, encouraging young girls to take the initiative in inviting the boy of their dreams on a date.

Great American Smokeout, Nov. 18. Give up cigarettes for a day — and start giving them up for the rest of your life.

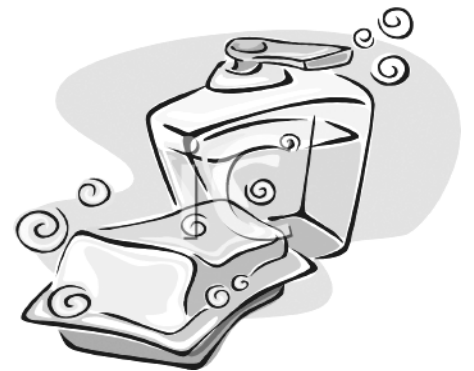
Thanksgiving Day, Nov. 25. Give thanks for family, friends, health, and turkey. More on page 12.

December

Safe Toys and Gifts Month. When buying holiday presents, people sometimes don't consider whether the gifts they're purchasing are safe for children. The National Safe Kids Campaign recommends that when selecting toys, consider the child's age, interests, and skill level. Look for quality design and construction, and follow age and safety recommendations on labels.

National Stress-Free Family Holidays Month. The holiday season can be stressful. Don't drive yourself crazy trying to create the "perfect" holiday. Instead, identify what's truly important to you and your family, and develop holiday traditions that are uniquely your own.

National Tolerance Week, Dec. 1-7. Promote diversity and celebrate multiculturalism, share your culture while learning from other cultures and experiences, and learn to accept others for their differences.



National Handwashing Awareness Week, Dec. 5-11. Holiday get-togethers increase the risk of spreading germs and catching diseases. The goal of National Handwashing Awareness Week is to decrease the spread of infectious diseases by educating people and communities.

Christmas, Dec. 25. Christian celebration of the birth of Jesus.

New Year's Eve, Dec. 31. Still time to make a few last-minute resolutions...

From the President

Chris Ewer

I hope that everyone's autumn has been a good one. It seems a bit warmer this year. During the Albuquerque Balloon Festival never dropped below 40 D. F. This time of year the leaves are usually turning and starting to fall from the trees. Halloween is finished, The World Series is over, but the leaves are still here.

Zia Chapter PVA has started its new fiscal year as of the first of October and Thanksgiving almost upon us. We have a lot to be thankful for as SCI/D veterans, we have a great SCIC to attend to our health needs. There has been a number of new nurses, nurses' aides, and OT, and some of the other needed positions filled or soon to be filled. By January there should be a new SCI Chief on board. We are working hard with the SCI Staff and Doctors to understand the needs of our membership and we appreciate any input we receive from the membership.

Speaking of the membership, Zia Director Bob Werden, Vice President Kevin Dailey, and myself accompanied Lindol Hill, National PVA SBO Jean Dougherty and her husband Pat to El Paso, NM to have lunch with a gathering of Zia Chapter members from the El Paso, TX, Las Cruces, NM, and surrounding areas at the Great American Land & Cattle restaurant in El

Paso, TX. This was Lindol's last trip as Zia's Hospital Spokes Officer before turning his duties over to Pat Dougherty. There were 32 members and their families in attendance and everyone enjoyed a great luncheon and camaraderie during and after the luncheon. The El Paso, TX area is actually under the auspices of the Waco VAMC, but most of the SCI/D veterans choose use the SCI Center in Albuquerque. I was able to meet with the WVAMC VLO, Leticia Jackson. She is a very knowledgeable lady and is married to a quadriplegic veteran. She works as the Volunteer Liaison Officer between the WVAMC and the Community Based Outpatient Clinics (CBOCs) in the area. With the new army hospital being build there were a number of concerns voiced as to whether the VA SCI Clinic, would remain open and what was the eventual

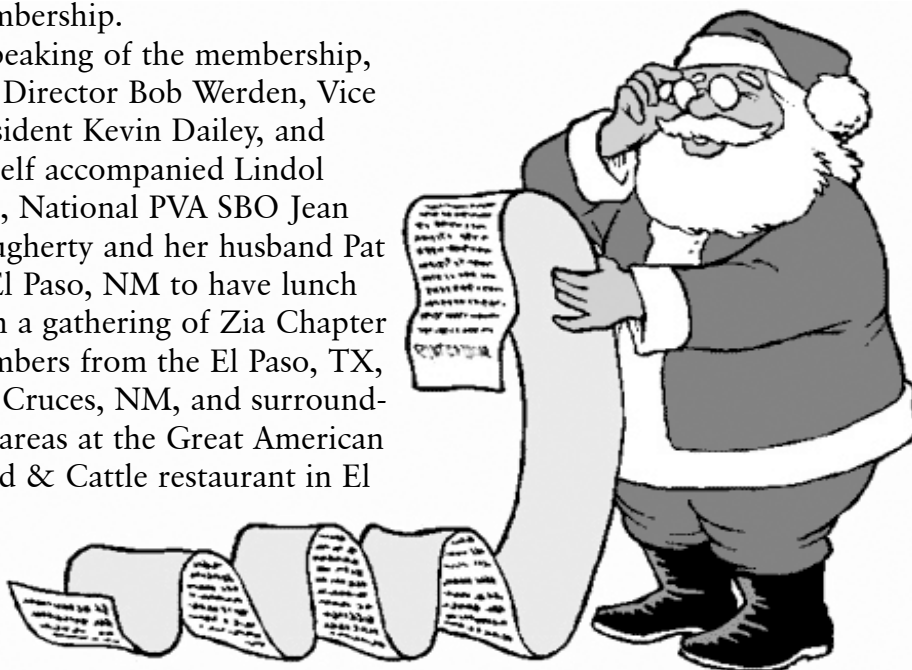
plans of re-integrating it with the new Army hospital. Lin, Jean & Pat visited the El Paso SCI Clinic the following day on Oct. 13 and then visited the CBOC in Las Cruces, NM later that day. You can read Lin, Jean, and Pat's reports in this issue.

The recent elections were different than in any time in the past. We have gotten all of the difficulties worked out and have a working Board of Directors and Officers. There are still two openings on the BOD, so if you have the time and are willing to help your fellow SCI/D veterans, please contact the Office to see if you qualify to fill the billets. There is always room on committees, volunteers for events, etc.

The Zia Chapter PVA bus will be participating in the Veterans' Day parade on November 11. We hope to get enough participants to fill a trailer towed behind the Bus and throw candy to parade attendees watching. Please call the office to find out more info about the Veterans' Day parade.

We at Zia hope you all have a wonderful Thanksgiving Holiday, Christmas Holiday and New Years'.

God Bless and keep you chin up and keep moving forward.



From the Vice President

Kevin Dailey

In September 2010 President Chris Ewer asked me to the position of Vice President and I accepted. Although I am new to this position, I am not new to PVA. I have been with the Zia Chapter since 1998 and I have held several positions over the years as Advocacy Director and Volunteer Coordinator 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 will do my best to make sure that this chapter continues to grow and provide services to it's membership, but I need your HELP!!!!!!!!!!!!!!

As the Executive Director said in the Election report last month, there are some members who feel the Chapter does nothing for them, and others who are appreciative of the services provided. Wherever you fall, bear this thought in mind, if you, as members of Zia Chapter, PVA, are not willing to step forward and consider running for the BOD, one of two

things will happen BLAH... BLAH... BLAH...

This is something that has been repeated time and again by others besides myself and somehow it keeps coming up. You are this chapter and you are needed to make this chapter succeed. If this chapter has done anything at all for you, and you are in a position - health and location — to participate on the BOD, consider running for a position. It would be nice to have more names on the ballot than there are positions available. Contact the chapter or a current BOD member if you'd like a little more information. Come to a BOD meeting, they are open to the membership. Take a chance — you could make a difference for a fellow veteran.

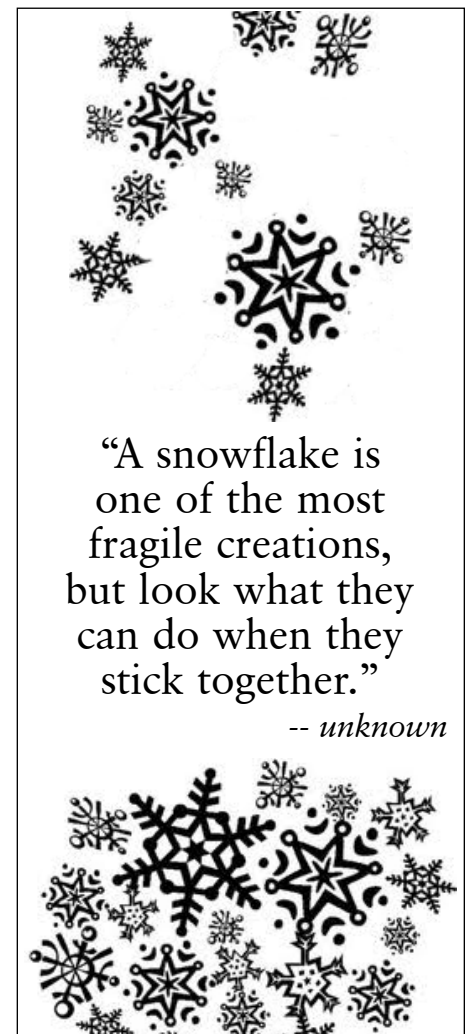
Earlier this month, I accompanied President Ewer and several others to visit PVA members in El Paso, TX where we attended a luncheon at a local restaurant. There was large turnout there (in fact, there were more members there than at the Annual Membership meeting in September). There was several issues brought to our attention and they will be followed up on. I believe that a good time was had by all. Maybe we should try this in the Albuquerque area if we hear that the members are interested.

Last week, I was leaving the chapter office, getting into my van and the next thing I knew I was flat on my back on the con-

crete. I was taken up to VAMC ER where I sat for hours, only being checked on once by a doctor who looked at me and told me, without an exam that my neck was not broken and that I should wait outside in the waiting room.

I bet nothing like that has happened to any of you... If so tell your story

GOD BLESS



“A snowflake is one of the most fragile creations, but look what they can do when they stick together.”

-- unknown

CBOC Visits

Lindol Hill

On October 12 I departed on my last trip to visit Spokes. In an auto driven by Pat Dougherty (new HLO - Spokes Rep) and accompanied by SBA Jean Dougherty, I had the pleasure to have lunch with Zia Chapter members that day in El Paso. Also going on the trip was Zia President Chris Ewer, Vice President Kevin Dailey and Board of Director member Robert Werden. At the lunch we were joined by El Paso VLO Leticia Jackson. So we had a nice representation by officers along with 36 members and guests for a very nice luncheon. The members had a chance to make any comments known to officers present regardless of whether it was positive or negative. It was a wonderful time for me visiting with old friends and members before, during and after the good lunch. The members from El Paso and Las Cruces areas have always come out to break bread with us and have always had the best attendance at these functions. Therefore it was a real pleasure for me to end my Spokes visits with members from this area. I sincerely thank each and every member and guest that came to this lunch and those in the past. You helped me do my job for Zia Chapter and I will always remember each of you. I also thank the Zia Officers for coming and listening to

those in attendance. I have always said the members are what it is all about.

The morning of October 13, Jean, Pat and I visited the El Paso Veterans Health Care Clinic to begin our two day visit at the clinic. We had an entrance briefing, visited Prosthetics Services, Pharmacy Services, SCI Team, C&P Services and held an out briefing.

During the Entrance Briefing with the Director's Staff (with Director missing), we were advised that it appears that William Beaumont Army Medical Center (WBAMC) would build a new Hospital. The Clinic had hoped and thought for awhile that they would be able to move with WBAMC to a new facility. It now appears that this may not really come about for whatever reason. They are building a new parking garage in the parking lot that will add a number of parking spaces that are really needed. They have hired a new Occupational Therapist (OT) and since we did not know about this it was a very nice piece of information since our members really need the services of such a specialists. They are in process of rebuilding the SCI Team due to some losses and recent hires. They have opened up a CBOC and hope to open another in future so they can have a CBOC on East and West side of El Paso. They are looking at

a fairly close city in New Mexico for possible CBOC to go along with the one already open in Las Cruces. This would provide local veterans a chance to get treatment without coming all the way to El Paso Clinic. We asked about the possibility of some of the SCI Team coming to Albuquerque this month for the Hubs and Spokes Conference. Seems maybe a couple of employees may get to come and we requested they send as many as possible.

Prosthetics: We met the new Chief who has been there about two months and came from Seattle and has a very good knowledge about SCI patients/veterans. He has experienced some problems as others have in the past with vendors coming and going. This has been a long time problem for this facility. It seems the VA process turns off a number of vendors. He pretty much has the staff he needs. They still have a fairly large Oxygen program and it seems to work real for all involved. They had a problem with Clothing Allowance but believe it is now working correctly. They still have a Ramp program but feels the new process is not easy for veterans. He is not on the SCI Team per say and we feel he should be. Seems he is not getting an increase in his prosthetic budget this year and this may be a

Cont'd on pg. 5

Cont'd from pg 4

problem nation wide. He would like for the Prosthetics Program to be a one stop shop for all. He does support a nurse being trained for wound care which would be a real good thing for SCI veterans and others.

Pharmacy: We met a new Chief and she still has an outstanding program at this facility. She gave us a tour and explained the entire operation to include the automation process, storage, telephones, shipping, and safe guarding of medications. They may get a new machine that can only prove to improve the Pharmacy. We have been impressed with the Pharmacy Program for several years now.

SCI Team: Some new members on the team but some are not sure how much time they can spend on real team action. We met with the team as a whole and had some very good discussions on what is happening and what they feel needs to happen. There are some very good individuals on the team and they can have an effective team if all team members can contribute proper time to the team. They have 47 names on register but one is inactive. There have been six deaths. They try to see 24 patients each year but some do not show and some do not care to see the team. They would have sufficient staff if all staff had dedicated time for performing needed duties to make this a really valid and effective SCI team. Primary Care Home Base

Care Team to be set up in future and is really needed. They had complaints about wheelchairs from Albuquerque being lost, maybe never being ordered or late orders. They get a lot of complaints and handle it best they can by contacting Albuquerque SCI and working on problem. I believe they can come together as an effective team if they really try. See recommendations on what needs to happen to make this team a success.

C&P Services: They experience some problems such as no claims folder or wrong claims folder arrives with exam request. Sometimes issues not clearly identified. Have a GYN Provider so these claims can now be processed. They presently have less than 168 claims and mostly are done within appropriate time frames. They have needed providers and get to replace one as needed. They do handle a good number of TBI exams. Bertha Griffith, Chief of Special Exams Unit continues to do an excellent job.

Therapy Area: We made a quick visit to the Therapy Area to see how it looked. We were shocked to learn that some recommendations made two years ago have not been corrected yet. They were brought up at Out Briefing.

Out Briefing / Recommendations:

Prosthetics: New Chief, Mr. Tracy S. Allen, needs to be part of the SCI Multi Disciplinary Team especially for consultations.

Pharmacy Services: Chief of Pharmacy, Kim Ho, mentioned a need for another Pharmacist and we request favorable consideration.

SCI Services: After discussion with the SCI Multi Disciplinary Team we recommend that Mr. Chuck Vickrey, NP- C, be made the primary care provider for all SCI/D patients on the SCI Registry. This should be offered to all patients on the Registry so they have a choice in selecting their Primary Care Physician.

We recommend that the following SCI Team members be provided at least 20 hours per week to deal with SCI/D patients. This would be a Social Worker, a PT and an OT. This is needed to guarantee the SCI/D Team has sufficient coverage and can be an effective team in providing specialized care to the patients.

Recommend that a nurse involved with the Multi Disciplinary Team be trained as a wound nurse. This would increase the level of treatment available.

We recommend that Dr. Viswanatha Kharidi, if he desires to do so, continue being the Chief of the Multi Disciplinary Team. He is an important part of the team especially during annual exams and his knowledge is extremely important.

Once the HBPC program is established we recommend the SCI Home Care visits be re-established. This is important in the over all care of SCI/D patients.

The wheelchair scales that are in place are not large enough to accommodate the newer, larger wheelchairs. We recommend a bigger roll on wheelchair scale so medical staff can accurately track the patients weight.

Repeat Recommendations that were made two years ago:

Hot Water in Therapy Room. After running for 4 minutes there was no hot water.

Emergency cords in bathrooms or lights outside of bathrooms to indicate assistance needed. Review showed none being used for safety purposes.

Some type of lift (ceiling or mounted hoist lift) by the mats in therapy room. The VA has a no lift policy and this is a safety issue.

We would like to expand the area by the mats. There is a need to put curtains around the mat tables as this would serve as a dual purpose. Patients with pressure sores who are not able to get on the exam table could then be examined properly.

We have expressed our concerns previously about treatment for SCI/D patients at the WBAMC Emergency Room. We suggest that the staff in the ER be offered training and information concerning SCI/D problems, especially symptoms of AD.

POSITIVES:

- Pharmacy has been outstanding for the last couple years. Dr. Ho continues to maintain it in a professional way. She has not jeopard-

ized the patient's health while dealing with increases in cost of medication.

- Prosthetics Chief, Mr. Allen, is very knowledgeable on SCI/D issues. This is a great asset for the SCI patients and clinic. He will ensure that the patients get what is medically needed so they can maintain their quality of life.
- Bertha Griffith continues to do an outstanding job for C&P Services and especially in the Exam Unit.

In conclusion I wish to state that there are a lot of really great programs under way at the El Paso facility. There are also a lot of dedicated employees providing excellent treatment to veterans that use this facility. But I was surprised at the reaction of the Director during our out briefing concerning our recommendations and especially the repeat recommendations. I am sorry to say that I left feeling she did not really completely understand the SCI/D Multi Disciplinary Team functions or did not want the team to be an effective team. I was also set back by her comments and actions concerning the repeat recommendations as these were safety issues for patients and staff. To make a comment that as an Outpatient Clinic they did not have to make the recommendations on safety in the therapy room made me feel she lacks necessary concern for the safety of elderly and disabled veterans. This is the first time I have left this facility with such

a feeling and it is still burning in the pit of my stomach.

We visited the Las Cruces CBOC on October 15, 2010 and found the facility was still performing in an outstanding manner. RN Loretta Arthur gave us a tour and a very good briefing on activity at the clinic. The one thing that was important is they have been able to obtain some more space and are busy planning on how to use the space and what changes they can make to improve this CBOC. The lobby is much better looking and is accessible with ramp leading to automatic front door. The patients can be at eye level when they use the windows for services. They have a security guard at the facility and this is a very nice addition. Their bathrooms are accessible and do have emergency pull cords. Necessary lifts have been ordered. This facility continues to improve and get larger. They have 17 employees and provide a range of services and treatment. Veterans in Las Cruces can be proud of their local CBOC. The dedication of these employees is a great asset to the Las Cruces area and to the VA. This facility is under the El Paso Outpatient Clinic.



Sports & Recreation

Chris Ewer

This warm Indian summer has one wondering when we will finally be hit with the first freeze of the season. It has been great weather to get outside and enjoy the great outdoors. But get ready for the real thing – cold, snow, etc.

Some of the outdoor clothing available nowadays is really remarkable. The Body Armor brand is high tech and really wicks moisture away from the body's skin to help you feel warm when it is really cold. Developments of new materials in the 10 to 15 years have had quantum growth. Gortex & Thinsulate are just a couple of these developments in insulation fabrics which give you great insulation qualities yet provide a light weight garment at the same time. A good quality down vest or coat is still a good choice as is a good quality wool garment. One of the best examples where the new technology is helpful is in gloves, mittens or socks. I can remember in the late fifties when I used to go duck hunting and learned about layering clothing, i.e. shirts, pants and socks to stay somewhat warm. Still needed that Jonsee hand warmer which was fueled by lighter fluid. Somewhere I still have a couple stored away.

Here is some info for those members who like to fish for trout on the San Juan River below the Navajo Dam. State

Park workers are in the process of constructing seven metal fishing piers in two locations below the dam. They are to be constructed of weatherized metal to protect them from the environment and will be anchored to the riverbank, not having any supports in the river. They are supposed to extend 5 to 7 ½ feet out over the water, be wheelchair accessible and have low railings. The usable surfaces will be about 5 feet wide and 20 feet long with 32-inch high railings. There will be four piers at the Texas Hole and three at the downstream Cottonwood Hole area. The Cottonwood piers won't extend over the water but will be elevated about 15 feet over the water due to the steep banks in that area. There will be concrete sidewalks leading from the parking areas to the piers. The Texas Hole piers should be in place by November 1st and the Cottonwood piers should be in place by early spring of 2011. This will be a great improvement over the old wooden piers and walkways that were in place before. Get out and go fishing, catch some trout and have a good healthy fish dinner.

Those of you who may be interested in Oryx hunting might want to read the article I wrote about my recent Oryx hunt at the White Sands

Missile Range's Rhoades Canyon area.

If you like to play Texas Hold'em poker, come on down to the Zia Chapter Office on the third Wednesday of each month. Games start at 6:30 pm or when we get enough to play and end around 9 or 9:30 pm. Check the monthly calendar on ziapva.org, the calendar in the newsletter, or call the office to verify that we will play that night.

Winter sports time is just about upon us and, weather allowing, there will be good skiing on the slopes of Sandia Peak, Santa Fe Peak, and the Colorado ski areas. Who knows we may have a good snowy winter and have good snow in the ski areas in the southern part of New Mexico and Arizona? Disabled skiing clinics are available at both Sandia Peak and Santa Fe Peak ski areas.

Anyone not interested in outdoor winter sports, send or call in some suggestions to the office. We have a number of board games, cards, cribbage, and dice games at the Zia Rec. room at the office and there is coffee, sodas and tables to utilize. Just stop in or get a group together and come on down.

God Bless, keep your powder dry and your lures wet.





Chaplain's Corner

HOW LONG WILL IT BE?

Terry Conger

How long has it been since you prayed for our country? How long has it been since you prayed for someone else? Dear people it is time to pray.

Our country has is going down hill in many areas. Our love for god is surely at a deep low. As a country we have forgotten or don't care about what we learned from our parents and grandparents, not to mention our founding fathers.

My father taught me to hold the door for a lady and especially for the handicap. He taught me to walk on the street side of the sidewalk when walking with my mother or girlfriend. My father and grandfather taught me to shake hands with a firm grip because it showed good character. My grandparents and parents taught me to pray before we ate our food. Where has the teachings of our forefathers gone?

As a nation we have fallen into deep despair, we have forsaken God And have turned to the world for praise and pleasure. We have forgotten to turn to God in prayer for help.

When this wonderful country which was founded for religious freedom, was pulled down and influenced by Madalyn Murray O'Hair in 1962, And voted to take the bible and prayer out of public schools we began to spiral steadily downward, and we are still falling. Who do you think loves it the most? It is

Satan himself.

This country has put god in the background instead of putting him in the forefront of our lives. This country has forgotten how to pray, or refuses to do so.

How long will it be America, before we learn to turn our hearts toward almighty God? How long will it be dear friend before you get on your knees and ask God To forgive you for forsaking Him and ask Him to heal this country? How long will it be?

I challenge all of you to look at the statistics of America since we removed Gods Word from our schools and homes. Look at http://www.inplainsite.org/what_happened_when_the_praying.html, and there are other sites. (Copy and paste to your web browser)

We need to turn back to God America before it's too late. Some Of you know this verse, *2Ch 7:14 If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.*

How long will it be before you pray for America?

As always call me any time for prayer or other needs. Terry Conger, 505-892-0578, KJVROM1013@MSN.COM

Love in Christ,
Rev. Terry Conger



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New Mexican Oryx

"A Once in a Lifetime Hunt"

By Chris Ewer

After seven years of applying, on the weekend of October 16/17, I was finally able to do my NMDGF Mobility

Impaired "Once In A Lifetime" Oryx hunt at White Sands Missile Range in the Rhoades Canyon area west of Tularosa. I had reserved hotel rooms at the Alamogordo Holiday Inn Express for two nights in case I didn't connect on the first day, so I

rendezvoused there on Friday evening with some friends. Global Opportunities, Inc.'s Dustin Berg and Levi Tenbrink, along with Albuquerque Fireman Shawn Doubt, joined me for the hunt, providing physical help and expert guidance and info.

WSMR Game warden, Cpl. Jason Schlie met us at the Tule Gate at 0630 on the 16th, checked in our hunting party, instructing us on safety procedures for the area – Don't Pick Up Anything – It Might Go Boom! Over the previous 10 or 12 weeks preceding the hunt, WSMR Hunt Director, Gilbert Villegas, emailed every-

one who had drawn, all the information you could possibly need about Oryx. The area to be hunted, where to aim, snake



info, etc. I think I used a ream of paper printing it all out.

Back to the hunt - Cpl. Schlie led us off in a northwesterly direction over existing roads of various conditions. I was one of two mobility Impaired hunters hunting that weekend, the other being a female hunter who harvested a cow Oryx about 0740 in a different direction from us. The area we were hunting in had been lightly hunted on the weekend before, so the first animals we saw were quite skittish and kept well away from us. About 0820 we jumped two nice sized bulls but failed to cut them off in time to get a good shot at them as they zigzagged

away in a cloud of dust. I took one shot but failed to hit anything. After a search for any bleeding, we continued down

the road. About 0845 we passed a nice bull on the driver's side of the truck without seeing it. Cpl Schlie gave us a holler over the radio and we backed up. There it was, just standing there, looking at us about 160 yards away. Everyone was saying "shoot it, it's a good one", so I lined up the

crosshairs of the scope on my dad's old 03-A3 30-06 and pulled the trigger – "click." I had forgotten to jack a load into the chamber, which I immediately rectified and taking a deep breath went back into my sighting and shooting routine. Just before I pulled the trigger, the Oryx decided to look at the Game warden and I quickly sighted on the throat area and pulled the trigger. Down went the bull where it had been standing. It kicked a couple of times and expired.

A one shot kill at 162 yards and it was done with a trusty old 30-06 which hadn't been hunted with since 1967. I

offered Shawn my '06 and he, Levi and Cpl. Schlie walked out to the downed Oryx and found it right where it fell. I watched and directed them through my binoculars. Levi then walked back to the truck where Dustin and I were doing high fives and drove, weaving through the greasewood, sage, and yucca, to where the downed Oryx lay. Shawn and Levi took on the work of field dressing, loading it onto a heavy-duty game cart, and then into the pickup bed. After a short ride back to the staging area to finish skinning and preparing the carcass to be

any additional charges. If I have an opportunity to stay in the Alamogordo area again, I would give the Holiday Inn Express my business because of their willingness to help a customer and the rooms we got were very wheelchair accessible. They even called me a couple of days later to ask where they could send Dustin's cell phone charger he left in his room. After picking up our gear at the hotel we all headed back to Albuquerque and dropped off the Oryx at D & H Meats on Fourth and Griegos to be processed. I like to hang the carcass for at least 10 days

picked up the skin cape and antlered head to take over to All Seasons Taxidermy on Eubank and Menaul. Don Cordova, the owner of All Seasons Taxidermy and I sat down and discussed exactly how I wanted the shoulder mount done. It is important to do this with an experienced taxidermist to be sure that when you pick up the finished head mount and take it home that it looks good where you had decided to hang it up. The mounting template is about 14" wide x 28" tall and stick out from the wall about 30". Then you put the antlers on it



transported back to Albuquerque packed in ice for meat processing. While all of this was going on, I called the hotel and asked them if we could cancel the extra day which I had reserved the rooms. They were very accommodating and did so without

in cold storage so the muscle enzymes just start to breakdown the tissue, aiding in the natural seasoning of the meat, helping to keep it tender.

The following Monday I stopped by D & H Meat Market, chatted with Heriberto Jaquez, the owner,

and it adds another three feet of height. So you need at least 42 to 44 inches of room from the ceiling to the lag bolt you put in the wall to hang the finished mount on. It isn't just go home and drive a nail anywhere in the wall and you're

Cont'd on page 11

Cont'd from page 10

done. We decided on a shoulder mount with the face of the Oryx facing to its right, which happened to just the way it was facing when I shot it.

The carcass weighed 212 lbs when delivered to D & H Meat Market, yielding about 150 lbs of boned steaks, roasts, breakfast sausage, and ground meat when picked up ten days later. The price of processing was very reasonable and I will take any of my harvested animals there if they are to be processed in the Albuquerque area.

All Seasons Taxidermy should have my Oryx mount finished after the first of the New Year and I'll let you know how it turned out in a finish-up article next year.

By the way, I didn't just grab my dad's trusty old WWII vintage 30-06 out of my gun safe and go hunting with it. That would have been foolish. The Thursday before the hunt, Dustin and I went out to the City Rifle and Pistol range near the Double Eagle Airport on the far west mesa and sighted it in. I had bought a box each of Remington Core-lokt 165-grain and 180-grain bullets to test fire the sporterized Smith-Corona manufactured rifle. I also checked the accuracy of my 300 Win. Mag. Model 70 Winchester. I had intended to use this rifle originally but wanted to honor my father by using his faithful hunting firearm. In the test shooting, I shot three rounds of each grain weight bullet and found that the old Redfield scope was still right on the money at 250

yards. One two shot group of the 165 gr. Bullets was 1" at 200 yards. The 30-06 cartridge, despite being around for 107 years, is still one of the most accurate, most common, most available, and most economical rounds available for North American game today. It was used in WWI, WWII, The Korean Conflict, and Vietnam and was the preferred sniper rifle on those fronts until Winchester and Remington special sniper were put into service in Vietnam. I was checking the serial numbers of the two rifles and my Winchester model 70 was made the year my dad last took his '06 deer hunting in northern California in 1967. His '06 had been manufactured at the Smith-Corona typewriter Company thirty-three years before in 1944. A gunsmith in Mount Shasta, CA sporterized it in 1949 and my dad bought it when we lived in Weed, CA and hunted with it for 18 years.

I know that the above is a bunch of blather, but, if you own firearms which have been in your family for many years, take the time to find out the history behind them. Then go out and use them to fill the freezer if they are still safe and accurate.

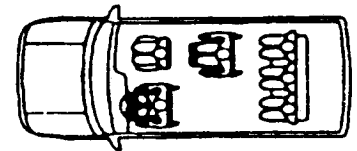
The opportunity to participate in a trophy "Once in a Lifetime" Oryx hunt with my dad's rifle and the support of my friends really helped to make this hunt one I'll never forget. Thanks to all those who helped on the hunt and to my understanding wife, who probably thinks I'm crazy sometimes, but still supports me in what I do.

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Thanksgiving

You Are There: At The First Thanksgiving

What was the first Thanksgiving really like? Here are two eyewitness accounts to think about as you prepare and enjoy your feast:

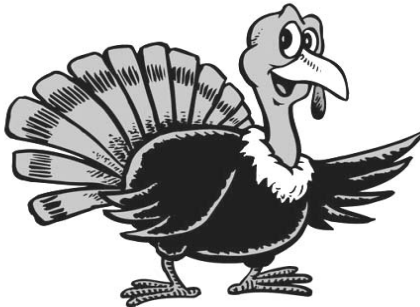
“They began now to gather in the small harvest they had, and to fit up their house and dwelling against winter, being all well recovered in health and strength and had all things in good plenty. For as some were thus employed in affairs abroad, others were exercised in fishing, about cod and bass and other fish, of which they took good store, of which every family had their portion. All the summer there was no want; and now began to come in store of fowl, as winter approached, of which this place did abound when they came first (but afterward decreased by degrees). And besides waterfowl there was great store of wild turkeys, of which they took many, besides venison, etc. Besides, they had about a peck of meal a week to a person, or now since harvest, Indian corn to that proportion. Which made many afterwards write so largely of their plenty here to their friends in England, which were not feigned by true reports.”

—William Bradford,
Of Plymouth Plantation

“Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together after we had gathered the fruits of our labor. They four in

one day killed as much fowl as, with a little help beside, served the company almost a week. At which time, amongst other recreations, we exercised our arms, many of the Indians coming amongst us, and among the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which we brought to the plantation and bestowed on our governor, and upon the captain and others. And although it be not always so plentiful as it was at this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our plenty.”

—Edward Winslow,
Mourt's Relation



How To Carve Your Turkey Successfully

A good Thanksgiving dinner is usually about the turkey. You don't have to be a surgeon to carve one correctly, but proper carving and slicing techniques will ensure you get the most meat from your bird and enable you to present an attractive meal to your family and friends.

Follow these simple techniques for successfully carving your holiday turkey:

- Let your 10-pound-or-bigger turkey stand at room temperature for 10 to 20 minutes after cooking and before slicing. This allows the juices to distribute evenly throughout the turkey. Netting and cooking bags are also easier to remove after waiting.
- Slice or carve the turkey on a sanitized cutting surface. Knives, pans, and covers should be sanitized, too. Resanitize boards and knives every 30 minutes. Wear disposable food-handling gloves while carving or frequently wash your hands thoroughly.
- Immediately after the 10 to 20 minutes holding time, carve the turkey into major sections (i.e., breasts, thighs, drumsticks, and wings).
- To serve turkey hot, place sections in pans. Cover with foil or plastic film to retain heat and moisture and to minimize the possibility of contamination. Hold at 140 F or higher in a hot holding device (a cabinet, steam table, or bain-marie). Your turkey should be at least 140 F when placed in the holding pans. The heating device will only maintain temperature. A maximum holding time of 20 to 30 minutes is recommended.
- Slice the sections into serving pieces, arrange them on a plate, and add garnish. Enjoy!



'Tis the Season

'Tis The Season: What We're Celebrating This Month

December is a month of holiday celebrations crossing different cultures and nationalities. Here's a quick snapshot of what people celebrate, and why:

- **Hannukah.** An eight-day Jewish holiday beginning this year at sundown the day before Dec. 2, 2010, Hannukah celebrates the rededication of the Temple of Jerusalem after the Jewish victory over the Maccabees in 165 B.C. Each night, families light one candle on the menorah, observing the traditional story of how the one-day supply of oil for the temple's eternal flame burned for eight days.



- **Al Hijra.** The Islamic new year observed in 2010 on Dec. 7 through Jan. 4, 2011, this marks the emigration of the Prophet Muhammad and his followers from Mecca to Medina in 622 A.D.
- **Christmas.** This Christian holiday, observed on Dec. 25, celebrates the birth of Jesus between the years 7 and 2 B.C. The date may have been

chosen to correspond with the winter solstice, or to coincide with a Roman holiday honoring the sun during the same period. Christmas became a federal holiday in the United States in 1870.

- **Kwanzaa.** A seven-day celebration of African heritage and culture, Kwanzaa is observed from Dec. 26 to Jan. 1. Activist Ron Karenga created Kwanzaa in 1966 to emphasize African-Americans' shared history and experience. The name Kwanzaa is derived from "matunda ya kwanza," a Swahili phrase meaning "first fruits."

Take a New Approach to Gift-Giving This Season

The holiday season traditionally includes giving and receiving gifts. But you don't have to spend a lot of money to show how much you care. Here are some creative ideas for low-cost gifts you can make yourself:

- **Recipe book.** Collect some of your favorite family recipes. Put them together in a small book that highlights your family tree.
- **Photos.** One way to make a special photograph even more special: Carefully cut a picture into four equal squares, then paste them onto four sheets of canvas or heavy paper. It creates a nifty effect for a four-piece picture that can hang on any wall.
- **Personal gift cards.** Make your own "gift certificates" that the



recipient can redeem for personal (or romantic!) purposes: a day free of chores, a back or foot massage, or something similar.

- **Scrapbooks.** Another use for photos: Create your own scrapbook around a family theme, a special place, a variety of activities, or anything else that has significance for your recipient.
- **Calendars.** Create a calendar using photos of family members — many photographic websites and print shops can help you do this. Or take a standard calendar and highlight special days throughout the year: birthdays, anniversaries, important events, etc.
- **Music.** Burn a CD of the person's favorite songs. Or have a child sing his or her parents' favorite song and record it.

12 Days of Christmas Jumble

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 K A J N E M Y N C L N R L A D I E S E R
 C A L L I N G B I R D S Q N A J N L Y S
 D S E I N T O V C O M I S S H T P V E O

- PARTRIDGE
- PEAR TREE
- TURTLE DOVES
- FRENCH HENS
- CALLING BIRDS
- GOLD RINGS
- GEESE
- SWANS
- MAIDS
- LADIES
- LORDS
- PIPERS
- DRUMMERS
- TWELVE DAYS

G E E S E T M E R K N A M A I D S P E H
 A G D F A G U B H E J I G C O J A F R N
 X S P E P A R T R I D G E P R L A R N V
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 D S E I N T O V C O M I S S H T P V E O

ANSWERS

For Your Information...



Tips For Staying Awake At The Wheel

A nap can be pleasant and relaxing — unless you're at the wheel of a car when it happens. The U.S. Department of Transportation estimates that sleep-related driving accidents cause 40,000 injuries and 150 deaths every year. Don't be one of them.

Follow these tips for staying awake and alert on the road:

- Get enough sleep. If you know you'll be driving a long distance, plan to get the sleep you need ahead of time. Take a nap before you leave if you'll be driving late — but avoid driving late at night if at all possible, as you'll be naturally sleepy anyway no matter how rested you feel.
- Take breaks. Don't try to drive for hours at a time. Stop about every two hours for 10-15 minutes of rest, brisk exercise, and stretching.
- Get proper nutrition. Stay hydrated — drink lots of water. Coffee, tea, and energy drinks may provide a temporary boost, but remember that they can wear off quickly and

leave you with less energy than before. The same goes for candy. Eat fruit, sunflower seeds, or high-carb granola bars, and don't gobble them down in a few bites. Eating slowly forces you to keep your attention level up.

- Don't get too comfortable. Open the window to keep cold air blowing on your face, or adjust your seat just enough to be noticeable as you drive (but not enough to distract you). Listen to loud music — maybe music you don't like — or talk radio, as long as it doesn't get you too upset.
- Pull over. If all else fails, find a safe spot to pull over and take a nap. Fifteen or 20 minutes may be enough to get you through the rest of your trip safely.

Will Playing 'Call of Duty' Improve Your Reflexes?

Playing action video games like Halo and Grand Theft Auto may improve your decision-making skills, according to scientists at the University of Rochester in New York.

The scientists tested participants who played games at least five hours a week and compared them with non-gamers in a series of exercises: One involved displaying an array of dots and asking volunteers to quickly determine which direction they were moving, and another test put the volunteers in headphones and required them to identify whether a

sound was heard in the left ear or the right.

In both experiments, gamers made the correct decision faster than non-gamers. In addition, when non-gamers played 50 hours of action video games, their decisions improved as well.

Researchers theorize that the brain's ability to make probabilistic inferences is strengthened by fast-paced games; strategy or role-playing games didn't produce the same results.

What Is A Moment Really Worth?

On the bulletin board of a California company, someone once posted this sign to remind everyone of how time is relative — but the value of time is priceless:

- To realize the value of one year: Ask the student who has failed his final exam.
- To realize the value of one month: Ask the mother who has given birth to a premature baby.
- To realize the value of one week: Ask the editor of a weekly newspaper.
- To realize the value of one day: Ask the daily wage laborer who has 10 kids to feed.
- To realize the value of an hour: Ask the lovers who are waiting to meet.
- To realize the value of a minute: Ask the person who has missed the train, the bus, or the plane.
- To realize the value of a second: Ask the person who has

survived an accident.

- To realize the value of a **millisecond**: Ask the person who has won a silver medal in the Olympics.

Scientists Delve Deeper Into The Causes Of Pain

The question “Why does pain hurt?” isn’t silly to scientists looking for ways to treat chronic pain — or to the people suffering from it. At Scripps Research Institute, scientists have identified two proteins involved in converting physical stimuli like temperature and pressure into pain. By manipulating genes, they were able to block the protein signal that causes pain. Although it may be years before the research results in any signifi-

cant new treatments, some scientists believe this could be a breakthrough in our understanding of the mechanisms that cause pain.

Forewarned Is Forearmed... Or Maybe Not

Are you ready for the unexpected? Don’t be too sure. In a study conducted by a psychology professor at the University of Illinois at Urbana-Champaign, volunteers were asked to watch a video showing people tossing a basketball to one another. The volunteers were told to count the number of passes between players dressed in white suits.

Some were warned about what would happen next: A

figure in a gorilla suit entered the picture, faced the camera, pounded his chest, and then walked off. All the volunteers who had been told to expect the visitation noted it after the video was over, but only half of the other group apparently spotted the intruder.

But among those who were forewarned about the gorilla, only 17 percent spotted other unusual activity in the video, like the background curtain suddenly changing color. Meanwhile, 29 percent of the students who weren’t told to expect the gorilla noticed these secondary changes.

What does it all mean? Despite being forewarned, it’s still all too easy to miss what you’re not looking for, the researchers say.

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Heart Attacks Waiting To Happen: Don't Ignore Risk Factors

Are you a few years away from a heart attack? Or maybe just a few minutes? No one can tell you for sure, but you can evaluate your risk for suffering a coronary. Just be on the lookout for these health and lifestyle factors that can indicate the likelihood of having a heart attack at some point in your life:

- Age. The older you are, unfortunately, the higher your risk. Men who are 45 or older and women 55 or older are more likely to suffer heart attacks than younger people.
- Gender. Men are more at risk than women, although at older ages women are more likely to die within a few weeks of a heart attack than men are.
- Family history. Heart disease can have a genetic component. If your parents, grandparents, or siblings have suffered heart attacks, your own risk rises. Race may also play a role: Heart disease seems to be more common among African-Americans, Mexican-Americans, Native Americans, and some other ethnic groups.
- Smoking. Cigarettes, cigars, and second-hand smoke can increase your risk of heart attack. Cigarette smoking doubles the threat.
- Cholesterol. High levels of low-density lipoprotein (LDL) raise your risk, as does an excess amount of triglycerides.

- High blood pressure. The harder your heart has to work, the greater your chances of suffering a heart attack, as well as stroke and kidney failure.
- Diabetes. Your body's inability to produce enough insulin to process glucose in your blood can contribute to heart disease.
- Weight issues. Obesity, which is often linked to the three factors listed above, places stress on your heart.
- Lack of physical activity. Regular exercise can alleviate many of the risk factors associated with heart attack, controlling weight, blood pressure, and cholesterol.
- Alcohol and drug use. Yes, a moderate amount of alcohol can limit your risk, but the key word is "moderate." And drugs like cocaine and amphetamines can trigger muscle spasms in your heart that could cause an attack.
- Stress. Stress and anger can elevate your blood pressure and tempt you toward overeating and drinking too much.

'An apple a day...' May Be True, But Some Health Lore Isn't

Everyone knows that you shouldn't swim within an hour after eating, a glass of warm milk helps you fall asleep, and doctors always save the patient right before the last commercial. Right?

Maybe, but you're right to be skeptical. Many common beliefs

about health don't hold up to clinical research (and once in a while a TV patient dies). In the winter months, although you do need to dress warmly, you don't need to worry about these often-repeated words of advice:

- Don't go outside with damp hair. Your head will get chilly, but chances are you won't catch a cold. Colds are caused by viruses (over 200), and most people contract them by coming into contact with someone who already has a cold. People may tend to catch cold more readily during the winter because they're inside more, and closer to other people who may carry the virus — not simply because the weather is cold.
- Feed a cold, starve a fever. Or is it the other way around? Whatever the saying is, you don't want to avoid eating when you're sick (even if you don't feel much like it) because your body needs the nutrients to fight infection. Drinking plenty of fluids and getting lots of rest are the most dependable ways to get well quickly.
- You lose 75 percent of your body heat through your head. You'll lose heat through whatever part of your body is exposed to cold temperatures—head, hands, arms, legs, etc. Yes, keep your head covered when outdoors in the winter, but keep the rest of your body warm as well.

A Touch of Humor

Where Do Alligator Shoes Come From?

A lawyer from the big city was visiting Florida. He wanted to take home a pair of genuine alligator loafers in the worst way, but he was reluctant to pay the high prices the local vendors were asking.

He was certain that with all his legal training he could negotiate a better price, but at shop after shop he had no luck. After getting frustrated with one sales associate who wouldn't budge, the lawyer shouted, "Well then, maybe I'll just go out and catch my own alligator!"

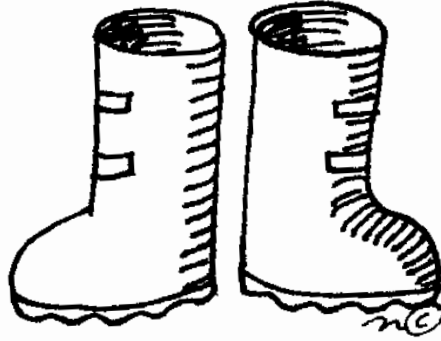
The saleswoman smiled. "I'd like to see you try."

The lawyer turned on his heel and headed out toward the swamps, determined to catch an alligator.

Later in the day the saleswoman was driving home, and she spotted the lawyer standing waist deep in the murky swamp water, shotgun in hand, a huge 9-foot gator swimming rapidly toward him. The saleswoman pulled over as the lawyer took aim, shot, and killed the creature. With a great deal of effort, the lawyer hauled it onto the swamp bank — right next to four more dead alligators.

The saleswoman stood on the side of the road, watching the lawyer struggle to flip the gator on its back.

Then, looking up toward the sky in great frustration, the lawyer shouted, "No! This one is barefoot, too!"



A Teachable Moment

A kindergarten teacher was helping one of her students put his boots on. It was quite a struggle, but after a lot of pulling and pushing, they succeeded in getting one boot on, and then the other.

Then the little boy said, "But they're on the wrong feet!" The teacher looked and sure enough, he was right. Pulling the boots off wasn't any easier than putting them on was, but she managed to stay calm as they worked together to get the boots back on—this time on the right feet.

"Why are your boots so hard to get on?" she asked when they were finished.

"But these aren't my boots," the boy said.

"Why didn't you say so? Take them off." And they worked up a sweat getting the boots off again.

"Now, where are your boots?" the teacher asked.

"They're at home. These are my brother's boots. My mom made me wear them."

"OK..." the teacher sighed, and again they fought to get the boots back on the little boy's feet. "Now, where are your mittens?"

"I stuffed them in the toes of my boots," the little boy said.

A Little Horse Sense

A farmer called his veterinarian and said: "Doc, I've got this problem. I bought two horses, but I don't know much about horses and I can't tell them apart. I don't know if I'm feeding them the right foods or working one more than the other. What should I do?"

The vet said, "Try tying some ribbon to one horse's mane. That'll help you keep them straight."

A few days later the farmer called back. "The ribbon keeps coming off the horse. You got any other ideas?"

"Well, you could try painting a big X on one of the horses," the veterinarian suggested.

The farmer agreed, but then a week later he called again. "You remember that big rain we had on Tuesday? Washed the paint right off."

"Try measuring them," the vet advised. "Chances are they can't both be the exact same height."

The next day the excited farmer called again. "You were right, doc! It worked like a charm!"

"You can tell them apart now, eh?"

"Sure can! The black one is two inches taller than the white one!"



ZIA CHAPTER MEMBERSHIP REPORT

The Zia Chapter, PVA voting membership stands at 560 as of November 1, 2010.

Zia Chapter records indicate our chapter voting membership as follows:

291 – Service connected

269 – Non-Service connected

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

Gilbert Martinez

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.

Missing Members

The following members are on the Undeliverable list produced by National PVA. After twelve (12) months on this list, PVA (National) will drop them from the membership roles. If you know anyone listed below, please ask them to contact the chapter. You are all important to us and we don't want to lose any of you!

Terence L. Goodman

Michael L. Green

Ernesto Alvarado

Eleazar L. Trujillo

Harland J. Narem

Lance P. Pipkin

Andrew G. Engbrock

George Clark

Seth P. Arseneau

Lynn N. Curley

Carmen M. Ortiz

Stanford L. Jenson

Alvin E. Ivory

Stephen L. Miller

Richard A. Owens

Daniel L. McCorkle

Philip W. Knauth

Richard Mason

Roger W. Evans

Donna S. Mayns

Classifieds

In need of a caregiver? Man or woman in the Los Lunas or Belen, NM area who is in need of a caregiver - up to three (3) days a week. I have 28 years of experience in the medical field. I am currently working as a CNA/Tech on the Medical/Cardiac ICU at the UNM Hospital in Albuquerque, NM.

Contact - Kathryn Aldridge - 505-290-1492 or 290-0637

For Sale: Electric lift for manual chair - fits in the bed of a pickup truck. Used twice, 4mths old. Works fine. \$250.00 or OBO.

Call 505-290-0637 - Robert Aldridge - for more info.

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Want to place an ad? Classified ads are free to members, \$10/issue for all others. Just call the office and let us know, then fax or email or mail the ad to us. For those ads requiring payment, it is due prior to the ad running. All information is needed to be in by the 15th of the preceding month. Classified ads will be run in two issues of the *Zia RoadRunner* without further confirmation from the poster. After the second posting, it is the responsibility of the individual placing the ad to contact the Zia Chapter office if the ad needs to continue running.

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

Thank you.



Happy Birthday!



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

Birthdays in November/December

- 1 - Jimmie C. Davis, Robert H. Aldridge, Barry L. Witt, Augustine B. Tafoya
- 2 - Robert H. Werden, Gilbert J. Martinez, Sidney L. Pickering, Grant A. Bresett
- 3 - Eric B. Lee, Traci A. Powell
- 4 - Forest L. Powell, Matthew J. Robinson, Robert M. Sigl
- 5 - Patrick C. Godfrey, Donald C. Durkee
- 6 - Richard Gallegos
- 7 - Dennis L. Dille, Ronald W. Cisneros, William L. Couffer
- 8 - Milton K. Baggett
- 9 - John C. Wells
- 11 - Jose H. Hernandez, John A. McNew
- 12 - Patrick R. Pierce
- 13 - Jesse E. Doty, Raymond D. Rice
- 14 - James J. Naughton, James R. Sanders
- 15 - Darla J. Brizzee, Juan L. Martinez
- 16 - Lee A. Walker, Rod L. Kasiah, Nathiel E. Scott
- 17 - Frank Jacquez, Jack W. Richardson
- 19 - Robert A. Valdez, Daniel L. Wheeler, Cesar Rodriguez, Cornelio R. Torres
- 20 - John P. Watterberg, Fred A. Gardner
- 21 - John D. Heiss, David L. Hofferber
- 23 - Eddie A. Scott, Richard G. Welch
- 24 - Michael L. Wolfe, Marcia Lynn Mandl, Samantha M. Rasmussen, Steven C. Klein
- 25 - Joe L. Arrellin, Robert L. Wilson, Steven Giangola, Miguel Maynes
- 26 - Charles W. Mc Monagle, Frank B. Lambson, Daniel C. Dygert
- 27 - Jay A. Monarch
- 28 - David M. Schindler
- 29 - George Clark
- 30 - Louis L. Dixon, Rosendo A. Hernandez, Ernesto Alvarado

- 1 - Jose A. Cisneros, Karen J. Colburn, David O. Guerra, Henry Martinez, Dree A. Boulton, David S. Spears
- 2 - Michael W. Langston
- 3 - Bill Atkinson, Aniceto S. Lucero
- 5 - Roy F. Hopper, Daniel L. Benavidez
- 7 - Enrico D. Carrasco, James E. McCoy
- 8 - Jerry M. Salazar, Arvo L. Snapp, Richard A. Owens
- 9 - David L. Schiller
- 10 - Russell J. Kruppe, William R. Hudson
- 12 - James G. Rodgers
- 14 - Jerry C. Kennedy, Epifanio Vasquez, Antonio M. Graham, Robert O. Ramirez, David J. Tims, Elezar L. Trujillo
- 15 - Jan H. Townsend
- 16 - Marshall O. Namingha, Russell T. Bridges
- 18 - Thomas Carter, Lindol Hill, Fedelino J. Ortega, Donald G. McCrory, Harold B. Brown
- 19 - David N. Cowan
- 20 - Benjamin A. Valdez, Wilfred L. Marquez
- 21 - Mary C. Head
- 22 - Abedon F. Lopez, Lloyd W. Morris
- 23 - James J. Krupicka
- 24 - Bill L. Clapper, James H. Smith
- 25 - Fred C. Warmuth, Leo A. Garcia, Donald Sage
- 27 - Ralph C. Bohne
- 28 - Terry W. Robertson, Peter G. Ursol
- 29 - James M. Sims, Thomas W. Ferguson, Lee R. Brown
- 30 - Alexis B. Lewis
- 31 - Daniel L. McCorkle

Zia Chapter PVA Mission Statement

Zia Chapter
Paralyzed Veterans of America

Our mission is to rebuild the lives
of veterans affected by
spinal cord dysfunction;
advocating at all levels for health,
education and accessibility;
seeking to improve quality of life
through direct programs
and services.

Zia PVA Programs

Programs and their Managers

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

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

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



Phone Numbers:

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

NM Veterans Administration (VA) Medical Center

Frequently called Direct Dial Service Numbers

Centralized Scheduling	256-2743
Eligibility	256-2741
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

**Tear Me out and post
me on your fridge!**

Zia Chapter, PVA Events Calendar

November

- 10 - SCIC Bingo, 6:30pm
- 11 - Veterans Day - Zia Closed
- 17 - Zia Card Night, 6:30pm
- 23 - Zia BOD Meeting, 10:00am
- 25 - Thanksgiving
- 25/26 - Zia Closed

December

- 8 - Zia Chapter Christmas Party
6:00pm
Albuquerque Marriott
- 15 - Zia Card Night, 6:30pm
- 23/24 - Zia Closed
- 25 - Christmas
- 30/31 - Zia Closed
- 31 - New Year's Eve

Dates to remember...

- January 1 - New Year's Day
- January 12 - SCIC Bingo, 6:30pm
- January 17 - Martin Luther King Jr. Day; Zia Closed
- January 18 - Zia BOD Meeting, 10:00am
- January 19 - Zia Card Night, 6:30pm
- February 9 - SCIC Bingo, 6:30pm
- February 16 - Zia Card Night, 6:30pm
- February 21 - Presidents' Day; Zia Closed

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

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

NON-PROFIT
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Albuquerque, NM
Permit No. 620



Change Service Requested



**Have a Happy and Safe
New Year!**