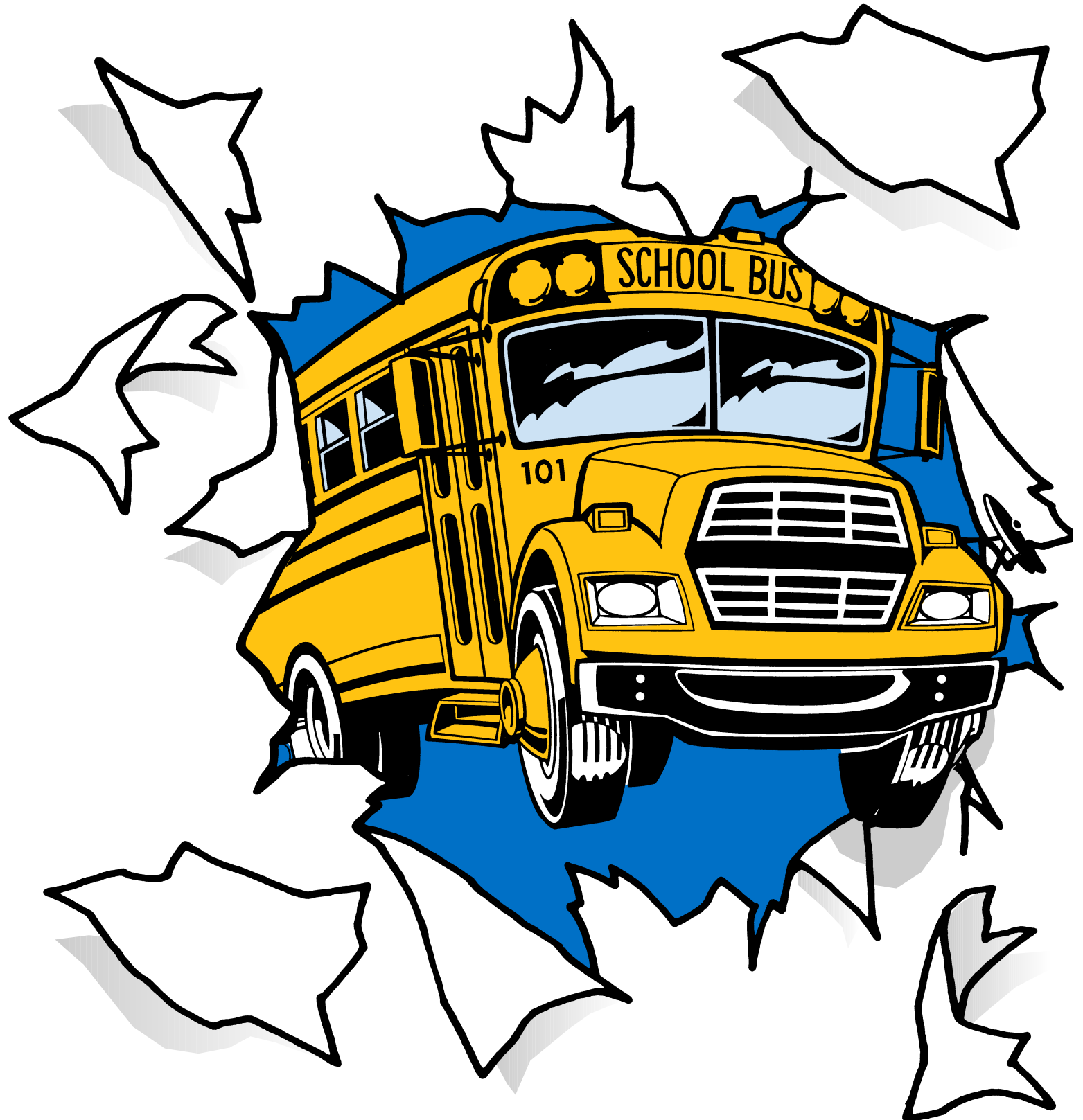




ZIA ROADRUNNER

ZIA CHAPTER, PARALYZED VETERANS OF AMERICA

September 2009 • Vol. 43 - No. 9



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Zia ROADRUNNER

Cover: September is here — the weather is cooling down and kids are back in school. Please drive safely!

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

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 Administrative AssistantCarol Arms

PVA National Service Officers

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 Assistant Editor.....Vacant

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.**

Zia RoadRunner is published monthly by:
 Zia Chapter, Paralyzed Veterans of America
 833 Gibson Blvd., SE, Albuquerque, NM 87102
 (505) 247-4381/www.ziapva.org/ziapva@aol.com
 Contact the Zia Chapter for information on
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September 2009...

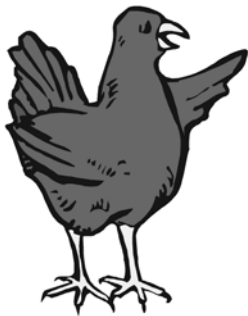
Monthly...

National Piano Month.

Harpsichord maker Bartolomeo di Francesco Cristofori built the first “rough and loud keyboard instrument,” or *gravicembalo col piano e forte*, in Padua, Italy, in 1709. To commemorate the magic the keyboard has been making ever since, the National Piano Foundation (www.pianonet.org) celebrates National Piano Month every September.



National Chicken Month. The National Chicken Council sponsors this month to promote sales of chicken after the summer grilling season ends. Find delicious chicken recipes at www.eatchicken.com/chicken_month/recipes.cfm.



Weekly...

Suicide Prevention Week, Sept. 6-12. Approximately 89 people

in the U.S. commit suicide every day, or about one every sixteen minutes. To recognize the warning signs and save a life, go to the American Association of Suicidology Web site.

Pollution Prevention Week, Sept. 20-26. The third full week of September is designated by the National Pollution Prevention Roundtable as a time for businesses, government, and individuals to explore options for stopping pollution and preserving our environment.

Daily...

Labor Day, Sept. 7. Established as a federal holiday by Congress in 1894 to celebrate American workers, it's also considered the unofficial end of summer.



National Grandparents Day, Sept. 13. Coal miner's wife Marian McQuade led the effort to create a national day honoring grandparents. President Jimmy Carter signed a proclamation designating the first Sunday of September following

Labor Day as National Grandparents Day.

Constitution Day, Sept. 17. Commemorating the signing of the US Constitution in 1787, and also recognizing people who have become US citizens. Public educational institutions provide history on the US Constitution to students on this day.



Zia PVA Annual Fishing/BBQ Day, Sept. 26. Join us at Sandia Lakes for a fun day of fishing and BBQ. Please RSVP to the Chapter office as space is limited!



Walk to Defeat ALS, Sept. 27. Join with the Zia Chapter in this event to raise funds for ALS research. Please call the chapter if you will be able to join us or if you need more information.

Zia PVA Annual General Membership Meeting, Sept. 30. The meeting will be held at the Chapter. Invitations with more info are forthcoming.

From the President

Chris Ewer

Ahh, the Dog Days of Summer are over. By the time you read this article Zia National Director Kevin Dailey and I will have attended and returned from the 63rd National PVA Convention in Miami, FL. I'm sure that we both will have much to report on the Convention and keep you informed on what Big Brother has planned for its members for the upcoming year.

In July you should have received your ballots for the election of Officers and Board of Directors, cast your votes and returned them to the Chapter office for tallying. The results will be announced in September (at the Annual General Membership Meeting).

Don't forget the General Membership and BOD Meeting on 30 September. Please call the Zia office at (505) 247-4381 and RSVP if you will be attending the General Membership Meeting. Check the Roadrunner events calendar for date, time, etc.

Any Zia PVA members within the state lines of New Mexico should have received a postcard about the upcoming Annual Fishing Day and BBQ at Sandia Lakes. If you didn't, please call the office as there are a limited amount of openings to attend and you need to RSVP. There is information posted on the ziapva.org web-

site under "Calendar & Events". Another postcard will be mailed at the beginning of September to those who didn't respond to the first postcard.

It was good to hear from Zia PVA member Jay Lanin about how much help NSO Richard Martinez was in assisting in his claim. The Roadrunner and other avenues of communication from the Zia Chapter do serve a purpose of keeping the Zia membership informed on what is old, new, and current news which may benefit them. Thank you, Mr. Lanin for your letter. We hope to hear from more members on the positive or negative impact the Roadrunner and our efforts to bring information to the members. Thank you, also, SBA Jean Dougherty and NSOIII Richard Martinez for your efforts on behalf of the Zia PVA membership.

I would like to extend a very big "Thank You" to those who volunteer their time and efforts in the various events Zia PVA supports. The Luncheon volunteers, the Bingo volunteers, the Zia bus driver (Pat Dougherty), those who help at sports outings, those who help on the SCI Unit. All of you deserve a big round of applause and much kudos.

Zia PVA salutes the dedicated Staff of the SCI Unit who provides the unique treatment and patience needed while

helping the inpatients get on with their healing. We are fortunate in having the dedicated Staff in all areas of the Unit and appreciate their efforts.

I hope to see and chat with you at the upcoming Zia PVA events!



On the piano...

"The piano is able to communicate the subtlest universal truths by means of wood, metal, and vibrating air."

— *Kenneth Miller*

"One person gets nothing but discord out of a piano; another gets harmony. No one claims the piano is at fault."

— *Unknown*

From the Vice President

Lindol Hill

We made a visit to the Silver City CBOC on June 14th but, unfortunately, there were no members to join us for lunch. We make a trip to the El Paso VA Outpatient Clinic on August 14th with the PVA National Site Team. We have invited local members to come have lunch with us and we have already received a number of responses.

We received ballots back and counted the votes for election for positions to begin on 10-01-09. We had a nice return but not as many as we would like. Results will be published in the October issue of the *Zia RoadRunner*. Thanks to all that returned ballots.

I had the pleasure of Chairing a Management meeting at Zia Chapter for all officers and program managers on July 24th. I am pleased that so many were able to make the meeting. I believe the comments and questions that were made and responded to were very good so everyone knows where we are and where we want to go in the future.

On August 13th Chapter officers and program managers met with our PVA National Site Team to prepare for the Albuquerque SCI Unit review by this team on August 14th and 15th. We then leave to go to El Paso for planned visit.

A moment to say "Thank You"... I want to thank those who helped count ballots for election. I want thank Pat Dougherty for all the hours he volunteers to assist Zia Chapter in several programs. He is a true asset to this chapter. I also want to thank Paul (Stapleton) and Terry (Conger) for making the calls to members so they know we do care for them. I want to thank all of our volunteers for the great job they do in helping Zia Chapter handle all our programs. We could not get it done without their valuable assistance. I want to thank all our members for being a member with Zia Chapter and especially want to thank all of you for your service to this country. This country will never be able to repay you for your service.



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PVA Service Office

Richard Martinez, NSO III

Hello to all our members and families. There are a few things that I wanted to update you on as far as what has happened at the Department of Veteran Affairs Regional Office for the month of August.

Recently, the Veterans Service Center Manager (VSCM), Jeff McAdams transferred to the Phoenix Regional Office to take over as their Veterans Service Center Manger. Jeff had performed a great job for the veterans here at the Albuquerque Regional Office. He reorganized personnel, along with their responsibilities, so they could perform their jobs more effectively for the veterans. Jeff considered training a major component for all VA employees in order to perform their jobs effectively. Because of this, he was able to get claims filed for service connection and increased service connection, which were over 1 to 2 years old, completed within 8 to 10 months.

Jo Ann Pacheco, who has been with the Department of Veterans Affairs for 31 years, is the acting VSMC. We have yet to be notified as to whom or when the new VSCM will be taking over. We do know that it will probably be some-

one from another Regional Office.

We also will be losing the VA Regional Office Director, Craig Moore. His last day will be August 21st. He will be leaving to become the Senior Executive Services Director at the Jackson, MS VA Regional Office. There has been a nomination appointment for the new Director which has been sent to the Secretary of the Department of Veterans Affairs. The Secretary will make the official appointment for the new Director.

On a good note for our Regional Office, I would like to welcome Karl Kaufmann. He is now the new and permanent SAH/SHA agent here in Albuquerque. He will be handling all of the SAH/SHA applications/grants. Currently, he will be working for the next three months on back logs/inactive applications. So, for now, some of the Phoenix SAH/SHA agents assigned to New Mexico, will still continue to work on the applications until they have all been caught up and transferred to Mr. Kaufmann.

I would also like to thank Esther Cordova, Secretary, for the PVA Service Office. She is doing a tremendous job and is really the unsung hero who keeps the office running Without her, I would not be

able to complete and perform my job as well as I have.

As always, if there are any questions or concerns that you might have or would like to discuss, please feel free to contact me at the Regional Office.



“People often say that motivation doesn’t last.

Well, neither does bathing — that’s why we recommend it daily.”

— Zig Ziglar

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”

— Buddha

“But now I have come to believe that the whole world is an enigma, a harmless enigma that is made terrible by our own mad attempt to interpret it as though it had an underlying truth.”

— Umberto Eco

Zia Sports and Recreation

Chris Ewer

Most of the summer is gone, the kids are back in school, and the temperatures should be starting to cool off, especially after dark. Fall is almost upon us and there is still time to get out and soak up the heat (safely) before the pumpkins ripen on the vine.

I sure hope that you got the postcards mailed out about the Annual Fishing Day & BBQ on the 26th of September.

This is going to be a FUN day, so don't miss it! Fishing, Food, Camaraderie, Prizes – The Sandia Lakes Pavilion will be the place to be! See you there!

Opening day of dove hunting season comes at the beginning of September. If you are out there hunting, be safe and aim true. Those who drew tags for antelope and deer will be starting to hunt in August and September. Please email the results of your hunts to me at cewer3@yahoo.com. This goes for all species hunted or drawn for.

If you like fishing, check out the "Fishing Line" in the Thursday editions of the

Albuquerque Journal. It is the most up to date publication for most readers. You can also get up to date information at Charlie's Sporting Goods,



Sportsman's' Warehouse, or most places which sell bait or tackle. I know that a 30" wall-eye was taken recently at Abuiqu Lake as well as some bass in the 4 lb class. It will be better trout fishing soon when the temperatures start to drop and the big rainbows and browns will be biting. Good Luck!

Still trying to figure out a good time and day for cards at the Zia Chapter office. As well as cards, there are several different board games to play. There will soon be a table tennis table available to enable those who want to get in condition for the Veteran's Wheelchair Games in Boulder, Colorado next year. There are also the two computers that are available for use during office business hours. Come down and visit and enjoy the new facilities.

I participated in the National PVA Sports Teleconference on the 28th of July. The Vet. Wheelchair Games in Spokane, WA were well attended despite the economic decline and was attended by over 500 Veterans from the USA and Great Britain. There will be articles in both the PN and Sports 'n Spokes magazines soon. These publications will also be posting the schedules for the upcoming year's Bass Tournaments, Bowling, Trapshooting, and Billiards



competitions. Most events this year were affected by the increased cost of fuel and other things, causing a lessened attendance at these events. Hopefully the economy will turn the corner and this year will be better.

Get outside and soak up some vitamin D in the form of sunshine. Stay active and stay happy!



GRD and VAVS and More

Michael D'Arco

City Abq. Municipal Development July 29th at 6 PM I attended a meeting conducted by the City of Albuquerque,

Department of Municipal Development.

The purpose of this public meeting was to inform the public and disability organizations about the cities future plans regarding accessibility. Over the next 6-8 months the city will be conducting a survey of city right of ways, curbs, sidewalks ,bus stops etc. The streets will be surveyed at random, but will cover the entire city. This will tell the city what needs to be done.

Once complete the city will undertake action to secure funding to improve access for the disabled.

State of NM Handicap Placard & Parking Study

I attended the committee meeting conducted by the state to study ways to improve how disabled placards are issued and to improve on handicap parking. This is a work in progress as a result of a memorial bill passed in the

last legislative session. As progress is made by this committee I will report that back to the membership and the BOD.



City of Alb Sun Van Meeting:

Due to a death in the family I did not attend this months meeting.

ALS 2009 Walk

I am in the process of once again fielding a team of Zia

Chapter members, family and friends. Our team goal is \$500.00.

I am also meeting this week with ALS organizers in an effort to have a table set up for the chapter. Our efforts help create awareness of ALS and raise funds to fight ALS. Many PVA members suffer from ALS.

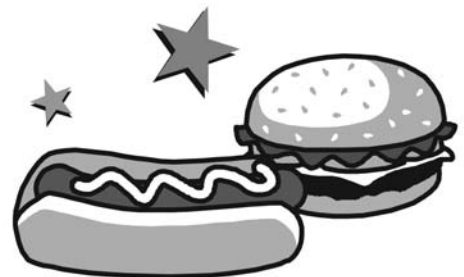


Hospital Volunteer Training

Amie and I will be working with the VA hospital VAVS personnel to arrange a training and refresher for Zia hospital volunteers. We are in hope of

arranging a Saturday in early October. This should not take more then an hour or so. And we will serve some goodies. So hold on the first couple of Saturdays in October.

Anyone who wishes to volunteer at the VA hospital, or who already volunteers and wants a refresher should contact myself or Amie at the chapter or via e mail.



Annual Picnic

President Ewer and Amie are the team working on the September picnic. The date has been set and I have my cooks all lined up. Keeping in the military tradition of yesteryear, I resorted to the draft system and called upon two of my sons and other family members. This way all Zia members and guests can enjoy a day out with out working at a Zia event.

Any one who will attend the picnic is welcome to share any side dish that they wish to bring. Our main course will be Hot Dogs and Burgers, (well, always subject to change).

The Good Ol' Boys Club?

Amie D. Kelm, Executive Director

In the ten plus years I've been with Zia PVA, I've oft heard rumors of complaints about the 'Good Ol' Boys Club' down at Zia. According to the free on-line encyclopedia, *Wikipedia*, the term is used to describe a system of social networking and perceptions alleged to exist prevalently among certain communities and social strata in the United States. Usage of the term can often imply a wrongful exclusion of others from the network; however, often the emphasis is on inclusion of a member — 'the good ol' boy.'

Regardless of how you define it, apparently some members feel the Board of Directors at Zia PVA receive an unfair advantage with regard to funding to attend sporting events and other activities. Apparently somewhere along the way someone got the idea that the only way you could receive funding was to a member of the Board of Directors. The complaints imply that you have to have "connections" to get on the Board and they were always going to be excluded.

I've been biting my tongue for years, but no more — it's getting sore. This is for those who want to complain. I want to inform the membership that there really is a good ol' boys clubs. It's membership is

rather exclusive. To belong to this club you must be a member of Zia PVA - period. Oh, there is one other catch, if you will, YOU need to read your newsletter, read your mail from the chapter and check out the website (www.ziapva.org) if you can. And, YOU have to ask.

In my time here, we've sent out numerous surveys asking what type of activities you'd like to be involved in. We average a ten to twenty percent response rate. We list activities in the newsletter, always with a phone number to call for more information.

For the past several years a Zia Chapter representative and the PVA NSO have been visiting the area CBOC's. We've been coming to you and inviting you to join us for lunch. We want to hear from you. With the exception of the outstanding response from the Las Cruces/El Paso area, we can't even entice you to come out for a free lunch to let us know what's happening in your corner of the world. We can't fix everything, but if no one tells us what's good and what's not — we don't even know where to start! As a result of the responses to our invitations, we've cut the budget for the upcoming fiscal year.

We recently counted the ballots for the Chapter election.

(The results of the election will be posted in the October *RoadRunner*. The only names on the ballots were those already elected to the positions. We published the announcement of the elections and requested nominations in the *Zia RoadRunner* several months ago. We didn't hear from anyone. The beginning of July we mailed 548 ballots. 158 ballots were returned by the deadline — less than 30%.

Those of you that believe there's a 'good ol' boys club' at the Zia Chapter are absolutely correct. Often it is the Board of Directors receiving funding for various activities. They're not being funded by excluding other members. They receive funding because — 1. They volunteer. They serve on the Board. They sit on committees. They attend meetings. They volunteer their time at Chapter events. 2. They actually REQUEST to be funded.

If you want to sit around drinking coffee and complain about the injustice of it all, I can't stop you, but the door to this 'Good Ol' Boys Club' is open. You just have to make the effort.





Chaplain's Corner

ALONE WITH GOD

Terry Conger

When was the last time you were alone with God? Not just a quick prayer to ask for something, but a time alone with God when all you did was be still and wait for God to speak to you.

There are many that pray. There are many who don't. Prayer is a special time with God that many people miss out on.

The bible says "pray without ceasing" "pray one for another" but people are just too busy to pray. They find time to do everything else in life, but they never seem to have time to be alone with God in prayer.

Billy Sunday, an evangelist in the early 1900's prayed for hours at a time and saw great revivals break out in this country. Other men who were great prayer warriors who saw many men and women come to Christ such as G. Morgan Campbell, J. Frank Norris, Charles Spurgeon, Martin Luther, William Carey, E. M. Bunds and I must mention R.A. Torrey. All these men wrote books on the subject of prayer, all saw great results from their prayers.

As I read of these men I noticed they all had a special time alone with God. When C. H. Spurgeon died, some men went to his home to talk with his wife. As they talked somehow they mentioned his prayer time. Mrs. Spurgeon

showed the men the room where Pastor Spurgen prayed. It was a small room, with a small table. There on the table was Pastor Spurgen's Bible. Mrs. Spurgen said "this is where he spent hours alone with God in prayer and reading his Bible".

One of the men noticed there were two chairs around the small table. He asks if Pastor Spurgen prayed with anyone else. Mrs. Spurgen replied, "You men are the only people to ever come into this room. No one but my husband ever came into this room, not even me."

You might ask yourself, who sat in the other chair? I have an idea, maybe you do also. Try getting alone with God today. Start praying for five minutes a day, then fifteen, then thirty, then an hour then...

As you learn to pray more, you will also learn what it means to be alone with God. As always, if you have any prayer needs, or you need me to preach at a funeral, or you just need to talk, please feel free to call me or e-mail me at any time. 505-892-0578

Kjvrom1013@msn.com

Love in Christ
Terry Conger, Chaplain

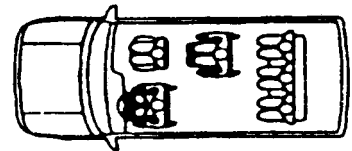


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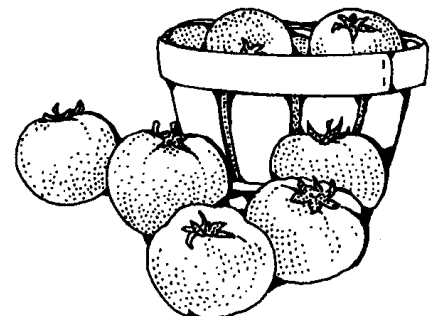


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Tea Time! It's Good For You

Drinking three cups of tea a day can have important health benefits, according to doctors and researchers. Among its potential advantages, tea may help in these areas:

- **Cancer.** Tea, especially the green variety, has been shown in some studies to be linked to a decreased risk of breast cancer, as well as prostate and other cancers. It seems to stimulate the production of certain enzymes that detoxify carcinogens and reduce inflammation.
- **Obesity.** Some studies with animals have suggested that green tea and oolong tea may contribute to better weight management. The caffeine in tea might boost the body's metabolism and help the body burn off calories from fat.
- **Brain activity.** Green tea (again!) may help prevent cognitive impairment among older people, as suggested by some epidemiological studies.
- **Heart disease.** Antioxidants in tea can help the body better regulate its insulin production, which can aid in preventing diabetes and heart disease. In addition,

tea can reduce risk factors such as high blood pressure and high cholesterol.

Cutting Back On Caffeine? Don't Go Cold Turkey

That cup of coffee may help you get going in the morning, but skipping it may lead to problems more serious than drowsiness. Scientists say that about half of the 80 percent to 90 percent of Americans who drink caffeinated drinks every day may experience some symptoms of withdrawal if they stop suddenly, including headaches, irritability, depression, and anxiety. The best way to cut down is gradually — drink a half cup instead of a full one, for example, and introduce decaffeinate substitutes over time to take the place of coffee, tea, or caffeinated soft drinks.



Stay Safe When Lightning Threatens

Lightning kills an average of 62 people per year, according to the National Weather Service. Thunderstorms can strike year round, so it pays to

know how to protect yourself and your family from injury and death from lightning. Here's what to keep in mind:

- **Proximity.** When you see lightning, start counting until you hear the thunder. Calculate the distance to the site of the lightning strike at 5 seconds per mile. The farther away from lightning, the safer you are.
- **Shelter.** A large enclosed building is the safest refuge. Stay away from windows and metal appliances—lightning can flow through metal and jump to the nearest person. If driving, stay in your car and keep the windows closed.
- **Safety outside.** If you can't get to shelter, stay low, but don't lie on the ground. Avoid tall trees. Discard anything metal that you may be carrying. If in a group of people, don't huddle together. If you feel your skin tingle, or your hair standing on end (signs of an impending lightning strike), crouch as low as you can without touching the ground any more than you have to.
- **Emergency care.** Call for medical assistance as quickly as possible if someone is struck by lightning. If the victim is unconscious, apply CPR; he or she may appear to be dead, but CPR can revive the person if applied immediately.

Humor & Anecdotes

You Know You're Grown Up When...

You're not a kid anymore. Here's the proof:

- Your refrigerator has more food than beer in it.
- 6 a.m. is when you get up, not when you go to bed.
- You hear your favorite song...on the elevator.
- You make plans to watch the Weather Channel.
- A clean sweater and jeans is no longer considered "dressing up."
- You have no idea how late the pizza place delivers.
- Your older relatives feel comfortable telling dirty jokes around you.
- You feed your dog Science Diet instead of cold pizza.
- A \$7 bottle of wine is no longer "the good stuff."

Talk About Bait-and-Switch

A little girl walked into her Sunday school class half an hour late. When the teacher asked why she was so tardy, the young girl replied, "I wanted to go fishing with my Daddy, but he said I had to come to Sunday school."

Pleased with the father's spiritual dedication, the teacher asked, "And did he tell you why he wanted you to come here?"

"He said he didn't have enough bait for the two of us."

From His Lips...

Because it was a busy day in Heaven, St. Peter was interviewing recent arrivals three at a time. After making sure the latest trio was worthy of entering Heaven, St. Peter asked, "Now, what would you like the pastor to say at your funeral?"

The first man said, "I want him to say that I was a wonderful father and a loving husband who never, ever cheated on his wife."

The second man answered, "Have him say that I was the most honest businessman in the world and that I absolutely did not embezzle all that money from my company before I died."

The third person, a woman, thought for a moment, and then replied, "I want him to say, 'Oh, my God, call a paramedic! She's still breathing!'"

Intelligence Test

Two men were sitting at the bar discussing their pets.

The first one said, "My dog is so smart he can count to ten!"

"So? My dog can play checkers!"

"Wow...that's really smart."

The second man shrugged. "Not so much. I can beat him most of the time."

Mistakes Don't Matter In The Long Run

As a student, Isaac Asimov had a literature professor who once lectured on the limitations of knowledge. As Asimov writes in his book, *The Relativity of Wrong*, his prof said that in every century people thought they'd discovered how the universe worked, and they'd always been proven wrong. Thus, he argued, anything we say now about the nature of the universe must also be wrong.

Asimov's response? "When people thought the Earth was flat, they were wrong," he told the professor. "When people thought the Earth was spherical they were wrong. [Earth actually bulges at the equator.] But if you think that thinking the Earth is spherical is just as wrong as thinking the Earth is flat, then your view is wronger than both of them put together."

Humans make mistakes, but that doesn't mean the truth is always beyond our reach.



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

House of Representatives Approves Veterans Bills

On July 28, the House of Representatives approved H.R. 1293, the “Disabled Veterans Home Improvement and Structural Alteration Grant Increase Act,” which would increase grants for disabled veterans to make accessibility modifications to their homes. The bill would provide a significant increase in the amount payable to veterans under the Home Improvement and Structural Alteration (HISA) grant program.

Veterans disabled as a result of service-connected conditions can receive a HISA grant in addition to other VA home adaptations grants that range as high as \$60,000. The new maximum amount of the HISA grant would be \$6,800 for service-connected veterans (currently \$4,100) and \$2,000 for non-service connected veterans (currently \$1,200). This amount was established by Congress in 1992 and has not been raised in seventeen years.

On July 27, the House approved three veterans’ measures, including an omnibus bill that combines provisions from nine bills previously approved by two subcommittees to

improve Department of Veterans Affairs (VA) health care and life insurance programs.

H.R. 3219, the omnibus bill, included a provision originally in H.R. 2270 which would provide a \$1,000 a month benefit to all WWII civilian groups that were given veterans’ status under the G.I. Bill Improvement Act of 1997. A previously passed House bill provides a similar benefit only to WWII Merchant Mariners. Another provision in H.R. 3219 would allow veterans to purchase additional amounts of Veterans Group Life Insurance (VGLI). Currently, the amount of VGLI coverage cannot be changed because the level of coverage must be made within the first year of discharge, and because most separating servicemembers are young and single, many select levels that become insufficient as they age and have families. A provision, originally in H.R. 2379, would allow veterans to purchase up to \$400,000 of VGLI coverage in \$25,000 increments, every five years, until the age of 60. The cost of such increases would be offset by premiums, so there would be no direct cost to taxpayers.

H.R. 2770, which was introduced by Chairman Bob Filner

and Ranking Member Steve Buyer, would modernize and clarify the laws governing VA Nonprofit Research Corporations. Specifically, this bill expands the general authorities on establishing nonprofit research corporations by authorizing the creation of multi-medical center research corporations where two or more VA medical centers share one corporation and improves accountability by detailing the audit requirements.

H.R. 3155 would improve and provide support services to family and non-family caregivers of veterans, by expanding outreach, education, respite care, travel benefits, and mental health counseling. The bill would also recognize the unique needs of severely wounded Operation Enduring Freedom and Operation Iraqi Freedom warriors by providing a stipend to certain family caregivers, and it would extend Civil Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) eligibility to those without health insurance. PVA supported this bill in testimony earlier this year; however, we also stressed the need to make caregiver assistance more comprehensive.

SMC-Aid and Attendance Legislation Introduced

Following the Ancillary Benefits and Veterans' Quality of Life Issues hearing, Congressman Steve Buyer, Ranking Member of the House Committee on Veterans' Affairs, Mike Michaud, Chairman of the House Subcommittee on Health, and Henry Brown, Ranking Member of the House Subcommittee on Health, introduced a bill, H.R. 3407, the "Severely Injured Veterans Benefits Improvement Act."

This legislation would improve compensation for severely injured veterans by increasing aid and attendance rates and expanding the number of veterans who would qualify for the benefit. The bill would also increase benefits for catastrophically injured veterans who require regular aid and attendance by fifty percent, which qualifying veterans would receive a monthly payment of \$7552 and those in need of the highest level of care would receive \$8642. Also, the bill would authorize aid and attendance payments for certain veterans with severe traumatic brain injuries and authorize certain veterans with severe burns to receive specially adapted auto grants. In addition, H.R. 3407 would double the monthly pension paid to Medal of Honor Recipients to \$2,000. Furthermore, the legislation included measures that would support a U.S. Court of Appeals for Veteran's Claims

ruling that protects non-service connected pension payments for severely injured, disabled, or house-bound veterans with low income. The bill would also increase the special pension by ten percent.

Senate Approves Advance Appropriations Legislation

While the Appropriations Committees have moved forward with providing advance appropriations for the VA for FY 2011, work on the advance appropriation authorization bills has not been completed yet. Prior to the August recess, the Senate approved by unanimous consent, H.R. 1016, the "Veterans' Health Care Budget Reform and Transparency Act." The bill was amended to reflect the language included in S. 423, the Senate version of the advance appropriations bill.

The Senate chose to substitute the language included in its version of the bill because of opposition to including the Information Technology and Medical and Prosthetic Research accounts in the advance appropriation process. The intent of the Partnership for Veterans' Health Care Budget Reform, a coalition of nine veterans' service organizations including Paralyzed Veterans of America (PVA), was never to include any VA accounts outside of the immediate medical care accounts—Medical Services, Medical Support and Compliance, and

Medical Facilities. However, during the full House VA Committee markup, Representative Buyer introduced several amendments that would have weakened the intent of the bill. This eventually led to the inclusion of Information Technology and Medical and Prosthetic Research accounts into the advance appropriation.

The next step in the process is for the Senate and House Committees on Veterans' Affairs to reconcile the differences between the two versions of the bill in conference. We hope that the Committees will complete this work soon after the August recess so that the bill can finally be signed into law. Given the positive direction that advance appropriations have taken through the regular appropriation process, we feel confident that the funding reform bill will likely be enacted.



"Only those who will risk going too far can possibly find out how far one can go."

— T.S. Eliot

"Don't go around saying the world owes you a living. The world owes you nothing. It was here first."

— Mark Twain



Labor Day: What's It All About?

United States.

Labor Day originated in an age of 12-hour workdays, seven-day-a-week schedules, child labor, and terrible working conditions. Some say the idea of Labor Day originated in 1882 with Peter J.

McGuire, a co-founder of the American Federation of Labor. Others claim that a machinist named Matthew Maguire proposed the celebration while serving as secretary of the Central Labor Union in New York. There's little dispute that the first Labor Day

parade was held on September 5, 1882, when 10,000 workers in New York City marched from City Hall to Union Square. The Central Labor Union selected the first Monday of September as its annual holiday in 1884.

The first state to recognize Labor Day officially was Oregon, in 1887. By 1894, 23 more states had followed suit, and in that same year Congress passed an act making the first Monday in September a legal holiday throughout the country.

Labor Day is more than one last chance to fire up the grill before the end of summer. It's a yearly celebration of the American worker, a tribute to labor's contribution to the economic and social well-being of the

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G	V	I	W	K	A	N	T	R	O	B	C	S	O
O	S	L	E	M	E	D	E	S	L	Y	O	B	C
K	A	L	T	N	I	H	R	P	O	L	M	E	I
N	L	A	S	I	C	T	A	U	G	S	P	N	A
I	G	O	N	O	M	E	T	R	Y	R	U	I	L
L	E	R	A	S	R	B	U	N	U	L	T	E	S
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C	C	O	U	N	T	I	N	G	O	T	E	L	P
G	U	M	S	E	K	O	U	L	S	Y	G	Z	O

Accounting

Algebra

Art

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Calculus

Chemistry

Computers

English

Geography

Health

History

Literature

Music

Physics

Science

Social Studies

Theatre

Trigonometry

Typing



Answer Key

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

For Your Information...

Don't Let Stress Stand In The Way Of Success

Stress is a fact of life. How you handle it, though, is up to you.

Here are a few tips for keeping stress and anxiety under control in turbulent times:

- **Focus on right now.** Worries about the past or the future can undermine your attempt to accomplish anything in the present. When you feel yourself growing anxious, concentrate on what you can do right now, and do it.
- **Identify your fears.** Sort out your feeling so you know exactly what you're worried about. Overcoming a vague dread is difficult, but once you've got a specific target, you'll be able to find ways to deal with your fear directly.
- **Look for positive energy.** Don't hang out with people whose anger or depression spills over onto you — find friends who support you and offer encouragement. Watch hopeful movies, listen to upbeat music. The more positive energy in your life, the better you'll be able to keep stress at bay.

To Boldly Go...Without Going Anywhere

Aspace mission to Mars is starting right here on Earth. As reported by The New York Times, a crew of six boarded their vessel in March

for the 105-day voyage, during which time they'll breathe recycled air, eat dehydrated food, and have limited contact with anyone outside their spacecraft.

Except they won't leave Earth. Their "ship" is a research center in Moscow, and their journey is actually a test of how well an international crew could cope with the isolation of a real Mars mission.

The ultimate test will be a full 520-day simulation of a complete trip to Mars and back. The longest period any human has ever spent in space in 438 days, set by a cosmonaut aboard the Russian space station Mir in 1994-95.

The Moscow simulations are intended to test how a long space journey would affect astronauts' metabolism, sleep cycles, immunity, and cardiovascular systems, as well as to study how a cross-cultural, international crew would behave when cooped up on a long-term space mission they can't quickly return from.

Make 'em Laugh: A Few Pointers on Telling Jokes

A tried and true way to win friends is to make people laugh. A good joke is a good start, but telling a joke well takes skill. You can learn by following this advice:

- **Know your joke thoroughly.** Memorize your joke so you

don't forget important details. Going back in mid-joke ("Oh, I forgot, there's a chicken on the firefighter's head") distracts from your momentum. Rehearse ahead of time if possible. And don't tell a joke you don't understand — if you don't know why the punchline is funny, you're more likely to mangle it.

- **Don't oversell it.** Resist the temptation to tell people how funny your joke is going to be. They'll expect something fantastic, and anything less will disappoint them. Keep your delivery relaxed and natural to draw them in.
- **Easy does it.** One technique is to offer the joke casually, as if it's a personal anecdote: "I remember, a few years ago..." As your audience comes to realize you're actually setting up a joke, they'll nod or smile in recognition, so you've already "warmed them up." If they don't catch on until the punchline, the element of surprise adds to the impact.
- **Pace yourself.** Don't race to the punchline. It increases the chance you'll leave out an element, and your listeners may have trouble following the story. Get comfortable pausing at times to let the audience visualize what's happening. Just don't drag the joke out too long or the payoff may not live up to the buildup.

- **Know your audience.** You always want to avoid jokes that are racist, sexist, or otherwise offensive. But even a seemingly harmless joke can fall flat if your listeners don't relate to it. A joke about your business, for example, may have limited appeal to someone who's always worked in a different industry. Look for universal jokes that everyone can appreciate.

Chew On This: 'Vanishing' Gum In The Offing

The world's first biodegradable chewing gum could save the world million of dollars in cleanup costs. Chicza Mayan Rainforest chewing gum, produced from the sap of the chicozapote tree, contains no petrochemicals. It decomposes to dust in just a few weeks, its manufacturers say, meaning no more petrified chewing gum on city streets and beneath movie theater seats. If it catches on, the savings could be enormous: In Great Britain, for example, removing discarded wads of chewing gum adds up to \$22 million a year, according to CNN.

Where To 'Send' Sweet Nothings

When you decide to declare your true love, make sure you whisper those three magic words in your lover's left ear.

Researchers have found that we're more likely to remember

statements that express emotion if they're spoken into our left ear.

Why? The left ear is controlled by the right side of the brain, and the right side of the brain is where emotional stimuli are processed.

So pick your spot before declaring your feelings.

Play These Games for Better Thinking

Being creative doesn't just happen. Sure, some people seem to be naturally innovative, but most of us can get the creative juices flowing with a little practice. Try these exercises to stimulate your mind:

- **Opposites.** Make a quick list of some common nouns and verbs. One by one, go through the list and as quickly as possible think of three words that mean the opposite. Generating a group of opposites will stretch your mind to think beyond the obvious.
- **Good and bad.** Select an idea — a product, a problem, an issue — and list positive and negative aspects to it. For example: pandemics. Under Positive, you might place “keeps population down” and “forces better disease control measures,” while under Negative, you'd list “causes suffering” and “economic turmoil.” As a next step, think of something that's neither good nor bad, just interesting: A specific disease may arise from an unexpected source, for

instance. This teaches you to look at questions from different angles.

- **Letter.** Write a letter describing your day — but without using the words “I,” “me,” “myself,” and so on. You'll get an idea of how to look at the world from alternative viewpoints and take your own agenda out of the picture to see things more clearly.

Truly Earning Your Stripes

One reason Peter I became known as one of Russia's greatest leaders probably stems from his drive to earn respect the hard way. As a boy, he enlisted in a regiment as a drummer, the lowest position available. He refused to accept any military rank he hadn't earned honestly.

When it was his turn for guard duty, he served it. When he was ordered to dig a ditch, he dug it. He slept in the same tents and ate the same food as the other soldiers.

Unlike other men who used their privileged backgrounds to receive preferential treatment, Peter accepted promotions to higher ranks only when he believed he deserved them. It was his belief in himself that got him to the top and eventually won him history's moniker Peter the Great.





Saluting our Members

ZIA CHAPTER MEMBERSHIP REPORT

The Zia Chapter, PVA voting membership stands at 576 as of August 10, 2009.

Zia Chapter records indicate our chapter voting membership as follows:

308 – Service connected

268 – Non-Service connected

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

Braxton Allen

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.

James A. Reifenberger has been removed from the membership rolls due to an undeliverable address. If you know Mr. Reifenberger, please let ask him to contact the Zia Chapter!

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 September

- 1 - Abel Flores, Richard Housh
- 2 - Linda Birch
- 3 - Steven Maldonado, Kim Dommer
- 5 - David Wright, Robert Cantwell, Elbert Ritter
- 6 - Donald Helmer
- 7 - Larry Rodriguez, Cynthia Roush, Kevin Nelson
- 8 - Walter Fisk, Carl Christman
- 9 - Clifford DeWent
- 10 - Cleophas Johnson
- 11 - Michael Osburn
- 12 - Stephen Tuchalski, Jack Russ
- 13 - Fernando Tom
- 14 - Alfonso Escobar-Conde, John Berger, Lisa Veres, Frank Martin
- 15 - Alyan Hill, Clifford Barnhill, Billy Crespin
- 16 - Michael Dewey
- 17 - Raymond Fabre, Cresencio Waseta, George Pacheco
- 18 - Arthur Greene, David Cohen, Leisa Pauley, Jacob Vasquez
- 19 - Porfirio Hernandez, James McCormick
- 21 - Juan LuJan, Alvin Ivory
- 22 - Calvin Drury, Michael Pierce, Frederick Smith
- 23 - Bohdan Paechnick,
- 24 - Johnny Henry, Charles Sedillo
- 26 - Bradley John
- 27 - Raymond Cotter
- 28 - Cecil Lasley, David Cuevas, Lawrence Parchman
- 30 - John Adair

Classifieds

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

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

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

Call 861-0115 or 457-7296 for more information.

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

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

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

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

For sale: Lazy Boy Chair with lift, massage, and heat. Valued at \$1,150 -- ONLY \$500.00
Call Tess at 505-856-1138 for more information.

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.

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1/3 Page	\$43	\$123	\$232	\$438
1/4 Page	\$35	\$100	\$189	\$357
1/6 Page	\$25	\$71	\$135	\$255
Business Card	\$22	\$63	\$119	\$224

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

Zia PVA Programs

Programs and their Managers

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

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

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

Zia PVA Officers and Directors for FY'09

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

Directors:
Terry Conger
Ron Gattas
Paul Stapleton
Jim Payne

Immediate Past President,
Alyan "Ray" Hill

National PVA Executive Committee for FY'09

Randy Pleva, President

Gene Crayton, Sr. Vice-President

Rick Glotfelty, Vice-President
Al Kovach, Vice-President
John Jackson, Vice-President
Bill Lawson, Vice-President

Frank Rigo, Secretary

Craig Enenbach, Treasurer

Joseph L. Fox, Sr.,
Immediate Past President

Zia Events - October 2009

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



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

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Eligibility.....256-2741
EMERGENCY ROOM.....256-2793
Medical Information256-2731
VA POLICE256-2730
Prosthetics256-2756
Pharmacy265-1711 x5067
PVA Svc. Office @ SCIC.....265-1711 x5046
SCIC Administration.....256-2849
Voluntary Services256-2771
Switchboard.....1-800-465-8262/265-1711
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Zia Events - September 2009

Sun		Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7 Zia Closed Labor Day	8 SCIC Bingo	9	10	11	12
13	14	15	16	17 SCIC Luncheon	18	19
20	21	22	23	24	25	26 Zia Annual BBQ/Fishing @Sandia Lakes
27 ALS Walk	28	29	30 Annual General Membership Mtg.			

Tear Me out and post me on your fridge!