



THE PARASCOPE

Keystone Chapter

THE BI-MONTHLY NEWSLETTER OF THE KEYSTONE CHAPTER OF
THE PARALYZED VETERANS OF AMERICA
VOLUME XX, ISSUE 5
SEPTEMBER-OCTOBER 2022

Annual Banquet in person for the first time since 2019

Members of the Keystone Paralyzed Veterans returned in person to a favorite event venue for the first time in three years to kick off the chapter's new fiscal year.

The Annual Awards Banquet was held on 06 October at the Hampton Event Center in Richland Township in Allegheny County. President

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Chapter seeks membership and projects assistant

The office of the Keystone Chapter of the Paralyzed Veterans of America seeks a diligent, detail-oriented employee to support membership and project operations.

The position is full time and based in the chapter's office in Sharpsburg, Pa. See page 8 for a more detailed description of the work and how to apply.

Getting the word out about Paralyzed Veterans



Keystone PVA Treasurer and National Director **Bill Jakovac** (*seated*) staffed an information table at the Senior Expo sponsored by State Representative **Lori Mizgorski** (*standing next to Bill*) at the Hampton Community Center on 29 September. Bill spoke to about 75 visitors over two hours, handing our literature and promotion items such as pens and chip clips. Members who would like to staff an exhibit table at an outreach event anywhere in Pennsylvania should contact the office for details.

Membership Meeting to have limited in-person attendance on 10 December! [Details on back page](#)

Paralyzed Veterans of America, Keystone Chapter

President

Mark O. Rosensteel

Vice President

Sean M. Ferry

Secretary

Dane R. Smith

Treasurer

William D. Jakovac

Directors

Joseph A. Dunn

Chris Fidler

David B. Gifford

William D. Lightner

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

Annual Awards Banquet in person; first in three years

Continued from page 1

Mark Rosensteel served as the master of ceremonies for an evening of fellowship, solemn remembrance, recognition, and of course, food, drink and prizes.

Several members joined the banquet during the speaking program via Zoom. Among them was re-elected Board member Joe Dunn, who was administered the oath of office for his new three-year term along with Dane Smith and Tom Strang, both of whom were present at the Hampton Event Center.

Three members were honored for service to the chapter:

Bill Jakovac was presented the Jerry “Bull” Baylor Sports and Recreation Award for 2022 by Sports Director Dane Smith. Dane cited Bill’s enthusiasm in staying active in bowling, billiards, the National Veterans Wheelchair Games and the Buckeye Games. Dane also recognized 2021’s award recipients, David Gifford and John Kellner.

Volunteer Coordinator Agnes Strang announced that Ken Walters received the Volunteer of the Year Award for his regular service at the Lebanon VA Medical Center on behalf of the chapter. Chris Fidler accepted the award for Ken, who could not be present.

Bill Hoffman received the President’s Award from Mark Rosensteel for his work in resuscitating and managing the chapter’s web site.

One non-member was honored, as is usual for the Frank Steck Spinal Cord Injury Coordinator Award. Frank Steck himself accepted the award on behalf of Heidi Starr, a nurse practitioner at the James E. Van Zandt VA Medical Center, at the suggestion of chapter Vice President Bill Lightner, who is the chapter’s representative there. Heidi was unable to attend, so Bill will present the award to her later in Altoona.

Guest Hope Carmona, who created the app for accessibility Mobility Molly, spoke about



(Left photo) Hope Carmona presented Mobility Molly while President Mark Rosensteel looked on. *(Right photo)* President Mark presented webmaster Bill Hoffman with the President’s Award for rescuing and maintaining the chapter’s web site.

President **Mark Rosensteel** (right) administered the oath of office to newly reelected Board members **Dane Smith** (standing), **Tom Strang**, and on the laptop computer, joining by Zoom, Joe Dunn.

Several members joined the speaking part of the banquet via computer link, which, we have to admit, needs improvement. We thank them for their patience.



her project, which helped her recently earn her Eagle Scout rank and provide people with a means of determining retail business and restaurant accessibility for disabled people in selected locations in southwestern Pennsylvania.

Chris Fidler again presented the POW/MIA recognition table, acknowledging that many of our fellow veterans remain unaccounted for from America's various conflicts over the years.

Volunteer Coordinator Agnes Strang had a lot of help with the prizes for banquet guests; it seemed that there

were prizes for everyone, and her family and Hope helped hand them out.

Chapter Bookkeeper Nancy Campbell provided the invocation and benediction, appropriate given that she holds a master's degree from the Pittsburgh Theological Seminary.

The Hampton Event Center (formerly the Hampton Banquet Hall, but still under the same ownership) seemed to pick right up after a three-year gap since the chapter's last banquet. Service and food were as good as always, and we appreciated being there again.

Sports Director **Dane Smith** (with plaque) presented the Jerry "Bull" Baylor Sports and Recreation Award to **Bill Jakovac** (left). He also brought up 2021 sports award winners **David Gifford** (center) and **John Kellner** to be recognized, making up for the absence of an in-person presentation during the height of the pandemic.



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.

Bill Jakovac (standing) announced at the chapter's Annual Awards Banquet that **John Kellner** (seated, center) and **Sean Ferry** (right) had the high average and high series, respectively, in the chapter's 2021-22 bowling league.

It is time to get into the chapter's 2022-23 league. Need help with adapted bowling? Call Bill at 412-916-9261 or President Mark Rosensteel at 724-875-1086.



Team Bass Tournament Tom Strang, Associate Sports Director

Keystone Paralyzed Veterans and its partner, the Outcast Fishing Club (formerly Greene County Bassmasters) held a second **Team Bass Tournament** at the American Legion Post 940 marina in West Brownsville, Pa., on 10 September 2022.

The late-summer event yielded a smaller catch overall than did the June event, but boat captains and disabled anglers were pleased to participate nonetheless. The results follow; the first name is the boat captain and the second name is the disabled angler:

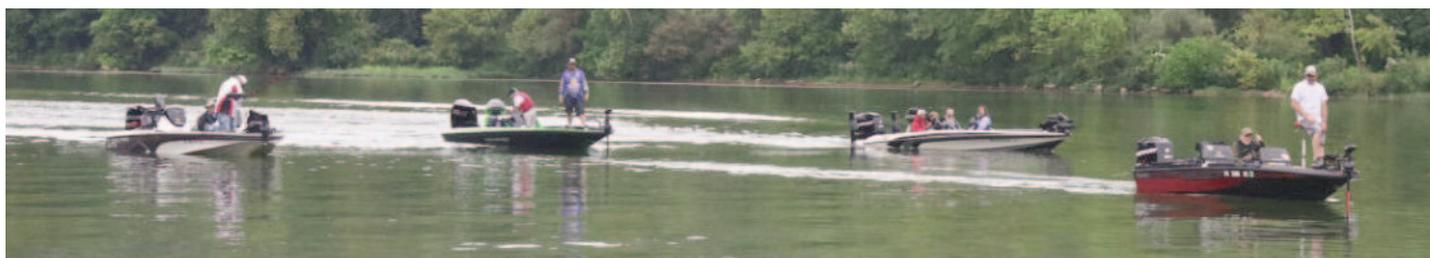
- 1st place: Sam Crawford and Tom Strang, 5.95 lbs.
- 2nd: Bill Kronander and David Gifford, 4.83 lbs.
- 3rd: Larry Freeman and Frank Steck, 4.78 lbs.
- 4th: Duane Johnson and John Kellner, 4.39 lbs.
- 5th: Phillip Richardson and Robert Morris, 4.33 lbs.
- 6th: Steve Shawley and Jim Moore, 3.1 lbs.

- 7th: Ed Strawn and Jordan Jones, 1.59 lbs.
- Big Bass: Sam Crawford, 2.54 lbs.
- 2nd Big Bass: 1.96 lbs.

Thanks again to Outcast Fishing Club President Larry Freeman for his part in organizing the tournaments, and Tom Landish, whose fund at the Pittsburgh Foundation underwrites a portion of the costs of the tournaments. This year, Agnes Strang could not be as involved in the event as in all the years' past, but Leona Freeman filled in admirably on the day of the late summer tournament.

There is a modest charge to enter the tournament—\$30 for anglers, \$20 for boat captains—but those checks are returned when the participants show up. And prize money per person is good. It starts at \$250 each for the first-place boat captain and angler.

More photos on pages 6 and 11





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.

Chapter Board re-elects three officers, elects new vice president

The Board of Directors of the Keystone Paralyzed Veterans has re-elected President Mark Rosensteel, Secretary Dane Smith, and Treasurer Bill Jakovac as officers for fiscal year 2023, which began in October.

Now-former vice president Bill Lightner stepped down after two years in the post. The Board unanimously elected Sean Ferry to the position. Sean's major duties will include oversight of the annual Kennywood Park picnic and the Annual Awards Banquet.

The re-elections gave President Mark his fifth year in the position, Secretary Dane his fourth, and Bill Jakovac—well, we lost count how many years he's been the treasurer. (Not really—this is his 14th!) The officers meet by Zoom one week prior to each Board meeting to review (not approve!) issues and expenditures that will be discussed at the Board meeting.

Thanks to Bill Lightner for his service as an officer. He remains on the Board, and continues as the chapter's main representative at the VA Medical Center in Altoona.



Newly-elected chapter vice president Sean Ferry



Boat captains, disabled anglers, and helpers following the second Bass Tournament of 2022 at the pavilion at the marina of the American Legion Post 940 in West Brownsville, Pa.

Our intrepid handcyclist reports on the Ghost Town Trail-a-Thon Marathon

Board member David Gifford participated in the Ghost Town Trail-a-thon marathon in Cambria County, Pa., on 01 October:

I completed the Ghost Town Trail-a-thon marathon, but it took me nearly four hours. I have finished a marathon in as little as two hours, 15 minutes before. This was easily the most difficult ride I've ever attempted.

The temperature was in the 50's, with some heavy rain. The course had many elevation changes and even a section that was off road. Part of the challenge was having a racing bike with no clearance. The off road section was at the end of the race and I was already worn out; I could not go faster than about 5MPH on flat ground. I grounded out five times, completely stopped and I have no idea how many time I scraped the bottom of the bike, slowing to one to two MPH each time. I had to get myself off when I grounded out, I ended up having to use my crank and reach back with my other hand to pull one of the wheel the same time I tried to pedal, I have never done it this way but it did work. Before the off road section I

got stuck two more times but I was close to volunteers and they gave me a push to get off the high spots one of which was getting on to a very narrow bridge with no room left or right as I crossed.

After completing I apologized to everyone who stayed waiting on me, even the other rider who finished a couple hours before me waited. I gave the organizer ideas to make it better and easier to stay on track. I made a wrong turn and had to back track and a couple places I was not sure I was going the right way the trail was not really marked well. I told her she should list the ride for handcyclers as "difficult" so someone not ready for a challenge does not enter.

They did have great support with water and medical stations along the way, road guards and firemen volunteers it was well supported.

I told her I would love to do this with the power assist off road bike but I would not want to compete with anyone on a regular handcyclist.

Board member **Chris Fidler** (*in blue shirt, center*) organized an appreciation luncheon for long time member and volunteer **Ken Walters** (*center, in hat*) and for retiring Lebanon VA Medical Center recreation therapist **Chris Likes** (*standing, right*) at Heisey's Diner near Lebanon, Pa. in August. Left to right in the photo are **Steve Zimmerman, Ann Zimmerman, Constance Snavelly, Ken Walters, Chris Fidler, Leonard Walters, Bill Hoffman** and **Chris Likes**.



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.

Chapter seeks employee to support membership, projects and events

Keystone Paralyzed Veterans of America seeks an administrative assistant specializing in membership support and project and event organizing. Anticipated starting wage: \$19/hour

Location: Sharpsburg, Pennsylvania. Hours: 8 a.m. to 4 p.m., Monday through Friday (overtime and odd hours VERY seldom). Contact: Joe Dornbrock, executive director, 412-781-2474.

Tasks include

- Support membership application and termination processes, maintaining membership files and producing periodic membership reports. Prepare business cards for members in leadership.
- Maintain all membership, mailing, and email lists.
- Organize PVA Poster and Poem Contest. Invite schools to participate; process submissions; organize the judging; prepare awards' schedules award presentations.
- Schedule Congressional office visits. Arranging for members to visit with members of Congress over two days in March every year. Supporting follow-up reporting and thank-yous.
- Prepare documents, including instructions and ballots, for annual Board of Directors election.
- Support member-athletes' participation in the annual National Veterans Wheelchair Games. Schedule airline flights and lodging for week-long events held in different cities each year.
- Supporting the preparations for the Annual Awards Banquet.
- Prepare and mail invitations and prize request letters and emails. Insure that all arrangements for the location are made. Support Kennywood Park Picnic. Update invitations; order tickets and food.
- Support preparations for the Bass Tournaments. Get registration form updated and out to participants. Insure prizes are delivered to winners.
- Order and distribute apparel for chapter members (shirts, hats, jackets, etc).
- Processing some content for the bi-monthly newsletter.
- Coordinate document production and mailing for monthly Board of Directors meeting.
- Day-to-day duties include providing general office support, especially answering the phone, sending and responding to (some) e-mail, processing the postal mail, sending packages and other mailings to members, and doing minor janitorial tasks (vacuuming, emptying trash, keeping work surfaces clean and clear, etc.).

Skill expectations

Ability to use Microsoft Word, Microsoft Excel, QuarkXPress, Google search, Google email, Google Contacts, WordPerfect (only for label production), Xfinity email, Zoom video, and Facebook. Expectations include excellent telephone communications: unfailingly friendly and businesslike with all callers, many of whom will receive their first impression of paralyzed veterans by how staff answers the phone, and many inquirers who do not quite understand what it is that the organization

does. Excellent typing skills for both documents (word processing) and data entry (updating spreadsheets and files online). Excellent interpersonal skills. Able to shift gears quickly among document management, working with other staff people, and members. Willing to work with the limitations and abilities of the members who volunteer their time to work for the chapter. A duty of all Keystone PVA staff people is to support members in leadership positions. All full members are military veterans, and most use wheelchairs. Willing to learn new skills. Understands that education is an ongoing, lifelong pursuit, and necessary to keep up with the changing world. If not familiar with military/veterans traditions, willing to adjust to the attitudes and customs.

The Membership and Projects Assistant will have his/her own personal vehicle and be willing to do infrequent "side" trips and errands in support of the chapter, on the chapter's time and with reimbursement for travel in excess of the trip distance en route to the office or home.

The Membership and Projects Assistant will be detail oriented, precise in the execution of duties, always producing professional work of high quality and professional appearance.

The job requires (that is: NOT optional!) the ability to be goal oriented and take all next steps to completion of any project, program or task without being prompted.

Working environment

- Quiet office with two other employees and few visitors. Employees are capable of completing tasks with little direct supervision but coordinate with one another and volunteers as necessary.
- Office amenities include free, off-street parking; two rest rooms (one for ambulatory women, one for men/wheelchair users); kitchenette with refrigerators, coffee makers, tabletop oven, microwave oven, dual stainless steel sink, water dispenser and food preparation area.
- The chapter does not employ a cleaning service. All employees are expected to keep their work areas clean and uncluttered and to share in minor cleaning tasks such as keeping the rest rooms clean, wastebaskets emptied and trash dumped, recycled materials properly placed in designated receptacles, and carpets vacuumed.

Once on the chapter payroll

Full time employment will immediately earn sick days (one per month); vacation days (five in the first year, usable after the first six months on the job); provides 14 paid holidays a year; and eligibility after six months for a 401(k) retirement plan that the organization will match up to 5%. A paid half-hour is provided for lunch. Starting wage will be dependent on skills of the applicant. A formal performance evaluation will be held at three months, and a performance and salary review will be held at six months.



CHAPTER SPONSORSHIP FORM

2023 National Veterans Wheelchair Games Portland, Oregon – 04 - 09 July 2023

This is page 1 of the sponsorship form. There are two pages.

The only purpose of this two-page form is to request financial support for transportation to and from the site of the Games and for lodging there.

To apply to participate in the Games, each athlete must download the National Veterans Wheelchair Games application form, which will be available after the first of the year from www.wheelchairgames.org/registration.

The athlete is responsible for completing the application form and following its instructions.

The deadline for National PVA to receive your application is expected to be on or around 15 April 2023.

All members, life and associate, planning to attend the 2023 National Veterans Wheelchair Games in Portland, Oregon and who want the chapter to pay for transportation and lodging must submit **both pages of this chapter sponsorship form** to Keystone PVA, 1113 Main Street, Pittsburgh PA 15215.

**ALL SPONSORSHIP FORMS MUST BE POSTMARKED NO LATER THAN 31 DECEMBER 2022.
THERE WILL BE NO EXCEPTIONS.**

- Due to the inability of our members to earn sufficient Health and Recreation Points during the pandemic, these "points" will not be required for sponsorship eligibility in the chapter's fiscal year 2023 (Oct. 1 to 30 Sep.).
- Circumstances, including the manner in which the Games are held, may change with little notice.
- Keystone PVA funding is limited, so the amount of chapter funding for each participant will depend on the total number of applicants and the budget limits set by Keystone PVA's Board of Directors.
- Applicants for sponsorship will be notified of the decision of the Board of approval or denial after its January 2023 meeting. Travel and lodging arrangements will be made with each athlete by Keystone following approval.

NAME: _____ DATE of BIRTH: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ E-MAIL _____

ATTENDANT'S NAME (if needed) _____

ATTENDANT'S DATE of BIRTH: _____

Please check either of the following that you need:

Hotel room

Air reservations

THIS FORM MUST BE POSTMARKED NO LATER THAN 31 DECEMBER 2022

Please carefully read the statements on the second page of this form. Only ONE of the statements will apply to you (Life or associate member). Print your name clearly on the line immediately below the section that applies to you, and sign and date on the next lines. Your signature at the end of the appropriate statement signifies your understanding and constitutes your agreement.

CHAPTER SPONSORSHIP FORM

This is page 2 of the sponsorship form for the 2023 NVWG. There are two pages.

Associate Member

I, _____ certify that I am an "Associate Member" in good standing of the Keystone Chapter of the Paralyzed Veterans of America (a.k.a. Keystone PVA) who expects to meet all conditions set by the U.S. Department of Veterans Affairs and of Keystone PVA to participate in the National Veterans Wheelchair Games (a.k.a. NVWG) in Portland, Oregon, 04 to 09 July 2023.

I understand that because I am not paralyzed per the definitions accepted by the Paralyzed Veterans of America, Inc. (a.k.a. PVA), the Keystone PVA will not pay for my participation in the NVWG, and that I am obliged to repay Keystone PVA for any expenses for transportation or lodging that it makes on my behalf (for the purposes of obtaining any available discounted costs). I will make full repayment within six months of the conclusion of the NVWG.

Name (please print): _____

Signature _____ Date _____

Life (full voting) Member

I, _____ certify that I am an "Life Member" in good standing of the Keystone Chapter of the Paralyzed Veterans of America (a.k.a. Keystone PVA) who expects to meet all conditions set by the U.S. Department of Veterans Affairs and of Keystone PVA to participate in the National Veterans Wheelchair Games (a.k.a. NVWG) in Portland, Oregon, 04 to 09 July 2023.

I understand that in participating in the NVWG, Keystone PVA will pay for lodging and transportation as follows: **LODGING:** No more than seven nights of single-room lodging per Life Member. Lodging expenses are limited to the room rental rate, directly associated taxes and fees, and any portage fees that may be imposed by the hotel. **TRANSPORTATION:** Chapter will reimburse each Life Member at a per-mile rate to be determined by the Board of Directors for direct, round-trip transportation from the Life Member's home to the airport from which the member is departing to attend the Games; parking at the airport capped at the reduced rate offered for adapted vehicles; and will pay for up to two round-trip air fares at the most economic available rates from the airport providing appropriate service nearest the member's home to Portland International Airport, Portland, Oregon. Member is responsible for arranging for transportation from Portland International Airport to lodging in Portland, Oregon.

Keystone PVA is under no obligation to pay for any other expenses unless specifically permitted in advance by the Board of Directors. Should I become unable to participate in the NVWG because of circumstances demonstrably beyond my control (e.g., illness), I agree to notify Keystone PVA as soon as I know. Should I not notify Keystone PVA in a timely manner and Keystone PVA incurs expenses on my behalf, I will repay Keystone PVA for those expenses except when those circumstances arise within 48 hours of the start of the Games.

Name (please print): _____

Signature _____ Date _____

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: 10 December

Board of Directors meetings

All Thursdays, all at 11 a.m. via Zoom. Limited attendance at the chapter office will be considered. Next meetings: 17 November, 15 December.

Events

Veterans' Day: 11 November. Various activities around Pennsylvania

Office holiday closures

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

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

David Gifford (left) and Bill Kronander brought in the second-place catch in the September Big Bass Tournament.



We welcome new Life Members

Harry L. Borger, Gettysburg, Army veteran
Larry A. Brown, Nottingham, Navy veteran
Brittany Keenan, Blanchard, Navy veteran
Audra N. Lyons, Kunkletown, Air Force veteran
Michael J. Kiley, Pittsburgh, Air Force veteran
Peter J. Matthews, Ambler, Army veteran
Marcus L. Mitchell, Windber, Air Force
Edmond J. Proulx, Audubon, New Jersey
Stanley J. Solarczyk, Scranton, Pa. Marine Corps veteran

All communities are in Pennsylvania unless otherwise indicated.

We mourn the passing of members

Michael C. Filer of Grove City, on 28 December 2020, an Army veteran who had joined earlier in that year.

William H. Johnson of Lexington, Kentucky, on 06 August 2021, an Army veteran and a 15-year member.

Dale W. Kunkle of Indiana, Pa., on 27 April 2019, a Navy retiree and a 26-year PVA member.

Dan P. McDonough of Leesburg, Florida, on 16 August 2016, a Navy veteran and an 11-year member

William R. Lint of Derry, on 25 July 2022, an Army veteran and a 25-year member.

Doris J. Merrill of Phoenixville, on 29 April 2021, a Navy veteran and 37-year PVA member.

Dennis A. Naugle of Altoona, on 27 February 2022, an Air Force veteran and a 28-year member.

Donald E. Paden of Steubenville, Ohio, on 17 October 2021, a Navy veteran and a 25-year member.

Alex J. Skupnick of Smithfield, on 21 January 2022, an Army veteran and a nine-year member.

Jeffrey P. Whitman of Selinsgrove, on 25 September 2020, an Army veteran and a 24-year member.

We regret that the news of the passing of some of our members does not reach us in a timely manner.

PHOTO SUBMISSIONS WELCOME.

If you have a good photo or two of interest to readers of The Parascope, you can email them to keystoneparavets@gmail.com.

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!

November

02 Anne Kiren
 03 Dominic Dorazio
 Paula Fox
 06 Charles Freed
 Michelle Shoop
 08 Gary Kirkendall
 09 Rory Cooper
 Raymond (Joe) Gilkinson
 James Harff
 Gregory Heinle
 11 Marcus Mitchell
 12 Richard Sarocky
 14 Alex Dipko
 15 Janice Rapoza
 16 Raymond Castleberry
 18 Terry Greer
 Thomas Gunderman
 Rebecca Henderson
 Edwin Leeper
 Harry Wallis
 19 Larry A. Brown
 20 Gerald Longstreth
 21 Dane Smith
 22 James Jakubowski
 23 Agnes Strang
 Rebecca Strang
 25 Regis P. McManus Jr.
 28 Connor Fox Jr.
 29 Pamela Stania
 30 Sharon Lightner
 Dwight Morris

December

01 Bryan Berkich
 Patrick Gantz
 Lisa Litzenberger
 Constance Snavely

Greer 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!

03 Billy Henry
 03 W. Michael Johnson
 06 William Wall
 07 Roger W. Baker
 William Lightner
 09 Joseph Jarvis
 James Zeik
 10 Karen Switzer
 11 Marc McCoy
 12 Stephen Price
 13 Thomas Caulfield
 James D. Evans
 14 Thomas Parke
 15 Harry W. Hillen Jr.
 16 David Amaditz
 James Dray
 Sue Sarocky
 17 Kimberley Feathers

17 John Meinert
 19 Barbara Ebright
 Lawrence Wheeler
 20 Mark Babuschak
 22 Roberta Houston
 25 James King
 27 Joseph Pagan
 28 Thomas MacDonald
 29 Thomas Szmed

January

04 Keith Gilchrist Sr.
 04 Terrisa Hohn
 05 John Fisher
 07 William Driscoll
 John Lightner
 Jim Moore
 08 Christopher Fidler Sr.
 Timothy Smiley
 09 Edward Fink
 Daryl Lee
 13 Raymond Lookhart
 14 Edith Bernstein
 17 Don Bartholomew
 Joseph Kostich
 Jennifer Strang
 18 Patrick Nicklow
 20 Dennis Fernandes
 Dennis Wilcox
 21 Tom W. Strang
 23 Richard Breneman
 Daniel Dougherty
 24 Stephen F. Zimmerman
 28 John Feltovich
 29 Shirley Wheaton
 30 Matthew Fritz

ADVERTISING in THE PARASCOPE

The Parascope is published bi-monthly. Deadline for submission of advertising for the November-December issue will be 15 November 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 have been and will be held where and when possible.

The primary site for the December 2022 Membership Meeting will be the chapter office in Sharpsburg, but will be limited to the first 15 people who register. All others will be able to join by Zoom.

The usual October Membership Meeting was cancelled because it was only two days after the Annual Awards Banquet. Other commitments made it difficult to conduct the meeting during the month.

The turnout was modest for the first Membership Meeting held in August in the chapter office since the beginning of the pandemic. But members can now join at a distance, since the chapter has installed a large screen television and a high-definition video camera in the conference room.

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

The purpose of the Membership Meeting is to share issues and concerns in matters of health care, recreation, mobility and accessibility. One or more National Service Officers (NSOs) are able to join us for the meetings, providing expertise in veterans benefits. Prior to the pandemic it was the chapter's practice for the Keystone PVA president to travel to other meeting sites to meet with members in person. Plans are to do so in 2023 to at least Altoona and Erie.

New members and deceased members—page 11

MEMBERSHIP TOTALS AS OF 24 OCTOBER 2022

Service connected	130
Non-service connected	<u>103</u>
TOTAL	233
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, and
Donald G. King.**

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: Keystone Paralyzed Vets thank you for your support



On the way back from a Membership Meeting in Erie, Pa., Keystone PVA President **Mark Rosensteel** stopped to inspect one of over 800 red donation boxes placed around western Pennsylvania. They are located on the properties of generous people, businesses and institutions by the American Thrift Center, which owns and operates them for the benefit of programs of Keystone PVA. This one is at the business location of Pizza Pie, 1734 N. Main Street (Route 8) in Butler, Pa. Thank you!

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 Representative

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 Representative

Lebanon VAMC

1700 S. Lincoln Avenue

Lebanon PA 17042-7529

800-409-8771

Chris Fidler—VAVS Representative

Ken Walters—Deputy Representative

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

Wilkes-Barre VAMC

1111 East End Boulevard

Wilkes-Barre PA 18711-0030

570-824-3521

Peter Townsend—VAVS Representative



The next Keystone PVA MEMBERSHIP MEETING

will be on Saturday, 10 DECEMBER 2022

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

Primary site: Keystone PVA office

1113 Main Street, Sharpsburg (Pittsburgh PA 15215-2407). Fully COVID-19 vaccinated members are welcome to attend in person, but attendance will be limited to 15 people total.

Join by Zoom videoconference.

The meeting at the chapter office is for members in the Pittsburgh region 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 02 December 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 Parascoper, 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 Parascoper.