



Keystone Chapter

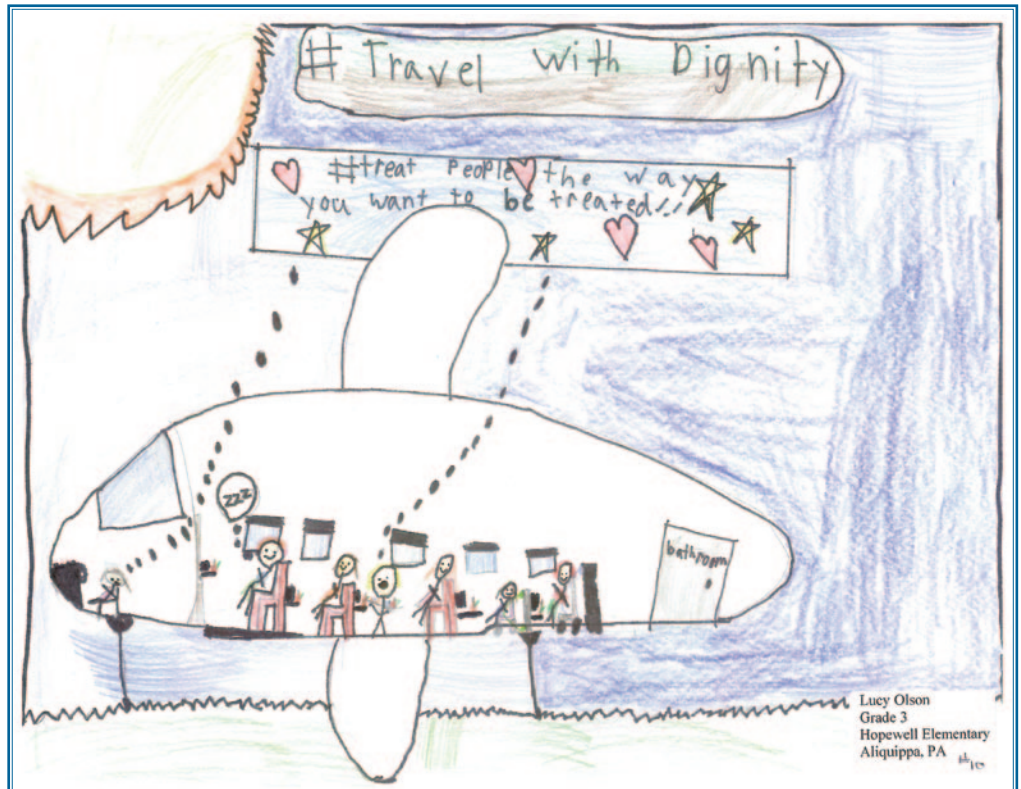
THE PARASCOPE

THE BI-MONTHLY NEWSLETTER OF THE KEYSTONE CHAPTER
OF THE PARALYZED VETERANS OF AMERICA
VOLUME XXI, ISSUE 6 NOVEMBER-DECEMBER 2023

Poster and Poem Contest winners announced

Six award recipients in the Keystone Chapter's competition in the 2023 PVA Poster and Poem Contest have been announced by Keystone PVA President Mark Rosensteel.

The top honors in the poster division and the poem divisions are shown on this page. At top is the poster submission of third grader Lucy Olson of the Hopewell Elementary School in the Hopewell Area School District in Beaver County, Pa. Her teacher is Nicole Parrish.



Below is the overall winner for the poem category from Grant Einodshofer, an eighth grader from the Belle Vernon Middle School, in the Belle Vernon Area School District in Belle Vernon, Fayette County, Pa. His teacher is Carol Aten Frow.

The competition has two categories: one for posters for students from first through fourth grades, and one for poems for students from fifth through eighth grades. Those categories are broken down into smaller, two-grade divisions.

More results and information follow on page 8.

The Enemy

Many soldiers have experienced
Hardships, war and turmoil.
But for paralyzed veterans,
Air travel is one battle they still fight.

Grant Einodshofer
Grade 8
Belle Vernon Area Middle School

Airport security,
Inaccessible paths,
Ill fitting seats,
Steep ramps.

Soldiers, tired of fighting.
These veterans pledged to defend our freedom and independence.
We should preserve theirs.
They deserve better.
Wheelchairs are not the enemy.

The next Membership Meeting will be on Saturday, 10 February 2024! Details on back page

Paralyzed Veterans
of America,
Keystone Chapter

Chapter founded 1960

President

Mark O. Rosensteel

Vice President

Sean M. Ferry

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Dane R. Smith

Treasurer

William D. Jakovac

Directors

Joseph A. Dunn

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Advocacy Director

Peter K. Townsend Jr.

Fundraising Coordinator

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Legislative Director

Chris Fidler

Membership Officer

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Peter K. Townsend Jr.

Service Officer

Joseph A. Dunn

Sports Director

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Volunteer Coordinator

Agnes Strang

National Director

William D. Jakovac

National Service Officers

See page 14

Executive Director

Joseph W. Dornbrock

**Membership and Projects
Coordinator**

Emma R. Goldstein

Bookkeeper

Nancy F. Campbell

Annual independent audit
conducted by

Kimberly Y. Donovan, CPA

You can contribute to SCI research

As the Keystone Chapter's Advocacy Director, I am pleased to let you know about new advocacy and educational opportunities available to you as a Keystone PVA member.

In October 2023, Cheryl Vines, Director of Research and Education at PVA National and Lisa Elijah, PVA's Grassroots Advocacy Manager, published a webinar entitled "Research is the Foundation of Successful Advocacy." The webinar is available to view on PVA's website at pva.org/research-resources/disability-rights-advocacy/webinars/.

During the webinar, we are introduced to the North American Spinal Cord Injury Consortium and a new educational program, the NASCIC "SCI Research Advocacy Course." The course is comprised of 12 modules, covering a range of topics including research advocacy, SCI biology, neuroprotection, neuroplasticity, and many others. The course takes approximately six hours to complete and can be found on the NASCIC website: nascic.org.

The purpose of the course is to familiarize you with the issues that SCI research is addressing, and to better prepare you if you wish to participate in that research.

The course is available to you, your caregivers, and other interested individuals free of charge. **You can register using the information on the next page.**

I expect to complete the course soon. Hopefully, I will have additional information to share in time for the next newsletter! In the meantime, if you have any questions, you can contact me at the email address below.

Peter Townsend, Advocacy Director, pktownsend@hotmail.com

National Director's Report Bill Jakovac

The national Paralyzed Veterans of America's Fall Board of Directors meeting was held in Orlando, Florida, from 21 to 23 October 2023. I participated as the Keystone Chapter's elected director; Chapter Executive Director Joseph Dornbrock also attended.

All 33 chapters were present, though two chapters were not able to vote. After the national PVA officers submitted their reports, the floor was opened for questions from the directors.

I had questions concerning the recently established Multiple Sclerosis Committee's funding and activities. Ken Ness, the MS Committee vice chair and our chapter's liaison vice president said that the request of funding for activities was not mandatory and was for the purchase and distribution of MS T-shirts and the like.

Hannah Buchholz, Director Meetings Services, gave a detailed presentation on PVA meetings, site selection, and the costs of having meetings. We learned that meeting sites must meet certain requirements, such as accessibility, elevators with easy access and numbers, sleeping rooms/accommodations, and meeting rooms for all activities. Other considerations for sites include airport access and prices of rooms, travel, and food. Among the number of sites presented, Orlando scored high in all categories of being cheapest in cost, air travel, and accommodations. The gist of this presentation was meetings are expensive and we should strive to save where we can. At this time, there was a motion made for meeting services to consider the feasibility of having one site to hold all meetings. This motion was approved.

The second main presentation was training on sexual harassment prevention. This involved several office scenarios followed by discussions on what behaviors and such were shown.

Continued on page 15



NASCIC

SCI RESEARCH
ADVOCACY COURSE

Dissemination Partner :



Register for free today for the SCI Research Advocacy Course to increase your knowledge about spinal cord injury research, the research & development process, and how to have meaningful engagement and partnerships with the SCI community.



About the Course

The North American Spinal Cord Injury Consortium (NASCIC) has developed a free online educational course to increase knowledge of the research process so that individuals with SCI and caregivers feel prepared to serve as research advocates and that SCI researchers, healthcare providers and industry stakeholders are better able to effectively partner with the SCI community.

The SCI Research Advocacy Course includes input from leading clinicians and researchers, as well as the guidance of a large community of people with SCI lived experience.

This is a program that was created by the community, for the empowerment of the community.

COURSE FEATURES :

- ✓ 12 COURSE MODULES
- ✓ MODULE QUIZZES
- ✓ GLOSSARY OF TERMS
- ✓ SUPPLEMENTARY LEARNING MATERIALS



*Scan to
get started!*



North American
Spinal Cord Injury
— Consortium —



For more information please contact Barry Munro (bmunro@csro.com)



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. Mark also reports on shooting sports. David Gifford submits information on handcycling.



Keystone PVA Life Member **Joe Wilkinson** (center, yellow shirt with plaque) and his team took second place in the 20th anniversary Steel City Slam Quad Rugby tournament at Slippery Rock University in Slippery Rock, Butler County, Pa.

Bowling league invites members to join them in Erie in February

Keystone Paralyzed Veterans' small but eager troupe of bowlers invites members to join them in Erie for the 20th Annual Hometown Heroes Bowling Tournament on Sunday, 25 February 2024. The application is on page 5.

Bill Jakovac, who regularly bowls and provides the scoring reports for this newsletter, is a regular participant in the Erie event and calls it "a fun time for all." Other members of the Keystone PVA bowling league—Mark Rosensteel, Sean Ferry, and John Kellner—plan to make the trip this year.

Keystone PVA will reimburse life members for the entry fee, mileage of a personal vehicle from home to Erie and back, and one night's lodging in or around Erie. A prior request for reimbursement is required; call the office to receive a sponsorship reimbursement form and ask any questions about filling it out. The chapter requires the form to be returned no later than 45 days before such an event, which for this bowling tournament, would be Thursday, 11 January 2024. This is to make sure there is enough time for the chapter's Board of Directors, which only meet monthly, has time to review the request.

2023-24 season Keystone PVA bowling scores

<i>Reported as of October 2023. Bowling year: 01 Oct-30 Sep</i>	High Game	High Series	High Average	Strikes	Games	Average
Sean Ferry	154	412	137	6	6	129
Bill Jakovac	120	314	104	8	9	101
John Kellner	174	466	150	31	28	135
Mark Rosensteel	152	442	149	4	3	147

Life members can bowl anytime and the chapter will reimburse up to three games per week!

Contact Mark Rosensteel (724-875-1086) or Bill Jakovac (412-916-9261) or the office for details.



**20th ANNUAL HOMETOWN
HEROES BOWLING TOURNAMENT
EASTWAY LANES
SUNDAY, FEBRUARY 25, 2024
1:00 pm**



**REGISTRATION FORM
TOURNAMENT RULES**

1. Event shall consist of three (3) games bowled on one (1) pair of lanes assigned by the Tournament Director and all decisions by the Tournament Director are final.
2. **This is a singles event.** Prizes will be awarded to the highest game and highest series bowled by both men and women. There will be no duplication of awards.
3. This is a fun-filled community event for our sponsors and friends of all ages.
4. Please note your bowling fee is not considered a donation to the Erie VA Medical Center and the fee only covers the cost of bowling.

◆ **ENTRY FEE: \$20 each** ◆ **5 people on a lane** ◆ **Limited to the first 200 paid entries**

Deadline to PREREGISTER is Wednesday, February 14, 2024. Availability is limited the day of the event. Junior bowlers are welcome. Check in begins at Noon. There will also be auctions. Please note that **100%** of proceeds will benefit **Erie VA Medical Center.**

Mail ENTRIES to: Eastway Bowling Lanes; 4110 Buffalo Road; Erie, PA 16510. You may also drop off your entry to the Bowling Lanes at the above address any day of the week after 9:00 a.m. Make entry fee check payable to: Eastway Bowling Lanes. Questions concerning the tournament, please contact Karen O’Neal at 814-860-2454 or Stacy Farrell at 814-860-2024.

If you would like **to donate** for this fundraising event, **please make checks payable to: Erie VAMC and mail to VAMC Voluntary Office, 135 East 38th Street, Erie, PA 16504.** **Please respond to this letter by Wednesday, February 14, 2024, if you would like to be recognized as a sponsor.**

ENTRY FORM – TEAM LINE UP (please print your name)

◆ **ENTRY FEE: \$20 each** ◆

FIRST AND LAST NAME

PHONE NO.

1. _____

2. _____

3. _____

4. _____

5. _____

Five people not required – singles or doubles will be matched up with another team.

Keystone PVA in Veterans Day Parades, 11 November 2023



Erie
Members, families and friends ride a decorated flatbed down State Street.



Pittsburgh
Members, families and friends walk, ride and roll along Liberty Avenue.

The iBOT® MADE TO MOVE

Qualified veterans can receive an iBOT®
at NO CHARGE to them under VA FSS #36F79721D0202.
Contact Mobius Mobility to schedule your demo today.



1-833-3GO-IBOT
(1-833-346-4268)
@mobiusmobility

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iBOT® by Mobius Mobility

info@mobiusmobility.com
@mobiusmobility



2023 Poster and Poem Contest winners



Fly you to Dignity

I carried you to war,
You boarded me with pride.
You can't proceed through the aisle now,
Your wheelchair is too wide.
I wish I knew how you must feel,
That I'm built for people to walk not wheel.
I want to help you,
Fly you to dignity and pride,
But everyone says that I have a one and only job,
And that's not to be considerate but just for me
to glide.

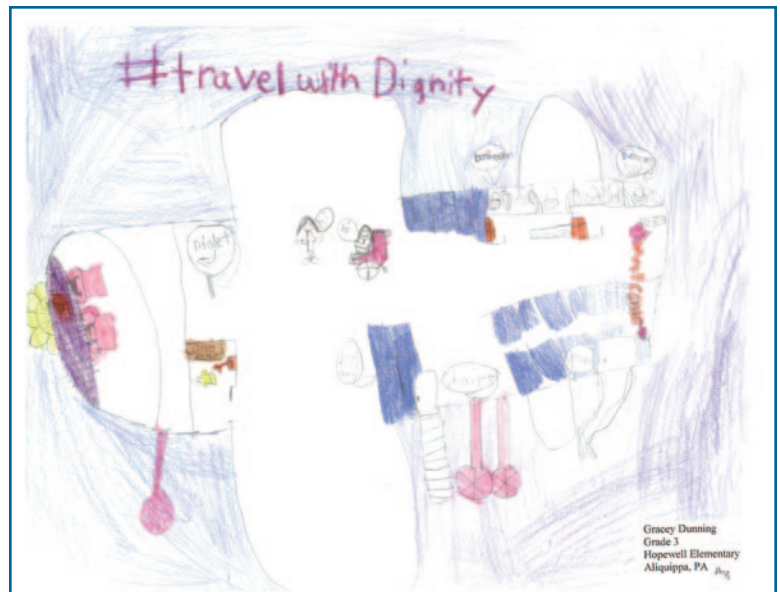
The coordinator—that means she did a lot of heavy lifting—of the 2023 Poster and Poem Contest was Lynnette Ferry, who began working on it early in the year. She recruited three professors from Erie County Community College to judge the 170 entries: Kimber J. Forrester, Communication and History Faculty, General Studies Division Chair; Jennifer Robinette, Ph.D., Founding Faculty, English Department; and Mari Howells, MLS, MM: Library and Learning Support Specialist. Many thanks to all!

Top left: 1st/2nd Grade Poster Contest winning entry from Willow Kurek, a second-grader from Hutchinson Elementary School in the Laurel Highlands School District near Uniontown, Pa. Willow's teacher is Carrie Raffle.

Top right: The 5th/6th Grade Poem Contest winning entry from fifth-grader Ava Bauer, who attends Chartiers Valley Intermediate School in Scott Township, Allegheny County, Pa. Her teacher is Sandy Owen.

At right: The 3rd/4th Grade Poster division winner from Gracey Dunning, a third-grader in Hopewell Elementary School near Hopewell Township in Beaver County, Pa. Her teacher is Nicole Parrish.

Bottom right: The 7th/8th Grade Poem division winner by Brooklyn Steeber, an eighth-grader at Belle Vernon Middle School near Belle Vernon in Fayette County, Pa. Brooklyn's teacher is Carol Aten Frow.



Travel is fun.
Is it equitable for everyone?
Like veterans or wheelchair occupants,
Is it fun for them and fair?

Airplanes have small entrances.
Can they expand?
For better accessibility
For honor and feeling worthy.

Worrying about getting on a plane,
Makes travel less enjoyable.,
Give them dignity, not stress
For veterans and wheelchair occupants



CHAPTER SPONSORSHIP FORM

2024 National Veterans Wheelchair Games New Orleans, Louisiana – 25 - 30 July 2024

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 2024.

All members, life and associate, planning to attend the 2024 National Veterans Wheelchair Games in New Orleans, Louisiana, 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 2023.
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 2024 (Oct. 1 to 30 Sep.).
- Circumstances, including the manner in which the Games are held, may change with little notice.
- Keystone PVA funds are limited, so the amount of chapter funding for each participant may 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 2024 meeting. Travel and lodging arrangements will be made with each athlete by Keystone PVA 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 2023

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 2024 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 New Orleans, Louisiana, 25 to 30 July 2024.

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 New Orleans, Louisiana, 25 to 30 July 2024.

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 Louis Armstrong New Orleans International Airport, Jefferson Parish, Louisiana. Member is responsible for arranging for transportation from Louis Armstrong New Orleans International Airport to lodging in New Orleans, Louisiana.

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 _____

Participants Needed for Spinal Cord Injury Assistive Tech Research

Train with electromyography (EMG) wristband for precise hand control in immersive tasks through the use of virtual reality (VR) despite hand paralysis



You May Qualify If You

- Are 18+ years or older with spinal cord injury (3+ months post-injury)
- Have impaired wrist/finger movement.
- Are comfortable with wearing VR headset and EMG wristband.
- Can look at a screen for more than an hour.

Potential Benefits

Participation in this study may help you learn EMG control for gaming and occupational tasks in an immersive setting, with potential therapeutic benefits.

FOR MORE INFORMATION

Please contact Jenn Shanahan at 724-259-7748, email Jenns@andrew.cmu.edu

Participation Involves

- Calibration experiments to isolate EMG activity and training to master EMG timing and intensity control.
- Utilizing a head-mounted display for immersive occupational virtual tasks
- One or more testing visits per week for up to six months

Location: 4805 Frew St, Pittsburgh, PA 15213

Participants will receive \$20 per hour. Study will cover transportation costs. We can arrange transportation via ACCESS or reimburse your expenses if you prefer.

Principal Investigator: Douglas Weber, PhD

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 information on chapter programs, refer to Operations Manual Section 8, which you may request from the chapter 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.
- ☛ **Fitness club membership.** The Chapter will reimburse members quarterly for memberships in nonprofit or for-profit organizations such as the YMCA, YWCA, Planet Fitness or LA Fitness up to \$10 monthly or \$30 quarterly.
- ☛ **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.
- ☛ Reimbursement for hunting, shooting and fishing programs that Keystone PVA supports or sponsors.
- ☛ (Currently, this rule remains suspended.) 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!

January

- 04 Keith W. Gilchrist
Terrisa Hohn
- 07 William Driscoll
John Lightner
James Moore
- 08 Christopher Fidler
Timothy Smiley
- 09 Edward Fink
Daryl Lee
- 10 James Fritz
- 11 Robert Mitchell
- 13 Raymond Lookhart
- 14 Edith Bernstein
- 16 Abigail Yaworski
- 17 Don Bartholomew
Joseph Kostich
Jennifer Strang
- 20 Dennis Fernandes
Dennis Wilcox
- 21 Tom W. Strang
- 22 James Baldwin
- 23 Richard Breneman
Daniel J. Dougherty
Doug R. Jones
- 24 Stephen Zimmerman
- 25 Megan McCann
- 26 Jeffrey L. Ross
- 28 John Feltovich
Shari Sennett
- 29 Shirley Wheaton
- 30 Matthew Fritz
- 31 Lindsay Martin

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!

February

- 02 Laurence Q. Pates
- 07 Marvin Vought
- 08 Frank Lowe
Rexford Nichols
Lawrence Smith
- 09 Mary Amaditz
- 10 Crystal Atherton
Linda Berty
- 11 Kenneth Anderson
Michael Sims
Richard Townsend
- 12 John Brockman Jr.
Abbey Strang
- 14 Jon M. Schnaars
- 15 Peter Matthews

- 15 Robert Moyer
- 16 Kurt Feathers
- 18 William J. Anderson Jr.
- 20 Thomas A. Strang
William W. Wheaton
- 22 Joseph G. Jenkins
- 27 Frank Kenesky
- 28 Donald Corson
- 28 Suzanne M. Frye

March

- 03 Gerald Jordan
- 04 Clifford Bateson
- 05 Andrew Borkowski
William Jackson
- 06 John McKee
- 09 Earl Stufflebeam
Raymond Weigand
- 13 Gordon Geer
Duane Woodley
- 14 Nevin Maurer
- 17 Stephen Bickle
- 18 Michael Brown
- 20 Patrick Bush
Norman Eicher
- 21 Bill Jakovac
- 24 Michael Crow
Jeanne Keenan
William Shingler
- 25 Diane Polensky
- 27 Gary Jenkins
- 29 Randall E. Moyer
- 31 John Berkavich

PHOTO CREDITS: (Photos taken or provided by) Page 4, Joe Gilkinson.

All other editorial photos by Keystone PVA staff, are file photos, or were submitted anonymously.

ADVERTISING in THE PARASCOPE

The Parascope is published bi-monthly. Deadline for submission of ad copy for the January-February issue will be 10 January.

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

Membership Meetings will be held as “hybrid” meetings for the foreseeable future, all of which will be available via some form of video such as Zoom videoconference, and with a “primary” in-person location.

The October and December meetings, on the 14th and 12th of the months respectively, were held mostly on Zoom, though Chapter President Mark Rosensteel presided from the Chapter office in Sharpsburg. Approximately 20 people were present at each meeting. Topics discussed were the chapter’s recent Annual Awards Banquet; a possible “bigger” bass tournament in 2024, the 20th anniversary of the chapter’s annual team bass tournament; the 2023 Poster and Poem Contest; and the activity in and around VA medical centers in Pennsylvania. A special program on an assistive device called a “Carbo Hand” was presented at the December meeting.

Details for attending the next Membership Meeting, on Saturday, 10 February 2024, are on the back page.

We welcome new Life Members—
*all communities are in Pennsylvania unless noted;
military branch is where each served:*

Joseph S. Shaw of Johnstown, Cambria County,
Marine Corps

Todd R. Wallace of Nazareth, Northampton
County, Marine Corps

We mourn the passing of member
Robert F. Garvin Jr. of Beaver, Beaver County,
on 06 October 2023, an Air Force veteran who
joined earlier in 2023.

*We regret that we sometimes do not learn about the
passing of members until some time later.*

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 L. Anderson, John H. Beitler, John H. Conrad, James D. Evans, Jerald R. Johnson, Donald G. King, Michael A. Offen, and Gary Robertson

MEMBERSHIP TOTALS AS OF 12 DECEMBER 2023

Service connected	145
Non-service connected	<u>99</u>
TOTAL	244
Annual Associate Members	16
Lifetime Associate Members	<u>70</u>
TOTAL	86

NATIONAL SERVICE OFFICES
for members in Pennsylvania and western and central New York State:

Western Pennsylvania: Pittsburgh, 412-395-6255
1000 Liberty Avenue, Room 1602, Pittsburgh PA 15222
Brent Madison, National Service Officer II; **Marissa Sabatucci**, Secretary

Eastern Pennsylvania: Philadelphia, 215-381-3057
5000 Wissahickon Avenue, Philadelphia PA 19144
Joseph Weeks, Senior National Service Officer; **Violet Graham**, Senior Secretary

Western New York: Buffalo, 716-857-3353
130 S. Elmwood Avenue, Suite 621, Buffalo NY 14202
Matthew Wezka, National Service Officer II; **Victoria Gawne**, Secretary II

Central New York State: Syracuse, 315-425-4400, ext. 53317
800 Irving Avenue, Room C419, Syracuse NY 13210
Charles Tocci, Area Manager

Donated, gently-used household goods support Keystone Paralyzed Veterans



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!

National Director's Report Bill Jakovac *Continued from page 2*

The third presentation was given by PVA General Counsel Len Selfon. He gave the legal aspects of everything from the Code of Ethics to the fiduciary obligations of directors. He used all the legal terms, explaining them clearly and in detail. I am now more aware of the legal aspects of my responsibilities as director.

There were seven resolutions for review and consideration:

- 23-O-1 Increase Amount of Maximum Income for BOD Representation
Cost of Living Adjustment (COLA) primarily for Executive Committee members; passed with 29 ayes, no nays, and one abstention.
- 23-O-2 BOX Submission Process for Chapter Finance Reporting
Electronic submission of annual reports instead of mailing. Passed 30-0-0.
- 23-O-3 Renaming National President's Award to Gilford Moss. This was on the Consent Agenda and was earlier approved unanimously.
- 23-O-4 (S) Investment Allocation Policy Parameters. Concerned ratios in the investment portfolio. Passed unanimously.
- 23-O-5 Chapter Program Expenditures. Concerned penalties of chapters being too successful in fundraising. This has been previously presented many times and was once more returned to committee.
- 23-O-6 Changes to the Chapter Election Process
Proposed that a chapter having an unopposed ballot can be approved by acclamation of members present at a membership meeting. I was the first director to propose defeat of this resolution. I pointed out that it did not involve all members of the chapter and voided the right of a member to write in a candidate. Many joined me and the resolution was withdrawn.
- 23-O-7 Membership and Transfer Application Changes
Added some questions on Veterans Status Information. The motion to send it back to committee was approved 24-6-0.

Final thoughts from the meeting on cutting future costs:

Last year, there was a resolution to reduce the lengths of the Fall BOD meeting and the Annual Convention by a day. The BOD disapproved it. There will be a future resolution and it will more likely be approved.

Meeting sites around the country are currently held near chapters' cities. This is a good thing. If meeting services finds it is cost effective to choose a permanent site for all meetings, approval of the directors may not be unanimous, but I believe it will be approved.

After the Board meeting was adjourned, chapter presidents and executive directors remained in the meeting room to continue training.



Keystone Chapter

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Phone 412-781-2474 or 800-775-9323

Fax 412-781-2659

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keystoneparavets@gmail.com

VA MEDICAL CENTERS

VAWS 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—VAWS Representative

Abie Abraham VA Healthcare System

353 N. Duffy Road

Butler PA 16001

800-362-8262

John Kellner—VAWS Representative

Erie VAMC

135 E. 38th Street

Erie PA 16504-1559

800-274-8387

John Larese—VAWS Representative

Sean Ferry, Rex Nichols—

Deputy Representatives

Lebanon VAMC

1700 S. Lincoln Avenue

Lebanon PA 17042-7529

800-409-8771

Chris Fidler—VAWS 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

Wilkes-Barre VAMC

1111 East End Boulevard

Wilkes-Barre PA 18711-0030

570-824-3521

Peter Townsend—VAWS Representative



The next Keystone PVA MEMBERSHIP MEETING

will be on **Saturday, 10 FEBRUARY 2024**

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

Primary site: **Keystone PVA office,**

1113 Main St., Sharpsburg (Pittsburgh PA 15215)

Join by Zoom videoconference.

Members who reside outside the Pittsburgh region are invited to join online via the Zoom link that will be emailed to members.

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

If attending in person PLEASE

RSVP by 02 February 2024

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

Attendance will be limited due to office size.

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.

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