

PARALOG Oregon Paralyzed Veterans of America





Oregon Paralyzed Veterans of America

3700 Silverton Rd. NE,
Salem, OR 97305
503-362-7998
www.oregonpva.org
Email - oregonpva@oregonpva.org

OPVA is a 501(c)(3) Tax ID# 93-0713859 **OFFICERS**

Larry Gardner President

Ed Lanssens Vice President

Sue Holt Secretary

Dave Parker Treasurer

BOARD MEMBERS

Bill Gray

Jack Howell

Roger Robinson

Carolyn Hamstreet Shore

Larry Ricklefs

Troy Allender

Dan Service

PROGRAM DIRECTORS

Susan Holt MS Liaison

Mike Rosenbalm Hospital Liaison

Dan Service Sports Director

Roger Robinson Government Relations

Clyde Harmon Parking Enforcement

NATIONAL DIRECTOR

Bill Gray

OPVA OFFICE STAFF

Tom Hurt Executive Director

Marcie Ceja Office Manager

Francisco J. Navarro Graphic Designer

PARALOG

Marcie Ceja Editor in Chief

Francisco J. Navarro Graphic Designer

NATIONAL SERVICE OFFICER

Ken Fink

800-795-3627 Fax: 503-412-4763

VANCOUVER VA PRIMARY

Care Contact Phone Numbers

360-696-4061

503-220-8262 ext. 31665 (Portland)

800-949-1004 ext. 31665

After Hours Number

888-233-8305

Portland VA Contact Phone

Number

503-273-5308

Patient Advocates

Katina Collins, Trish Hafer

Kelly Williams

OPVA Mission Statement

Oregon Paralyzed Veterans of America (OPVA), incorporated in 1976, is a chapter of Paralyzed Veterans of America. OPVA serves the needs of its Members – U.S. military veterans with spinal cord injury or disease (SCI/D) – and helps them enjoy the highest possible quality of life. OPVA, Members, Associate Members, Family Members, Volunteers, and allied organizations work to provide leadership and advocacy in

- Improving health care and SCI/D research and education
- Protecting veterans rights and benefits
- Improving awareness of disability rights
- Offering sports and health-promotion activities
- Increasing accessibility and removing architectural barriers in Oregon, Southwest Washington, and Idaho.

A 501(c)(3) charity, OPVA relies on grants and donations from members of the public.

Paralog Contents

- 4 President News
- 6 Vice President News
- 8 Executive Director Report
- 1 O Sports Report
- 12 Wheelchair Adventures
- 14 Home Fire Safety Advice & Guidance
- 16 Rec Fund Reports
- 24 NVWG Members Needed
- **26** MS News
- 30 Washington Update

Thank you to all our Sponsors!



President News





Larry Gardner – President

Hi everyone, first of all for all of you who have no idea who I am I would like to quickly introduce myself.

I was drafted into the US Army in 1969-1971 - basic training in Fort Lewis Washington, MOS training in Fort Sill Oklahoma in artillery, then on to a rocket unit in Hanau, Germany. After my honorable discharge in 1971 I worked for several years in the construction business until 2008.

In 2010 I became a member of the Oregon Paralyzed Veterans of America. During the next 8 years I served on the Board of Directors, Sports Director, Vice President, and now as of October 1st President of the Chapter.

October 1st is the beginning of our new fiscal year, and as we move forward my goal

is to make changes to improve the coming year. To do this two of my goals are: 1) 2nd Ambassador Program in southern Oregon, 2) start several committees consisting of Board Members and volunteers to expand our fund raising events, and hopefully get more of our members interested in sports.

But to make this possible we need our members and volunteers to join us and help in any way you can. To keep our chapter alive we need to put on all the fund raising events possible and with the donations we bring in this is how we survive to keep helping you our members.

So please think about the goals we will work on this year and what you can do to help us be successful because without all of you as the OPVA we would not even have a purpose. Thank you all so much.



OUR EXCLUSIVE GAURDIAN PROGRAM FREE WITH EVERY VEHICLE WE SELL.

- Six month free inspections with reminders
- Free 43 point twice a year mobility inspection, including cleaning & lube on all mobility equipment, as long as you own the vehicle
- Certified Mobility Specialists at your service
- Factory Trained & Certified Technicians
- Preferred service appointments scheduling
- •24-hour emergency hot line
- All DMV and title paperwork submitted

 Accessible Van Rental program with preferred rental rates:

TWO LOCATIONS TO SERVE YOU:

ABILITY CENTER OF PORTLAND

9770 SW Wilsonville Rd., Ste. 440 Wilsonville, OR 97070 (971) 224-5895

ABILITY CENTER OF EUGENE

3574 Marcola Rd. Springfield, OR 97477 (541) 726-4001



Vice President News

There is a lot of work to do and we all need to work together



Ed Lanssens-Vice President

As the newly elected Vice President, I would like to introduce myself; Hi my name is Ed Lanssens. I hope to meet as many of you as I can over the next 12 months.

I served in the U.S. Navy from 1972 through 1975. I have been paraplegic for over 42 years. I received the PVA/ PN/Paraplegia News for over 40 years. Regretfully I did not join OPVA until sometime in 2007. After working in various occupations for 40 years, I retired from the State of Oregon in December of 2017. I am a member of the Salem Elks Lodge Salem (336) and also a member of the Salem Eagles (FOE 2081).

want to work with OPVA's Officers: Board Members: Liaisons: Directors: Ambassador(s): Office Staff; Volunteers and Members of this chapter. There is a lot of work to do and we all need to work together to make the next 12 months beneficial for OPVA members.



have also assumed the Membership Director position and its responsibilities. My goal is to improve our interactions with OPVA members, increase membership, and make a concerted effort to determine member's needs and expectations.



Coming up on November 10th, in Albany, is the Annual Veterans Day Parade. OPVA is always included in this parade. We usually have a decorated trailer with our members on the trailer and also in the van. We will also have the 46 Willys Raffle vehicle in the parade. So if you would like join us in the parade, please call the office as soon as possible so we can reserve you a spot.

While, I have a lot more I could share, I will leave that until we meet in person which I hope I will be able to do as events come and go this year.

If you have any questions or concerns you would like to share please call the office at: 503-362-7998 or my cell at 503-871-3220. If I am not immediately available I will do all I can to return your call ASAP. Thanks

G7TH ALBANY'S VETERANS DAY PARADE







Come to the Largest Veterans Day Parade
West of the Mississippi!
or JOIN us on the OPVA float! Call to sign up
"Thank you for your service"

Executive Director Report



Tom Hurt – Executive Director

Greeting all,

As we move into the holiday season, wishing all health and happiness for the season.

I would like to start by introducing your 2018-2019 NEW Board of Directors, starting with Larry Gardner stepping up to assume the position of President of the Chapter. Larry has coined a phrase that sends a great message "let's make this year better than last year" he has some great plans to do just that.



Ed Lanssens was elected as your new Vice President, Ed is going to be a great right hand to the president. Ed has hit the floor rolling, he has already held one Texas Hold'em Tournament with more in the planning stages, keep an eye out for the next tournaments.

Dave Parker is back on the Executive Board taking on the position of Treasurer, Dave brings with him a lifetime of OPVA history.

Sue Holt has stepped up to not only be your MS Liaison but she will also hold the Executive Board Secretary position. Which now brings us to your Board of Directors:

Roger Robinson, Bill Gray, Jack Howell, Carolyn Shores, Dan Service and I would like to welcome two members that have not served on your Board in the past Larry Ricklefs and Troy Allender. These individuals are your voices, please feel free to reach out to them if you have concerns, issues or input you would like the Board to know about.

Other individuals that are resources for you are Mike Rosenbalm your Hospital Liaison, Clyde Harmon Parking Enforcement Director, Sue Holt MS Liaison, Ken Fink your National Service Officer, and Central Oregon's Ambassador Ken Townsend. Speaking of our Ambassador program, we are currently looking for a new ambassador in the Roseburg Area to service the southern Oregon Area.

We are currently putting together our 2018 Veteran's Day float for the Albany Parade on Saturday Nov 10th, if you would like to participate on our float please get in touch with the office ASAP.

As we look to 2019, we are starting to fill the calendar with events such as OPVA Abilities Expo in Portland on April 13th, OPVA Gold Cup Golf Tournament at McNary Golf Club on June 22nd, OPVA Show and Shine Car Show July 27th, plus other events throughout Oregon.



Your Board of Directors is also putting together the dates and locations for this year's member meetings that will be happening this winter, so keep an eye out for those dates in your areas.

Merry Christmas and Happy Holidays to you and your families this blessed time of year.



American Classic Barbershop

4196 River Rd N Keizer, OR 97303

VETERANS HA RCUT DAY

All proceeds support OPVA!

Nov 5, 2018 9-5

Presented by



For more information call OPVA 503.362.7998 or vist www.oregonpva.org

Sports Report





Dan Service—Sports Director

As the new Sports Director I am hoping to get some new activities going. I am planning on heading to the coast, southern, and central Oregon to see what we can do to get Bass Fishing going. We would like to show off Oregon Bass Fishing to the other Paralyzed Veterans of America Chapters, and see if we can get a PVA Bass Tournament here in Oregon. If you are aware of any Bass Clubs in your area that would be interested in participating in these endeavors let me know.

The Bowling League for 2018 was a start for us. We had 12 members who registered and 9 that actually bowled. One member started out great, but like anything we do our bodies dictate how much we will do, unfortunately they had to drop out. The rest of us have had to adjust our time to be able to have a little bit of fun. All in all, we felt it was a great start.

October 1st was the start of our next season – please let me know if you are

bowling so I can get you registered. Make sure you turn in your receipts and bowling scores by the 5th of the month so you can be reimbursed, and your scores recorded. We handed out 5 trophies at the 2018 Membership Banquet this year and we are planning for 9 trophies next year.

QUILTING! If you are interested in participating in quilting, quilting bee's, showing and sharing your skills and abilities, I am interested in hearing from you. We started selling quilts (that were donated to OPVA) at different events, and it has been a success. Others have approached me about getting our own quilting group going. This is not restricted to members. This will be open to anyone who wants to be involved with OPVA Quilting.

It will not matter if you live in Washington, Idaho, or Oregon, we will be able meet together via phone, at the office. Daniel Service - 503-364-9015



Recreation Fund Reports

On August 24th, I bought myself a birthday present at Wally-Mart. A Remington 770 30.06 and a box of ammo.

I had some target practice on the property before the season opened. The rifle shot great, I have missed the kick of the 30.06 what a great feeling. And then the Rec Fund made it a better birthday. Thanks to the Rec Fund.

Richard Weaver





Wheelchair Adventures





Louie Grimmer – Board Member

On the last issue of the magazine I told you how Pete missed a 5-point bull at 35 yards and I missed at 15 feet. Remember? That night at camp Pete and I were in the doghouse for what we did or, should I say, didn't do and we were relegated to KP after dinner. We all had a good laugh over that just as long as we never did it again.

The next morning it was raining and blowing and totally miserable. Chuck and I were riding together when we came around the corner of an old logging road. What did we see lying on the edge of the road sprawled out in the mud? VERN!

He had his rain gear on and was lying down in the road AIMING at something in the canyon below. Just as we crept by we heard a shot, then another, then another, then another and then a long pause then one more shot.

The elk we ran around yesterday were feeding along the timber 450 yards away from the road feeling very safe until Vern cut loose. He dropped the bull but it got up and the next shot Vern shot again, knocking him down once more. The bull got up

We all had a good laugh over that just as long as we never did it again

and headed for the timber and was knocked down once more. There was a pause and one more shot for good measure. The bullets hit the elk in various locations of the main body because at that range one shoots at the biggest part hoping to hit something vital that will kill the animal.

That was where the work began again. We were very lucky or very good because we seemed to have to break out the winch at least two times a year to pull elk out of the canyons.



Takin' a break!

Trouncing through the brush in steep canyons hour after hour can wear down the best of bodies. This is my hunting' party.

I operated the winch after the guy's made two pulls from the bottom of the canyon. It was my turn to run the winch hooked to the front of the Suburban. I was sitting in the rain loving every minute of it when a hunter drove up to see what I was doing. I told him I was pulling a 5-point bull out with this little winch and asked if he wanted to try it.

To operate that winch effectively one needed five wraps of rope around the capstan and a pull with two fingers. He thought that was the best invention he had ever seen and wanted to know how much they cost and where he could buy one. I told him where to get one and then I added a little dig. I said, "Ya know, these are real good to have if you EVER shoot an elk," implying that he hadn't shot one.

That BULL was the one that out-foxed Pete the day before because it had a bullet hole in its ear. That made Pete feel real funny when everyone knew he had tried for a head shot.



Vern!

I realize that you can't see Vern in this picture because he is wearing camouflage clothing but, take my word for it, he is there. He is even smiling

#GIWINGTUESDAY



November 27, 2018



Donate by mail or on our website **www.oregonpva.org**Oregon Paralyzed Veterans of America is a Non-Profit 501(c)(3) Tax ID# 93-0713859



By Cassandra Mabel

Fire Safety for the Mobility Impaired

Staying safe in an emergency can be significantly more challenging for mobility impaired individuals than it is for others. It requires extra planning and preparation, but taking the time to ready yourself and your home can end up saving your life. The 3.8 million veterans who have a service-related disability should make sure to take a moment to assess the safety of their living situation and make any necessary changes to ensure that they're prepared for the worst. Here's what paralyzed and mobility impaired veterans can do to protect themselves in the event of a household fire.

Choose Ground Floor Lodging

Whether you live in a house or an apartment complex, it's best to look for lodging on the ground floor of any building. If you live in a house, it's a good idea to convert a ground floor room into a bedroom so that it's easier to escape if a fire breaks out at night. It's also best to avoid housing with steps up to the porch or front door, as these can get in the way of a speedy exit.

Make a Plan

No matter where you live, you should draw up a fire escape plan as soon as you move into the unit. Make sure that you're aware of all potential exits, whether that means a front door or a bedroom window. It can help to ask for input from loved ones, caregivers, and even the local fire department when making a plan. You should also practice your escape route every once in a while so that when an emergency strikes, you can get out of the house quickly and calmly.

Check Your Smoke Alarm

Keeping a space warm during the colder months is extremely important. One of the most efficient ways to keep a home warm is by using an ethanol fireplace. They are an inexpensive and aesthetically-pleasing option, especially for the elderly.

While modern fireplaces are highly unlikely to cause house fire, to be on the safe side, you should test your smoke alarm at least once per month and replace the batteries once to twice per year. The whole system should be replaced about once every ten years. Veterans who are deaf or hard of hearing can find smoke alarm systems that function by flashing strobe lights.

Install Fire Sprinklers

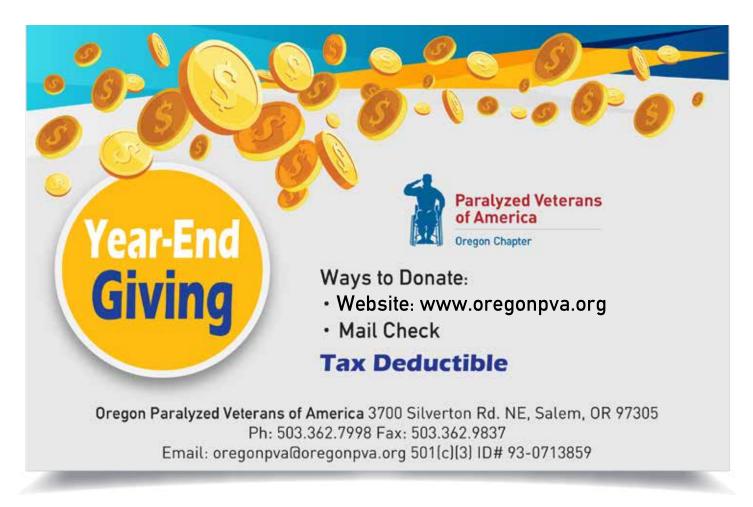
When there's a fire, every second counts as you make your way to the nearest exit. It can take a little bit longer for mobility injured individuals to get up and escape, however. Installing sprinklers in your ceiling won't necessarily put out a fire, but it will keep the fire small and give you extra time to get out the door. Fire sprinklers work by detecting excessive heat, which then activates a spray of water designed to keep fires contained.

Keep Hallways Clear of Clutter

When trying to escape a fire, the last thing you want is to trip over an object in your way. Loose articles can be a particular danger to the mobility impaired when trying to walk. You should make sure to keep your hallways free of obstructions at all times, as this will make it easier to exit your house both quickly and safely.

Practice your escape route, so that when a emergency strikes, you can get out quickly and calmly

Mobility impaired veterans need to take particular care when making emergency preparations. It can be difficult to evacuate your home in a fire if you have trouble walking or moving. As long as you take the proper precautions to give yourself the time and the ability to exit your home swiftly, however, you'll be safe if the worst is to happen.





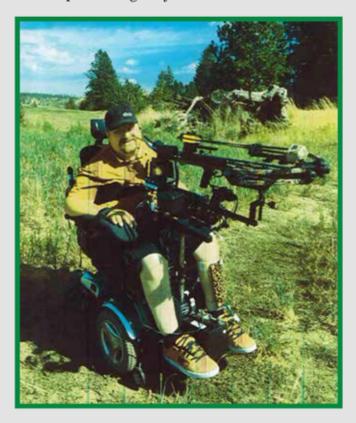
Recreation Fund Reports

To whom it may concern: After my life changing accident January 26, 2009, I didn't think I would ever be able to enjoy the outdoors again. As a result of the accident I function as a C4 level quadriplegic with no extremity function. Was fortunate to have been raised in a family that camped, fished and hunted every year.

We did this as a family for recreation and to provide food for our family. These were things that I had never even begun to think that I would ever lose the ability to do. With some help from my community and friends I have been able to start to do some of these things again. In 2017 I was given an X8 Extreme 4X4 power wheelchair by The Independence Fund. Which has given me more freedom to explore the outdoors and enjoy some the things I used to do.

I have been using trail cameras to take wildlife, photos, but up to now I've had to travel approximately three hours roundtrip to retrieve the SD cards. I enjoy going to mountains but it would be nice to have these photos transferred to my phone or computer as they happen. I have purchased a SPYPOINT LINK-EVO (VERIZON) trail camera premium package, which includes - 1 Spypoint Link-EVO security case, 1 Python lock, 8 lithium AA batteries, 2 32 GB SD cards, and 1 USBSD card reader.

Since I have began taking photos and videos with trail cameras I have taken over 80,000 photos and 1000 videos of deer, elk, black bears, turkeys, cougars, coyotes, eagles, and wolves. I'm like a kid in a candy store after retrieving the SD cards from my cameras. It has helped change my life for the better.



Thank you for helping me with the reimbursement through the Oregon PVA Recreation Fund.

Nelson Hadden



The Oregon Chapter of Paralyzed Veterans of America is committed to the re-integration of our nations spinal cord impaired and diseased veterans. Dear OPVA, Please accept this request for a reimbursement from the Recreation Reimbursement Fund.

One of my great dreams has been to fly in a hot air balloon. When I discovered it might be possible at the NW Art & Air Festival I was thrilled, however, it turns out that there were no balloons that could accommodate a wheelchair (surprisingly they do exist but I was told the nearest one is located in France). Anyway, I convinced my wife to fly with a friend and take lots of photos (a kind of vicarious flight for me).

I have also included a receipt from our motel for the night before the flight, and a receipt for lunch when we celebrated my 73rd birthday.

I believe this is my twelfth year of using your marvelous Entertainment/Recreation Reimbursement Fund. Please know that it is greatly appreciated.



Thank you for all your efforts on behalf of the paralyzed veterans in Oregon. The Oregon PVA really does make life easier and more enjoyable. Most Sincerely

Bob Blackman

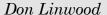


Dear OPVA.

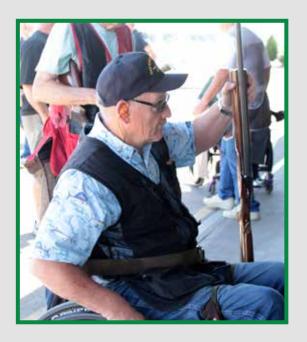
Thanks to this program, my husband Brad and I were able to take our son Joe and his wife to Long Beach, Washington. We rented a cabin for 5 nights the week of Mother's Day. We had so much fun spending time with our family. Thanks again.

Dinah Wells

Please find enclosed my receipts for a fishing trip to Tahsis, British Columbia. The ocean was not to smooth but the fishing was good. We all limited out on our salmon and halibut along with our rock fish. The scenery was breath taking! I want to thank you for the Recreation Reimbursement Fund which will help me with the expenses of the trip. Sincerely







OPVA, I want to thank Oregon Paralyzed Veterans of America for allowing me to stay at the Hillsboro Holiday Inn Express enabling me to shoot at the Hillsboro Trap Club where they had a Doubles Classic shoot August 10-12, 2018. I stayed over the day before enabling me to rest up and shoot a 93 out of 100 in the 16-yard shoot on Saturday, which resulted in an award.

Thanks again for giving me a chance to do more and helping with financial support through the recreational fund allowance. Respectfully,

William Gray

Hi, July was a vacation break but we got back on track for August. We bowled with our sons and daughters-in-law for the most part. The biggest event was a family bowling birthday party for our 7-year-old grandson Brennan.

I'm sending a few photos by separate email of that event including a couple that show my new bowling ball. It's a rare Vizi-Ball that you can see things inside that they've encased in the polyurethane.

This one is made by the Storm Company and has a replica of a brain inside it. It's called a Brain Storm. Marcy is bowling in the standing category and I am using a ramp. Best regards,

Jerry D. Ryan





Well, let's see. Memory serving there was dinner with the ex, a few outings with care providers and a movie or two with an old army buddy. All of which were fun and helped relieved a bit-o-depression and shutin-ness. Thanks so much.

Kevin O'Reilly

Thank you for the Recreation Fund. Tt allowed me to rent a venue at the covered picnic area at Blue Lake Park in Troutdale. We had a family picnic and got the entire family together. Weather was a little cool, but we made up for that in enthusiasm. About 45 family members were able to attend.

Richard Blair



My younger daughter turns the big 50 this week. I took our family of seven out last night to celebrate.



We went to Twilight Pizza Bistro on 192nd Ave in Vancouver. I can't believe how good the food is or how much we enjoy everything about this place.

GREAT food, great service and great drinks. There is absolutely no trouble entering or getting around in a chair. Most of the folks had personal pizzas and really enjoyed their personal pizza made to order for them. My son-in-law had curry salmon and loved it. I had a bowl of French Onion soup and a salad. The best French Onion soup I've had in a long, long time.

The salad was fresh lettuce, blue cheese, candied walnuts, bacon and cranberries with a red wine vinegar balsamic dressing. It was also one of the best salads I've had. The only problem is that one of the two would have satisfied the average person, but I ate both. My bad! As usual, a big THANKS to the folks at OPVA for all the things they do and provide.

Ron W. Clement



Oregon Paralyzed Veterans of America "Serving Those Who Served"

Please consider adding OPVA to your will or trust

Dear OPVA.

I would like to start off by saying Thank You to all those who make it possible for the Oregon PVA to have a Recreation Fund to help disable Veterans get out and enjoy the good life we are surrounded by; my wife and I truly appreciate it.

This past Spring my wife and I made a trip to Southern California to meet our newest grandchild, a darling little girl named Zoey. What a precious time we had. On that trip we were also able to see other family as well. The trip meant so much to my wife and I, so again, my wife and I say "Thank you" from the heart to all those who make it possible for the Oregon PVA to have a Recreation Fund for it's disable veteran members. May God Bless you all in a special way...

Don and Rosa Boss





Remember to Use

Your Recreation Fund

Oregon PVA voting members are eligible to receive \$250 each fiscal year through the Member Recreation Reimbursement Fund. It begins **October 1st** and runs through **September 30th** each year.

Include name, address, phone number, your receipts and a short description of what you did to have fun with your friends and family. We like pictures too (digital pictures are best), they may make it into the Paralog.

- ◆ Eating Out ◆ Movies ◆ Games ◆ Hobby Supplies ◆ Motel ◆ Sports
- **♦ Event Tickets ♦ OPVA Events ♦ Guns ♦ Trips ♦ Vacation Expenses, etc.**

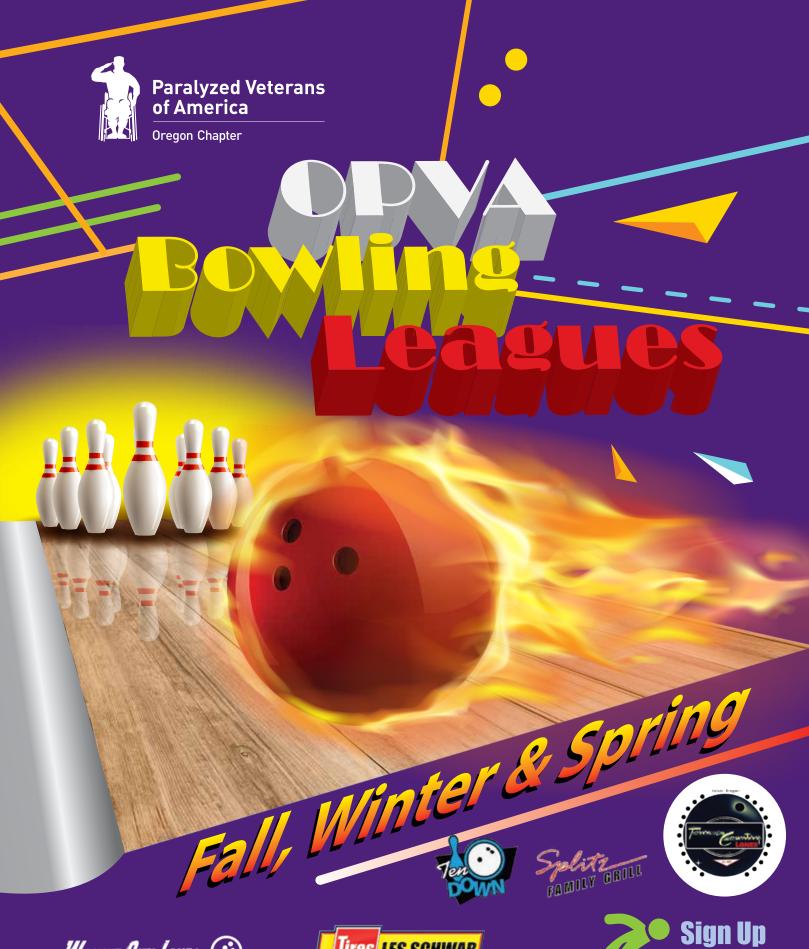
All receipts must be dated and used within this current fiscal year (10/1/18 - 9/30/19). Mail or email to: Oregon PVA, 3700 Silverton Rd. NE, Salem, OR 97305 - oregonpva@oregonpva.org

Your request must be received in the office no later than September 30th.

Earlier is better in case of any problems.



Please contact the office at 503-362-7998 if you have any questions or require additional information about the Recreation Fund.









OPVA Bowling League Registration

Name			Phone	e#	
Address			_ City	State	Zip
Email			Bowlin	g Alley	
Le	agues		Boy	wling Clas	S
	Fall: Oct 1—Dec 31			Able Bodied	
	Winter: Jan 1—Mai	31		Wheelchair	
	Spring: Apr 1—Jun	30		Assisted Equip. (R	amp/Bumper)
Sta	atus				
	Member				
	Associate Member	(I will have my volunte	eer hours by the 1s	t of the month or I will	pay my own expenses)
	Non Member	(I am responsible for	my own expenses)		
Please join the OPVA Bowling League Here is how it works, bowl at an alley of your choice. Each bowler will bowl a maximum of 3 games per week, by the 5th of the following month submit your scores as well as your bowling fees for reimbursement (if eligible), be sure to save your receipts. (This does not effect your Recreation Fund) There will be awards and trophies presented at the Annual Members Banquet in September.					
_	ree to the Terms and Cor			e	
Emergeno	cy Contact	Ph	one #	Relatic	onship





Members Needed!! The 39th annual NVWG games registration will open on January 7th. The Oregon Chapter is looking for members to sign-up to participate in the games as TEAM members representing the Oregon Chapter. If you have never participated in the games 100% of your Travel and Lodging is paid for.

This year's games are being held in Louisville Kentucky. There will be more information coming, we would love to have you sign-up for some of the events and show your chapter PRIDE. **Novice or experencied wanted!** Any questions call the office 503-362-7998.







This August I had the pleasure to attend another National Veteran's Wheelchair Games. This year, in Orlando, was the largest attendance to date of veterans from across the states and several countries.

I learned that the Orange County Convention Center, where the event was hosted, is the largest convention center in the Nation. This made for lots of rolling to get to the center of the facility. Jennifer and I managed to avoid the numerous thunderstorms and stayed dry and content.

We used some of our free time to visit the Harry P. Leu Gardens in Orlando. A beautiful stroll through manicured, lush foliage and flora.

We also met up with an Army friend that lives in the area and took a day trip to Playalinda Beach near Cape Kennedy.

We got to stop by the Haulover Canal and watch an aggregation of manatees. They were oblivious to our presence. My friends also took us to Fort Christmas historical site.

It was a great trip with plenty of local cuisines, sites and a few medals to boot! We both look forward to Louisville.

Dennis Hooper

Watch your mail box for Pizza Members Meetings

- Dates
- Times
- Locations







Introducing your Dynamic Duo Team with Over 25 years of combined Real Estate experience in Oregon

JORIE GIROD WILLERS, PRINCIPAL BROKER COMMERCIAL DIVISION JORIE@BHHSNW.COM 503-737-8038 / OBRE#200402438

- Landlord & Tenant Rep
- Seller & Buyer Rep
- Office, Retail, Flex, Small Multi-family
- Investment Real Estate

STACIE TAYLOR, BROKER RESIDENTIAL DIVISION SSTAYLOR@BHHSNW.COM 503-806-7959 / OBRE#200305074

- Buyer & Listing Agent
- Experienced Negotiator
 - Customer Advocate
 - Knowledge of market conditions

Berkshire Hathaway Homeservices NW Real Estate * 9600 SW Barnes Rd. #100 * Portland, OR 97225

MS News

Be Positive



Sue Holt - MS Liaison

This November will be my 10th anniversary of my multiple sclerosis diagnosis and I have done a lot of thinking on how I got to this particular place in time. As many of you know I was born and raised in Miami Florida and at 24 years old left home to see the world.

But before I did, I had my first brush with MS (in a round about way). I had a cousin that received a diagnosis of Guillain Barré syndrome. While this is not MS it does have its similarities. (Bear in mind I am not a doctor nor do I play one on TV-but I can do a mean doctor pose just ask the next time you see me.) Yes life just kept coming at me with a vengeance.

I joined the Air Force and was on my way to Beale AFB in California. Little did I know what was in store for me but this is where I met my future husband. We were married a year later in Santa Cruz, California. We discussed the fact that one of his sisters had been diagnosed with MS. She used a wheelchair to ambulate and was happy in her life. Subsequently the question of children came up and we decided to go ahead after being informed that it was not an inherited disease. (Medical thinking at the time).

We've been blessed with two boys - Ian is now 34 and Peter is now 29. After tours in Turkey, Montana, Florida, and England it was time for me to retire.

It was a tossup between earthquakes and hurricanes (my husband being from the NW) and earthquakes won out. Fast forward to 2008 when my oldest fell in love with his future wife to be and at the wedding in June we were to find out that Rosie, my husband's sister, had been misdiagnosed after all this time.

You know when life laughs at you and turns you in a different direction (or someone's trying to tell you something you better listen!) Wait for it wait for it! That November was when I received my diagnosis of MS - my right arm had become numb and I was falling off and on - due to foot drop. In all this time I've learned a lot, put my foot in my mouth, lost and gained friends along the way. MS takes a lot out of you but you can gain from it.

We have been blessed

If you attempt to be positive. Just like everyone is different so is MS, keep on going forward. So this is my story-what's yours? I'd love to hear it and so would others. Drop us a line - let us know we all can use some encouragement!!!!!

Question: think back to the day you were initially diagnosed - what is one of the first things you wanted to know! Drop me a line or an email.... until next time!



12/10

Ivan Nance

Richard Kyser 11/2 Felicidad Boddy 11/2 Paula Fox 11/3 Ken Allen 11/5 Martin Halsey 11/5 Lynette Nobel 11/5 Louis Grimmer 11/7 **Irwin Storer** 11/10 Linda Jespersen 11/12 **Jack Howell** 11/13 **Edward Lanssens** 11/13 Michael Needham 11/19 Dennis Harbour 11/20 Steven Ross 11/21 David Peddicord 11/22 John Balbin 11/22 Carl Hay 11/23 Terry Langston 11/23 Sandy Ortiz 11/26 Daniel Brophy 11/27 Robert Haberman 11/27 Joseph Theriot 12/1 Joy Beninger 12/4 Ronald Latham 12/4 Kathryn Shear 12/4 Patrick Cain 12/5 Janice Heidrick 12/7 Steven Terry 12/9 Jarlin Medlock 12/10

Louis Hatfield 12/11 Scott Larsen 12/13 12/13 Brian Price Angel Enriquez 12/13 William Hause 12/14 Donna Schymanski 12/15 Paul Dahlke 12/16 Paul Donovan 12/21 **Duane Ingersoll** 12/22 Brian Barlow 12/24 James Ledridge 12/25 **Juan Hernandez** 12/27 Leslie Halvorson 12/29 Richard Dean 12/30 Michael Mayea 12/30 **Edward Lawrence** 12/31



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
	Veteran's Day Hair Cuts					67th Albany Veterans Day Parade
11	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving Day	23	24
25	26	27	28	29	30	
		Giving Tuesday		BOD 10:00 a.m.		
Office Closed Thanksgiving						



December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas Day	26	27	28	29
30	31 New Year's Eve					





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

Written and produced by Paralyzed Veterans of America - Government Relations Department

October 18, 2018 Volume 24, Number 10

REGISTER FOR AIR TRAVEL WEBINAR

On October 29th at 3:00 pm ET, PVA will hold a webinar on the air travel experience of passengers with disabilities. This webinar will discuss the rights and responsibilities of passengers with disabilities under the Air Carrier Access Act and recent efforts to improve the law.

To register, please visit: https://zoom.us/webinar/register/3915386817440/WN_ldq_v3KcTzSS6jiOE7_oBQ.

VETERANS BENEFITS/SOCIAL SECURITY COLA ANNOUNCED

The Social Security Administration (SSA) announced on October 11th that Social Security benefits will receive a 2.8 percent cost-of-living adjustment (COLA) increase starting in 2019. This is the biggest increase in benefits since 2012. SSA's COLA serves as a baseline for other federal benefit increases that must be authorized annually. Specifically, Congress passed legislation in September authorizing a parallel increase in veterans' disability compensation and military retirement benefits that was signed into law by the President on October 9th.

PRESIDENT SIGNS FAA REAUTHORIZATION ADDRESSING TRAVELERS WITH DISABILITIES

On October 5th, the President signed into law the Federal Aviation Administration (FAA) Reauthorization Act of 2018. PVA played an instrumental role in the inclusion of several disability-related provisions, many of which are similar to those found in the Air Carrier Access Amendments Act (H.R. 5004/S. 1318).

The legislation includes an entire subsection devoted to improving the air travel experience of passengers with disabilities. Specific provisions in the bill include:

- A study of airport accessibility and airline training policies, including any best practices that go beyond the requirements of current civil rights laws.
- A determination of whether in-cabin wheelchair restraint systems to allow passengers to fly while seated in their wheelchairs are feasible.
- A requirement for the Department of Transportation (DOT) to work with stakeholders to develop an airline passengers with disabilities bill of rights.
- An increase in the civil penalties that may be assessed by DOT for violations of the Air Carrier Access Act that result in injury to a passenger with a disability or damage to a passenger's wheelchair or other mobility aid.
- A requirement for DOT to establish an advisory council on the air travel needs of passengers with disabilities. This committee will advise the Secretary of Transportation on air travel issues impacting people with disabilities. In addition, the Advisory Committee will be responsible for reviewing regulations governing ticketing, pre-flight seating assignments, and stowage of assistive devices.
- A review of the regulations ensuring assistance for passengers with disabilities, including a requirement that airline personnel and contractors who are providing personal assistance to

October 18, 2018 Volume 24, Number 10

passengers receive, as deemed appropriate, hands-on training about the proper use of aisle chairs or other relevant equipment.

 A requirement for DOT to move forward in implementing reporting by large domestic airlines on the number of wheelchairs and scooters enplaned and subsequently damaged.

The legislation also includes provisions aimed at modernizing the Transportation Security Agency (TSA). One of those provisions requires a revision of the training for Transportation Security Officers on screening people with disabilities. TSA must work in consultation with disability and veterans organizations to revise their training requirements. TSA also has enhanced reporting requirements on issues such as the wait times for same gendered assistance to complete the screening process for passengers with disabilities.

PVA has already begun to work with DOT to ensure that the provisions outlined in the FAA Reauthorization are implemented in a timely and effective manner. In a release following final passage of the bill, PVA National President David Zurfluh stated, "We applaud the bipartisan passage of this bill. This is truly a move in the right direction and we will continue to support efforts to prohibit discrimination based on disability in air travel, whether that's on Capitol Hill or in the courts."

FRIENDS OF VA MEDICAL CARE AND HEALTH RESEARCH

On September 26th, PVA celebrated 30 years of advocacy with the Friends of VA Medical Care and Health Research (FOVA) at a Capitol Hill reception. The coalition is comprised of more than 80 national academic, medical, and scientific societies; voluntary health and patient advocacy groups; and veteran-focused associations. FOVA works in concert with the

Independent Budget to advocate for high-quality veterans health care.

PVA, a member of the FOVA executive committee, joined with other veterans service organizations and scientific and academic communities to celebrate FOVA and highlight the contributions made to VA research. Emceeing the event was PVA's Associate Executive Director of Government Relations, Heather Ansley. Speakers at the event included House Veterans' Affairs Committee Chairman Phil Roe, MD (R-TN); House Military Construction, Veterans Affairs, and Related Agencies Committee (MilCon-VA) Ranking Member Debbie Wasserman Schultz (D-FL); Carolyn Clancy, MD, deputy undersecretary for discovery, education, and affiliate networks at the Veterans Health Administration; and Rachel Ramoni, DMD, ScD, chief research and development officer at VA.

Of particular note, Dr. Ramoni lauded the fiscal year (FY) 2019 MilCon-VA spending package, which was signed by President Trump on September 21st, for including a 7.9 percent increase for the VA research program compared to FY 2018. Increases in research funding are essential to VA being able to properly tackle the health care challenges of today.

OFCCP SOLICITS COMMENTS ON DISABILITY, VETERANS INFORMATION COLLECTION; ANNOUNCES DISABILITY INCLUSION AWARD

The Office of Federal Contract Compliance Programs (OFCCP) is seeking public comment on the value of information that the office collects to ensure that federal contractors are complying with VEVRAA (Vietnam Era Veterans Readjustment Assistance Act), Section 503, and Executive Order (EO) 11246 (pertaining to women and minorities). VEVRAA

October 18, 2018 Volume 24, Number 10

requires certain federal contractors to conduct outreach to, recruit, and hire veterans from various targeted groups, including those with service-connected disabilities. Section of the Rehabilitation Act similarly calls for federal contractors to do the same for people with disabilities. OFCCP is asking whether it should renew collection of information related to the enforcement of these laws and will be accepting comments until November 13th. PVA supports collection of this information to further the goal of increasing employment for veterans with disabilities. The Federal Register notice can be found at https://www.regulations.gov/ document?D=OFCCP-2018-0001-0001.

OFCCP has also announced plans to create an Excellence in Disability Inclusion Award Program https://www.regulations.gov/ document?D=OFCCP-2018-0002-0001 - and is seeking input on the criteria it should submit to the Office of Management and Budget for this program. Among the proposed criteria for eligibility for the award are the following: federal contractors would have to have a current affirmative action program for Section 503, VEVRAA, and EO 11246; have no unresolved violations of these provisions; and have no adverse decisions by a court, Administrative Review Board, or Administrative Law Judge related to these laws and executive order, as well as the Americans with Disabilities Act, within the past three years. Comments on the criteria are due by December 4th.

DOT ISSUES VOLUNTARY GUIDELINES FOR AUTOMATED VEHICLES

On October 4th, U.S. Secretary of Transportation Elaine L. Chao hosted a special event to introduce Preparing for the Future of Transportation: Automated Vehicles 3.0.

The U.S. Department of Transportation (DOT) is taking active steps to prepare for the future by engaging with new technologies to ensure

safety without hampering innovation. With the release of Automated Driving Systems 2.0: a Vision for Safety in September 2017, DOT provided voluntary guidance to industry, as well as technical assistance and best practices to the states, on a path forward for the integration of automated driving systems. DOT also bolstered its engagement with the automotive industry, technology companies, and other key transportation stakeholders and innovators to continue to develop a framework that facilitates the safe integration of this technology into our transportation systems.

In March 2018, Secretary Chao hosted the Automated Vehicle Summit to present the Department's six automation principles and discuss automation issues with the public and private sector transportation stakeholders across every mode. The six principles state that DOT will prioritize safety, remain technology neutral. modernize regulations, encourage a consistent regulatory and operational environment. prepare proactively for automation, and protect and enhance the freedoms enjoyed by Americans. Preparing for the Future of Transportation: Automated Vehicles 3.0 is the next step in what DOT lauds as the development of a flexible, responsible approach to a framework for multimodal automation. Automation has the potential to improve our quality of life and enhance the mobility and independence of millions Americans especially older Americans and people with disabilities. PVA is working with stakeholders to ensure that automated vehicles are accessible to and usable by people with disabilities.

SUBMISSION OF APPEALS REFORM REGULATORY COMMENTS

On October 9th, PVA submitted comments to VA in response to proposed regulations implementing the Veterans Appeals Improvement and Modernization Act.

October 18, 2018 Volume 24, Number 10

The comments focused on the following concerns: communication and notices provided by VA, lack of clarity about how VA will define the record and timing around the rules, and lastly, interaction between VA and accredited representatives. The last concern is of particular importance since we want to ensure our service officers are timely informed so they can, in turn, timely advise our clients.

PVA's concern with VA's interaction with representatives is warranted. Currently, if a veteran gets a letter or an email from VA, the representative should also receive a notice. This practice is inconsistent, however, and often means the representative must search the Veterans Benefits Management System for whether a client has received notice of a decision. This is not a notice to representatives, but a scavenger hunt that impairs PVA's ability to effectively advise our clients.

PVA has always agreed that the appeals system needs to be improved; however, we do not agree with all the changes that VA has proposed. Furthermore, PVA has concerns with VA's implementation of the Appeals Modernization Act and whether or not it will have a positive effect on veterans' claims.

PVA COMMENTS ON HUD FAIR HOUSING RULE

On October 11th, PVA submitted comments in response to an Advance Notice of Proposed Rulemaking (ANPRM) concerning the Department of Housing and Urban Development's (HUD) Affirmatively Furthering Fair Housing (AFFH) regulations. HUD is considering significant changes to the requirements that communities receiving federal funds must follow to ensure that their housing policies comply with the Fair Housing Act. The Fair Housing Act, and its 1988 amendments, prohibit discrimination in housing on the basis of race, religion, gender, disability, and families with children.

PVA strongly supported HUD's existing 2015 AFFH regulation and urged HUD not to revoke or rewrite it. In responding to questions that HUD posed about the AFFH rule in the ANPRM, PVA pointed to several aspects of the 2015 regulations that were significant improvements over previous rules including requirements for much more robust community engagement, an appropriately balanced approach to the use of data, and for giving jurisdictions sufficient flexibility to set goals and take concrete steps to address fair housing problems and for holding them accountable for implementing those steps. PVA cautioned that weakening the rule would result in millions of families and individuals facing unnecessary discrimination and urged HUD to use its resources to ensure effective implementation, oversight, and enforcement of the existing regulation.

SERVICE-DISABLED VETERAN OWNED SMALL BUSINESS LEGISLATION PROPOSED

PVA has recently expressed support for two measures aimed at improving state level contracting opportunities for Service-Disabled Veteran Owned Small Businesses (SDVOSBs). Congressman Blaine Luetkemeyer (R-MO) recently introduced H.R. 6603, the Service Disabled Veteran Infrastructure Investment Parity Act, to correct an unfortunate omission under the current highway bill, the FAST Act. This bill would allow SDVOSBs to receive contracting priorities for transportation funding under the FAST Act.

In 1999, Congress passed the Veterans Entrepreneurship and Small Business Development Act. This bill established a government-wide contracting goal for businesses owned by veterans with service-connected disabilities. Under the FAST Act, federal dollars are distributed to the states in order to fund roads and bridges but many of these states do not have the same contracting goals as the

Washington Update

October 18, 2018 Volume 24, Number 10

federal government. Congress set a goal that 10 percent of dollars allocated for infrastructure projects should be extended to certain small businesses known as Disadvantaged Business Enterprises, or DBEs. While this program has been in existence for decades, it does not take into account the needs of small businesses run by service-connected disabled veterans in awarding infrastructure contracts.

Because of this, many SDVOSBs do not receive the contracting preference they would receive under federal contracting rules. H.R. 6603 would amend the FAST Act to include SDVOSBs in an already existing 10% contracting carve out that includes women and socially or economically disadvantaged small businesses.

Meanwhile, Senator Gary Peters (D-MI) and Senator John Cornyn (R-TX) are also preparing to introduce similar legislation to address this issue that will take a slightly different approach. Their bill would create a new contracting target goal for SDVOSBs under the FAST Act. Their bill would grant service-connected disabled veterans access to contracting goals for infrastructure projects by creating a 5 percent goal for SDVOSBs, in addition to the 10 percent DBE contracting goal program.



PARALYZED VETERANS OF AMERICA

801 Eighteenth Street, NW • Washington, DC 20006 (800) 424-8200 • (800) 795-4327 • www.pva.org











Your donated vehicle can go far in helping severely injured veterans. Donations are sold at auction with proceeds going toward programs and services for veterans and their families. You may also receive a tax break, too! Schedule your free, easy pickup today.



Classified Ads



Mclain Wheelchair Trainning

I have a Mclain Wheelchair training roller for sale. Cost new \$990.00 will sell for \$100.00 Information on the web at the following link. https://www.riverfrontcycle.com/product/mclain-wheelchair-rollers-2231.htm

Bill Gray 541-671-2258



"A nonprofit self-help organization for families who have experienced the death of a child."

We provide friendship, understanding, and hope to those going through the natural grieving process.

Salem Chapter Monthly Meeting

3rd Tuesday of each month, 6:30 - 8:00 pm Salem Hospital, Building D. 939 Oak St. SE Salem Take elevator to second floor, meeting room 1.

Please Call if You Have Questions

TCF Phone # (503) 743-3930. Janie Erickson (503) 931-1748



Joerns Ultra Care XT Hospital Bed

Call at 503-362-7998



Rollators Call at 503-362-7998

Equipment For Members To Borrow

- Freedom Chairs
- Hand Cycles
- Action Trackchair
- Retractable Handle and Modify Bowling Balls

Call OPVA for more information 503-362-7998











Free classified ads. Submit to the office to post oregonpva@oregonpva.org • 503-362-7998



MEMBERSHIP/CERTIFICATION APPLICATION

An individual is eligible for membership by meeting the following criteria: (1) is a citizen of the United States; (2) was regularly enlisted, inducted or commissioned for active duty service in the Army, Navy, Marine Corps, Air Force, or Coast Guard of the United States, or our allies as evidenced by other-than-dishonorable character of service documented by a verifiable DD-214 or DD-215 (entry-level separation not acceptable); (3A) was separated from the service in the Armed Forces under conditions other than dishonorable; or (3B) is on active duty or must continue to serve after the cessation of hostilities; and (4) has suffered a spinal cord injury or disease (such as MS, ALS), whether or not service connected in origin. Membership is free. Complete and return application to the chapter or by mail, email, or fax to: Paralyzed Veterans of America Membership Department, 801 Eighteenth Street, NW, Washington, DC 20006; (E) ChristiH@pva.org; (F) 202.466.6549. Providing the requested information is entirely voluntary but required for membership with Paralyzed Veterans of America.

Chapter Name: Oregon PVA, 3700 Silverton Rd NE, Salem, OR 97305					
First Name:	Middle Initial:	Last Name:			
Date of Birth: / / Soc	ial Security Number:				
Race/Ethnicity: Asian/Pacific Islander	☐ African American	/Descent Hispanic/Latino			
☐ Native American/Alaskan Native	Caucasian				
Address: City:					
State:	Zip:	Email:			
Home Phone:	Othe	r Phone:			
VETERAN STATUS INFORMATION Please submit the following with application:					
 Proof of U.S. or U.S. Territorial Citizenship (Birth Certificate, Passport, INS Form, or Voter's Registration Form). DD214 showing character of discharge. Medical evidence of spinal cord injury or involvement (medical records or physician's statement). Proof of active duty status must be verified prior to membership approval. 					
Have you been discharged under cond	litions that are less th	an honorable? Yes No			
If yes, please explain:					
Is your spinal cord injury or spinal core	d disease service conr	nected? Yes No			
DICABILITY OF ACCIDINATION					
DISABILITY CLASSIFICATION Injury or diseases involving the brain but not the spinal cord do not qualify.					
SPINAL CORD INJURY Complete only if you have a traumatic spinal cord injury.		SPINAL CORD DISEASE Complete only if there is no spinal cord injury.			
Date of Injury: / /		Date of Diagnosis/Onset of Condition://			
Cause of Spinal Cord Injury:		Specific Disease Involving Spinal Cord:			
☐ Vehicular (car, motorcycle, aircraft, etc.)		☐ Multiple Sclerosis			
☐ Violence (gunshot, explosion, etc.)		□ Poliomyelitis			
☐ Flying/Falling object		□ Syringomyelia			
☐ Sport/Recreation (swimming, diving, etc.)		☐ Amyotrophic diseases			
☐ Pedestrian (car accident, etc.)		(lateral sclerosis, transverse myeltis)			
☐ Unknown					
□ Other traumatic injury:					



MEMBERSHIP/CERTIFICATION APPLICATION

The Veterans Benefits Department advocates for quality health care for our members and can assist you to obtain the appropriate benefits available as a result of your military service.

Is Paralyzed Veterans of America presently your accredited representative? \square Yes \square No

If yes, I hereby request that my eligibility for membership in the Paralyzed Veterans of America be certified. I consent to process my submitted medical documentation to a confidential review by a member of the Paralyzed Veterans of America National Medical Staff, to validate that my condition presents as having spinal cord involvement and to allow official Certification by the Paralyzed Veterans of America National Secretary. I have no objection and hereby permit Paralyzed Veterans of America Service Officers to provide information to the Paralyzed Veterans of America National Membership Department that pertains to my qualifications for membership/certification.

I declare that I have read and meet the qualifications. I understand that my membership/certification could be denied or revoked if any information provided is inaccurate.

Applicant Signature:	_ Date: / /
☐ I do not wish to become a certified member	

OFFICE USE ONLY

CAUTION TO ANYONE HAVING ACCESS TO THESE DOCUMENTS

The documents provided by the requester are personal in nature and are for membership eligibility and certification only. Information contained within these documents shall be treated with extreme confidentiality and released only to those employees of Paralyzed Veterans of America authorized to access.

I certify that I have personally examined the documents provided by the requester and find him/her to be eligible for membership/certification.

National Secretary's Signature: _	
Date Received://	Date Acted Upon://
Member ID Number:	
Date Received: / /	Date Processed: / /



ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

Cal-Diego Air Rifle and Pistol Tournament

January 28-29, 2019 San Diego, CA

Mid-Atlantic Air Rifle and Pistol Tournament

March 6-7, 2019 Richmond, VA

Wisconsin Air Rifle and Pistol Tournament

March 30-31, 2019 Milwaukee, WI

New England Combined Air Rifle and Boccia Tournament*

April 26-28, 2019 Brockton, MA

Buckeye Air Rifle and Pistol Tournament

April 26-27, 2019 Geneva, OH

*indicates combined events

PARALYZED VETERANS NATIONAL SHOOTING SPORTS CIRCUIT

North Central Trapshoot

September 8-9, 2018 Sioux Falls, SD

Mid-Atlantic Shooting Sports Tournament and Handgun Shoot

November 9-11, 2018 Charles City, VA

Arizona Shooting Sports Tournament

February 8-10, 2019 Phoenix, AZ

Cal-Diego Shooting Sports Tournament & Pistol Tournament

March 29-31, 2019 Redlands, CA

Pistol Shoot - March 29, 2019 Lytle Creek, CA

Wisconsin Shooting Sports Tournament & Pistol Tournament

May 17-19, 2019

Rifle/Pistol Shoot - May 17, 2019
Green Bay, WI

Vaughan Shooting Sports Tournament

May 31-June 2, 2019 Elburn, IL

Iowa Shooting Sports Tournament & Pistol Tournament

June 14-16, 2019 *Pistol Event - June 14, 2019*Cedar Rapids, IA

Lone Star Shooting Sports Tournament

June 21-23, 2019 Waxahachie, TX

PARALYZED VETERANS BOATING/FISHING TOUR

Mid-America Bass Tournament

September 21-23, 2018 Eufaula, OK

Vaughan Bass Tournament

October 5-7, 2018 Whittington, IL

Florida Gulf Coast Bass Tournament

March 29-31, 2019 Tavares, FL

Kentucky-Indiana Bass Tournament

May 3-5, 2019 Kuttawa, KY

Mid-Atlantic Bass Tournament

June 7-9, 2019 Henrico, VA

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES

Mid-South Billiards Tournament

October 12-13, 2018 Memphis, TN

Mid-Atlantic Billiards Tournament Battle at the Beach

November 16-18, 2018 Virginia Beach, VA

Mid-Atlantic Billiards Tournament Chuck Willis Mem

March 22-24, 2019 Midlothian, VA

Mid-America Billiards

April 5-7, 2019 Oklahoma City, OK

Buckeye Billiards Tournament

June 14-15, 2019 Wickliffe, OH Mountain States Billiards Tournament

June 21-22, 2019 Fountain, CO

BOCCIA

Gateway Boccia Tournament

October 18-20, 2018 St. Louis, MO

Bayou Boccia Tournament

November 30-December 1, 2018 Gulfport, MS

Mid-Atlantic Boccia Tournament

January 2019 Richmond, VA

Cal-Diego Boccia Tournament

February 19-20, 2019 San Diego, CA

Arizona Boccia Tournament

April 6-7, 2019 Phoenix, AZ

New England Combined Air Rifle and Boccia Tournament

April 26-28, 2019 Brockton, MA

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

Great Plains Bowling Tournament

July 12-15, 2018 Council Bluffs, IA

Mountain States Bowling Tournament

August 15-18, 2018 Colorado Springs, CO

Mid-Atlantic Bowling Tournament

September 28-30, 2018 Glen Allen, VA

Nevada Bowling Tournament

November 29-Dec 2, 2018 Las Vegas, NV

Florida Gulf Coast Bowling Tournament

February 21-24, 2019 Tampa, FL

Mid-America Bowling Tournament

April 12-14, 2019 Shawnee, OK

Vaughan Bowling Tournament

June 27-30, 2019 Romeoville, IL

HANDCYCLING RACING

Museum of Aviation Marathon

January 12, 2019 Warner Robins, GA

PVA Racing High Performance Camp

January 26-February 1, 2019 Brooksville, FL

Top End Euro-American HC Championships

February 2-3, 2019 Gainesville, FL

Valley of the Sun

February 16-18, 2019 Phoenix, AZ

One City Marathon

March 2, 2019 Newport News, VA

Off-Road Spring Expo

April 19-21, 2019 Chesterfield, VA

PVA Learn to Race Camp

April 23-26, 2019 Gettysburg, PA

Blue and Gray Half Marathon and Criterium

April 27-28 , 2019 Gettysburg, PA

NATIONAL VETERANS WHEELCHAIR GAMES



For more information, visit: pva.org/sports



Oregon Paralyzed Veterans of America 3700 Silverton Rd. NE Salem, OR 97305

Address Service Requested

Non Profit Org
U.S. Postage
PAID
Salem, OR
Permit #779

November/December 2018

Proudly Serving Our Veterans.



Wheelchair Accessible Vans • Sales • Rental • 24 Hour Emergency Line

Toll Free: 888-707-0456 PerformanceMobility.com

Portland West | Portland East | Eugene

