



THE PARASCOPE

THE BI-MONTHLY NEWSLETTER OF THE KEYSTONE CHAPTER OF THE
PARALYZED VETERANS OF AMERICA
VOLUME XX, ISSUE 3 MAY-JUNE 2022

Get ready to fish! Get ready to go to Kennywood!

With much of the COVID-19 pandemic in the rear-view mirror, you can get ready to go outdoors with your fellow Keystone PVA members this summer.

TWO Bass Tournaments!

Keystone PVA President Mark Rosensteel, Associate Sports Director Tom Strang, and Greene County

Bassmasters President Larry Freeman agreed that they could organize two bass tournaments a year without trouble, so this year the first tournament on Sunday, 12 June will be followed with another in late summer, on Saturday, 10 September. For the first tournament, if you plan to attend and haven't returned your entry form, call

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Project Easter Bag, which distributes personal care items to hospitalized veterans during the Easter season, expanded this year from only the Pittsburgh region to Erie and Lebanon, thanks to the chapter's active members and volunteers there. At the Erie VA Medical Center, Chief of Voluntary Services

Karen O'Neal (near center) accepted Easter Bags from Keystone PVA VA Voluntary Service Representative **John Larese** (red jacket), Keystone PVA Board Member **Sean Ferry** (seated), and Keystone PVA Associate Member **Lynnette Ferry**. They acquired the personal use items, assembled, and delivered them. This is one of several Keystone PVA hospitalized veterans programs. See page 6.

Next Membership Meeting in Erie in person on 11 June! See details on back page

Paralyzed Veterans of America, Keystone Chapter

President

Mark O. Rosensteel

Vice President

William D. Lightner

Secretary

Dane R. Smith

Treasurer

William D. Jakovac

Directors

Joseph A. Dunn

Sean M. Ferry

Chris Fidler

David B. Gifford

Tom Strang

Executive Director

Joseph W. Dornbrock

Advocacy Director

To be named

Fundraising Coordinator

William D. Jakovac

Hospital Visitation Coordinator

Chris Fidler

Legislative Director

Chris Fidler

Membership Officer

Tom Strang

Service Officer

To be named

Sports Director

Dane R. Smith

Volunteer Coordinator

Agnes Strang

National Director

William D. Jakovac

National Service Officers

*To be staffed soon—see page 14
for other service officers*

1000 Liberty Ave., Rm. 1602

Pittsburgh PA 15222

Phone 412-395-6255

Toll free 800-795-3629

Fax 412-395-6266

Joseph Weeks, NSO II

Violet A. Graham,

Accredited Administrator

5000 Wissahickon Avenue

Philadelphia PA 19144

Phone 215-381-3057

Toll free 800-795-3628

Get ready to fish! Get ready to go to Kennywood!

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Larry Freeman (724-678-6860), Tom Strang (724-350-7957), or the chapter office (412-781-2474) ASAP.

Kennywood and other amusement parks

As usual, Keystone PVA will hold its annual membership visit to Kennywood Park in West Mifflin, Pa., near Pittsburgh. It is set for Wednesday, 20 July 2022. Kennywood will open at 11 a.m. that day and close at 10 p.m. The chapter will gather in Pavilion 8, and will hold its picnic there, serving a picnic dinner from 4 p.m. to 5 p.m. Members present during the picnic will get their checks back.

Members are strongly encouraged to obtain tickets through the chapter for Wednesday, 20 July, and attend only on that day. The main purpose of the picnic is to gather members together. The chapter's Board of Directors understands that often personal schedules and commitments will make a specific date difficult or impossible, but asks that members make every effort to attend on 20 July, not use the tickets they obtain from the chapter for another day.

At the same time, the Board has recognized that, as a statewide organization, Keystone PVA has members at a good distance from Kennywood. For those who would like to go to a closer amusement park, the Board has authorized a reimbursement up to \$100 for the admission, fees, and food costs of attending any attraction listed on the web site of the Pennsylvania Amusement Parks and Attractions group (paamusementparks.com) this year until 30 September 2022. Receipts will be required to be reimbursed. See the details below.

The reservation form for food and tickets at the 20 July Kennywood event is on page 9.

Chapter picnic too far away? Enjoy a closer park

The chapter is where the members are, not where the office is. But even if the chapter had an office in every region in Pennsylvania, chapter events can often be held only in one place, especially when the function of the event is to get folks together, in person. So we try to split the difference. For example, the Membership Meeting on Saturday, 11 June will be in part in Erie, Pa., with members at a distance joining by Zoom video.

The chapter Board of Directors understands the distance challenge for many members, but would like to give all members an opportunity to get out to an amusement park this summer. So until 30 September this year, any member, life (paralyzed vet) or associate, outside the Pittsburgh region can be reimbursed for attending any of the other 17 amusement parks, attractions, water parks or roller coasters listed on the web site of the Pennsylvania Amusement Parks and Attractions group (paamusementparks.com).

The chapter will reimburse up to \$100 per life or associate member for the costs of admission, fees within the park or attraction such as parking, and food, but not for travel or souvenirs. Send your request for reimbursement to the chapter office within two weeks of the visit, including receipts. No reimbursement request will be honored without receipts. This program is separate from the Member Recreation Reimbursement Fund (see page 12), which reimburses for recreation expenses for members who don't engage in other chapter recreation programs.

Memorial Day was observed in Lebanon, Pa., with a parade and ceremony in which several Keystone PVA members participated. At right, **Constance Snavelly** (CWO4, US Army retired) played taps at the Soldier Block in the Mt. Lebanon Cemetery. Other members participating were Steve Zimmerman (US Army retired), Ken Walters (US Air Force retired), and Chris Fidler (US Army retired), along with Pamela Johnson (US Navy retired) and Ann Zimmerman.



VA medical centers are providing the 2nd booster shot

This is the latest information we have about COVID-19 immunization clinics at these VA medical centers in Pennsylvania. In all cases, bring your COVID-19 vaccination card. Most VAMCs have more thorough information on their respective websites.

James A. Van Zandt VA Medical Center
2907 Pleasant Valley Boulevard
Altoona PA 16602-4377

All veterans, spouses, and caregivers can be vaccinated by appointment or walk-in. The general number for the Van Zandt VAMC is 877-626-2500.

Abie Abraham Clinic of the
Butler VA Medical Center
353 N. Duffy Road
Butler PA 16001-1138

All veterans, spouses and caregivers can be vaccinated by appointment (724-287-4781) or walk-in.

Erie VA Medical Center
135 E. 38th Street, Erie PA 16504-1559
By appointment only. Phone 814-868-8661.

Lebanon VA Medical Center
1700 S. Lincoln Avenue
Lebanon PA 17042
Clinic location: Building 24 (gym)
M-F 8am - 3:30pm walk-ins
717-228-5965 to schedule (Tues., Wed., Thur.)
(until/unless out of vaccine)

VA **Pittsburgh** Healthcare System--**Heinz**
Campus

1010 Delafield Drive, Pittsburgh PA 15215
Clinic location: First floor, Building 71 (the Ambulatory Care Center), 8am to 4pm, Mon-Fri.
No appointment needed.

VA **Pittsburgh** Healthcare System--**University Drive** Campus

University Drive C, Pittsburgh PA 15240
COVID-19 vaccination clinic: first floor, Building 29 (the Ambulatory Care Center), 8am to 4pm, Mon-Fri.
No appointment needed.

Wilkes-Barre VA Medical Center
1111 East End Boulevard
Wilkes-Barre PA 18711

Clinic: Monday, Wednesday and Fridays by appointment only. Call 570-824-3521, option 2, to schedule.

Chapter members and guests are strongly discouraged from participating in chapter-sponsored events without having been vaccinated or recently double-tested.

Sports and Recreation Report Dane Smith, Sports Director

Fishing and hunting reports are by Tom Strang, Associate Sports Director. The bowling results are from Bill Jakovac. Dane and Mark Rosensteel coordinate the chapter's participation in the National Veterans Wheelchair Games.

Here are the sports and recreation events that we are working on for you:

TWO Bass Tournaments! See Tom Strang's report below.

National Veterans Wheelchair Games, 07 to 12 July. Keystone PVA will be sending four athletes to the Games.

Kennywood Park Picnic, Wednesday, 20 July. See front page and page 2 for more information; registration form for the picnic is on page 9.

We now expect that our Annual Awards Banquet will be in-person on Thursday, 06 October.

Some of our members participated in the virtual Buckeye

Games in May. Those games are usually held in person in northeast Ohio, and we look forward to them resuming in person there in 2023. The Buckeye Wheelchair Billiards Tournament will be held 25 and 26 June. The chapter has been discussing participation in an archery hunt in central Ohio in the autumn.

In the meantime, we continue to encourage you to look into bowling. The chapter will reimburse members up to three games a week for the member and for an attendant or family member, and you can bowl near home. Some of our members bowl using ramps, and would be pleased to show you how.

If you reside in the Erie Area—see you at the Erie VA Medical Center for the 11 June Membership Meeting.

Team Bass Tournaments Tom Strang, Associate Sports Director

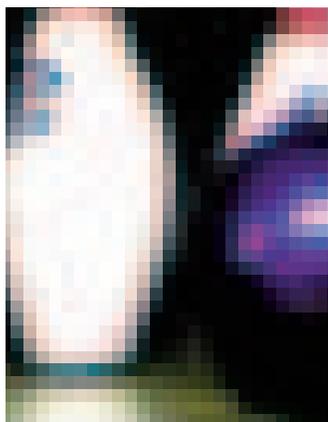
This year will be the first year that Keystone PVA will sponsor two **Team Bass Tournaments**. They will both take place at the American Legion Post 940 marina in West Brownsville, Pa., as usual.

The late-spring event will be on Sunday, 12 June, and the late summer date will be Saturday, 10 September. If you intend to participate and haven't registered by the time you read this, call me now at 724-350-7955. And mark your calendar for the next bass tournament on Saturday, 10 September.

For both, check-in will be at 5:30 a.m. The registration

fee for members is \$30, however, your check will be returned to you when you arrive. Disabled anglers will be paired with able-bodied boat partners by random public drawing. Trophies and prize money will be awarded to winning teams. There will be fishing prizes. After the weigh-in, participants will be treated to a picnic.

The Bass Tournaments are organized in partnership with the Greene County Bassmasters and its president, Larry Freeman, and with funding from the Tom Landish Fund of the Pittsburgh Foundation. Mr. Landish is also a boat captain in the event. We are grateful for their participation, leadership and support!



2021-22 season Keystone PVA bowling scores

*Reported as of March 2022.
Bowling year: 01 Oct-30 Sep*

	High Game	High Series	High Average	Strikes	Games	Average
Sean Ferry	199	512	158	55	33	152
Bill Jakovac	170	470	156	39	27	119
John M. Kellner	174	426	160	231	188	129
Mark Rosensteel	198	585	166	26	12	173



Want To Improve Your Bowel Function?



Recently published research reveals between 50 and 80% of participants reported improvements in bowel function and/or management after walking in an exoskeleton*

Did you know Paralyzed US Veterans May be Eligible for a ReWalk Personal Exoskeleton?

**Contact ReWalk for more Information:
rewalk.com/contact or
508.251.1154 option 2**

*Chun A, et al. Changes in bowel function following exoskeletal-assisted walking in persons with spinal cord injury: an observational pilot study. Spinal Cord. 2020;58(4):459-466.

Project “Easter Bag” extends to Memorial Day at the Butler VAMC

Rather than wait for Easter 2023, chapter member John Kellner and Volunteer Coordinator Agnes Strang extended the chapter’s annual Project Easter Bag to the Memorial Day weekend in order to get small bags of personal care items to the hospitalized veterans in the Butler VA medical center in Butler, Pa. They assembled the bags at the chapter office in Sharpsburg and John delivered them to the Butler VAMC for distribution by staff there to approximately 100 veterans.



Above: **John Kellner**, Keystone PVA’s representative at the Butler VA Healthcare System, and Volunteer Coordinator **Agnes Strang** showed the bags of personal items they prepared prior to delivery to the Butler VAMC.



Left: **John** delivers the bags to the Butler VAMC.

Chapter office has publications you might be able to use

They aren’t doing any good sitting on our shelves. But our members might find them useful.

We have several booklets on topics that affect persons with various levels of spinal cord dysfunction. If you are a member and would like one, two or three of these titles, call the office and ask for Marisa, who will mail them to you.

- ◆ Autonomic dysreflexia
- ◆ Bladder management following spinal cord injury
- ◆ Depression
- ◆ Expected outcomes from these spinal cord injury locations (all separate booklets): C1-C3; C4; C5; C6; C7-C8; T1-T9; T10-L1; and L2-S5.
- ◆ Neurogenic bowel
- ◆ Preservation of upper limb function

- ◆ Pressure ulcers
- ◆ Sexuality and reproductive health in adults

We also have manuals for these conditions that are written for clinicians and other practitioners, and we will be pleased to send those out to them.



IS LIFE FAIR
Tragedy to Triumph

Brian Jacob

Brian Jacob, owner of WESTARM Physical Therapy and Home Health, makes his debut as an author with his memoir *Is Life Fair: Tragedy to Triumph* published by Passages & Prose, LLC.

Brian shares his remarkable story of Triumph over Tragedy. In this book, Brian calls on stories from his life as a teenager, lessons he’s learned, and his life experiences to help readers understand that life may not seem fair at times, but making the best of it can be very rewarding.

“A poignant reminder of the strength of the human spirit when put to test.”
— J.D. Wylde, Author, *When Trouble Comes Calling*




Scan QR code on your phone camera.

Is Life Fair: Tragedy to Triumph now available on Amazon, Kindle, and other online merchants. Also available in many local bookstores.

Intrepid chapter cyclists brave pouring rain, enjoy sunshine



Photo at left: Keystone PVA members Dr. **Rory Cooper** (top) and **David Gifford** both raced in the Pittsburgh Marathon on 01 May, finishing 6th and 11th respectively with times of 2:06:58 and 2:39:53. They reported four downpours and one lightning storm among the challenges of the race, but were met at the finish line by Pittsburgh Mayor Ed Gainey.

Photo below: **David Gifford** had better weather at the PVA Off Road Spring Expo held in Chesterfield, Va. in April. He is shown in a Lasher Power Assist off road handcycle, which he obtained through the Department of Veterans Affairs.



Pa. Dept. of Military & Veterans Affairs holding Town Hall meetings

The Pennsylvania Department of Military and Veterans Affairs (DMVA) has been holding a series of Town Hall meetings for veterans in 2022. Below is the schedule for the remaining three Town Halls.

When you visit DMVA's website, Twitter or Facebook pages two weeks prior to each Town Hall, you can obtain the WebEx link for each meeting. The website address is dmva.pa.gov.

All Town Hall meetings are held on Wednesdays from 5 to 6:30 p.m.:

13 July—**Resources for Homeless Veterans**

14 September—**Transportation Issues Facing Veterans**

02 November—**Honoring Veterans for Their Service and Sacrifice**

There is a lot of information on the dmva.pa.gov website. You may wish to bookmark it for easy reference.

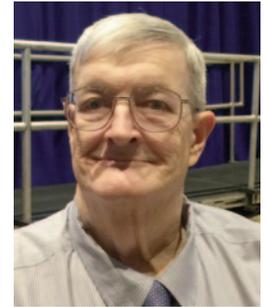
WESTARM
PHYSICAL THERAPY
& HOME HEALTH
724-337-6522

★2021★
BEST OF THE
best
WINNER
TRIBE
ALLEGHENY EAST

**Your Hometown Physical Therapists
for over 40 years**

Lower Burrell • Leechburg • New Kensington
Kittanning • Cheswick • Sarver • Vandergrift
Home Health

National Director's Report Bill Jakovac



Editor's note: The week after the PVA 2022 Convention, Bill Jakovac was re-elected to another three-year term as the chapter's representative on the national Paralyzed Veterans of America Board of Directors, usually referred to as our "national director." Congratulations to Bill, and thank you for your work on behalf of all paralyzed veterans. More on the role of the national director at the end of his report.—JWD

The 76th Annual PVA Convention was held, mostly in-person, at the Omni Atlanta Hotel at CNN Center in Atlanta, Georgia, 17 through 21 May 2022.

I was admitted to the VA hospital the day before the convention. Dane Smith, who was also going to the convention, also had medical concerns, so neither of us attended in person. This gave us inadequate time to arrange for a qualified substitute, which left our chapter without representation at the convention.

Ironically, the first resolution passed was to allow the National Director to attend the meeting by electronic means. This was to take effect on 01 July 2022.

Discharged from the hospital, I was able to attend the meeting via Zoom video on the second day of the convention, but without a voice and without voting rights. Several resolutions were addressed prior to my joining; I'll address the ones discussed after I joined:

22-M-8: Changing the name for most improved chapter to Stanley D. Brown Most Improved Chapter Award. Passed.

22-M-9: Naming Keith Wingfield as Honorary BOD Member. Passed.

22-M-10: Outdoor Recreational Opportunities Grant. Passed.

22-M-11: Serving Veterans with Amyotrophic Lateral Sclerosis (ALS) (fast track membership) Passed.

22-M-12: Chapter Name Change. Oregon Chapter to Tri-State Chapter. The directors were evenly split and the tie-breaker vote was given by the Senior Vice President, passing the resolution. Everyone knew I was online, and I could have been voted in. I would have cast the dissenting vote.

President Mark Rosensteel got in touch with the national vice president assigned to the Keystone chapter, Michael Negrete, to arrange to have me sworn in as a voting national director participating by

Zoom. The third day of the convention started with PVA President Charles Brown asking the rest of the national Board of Directors for permission to be allowed to act as a National Director, which was unanimously approved.

A discussion was held on "direct response television"—DRTV—donations. Generally, staff was disappointed with the poorer-than-expectations. We were told the breakeven date was extended to FY2027. It was passed by the directors.

There was a presentation on the PVA Brand Style Guide, which gives a comprehensive set of rules and for using the PVA logo, which is also the logo the chapters use but is owned by the national PVA.

There was a long discussion, generally unnecessary, of the Strategic Plan for PVA. A lot of people wanted to pass resolutions for this and that before voting on the plan itself. PVA paid a consulting firm specialized in management to talk with staff, directors, and others on the strengths and weaknesses of PVA and our programs. The company compiled results and submitted a Strategic Five Year Plan for PVA. I said that discussion was mostly unnecessary since all we had to do was to vote on the goals recommended. True, that once it passed, there would have to be resolutions to address those goals, but that would come later. I voted for approval and the Strategic Plan was passed.

Except for the vice presidents, all national PVA officers were re-elected with unanimous voice votes. We had to vote for the vice presidents because there were five candidates for four VP positions. After a few rounds of voting, all incumbent VPs retained their positions. PVA's leadership for FY2023 (01 July 2022-30 June 2023) will be President Charlie Brown Senior Vice President Robert Thomas Vice Presidents Hack Albertson, Josue Cordova, Tammy Jones, and Michael Negrete

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31st annual Keystone PVA Kennywood Picnic

Wednesday, 20 July 2022

Kennywood Park, 4800 Kennywood Boulevard
West Mifflin PA 15122

The park is open for rides from 11 a.m. to 10 p.m.
Keystone PVA member picnic served in Pavilion #8 from
4 p.m. to 5 p.m.; door prizes awarded during the picnic

All life members, associate members and volunteers and one guest of each may attend at no charge for admission and picnic, but must pay in advance and will have check returned at the picnic. All others are welcome to attend at the discounted pass cost of \$33 per person,* and for the picnic buffet at \$25 per person.**

The Kennywood Park Picnic is a membership event. Members and guests are asked to attend on this day only. Members and guests who live outside the Pittsburgh area who wish to attend another amusement park should see the message at the bottom of page 2.

*Kennywood no longer offers passes in different categories, such as Funday or Senior.

**The amount of food for the buffet will be ordered based strictly on orders indicated below. We will not order extra.

Name	Pass cost \$33/each	Meal cost \$25/each
(Member or volunteer) _____	\$ _____	\$ _____
(First guest) _____	\$ _____	\$ _____
Total—write this check to “Keystone PVA.” It will be returned to you at the picnic: \$ _____		
(Additional guest) _____	\$ _____	\$ _____
(Additional guest) _____	\$ _____	\$ _____
(Additional guest) _____	\$ _____	\$ _____
(Additional guest) _____	\$ _____	\$ _____
(Additional guest) _____	\$ _____	\$ _____
(Additional guest) _____	\$ _____	\$ _____
Total—write this check to “Keystone PVA.” \$ _____		

**DEADLINE to order passes and meals:
06 JULY 2022**
**MAIL this form and your check(s) to
Keystone PVA, 1113 Main Street,
Pittsburgh PA 15215**

**Passes will be first-class mailed
to the address you show here:**

Name _____

Address _____

City, State, ZIP _____

Phone _____

Email _____

Keystone PVA Events and Meetings for the rest of calendar year 2022

Some dates are subject to change. Some events, such as Membership Meetings, are held on properties other than the chapter offices and may be relocated with little notice. Members should contact the chapter office, 412-781-2474 or 800-775-9323, to confirm dates and locations.

Membership Meetings

All Saturdays, and all will be available to members via Zoom videoconferencing. The Zoom link will go “live” at 12:30 p.m., and the meetings will start at 12:45 p.m., and will usually conclude by 2 p.m. Meeting in person later in the year will depend on the availability of “open” facilities. Dates: 11 June, 13 August, 15 October, and 10 December

The 11 June meeting will also be held in person at the Erie VA Medical Center, with a Zoom link for members outside the Erie area.

Board of Directors meetings

All Thursdays, all at 11 a.m. via Zoom. Limited attendance at the chapter office will be considered.

16 June, 21 July, 18 August, 15 September, 20 October, 17 November, 15 December.

Events

Bass Tournament (spring)	12 June	American Legion Post 940, W. Brownsville, Pa.
Kennywood Picnic	July (exact day TBD)	Kennywood Park, West Mifflin, Pa.
Bass Tournament (summer)	10 September	American Legion Post 940, W. Brownsville, Pa.
Annual Banquet	06 October	Hampton Banquet Hall, Gibsonia, Pa.
Veterans’ Day	11 November	Various activities around Pennsylvania

National Paralyzed Veterans of America events

National Veterans Wheelchair Games	07 – 12 July	Tempe, Arizona
PVA Fall BOD Meeting	22 – 24 October	Rosen Centre Hotel, Orlando, Florida

Office holiday closures

Office closures do not necessarily fall on the actual or observed day of the holiday

Independence Day: 01 July (Friday) and 04 July (Monday)

Labor Day: 05 September (Monday)

Columbus Day: 10 October (Monday)

Veterans Day: 11 November (Friday)

Thanksgiving: 24 November (Thursday; office also closed 25 November

Christmas: Office closed 23 – 26 December, Friday through Monday

New Year’s: Office closed 30 December – 02 January, Friday through Monday

National Director’s Report Bill Jakovac

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Treasurer Tom Wheaton
Secretary Marcus Murray

Our donation for spinal cord injury research was listed as a \$5,000 donation to the PVA Research Foundation, to be evenly split between Yale and HERL. That’s how it was presented to the big check photo op. Will it happen that way? I don’t know.

This was the first time a director could vote by electronic means. It had a glitch or two. The IT people couldn’t get my electronic vote. The voting keypad was held by the secretary who entered the numbers when I called in by phone. That worked decently, and for part of the convention, I was able to join in, if from a considerable distance.

The PVA chapter’s “National Director”

There is a national organization called the Paralyzed Veterans of America, Inc., a.k.a., PVA. There are 33 chapters associated with PVA, all of which are separately incorporated in the state where each office is located. Much of the work of the PVA is performed through the chapters for nominal annual grants paid monthly.

The national PVA Board of Directors is made up of one member from each chapter, elected to the position by each chapter. That “national director” is not actually the chapter’s representative, because her/his job is to be a fiduciary for PVA, Inc., not for the chapter. But the national director’s knowledge of paralyzed vets at the chapter level is vital to helping make good decisions for all paralyzed veterans across the country.

Elections for the Keystone PVA Board of Directors

Every year, three directors' terms on the Board of Directors end on 30 September. Any "life member" may run for one of those positions. The background on Board service and the requirements to run follow.

Eligibility

Any "life member" is eligible to vote and/or run for a seat on the Board as a director. A "life member" is a person who has been accepted for membership by virtue of being a United States military veteran with an other-than-dishonorable discharge and is a citizen of the United States with a verified spinal cord dysfunction. No others are eligible.

Responsibility

Though the chapter and PVA use the term "member," neither are clubs but are corporations organized not for profit. **Board members have a legal obligation known as the "fiduciary duty" to oversee the operations, assets, and reputation of the chapter according to all federal, state and local laws.** There are no "owners" of the chapter. The Board members are trustees, administering the chapter for the benefit of all members. Corporate law in the Commonwealth of Pennsylvania governs fiduciary responsibilities, not the chapter and not PVA.

Duties

Attendance at Board meetings is essential. They are not committee meetings or social events, and they take less than two hours to complete each month. Most business items are prepared in advance through committees or by consultation with the Board president and executive director. One week before the Board meeting, the officers and executive director meet to review items submitted for the Board's agenda, but they never make any decisions (except those which may need to be ratified by the full Board at its next meeting) nor do they prevent an item of business from consideration. They simply insure that they understand each item.

Many of the chapter's programs (e.g., advocacy, membership, recreation, and service) are conducted directly by Board members. All activity by the chapter is authorized by the Board, though the Board delegates that activity to individual Board members, to staff, and to volunteers.

Election process

A member who wishes to serve on the Board must submit a candidacy statement that will be sent out to all voting members with the ballot and will be published in the July-August issue of *The Parascopes*. The statement should contain your reasons for why you should be elected. It often includes some biography and some things you would like the chapter to do or continue doing. You should also submit a head-and-shoulders photo of yourself, or go to the office to have a photo taken.

A candidacy statement may not be any longer than 400 words. It will not be used if it is longer; 200 words or less is a better, more readable length. Candidates may ask for assistance in writing a statement by the executive director, but the candidate has the final decision on content within the 400 word limit.

The candidacy statement and photo must be finalized and delivered to the chapter office by 15 June 2022, no exceptions. The Board will review the slate of candidates to insure that all are certified members in good standing.

The ballot will be mailed to all voting members by first class mail during the first full week in July. Enclosed with the ballot will be all candidacy statements and a return envelope. For a ballot to be valid:

- It must be marked according to the instructions enclosed.
- It must be returned in the return envelope provided.
- It must be returned to the Keystone PVA office through the United States Postal Service.
- It must be postmarked no later than 31 July 2022.

All ballots will be tabulated at the chapter office on 12 August.

The results of the tabulation will be announced at the August Membership Meeting, and in the September-October 2022 edition of *The Parascopes*. All newly elected or re-elected directors must attend the September Board meeting in order to be oriented to service obligations.

PHOTO CREDITS: (Photos taken or provided by) Front page, Briana Cummings, Erie VAMC Public Relations office; page 3, Chris Fidler; page 6, John Kellner; page 7 (left) Rory Cooper; page 7 (right) David Gifford.
All other editorial photos by Keystone PVA staff.

More people who help make Keystone PVA work!

Membership and Project Assistant: **Marisa Markowitz**

Bookkeeper: **Nancy Campbell**

Independent auditor: **Kimberly Y. Donovan, C.P.A.**

PHOTO SUBMISSIONS WELCOME.

Must be sent or delivered in electronic format. Must include caption information. Delivery to Keystone PVA gives it the right to use as it deems fit. Due to issues of quality and quantity, we cannot guarantee all submissions can be used.

Keystone Chapter Health and Recreation Points System

To be eligible for chapter sponsorship to the National Veterans Wheelchair Games and other recreational programs, a member may earn points by participating in these activities. Sponsorship by the chapter requires 12 points per EACH event.

Attendance at a Keystone PVA membership meeting	3 points
Attendance at a Keystone PVA membership activity, <i>e.g., Easter Bag distribution, Fish for Fun, Kennywood Picnic, Annual Awards Banquet</i>	2 points
Return SCI Survey following Annual SCI Appointment	2 points
Volunteer at a V.A. Hospital (4 hours or more)	2 points
Volunteer for Keystone PVA (4 hours or more)	2 points
Work out at V.A. or Rehab center with coach or therapist	1 point
Participate in a Keystone PVA sponsored sports or recreational activity, <i>e.g., bowling, fishing, hunting, trapshoot, etc.</i>	1 point
Sign up a regular voting member	2 points
Represent Keystone PVA at community functions, <i>e.g., Sharing and Caring, Soldiers & Sailors, United Cerebral Palsy, Veteran Support Groups</i>	2 points
Ride, walk or roll in a Veterans Day Parade	3 points

- ☛ Members are required to attend at least one Membership Meeting prior to attending a sponsored event.
- ☛ To receive credit for mileage, volunteer time & points, member MUST forward a Time Sheet—Volunteer Program Report (formerly titled the “Keystone PVA Volunteer Expense Voucher”) and an After Action Report to the chapter office by the close of business on the 7th day of the following month. If the office is closed on the 7th, expense vouchers are due by the close of business the next working day.
- ☛ All volunteers at the VA Medical Centers must complete volunteer training and receive a volunteer ID card. The volunteer hours MUST be in the name of PVA. Volunteer is responsible for forwarding the monthly VA Volunteer by Organization Report (VS26) to the chapter office by the end of the following month to receive travel expenses.

For more comprehensive information on chapter programs, refer to Operations Manual Section 8, which was sent to every member. You can access “Ops Man Section 8” on the chapter web site, www.kpva.org, or by calling the office.

MEMBERSHIP PROGRAMS

- ☛ All receipts submitted for reimbursement must be dated within the Chapter’s current fiscal year, 01 October—30 September.
- ☛ The Chapter has an annual picnic at Kennywood Amusement Park and an Annual Awards Banquet.
- ☛ Keystone PVA will reimburse voting members for their annual resident hunting license, with a limit of one (1) Antlerless Deer License annually. Member must send a copy of all licenses and a receipt to obtain reimbursement. The cost of a resident fishing license will be reimbursed. Members may also be reimbursed for their membership dues for sports club memberships.
- ☛ **Member Recreation Reimbursement Fund.** Keystone PVA will reimburse voting members up to \$100 for attending any recreational event one time during the fiscal year or until the fund is depleted. Member must send receipts within 30 days of the event to the chapter office including a short description of the outing; good photos appreciated. This benefit is intended for members who do not take advantage of reimbursements and chapter payments for hunting and fishing licenses, or participation in recreational programs such as the National Veterans Wheelchair Games.
- ☛ The Chapter currently has a weekly bowling league available to members as a recreational activity and to practice for the National Veterans Wheelchair Games (NVWG). Scores are in the newsletter and awards will be presented at the Chapter annual banquet. The Chapter may also reimburse members for other activities offered at the NVWG such as trapshooting and archery.
- ☛ Reimbursement for hunting, trapshooting and fishing programs that Keystone PVA supports or sponsors.
- ☛ Members that accumulate 12 points or more by attending membership meetings, attending Chapter functions, volunteering at VA medical centers, etc., qualify to participate in the Keystone PVA Sports and Recreation Program.
- ☛ All program expenses must be approved by the Keystone PVA Board of Directors.

Happy Birthdays!

June

02 David Pyle
 04 Joseph Branch
 Robert Szoszorek
 06 Sean Ferry
 09 Charles H. Agne
 Serena (McCloskey) Gregory
 10 David Kucherer
 11 Rich Sarocky
 13 David Cooper
 Kevin Williamson
 15 Tino Yaccich
 16 Robert Wilt
 20 Joseph Saffell
 24 Michael Carr
 Kenneth W. Deaven
 Berl Duvall
 Thomas Otte
 Andrew Womeldorf
 29 Gina Congie
 Hanna Mowry
 30 Larry Binger
 Austin Walters

July

02 George Westbrooke
 03 Brendan Beck
 07 Paul Carruolo
 09 Theodore Anspach
 12 John J. Allman Jr.

If we missed your
 birthday, let us know!

Give us a ring at the
 chapter office,
 800-775-9323,
 if you spot an error.

Many happy wishes
 to all our members,
 associates,
 and volunteers!

16 Taylor Strang
 Richard Griffin
 17 Robert Cinciripini
 Sherry Lightner
 18 Sarah Congie
 Donald Speicher
 19 Michael Salasky
 21 Daniel Hika
 Warren M. Getz
 22 Phillip Allen
 24 Jerald R. Johnson
 Jamie Morris
 25 Kenneth Walters
 26 Linda Berkheiser

26 Paul Gatalski
 26 Andrew J. Ogdin
 27 Carl Larose
 28 Gary Robertson
 29 John Larese
 30 Timothy Sager

August

01 Richard Snedden
 03 Carl F. Raymond
 Robert Serena
 04 Michael R. Eaton
 06 William Zally Jr.
 08 Max Jackowski
 Dennis Naugle
 12 David Gifford
 William Schenker
 Joseph Zimmert
 13 Matthew Schmalzriedt
 14 Douglas Dean Jr.
 15 Loren Zamiska
 17 David Lynch
 18 Gary Martisofski
 Ronald Speight
 19 Curtis H. Paschal
 21 Vincent Dvorak
 24 Lester Neimiller
 26 Donald Paden
 29 Timothy Anick
 30 Richard Anderson

ADVERTISING in THE PARASCOPE

The Parascope is published bi-monthly. Deadline for submission of advertising for the July-August will be 01 July 2022.

CLASSIFIED ADVERTISING: The charge is \$20.00 for 15 words (each additional word is \$.35). Your name and address or phone number counts as five words. CONTACT THE OFFICE FOR PAYMENT TERMS—412-781-2474.

REGULAR MEMBERS of Keystone PVA qualify for up to a quarter-page advertisement free of charge. Members' ads larger than a quarter-page will be half the price of the regular page. DISPLAY ADVERTISING RATES:

SIZE OF AD	One issue	Three issues	Six issues
1/8 page	\$ 20.00	\$ 50.00	\$ 90.00
1/4 page	\$ 40.00	\$100.00	\$180.00
1/2 page	\$ 80.00	\$200.00	\$360.00
Full page	\$160.00	\$400.00	\$720.00

Membership Report Tom Strang, Membership Officer

The Keystone Paralyzed Veterans continue to hold Membership Meetings via Zoom videoconference, but in-person meetings will be held where and when possible.

The primary site for the June 2022 Membership Meeting will be the Erie VA Medical Center in Erie, Pa. Because of the warmer weather and the presence of a large outdoor pavilion in the hospital's upper parking lot, Keystone PVA members John Larese and Sean Ferry have arranged for the Saturday, 11 June meeting to be held there. Lunch will be served at noon and, as always, the Zoom connection will go "live" at 12:30 p.m. President Mark Rosensteel will call the meeting to order at 12:45 p.m.

The purpose of holding the meeting at the Erie VAMC is for our members in northwest Pennsylvania and that general region to have a shorter trip than if the meeting was held, say, at the chapter office near Pittsburgh, and to meet in person with the chapter president.

NATIONAL SERVICE OFFICERS

for members in or around Pennsylvania:

Western Pennsylvania: *Calls are being taken by*
Charles Tocci, 315-425-4400, ext. 53317, or
by email, charlesto@pva.org

Eastern Pennsylvania:

Joseph Weeks, Philadelphia, 800-795-3628

Western New York:

Rachael Schneider, Buffalo, 800-795-3619

New Jersey: Newark, 800-795-3617

We welcome new Life Members

Dario S. Diaz, Pittsburgh, Pa., Navy veteran
Donald K. Massingill, St. Thomas, Pa., Army
veteran

and we mourn the passing of member

James W. Gray of West Mifflin, Pa., a Coast
Guard veteran and a nine-year member

MEMBERSHIP TOTALS AS OF 31 MAY 2022

Service connected	123
Non-service connected	<u>106</u>
TOTAL	229
Annual Associate Members	16
Lifetime Associate Members	<u>66</u>
TOTAL	82

UNDELIVERABLES — MIAs

Have you seen or know the whereabouts of the following members? They may be dropped from the PVA Membership Roster unless we can find them. Please call us, write or e-mail the chapter office if you are able to help. Contact information for the chapter is on the back page.

**Richard Anderson, John H. Conrad,
Roberta Houston, Jerald R. Johnson,
William H. Johnson, Donald G. King,
and James D. Simmons**

MEMBERSHIP ELIGIBILITY

Lifetime membership is **free** and there are **no dues required** for qualified **veterans** who apply to the Chapter for membership.

Our newsletter no longer includes a membership application, but you can download one from www.kpva.org or just call the office, 412-781-2474 or 800-775-9323.

Life membership in the PVA is available to any U.S. citizen who served on **Active Duty** in the Armed Forces of the United States and who sustained **spinal cord dysfunction** because of traumatic injury or disease. Separation from military service must have been under other than dishonorable conditions.

The Life Member receives all benefits according to the Bylaws of the Chapter of record and has equal voting rights with the other members. The Life Member is also entitled to attend Chapter meetings, hold office at the Chapter and National levels and receive PN Magazine, chapter publications and bulletins from the National Office. In order to hold office, however, the Life Member must receive certification from PVA's National Secretary.

Red boxes, green boxes: a generous public supports Keystone Paralyzed Vets



It's back! After a several months' absence, the red donation box is back on William Penn Highway in Wilkins Township, in the Pep Boys parking lot and across from the Home Depot. The area is frequently mistaken as a western part of Monroeville, and it is within view of the Monroeville Mall, which is on the other side of the viaduct over Thompson's Run.

Green boxes

In 2014 an associate member of the chapter, Tim Knoebel, suggested placing donation boxes in places of business. The result was the modified ammunition box shown below. It has a deposit slot in the top and when sent out, it is sealed with a numbered zip tie. The ammo boxes are in several business locations whose owners have been most generous with their counter space; their customers have been quite generous, as well. We have more that can be placed. If interested in helping with Project Ammo Box, call the office, 412-781-2474 or 800-775-9323.



Red boxes

Since the mid-1990s, the American Thrift Center has made the Keystone chapter of the Paralyzed Veterans of America the sole beneficiary of its work, donating a significant percentage of its gross revenue to the chapter. Each of its over 800 donation boxes in western Pa. is marked to show that our veterans benefit from those donations.

If you have gently-used household items you would like to donate, and they are a bit too cumbersome to take to a collection box, call American Thrift at 412-469-9663 to arrange a pickup. You can also find out what goods they can accept.

AMERICAN THRIFT CENTER

Quality Pre-Owned
Merchandise

**Village Shopping Center
1806 Homeville Road
West Mifflin, PA 15122**

412-469-9665 or 412-469-9663

The American Thrift Center has been a professional fundraiser for Keystone PVA since 1990. Keystone PVA members are cordially invited to visit our store. Lifetime voting members: Present your PVA membership card and receive a 50% discount on all purchases.

**Also, by donating items to
the American Thrift Center
you are supporting
Keystone PVA!**



Keystone Chapter

1113 Main Street, Pittsburgh, PA 15215-2407
Phone 412-781-2474 or 800-775-9323
Fax 412-781-2659
www.kpva.org
keystoneparavets@gmail.com

VA MEDICAL CENTERS

VAVS representatives serve veterans at these VA Medical Centers on behalf of the Keystone Chapter of Paralyzed Veterans.

James E. Van Zandt VAMC

2907 Pleasant Valley Boulevard
Altoona PA 16602-4377
877-626-2500
William D. Lightner—VAVS Rep.

Abie Abraham VA HealthCare System

353 N. Duffy Road
Butler PA 16001
800-362-8262
John Kellner—VAVS Representative

Erie VAMC

135 E. 38th Street
Erie PA 16504-1559
800-274-8387
John Larese—VAVS Representative
Rex Nichols—Deputy Rep.

Lebanon VAMC

1700 S. Lincoln Avenue
Lebanon PA 17042-7529
800-409-8771
Chris Fidler—VAVS Representative
Ken Walters—Deputy Rep.

VA Pittsburgh Healthcare System University Drive campus

University Drive C
Pittsburgh PA 15240
800-309-8398

H. John Heinz III campus

1010 Delafield Road
Pittsburgh PA 15215-1802
800-309-8398

For both campuses:

Tom Strang—VAVS Representative



The next Keystone PVA MEMBERSHIP MEETING

will be on Saturday, 11 JUNE 2022

(Lunch 12 noon; meeting 12:45 p.m.)

Primary site: Erie VA Medical Center

135 E. 38th Street, Erie PA 16504-1559
in the upper parking lot pavilion

Join by Zoom videoconference.

The meeting at the Erie VAMC is for members in the Erie area to attend in person. All others are welcome to join online; the Zoom link will be emailed to members with email addresses. Lunch will be served!

(The chapter will not reimburse travel to and from the event for attendees.)

If attending in person PLEASE

RSVP by 03 June 2022

to **412-781-2474** or **800-775-9323**

The mission of Keystone Paralyzed Veterans of America is

to improve the quality of life of paralyzed veterans by

- Encouraging and supporting spinal cord injury and disease research;
- Improving access to health care and other veterans' benefits;
- Assisting in the expansion of opportunities in wheelchair sports and recreation; and
- Advocating for the rights of disabled people, including the reduction and elimination of barriers to accessibility and mobility.

Articles published in The Parascopes, even by officers and directors, do not necessarily reflect the views of the Keystone Chapter of Paralyzed Veterans of America. Keystone PVA neither endorses nor guarantees any of the products or services described or mentioned in The Parascopes.