

# The Desert Oracle



A Member Chapter of the Paralyzed Veterans of America

December 2005 Vol. 7 Issue #12

*Happy Holidays*



# Arizona Chapter, Paralyzed Veterans of America



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Published Monthly.

## IN THIS ISSUE

- ◆ Board of Directors.....pg. 2
- ◆ Letter form the President.....pg. 3
- ◆ A Note from the Executive Director.....pg. 4
- ◆ MS Corner .....pg. 5
- ◆ Government Relations Director.....pg. 6
- ◆ Legislation.....pg. 7
- ◆ Architectural Barrier.....pg. 8
- ◆ National Director Message.....pg. 9
- ◆ Tucson Connection.....pg. 10
- ◆ APVA Treasurer's Report.....pg. 10
- ◆ News from The Sports Director.....pg. 11
- ◆ APVA Secretary, Director &  
Membership Report.....pg. 12
- ◆ Clinical Reminders.....pg. 13
- ◆ News from Tucson.....pg.14
- ◆ APVA Trap Shoot in Tucson.....pg. 15
- ◆ Calendar.....pg. 16
- ◆ Charity Tax Credits.....pg. 17
- ◆ Classifieds.....pp. 18-19
- ◆ Birthdays.....Back Page

The views expressed in the articles of the Desert Oracle are the opinions of the author and not necessarily the opinion of the AZPVA. Any article not attributed to an individual / group was compiled with available information by APVA staff/members. The Desert Oracle **does** encourage our readers to submit their articles, interests and/or rebuttals.



The end of 2005 is quickly closing in on us and yet the chapter is already in

fiscal year 2006. Thankfully the holidays should allow us all some rest and time to count our blessings. Hopefully you are all doing well and find it in yourselves to help the less fortunate.

The Chapter is changing formats this year as our December Desert Oracle will be filled with articles from the PVA BOD, staff and other regular contributors. The Annual Report will fulfill the mandatory requirements of PVA, while being significantly smaller. This will be a considerable cost savings to the Chapter, yet still deliver you the member with all the usual information. Questions can always be referred to the office at 602-244-9168.

There are many ways to help your fellow veterans or children in Arizona. There has been an ad in the Oracle for many months about a terrific organization called Home Base. These folks are just hard working people who truly care about our youth population. Seriously would it even be more than a loss of a moment, to send a few dollars to help these people get our young people off the street and back to productive endeavors? No, so send a donation now. For those of you who only want to help fellow veterans do not be alarmed. Your local VA hospital has plenty of needs from clothes to food. Arizona has enough homeless veterans that a full year of work can not begin to fill their needs. You can help. Get involved.

Our fine elected officials have seen fit to start the cuts in the new 2006 fiscal budget and if you haven't seen it in the news it is because this is an election year and the politicians are busy cutting any program that will least affect their voting base. Veterans obviously complain a lot but we are all ready in for a cut and this is after they were short by one and a half billion

dollar ( 1,500,000.00) budget. Apparently they forgot to include the casualties of war. The politicians' explanation for another shortage, not mine.

The US oil companies are receiving eight billion dollars (8,000,000,000.00) from the federal government, plus permission to devastate the Alaskan Wildlife Refuge, during the year of their biggest profits. Or price gouging, if you prefer; yet our local elected federal officials are beside themselves for the outrageous request of Veteran's Service Organizations for wanting to catch up the VA Budget to appropriate funding. Maybe veterans are less important because we are all ready used up, while oil companies still need a few years to finalize the damage they are inflicting on us. Won't it be interesting in the future to watch the state and federal governments sue big oil when they are no longer the cash cow for political war chests. Just ask big tobacco. The corporate leaders will take their golden parachute retirement plans and all those retirees who bought stock will pay for the lawsuits, along with employee pension funds. Do you still feel it is ok not to get educated and vote?

God Bless you today and God Bless the future.

Happy New Year



**Well the** calendar year 2005 is almost over, and we here in Arizona have much to be thankful for.

First and foremost for 2005 is that we do not get hurricanes. Our hearts and prayers go out to our fellow Chapter and family members who have had their personal world turned upside down by these catastrophic storms.

This is a busy time of year for the office as we finish the Chapter Independent Audit and initiate our Annual Report. The formats may be different but all your questions should be answered.

We have a great mixture of old and new people on the newly elected BOD and the individual agendas are disappearing quickly. Each board member is developing towards a solid support of Chapter team efforts. Thank you to the incumbent board members for you continued support of the staff; while a note of appreciation to the new board members. Since we are speaking of the staff, please accept a big thank you for all your hard work and good intentions for the past year.

On January 13th and 14th, we are holding an ATA Trap Shoot at the Ben Avery Shooting Range. This is not a PVA National event, rather a local fun shoot and fundraiser. Practice

will be on the 12th of January, 2006. Three hundred rounds for three events will be the competition . Ammunition will be included with the entry fee. Anyone wishing to participate should contact the office at 602-244-9168 for details.

This upcoming year will be busy and exciting. Our fine winter weather should ensure that we all can get out and enjoy the adventures that Arizona has to offer. If you should find one of these adventures try to take good pictures and feel free to send us a story about your good time. We try to publish stories of interest in the Desert Oracle whenever we can. Your feedback is always appreciated, so if you care to comment, we are waiting.

The Chapter would like to thank those friends of the APVA who are sometimes not mentioned, Mentors such a Hutch and Margrita Hutchison, David and Bee Riske, Earl and Susan Lulloff, Cliff and Nancy Crase, and all Arizona PVA members and supporters.

Also included but are not limited to: the SCI Clinic staff Eilleen, Bobbie and Roberta at the Phoenix VA. We wish to thank the people such as Karen, Jennifer, Lori and Tina in the Tucson Clinic and David Miller at the Prescott VAMC. Thanks to Jack and Helen Mathison from PRN Medical, Gary Venjohn with the Wheelchair Suns. Gary and Dorothy Hershey, Paul Mortenson, Vangie and Tom Mortensen and Amy Rocker form ASCIA, Larry Westbrook and the young men from Vested Interest, Marion Widger from We Are Family, Dan Ferrier from ASU, congratulations to John and Karla Tuzzolino on the arrival of their baby Megan Grace, the Diamondbacks, the Bidwells and the Cardinals, and the Phoenix Suns.

**Best Regards and Happy Holidays**

Until Next time.....



Ho Ho Ho,  
Merry  
Christmas,  
Happy  
Hanukkah,  
Season's  
Greetings or  
however one  
wishes to  
express their  
feelings.

This is a time when Santa rings a bell at store fronts, greetings appear on soda cans, and the miracles of the season just seem to manifest.

This is a time to visit with many family and friends, friends from the past and new friends as well. It's a time to remember loved ones, no not Skippy the Dog, but our brothers and sisters.

Many who still have their Mom's and Dads, Grandma and Grandpa too, God Bless you. Love them, remember them, because one day...

This is a time when many people prepare for the New Year with a resolution. Resolutions to be better people, better spouses. It's a time to forgive wrongs from the past.

It's the joy of the season to simply just love your fellow man, or woman, a time to show our true selves, even when we have to go above and beyond the call of reason.

Be thankful to and for our troops who've not made it home for the holidays, whether they are at war in Iraq, or stationed across the country. Thankful for the work they've done and are doing.

All in all, I just want to say, from my heart to yours have a Merry Christmas, and a Happy New Year.

God Bless You all.

Your Vice President wishes to thank any/all who made the event at 2005 Arizona State Fair a success.

Thank you so much for your knowledge, your time and professionalism in working with the public.

The occasion at "Veterans Recognition Day" was capped off by the pageantry of various organizations displaying the flags with pride.

Arizona PVA wishes to thank all the people who made the events at the Arizona State Fair possible.

Thank you Sue Wudy for getting the tickets and parking passes for this event. Thanks to Dianne Brunswick for dedicating her time as an involved Board member. Also, thanks to Diego Suazo for contributing his time, John Lawrence from Tucson for his participation. To all other APVA board members who made this a memorable occasion.

Again, thank you to one and all that made this juncture a success.

Sincerely,

Benjamin Garcia  
Vice President Arizona PVA



By Michael Roberts MS



**Advocacy** planning, implementing, and delivering service is a national PVA mandated program for the Arizona Chapter. The Chapter's Government Relations Director is

responsible for this program based on involvement with legislation, housing, civil rights, community information and referral source, accessibility, and transportation issues.

The following is a synopsis of our activities involving advocacy, The Chapter has taken the liberty to address legislative issues and accessibility/architectural barriers in separate reports.

The Chapter continued its involvement in the Citizens Work Group on the Long Term Care Workforce (CWLTC) that produced a working document for Governor Napolitano in the early part of 2005. Upon the completion of the document to the Governor the CWLTC continued with implementation the Chapter became involved in a subcommittee to enhance public awareness about the valued role of the LTC direct care worker and develop an educational campaign. We believe that some of the benefits may include much needed worker recognition, recruitment, and support for family caregivers.

The Chapter continued it's working relationship with Linah Iliih, Inc. (Precious Life, Inc.), a nonprofit organization located in Gallup, New Mexico, where the Northern Arizona Transportation Project came to fruition. This outreach effort provides transportation and durable medical equipment to veterans and people with disabilities residing on the Navajo Nation.

Removable bus benches to the Hopi tribe in order to transport Hopi Veterans, elders, and/or individuals with disabilities to various health facilities. This effort was a collaboration of a District 26 State Representative, Albert Tom, Carl T. Hayden VA Medical Center Minority Coordinator, Cari James, Hopi Tribal Transportation Department, Michael Pavetia, and the Chapter's Government Relations Director and Executive Director. This all took place during PVA awareness week!

The Chapter has begun to participate in an active campaign to raise the consciousness of people with disabilities with the issue of voting rights. As with other major minority groups, voting has been the key issue to bring about change and recognition of civil rights. Our focus involved a bipartisan effort through mailings aligning ourselves with other disability organizations to get the vote out.

Chapter members and other individuals in the community who have disabilities found us to be very accommodating when requesting assistance in community information and resources to resolve various issues, such as; employment, Social Security, housing that is affordable and accessible, legal issues dealing with sexual harassment, Air Carrier Act, public transportation, AHCCCS/Arizona LTC, etc.

The Chapter began a new *capital raising* employment venture partnering with SolutionEngineers Enterprises, Inc. called *Measuring up for America's Veterans*. Our focus is providing quality domestic employment opportunities for Americans, Veterans and their families. We have begun ensuring that the potential employees are provided information about the benefits. Training is provided to fill the manufacturing jobs created by this *abilities awareness program*.

**The Chapter** has continued its involvement with the coalition, Arizona Disability Advocacy Coalition (AzDAC), in order to maximize our profile at the state capital. This coalition expanded to 19 statewide organizations with our mission being: to coordinate advocacy that promote public policy that enhances the choice, dignity, rights and responsibilities of people with disabilities and their families.

AzDAC will act as a catalyst to engage individuals with disabilities, their families and organizations in these efforts. AzDAC has a web site ([azdisabilitycoalition.org](http://azdisabilitycoalition.org)), implemented a Legislative Awareness Day during the initial 2005 legislative session, positioned ourselves with various state legislative members of the House and Senate by having numerous coalition meetings throughout the year, nineteen bills involving people with disabilities of which nine were signed by the Governor and passed into legislation, recognized and introduced on the floor by Arizona state legislators, and worked with another larger coalition (Protecting Arizona Families Coalition - PAFCO) regarding other issues paramount to children and families.

The Chapter stepped up its involvement with the United Arizona Veterans (UAV) by having our two members attend on a regular monthly basis and putting forth an agenda regarding VA healthcare benefits. APVA UAV Representative and APVA UAV Deputy Representative are both veterans and work closely with APVA Executive Director and Government Relations Director to ensure our position on various issues. UAV works closely with the state Department of Veterans Services at the state capital and was active opposing the proposed . Veteran Property Tax Exemption which died in session and

supported the Governor in appointing an 11 member Veterans Task Force to craft out a veterans legislation omni-bill with recommendations to be presented to the Governor, Senate President, and the Speaker of the House in January, 2006.

The Chapter was represented at the Advocacy/ Legislative Seminar in March, 2005. As always, the Seminar focused on all position papers from PVA and provided our national organization with support from all Chapters when presenting PVA's annual testimony before a joint hearing of the Senate and House Veterans' Affairs Committees

The Government Relations Director attended monthly teleconferences held by the Association of Government Relations Directors (AGRD) and national PVA. AGRD became recognized by national PVA as an Association and brought in supportive funds from a Pfizer grant to each Chapter and the Association

The Chapter joined forces with Valley Interfaith Project and the Arizona Chapter of the Multiple Sclerosis Society in support of the Lifespan Respite Care Act (S. 1283) and a discussion on Medicare Part D with Senator Kyl's legislative staff Jane Grace. This was the second interaction/unity the Chapter has had with the Arizona Chapter Multiple Sclerosis Society and a first of many with Valley Interfaith Project.

The Chapter lead a grassroots effort championing Arizona Veteran Services Organizations and veterans in general regarding FY 05 and FY 06 VA healthcare issues. Not only did the Chapter gather over 200 support letters from our members and the community in response to the President Bush's proposed FY 06 VA Healthcare Budget. It continues to advocate for a public forum where our Congressional Delegates may be held accountable to Arizona Veterans.

**In order** for people with disabilities to access programs and services to achieve a *quality-of-life* that they choose, removing architectural barriers is significant. The Chapter has relied on its Government Relations Director to assume the role of a 'resident' expert in this area of advocacy with a thorough knowledge of ADAAG, ANSI standards, UFAS, Fair Housing Act, Section 503, 504, 508 of the Rehabilitation Act, and community resources. The following is a summary of the Chapter's accomplishments this last fiscal year.

During this last year we continued with our relationship with the WalMart retail stores throughout Arizona to improve Accessibility. Issues involving parking configurations, accessible routes and entrances to stores, space between self-service display units for people to access the merchandise, accessible fitting rooms, and restrooms have been the primary focus.

We initiated and began working with the Homebuilders Association of Central Arizona (HBACA) in developing a brochure for information and public awareness regarding guidelines for accessible accommodations in single-family dwellings. Rather than focus on an Inclusive Home Design ordinance initiative that would require all newly constructed single-family houses condominiums, and townhouses to meet minimum standards of visitability for persons with disabilities, the Chapter continues to focus on accessible accommodations being met through information and public awareness.

The Chapter continued relationship with the city of Glendale regarding accessibility and transportation to Luke Air Force Base and both the Arizona Cardinals Stadium and the Glendale Arena. With the population growth and the number of sporting venues taking place on the west side of the Valley,

Glendale and it surrounding cities must increase its focus on accessibility.

APVA continued its relationship with the Arizona Sports and Tourism Authority (AZ-STA) and it's Access Committee to oversee the construction of the Arizona Cardinal Stadium. The Chapter provided valuable information regarding the updated ADAAG standards and gave our input on parking issues.

We continued our active participation in the Bank One Ballpark/America West Arena Access Committee. Two members of APVA work with the Survey Subcommittee. They provide data and input regarding the usability of accessible seating at Bank One Ballpark in order to improve protocol in accessible seating.

The Chapter was an active participant in the town of Prescott Valley's ADA Summits where various topics were discussed in a community outreach effort by the town's Council and Administration. This led to a Request for Qualifications (RFQ) submittal to the town of Prescott Valley regarding a *fee for service* ADA consulting contract. We were awarded the bid. The APVA has been actively involved in assisting the town of Prescott Valley become ADA compliant since 2002. The Chapter will have three individuals that will be providing personnel training, ADA education and awareness to the community at large. They will consult with town council/management/ et al., assisting local businesses in understanding the ADA and the need and benefit to be compliant, and ensuring that the Transition Plan for the town of Prescott Valley is complete and meets its deadlines.

The Chapter began working closely with a member/volunteer in the pursuit of reviewing the 3 various VA Medical Centers throughout Arizona regarding accessibility. Our initial effort has been parking with a secondary focus next year on the interior.



**In August, 2005,** I had the opportunity to attend the 59th Annual National PVA Convention in Omaha, NE.

The day we arrived we were greeted by a young lady Ms. Coloyer Brown, from Florida. She helped the PVA members with Prosthetic equipment:, she was very helpful in getting what they needed. The doors to the bathrooms were removed for us to get in and out easier. Thank you to the Embassy Suites Hotel for making the Veterans comfortable. The 20x40 flag was displayed in the lobby of the Hotel to show their support.



The next day the meeting started promptly at 9:00a.m. The Offett Air Force Base assisted with the

Chapter Flag presentation. The past National Secretary Frank Rigo lead the pledge of allegiance and PVA Director of Meetings Services, Gwen Davis sang the National Anthem. Peter Quinn and Ed Hutchison also attended the convention, and they were there to explain what was going on in the meeting. A lot of issues were brought up and some changes were made during the week.

The local Air Force was there to assist the veterans with opening doors, carrying plates to the table, and even to fix a tie. All the veterans looked nice in their dress coat and tie. I met National Directors and other

members of the PVA from all areas of the country. I would like to thank Treasurer Craig Enenbach for hosting this convention, he did a excellent job.

The wives were well entertained while their husbands were in session. On Monday the ladies were invited to the Upstream Brewing Company for Honey Bee Happy Hour. There they had food, fun, friends.... And a buzz'n good time. Tuesday: they attended the wellness Health Fair, where they had their makeup done, fit frenzy, and get a message done from the Omaha School of Message Therapy. Some went to the Omaha's Henry Doorly Zoo on Wednesday. On Thursday the ladies traveled somewhere outside of Omaha to Arts Chicks, they enjoyed their lunch and sang.

After lunch they did more shopping in town. So says my wife Kathy.



The Center Piece

Closing at the end of the week on Saturday, the PVA had a brunch. The brunch was culminated with

the presentation of PVA's highest honor. Take a look at the center piece for the brunch, the hotel went all out of their way. They had a band playing as we ate. We did enjoy our

Ne-



Peter Quinn and Ed "Hutch" Hutchison

stay in Omaha, braska.



**A lot** has happened in Tucson over the last year. For one thing, there has been several changes in the clinic. Don't worry, Karen is

still there. Gone are Kris and Candy and in their places we have Tina and Lori. Both are really nice and capable of helping Karen run the clinic.

For those of you who have been there and those of you who have not we also have a new check in area. It is large and roomy which makes it easy for those of us in chairs.

We also had the privilege of having the traveling Vietnam wall make a stay in Tucson VAMC. It was something I will never forget. It was a real moving and heart pounding experience just to see the traveling wall, I hope to get the chance to see the one in Washington DC.

Karen did a great job of recruiting for the wheelchair games. We had fifteen from Arizona and came back with over 20 medals. Great job to everyone who participated. A big thank you to Karen and the coaches who helped out.

As I close, I would like to say thank you to the Chapter for sponsoring not only the youth volunteer program, the patient carnival and Operation Warm heart . These are great programs and I look forward to the Chapter's continuing support in the future.

Sincerely,  
John Lawrence



**As your** newly elected Treasurer for fiscal years 2005-2007, I am pleased to report that your chapter's financial condition is sound.

The Board of Directors recently approved a balanced budget for FY 2006. Although the new budget is balanced, your Board will be tested in being alert to new revenue generating opportunities and more circumspect in spending funds . In other words, frugality is in order.

One area where members can be helpful to their chapter and themselves is in the area of fundraising, especially for all sports programs and for the Veteran's Wheelchair Games. The cost for athletes going to the Games in Anchorage will be approximately 50% (or more) higher than last year.

Another challenge that the Board is accepting this year is that of searching for property for permanent offices and/or income producing purposes. If anyone has any ideas or suggestions, please contact the Chapter office. Our intention is to become property owners instead of renters and to gain space whereby we can expand as a possible income producer and possibly an employment opportunity for people with disabilities.

Thus, while the current year promises to be fiscally challenging, we are excited by our quest for new opportunities.

Respectively submitted,

Larry Lattomus



**Well** the year is technically over and the Arizona Chapter has plenty to be proud of. Sports has typically been a strong program for us and I am happy to say this year has again shown improvement.

We sent fifteen Chapter members to Minnesota for the 2005 National Veteran Wheelchair Games, along with three coaches and eight attendants. Each year our numbers have grown and Karen Gialle and John Lawrence have done a terrific job of developing a strong competitive atmosphere in Southern Arizona. The Chapter is gearing up for Alaska and this year's summer games.

Arizona State University and the Chapter began an exercise Rugby class and apparently it was successful as a few new injuries broke off to develop a new competitive travel team. APVA looks forward to continuing this program with ASU.

The Chapter held its' first Over the Line Tournament in April and it was a complete success. We are planning another tournament here in early April and we expect an even a bigger event. The Chapter sponsored teams that went to San Diego where the world series of Over the Line is held. We won all three top places in our events. This year we are developing our junior squads.

Basketball is always a must here in Arizona and the Chapter hosted three tournaments here in Phoenix. The Wheelchair Suns and the Tucson Lobos are the home teams here. Both of these organizations are strong in community

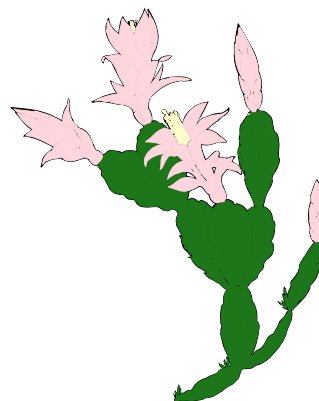
service and hold numerous events year round to aid Arizona's youth and education.

Mike Smyth, Darlene Smyth and both Hutch and Margrita Hutchison along with various family members and friends put on a terrific trap shoot at the Tucson Trap and Skeet Club. The event and its' working hosts are first class all the way. Mikes eye for detail and insistence on doing it right, make for a great National PVA event.

Power soccer is alive and growing in the Valley. Our own Mark Peterson was picked to serve as a liaison to develop the International Rules that Power Soccer shall be played by in the 2012 Paralympics. This will be a long process as some countries use a modified basketball, or ramps to keep the ball in play and some even use electric wheelchairs with governors so that speed is equal. No country will be playing the same way anymore as each session develops the new standards that are making this a faster, exciting game of wits and strategy.

We are looking forward to another year of growth and excellent competition here in Arizona. A fun ATA sanctioned shoot in January and a bass tournament in late spring. Hope to see all of you at these great events

### Happy Holidays to All





**Hello!**

My prayer for each of you during this holiday season is that wherever you are and whomever you are with; your heart will be filled with the joy, peace, and true meaning of Christmas.

**Dianne Brunswick** I am looking forward to an eventful and prosperous new year for the Arizona Paralyzed Veterans of America! Please take care of yourselves and each other.

May God Bless you and yours during this holiday

Today many atomic / nuclear veterans have a cancer and other health problems from the exposure an to ionizing radiation, but the atomic veteran is told to prove his cancer or health problem.

Over the past years, less than 10% or claims have been approved. These Atomic and Nuclear tests were so secret, nothing ever was on the veterans discharge. The veteran was told not to talk about it, yet a veteran has to try and show he was at a test to try and apply for compensation for a cancer he feels was because of his exposure. All these older sick veterans, many in there 80's want today is

**Justice**

By William "Bill" Harper



**THE ATOMIC VETERAN 60 YEARS AND STILL WAITING**

**For** those who remember, back in 1945, in the New Mexico desert, the Atomic

Bombs that ended WWII with the bombings of Hiroshima and Nagasaki were developed. Those not killed in these bombings were exposed to deadly ionizing radiation. Those exposed all so included American POW's held in Japanese prison camps.

Many of these Veterans are no longer with us today, others that are still alive have suffered with health problems for all these years. The first two atomic tests conducted after WWII were in the Marshall Islands at Bikini Atoll. My ship was there. We were the obser-vation ship, about four miles from ground O. Over 30,000 servicemen took part, all exposed to ionizing radiation. One test above water, one test below water. All test ships in Bikini lagoon sank including the old carrier Saratoga. Over the next 20 Years, over sixty tests were conducted.

**MEMBERSHIP REPORT from The Arizona Chapter**

The Arizona Chapter voting membership stands at 574 as of November 2005.

National and APVA records show our voting membership as: **319 - Service Connected**  
**255 - Non-Service Connected**

The Arizona Chapter encourages each of our members to contact the Chapter and let us know how you are doing, and if we can help you in any way.

If you know of any of our members who have passed away, or if you have an address/phone change, please contact the Chapter as soon as possible. Also, if you would like to receive the Desert Oracle Newsletter by e-mail, please call or e-mail the office with your e-mail address.

Do you know a veteran with spinal cord dysfunction who isn't a member of the APVA? Let us know at the Chapter office by calling 602-244-9168 or 1-800-621-9217 e-mail: [azpva@azpva.org](mailto:azpva@azpva.org)



### Greetings from the SCI Clinic

Some time ago, we wrote about the benefits of leading a healthy lifestyle, and how making even small changes can lead to big benefits.

As the holidays approach, making good choices about what we eat can prove to be very difficult. After all, we wouldn't want to insult the cook by not at least "trying a little" of what has been prepared and after all it IS the holiday season and what better way to celebrate than to EAT! This can often backfire on us as we face the scale only to find out that all that celebrating has caught up with us. Making little changes in what you consume allows you to eat, drink, AND be merry without the terrible after shock and scolding you'll receive by your health care provider. By adopting healthy eating patterns and balancing this out with physical activity you'll soon see yourself on the way to a healthier lifestyle.

We all have heard that we should use fats and oils sparingly, but actually some fats can be good for us. In a recent article published in a leading magazine, they talked about the health benefits of oils and that some fats – in moderation can actually be good for you. The following is an excerpt from the article:

You should decrease the amounts of saturated and trans fatty acids in your diet, since they may raise your cholesterol and put you at higher risk for heart disease. On the other hand, eating foods high in monounsaturated and polyunsaturated fatty acids may actually help lower LDL or "bad" cholesterol.

Oils are a good source of monounsaturated fat, but you must choose them wisely. Replace oils in your diet that are high in bad fats with oils that are high in the better fats. For example, you could replace corn oil which is higher in saturated fat, with olive oil, which has a high content of monounsaturated fatty acids.

#### **Adding Olive Oil to Your Diet:**

Olive oil is extracted by pressing or crushing olives, and depending on how the oil was made, it may have very different properties than other types. Extra virgin olive oil comes from the first pressing of the olives and is considered the best and least processed. Virgin olive oil is from the second pressing of olives. Replace olive oil in dishes that typically use another oil, such as in sauces, salad dressings and sautéed dishes.

#### **Nut Oils -**

- ◆ Like the nuts they come from, nut oils are very low in saturated fats. Nut oils have other benefits:  
Almond, hazelnut, macadamia, pecan and pistachio oils are high in monounsaturated fats. Almond and hazelnut oils are a significant source of vitamin E.
- ◆ **Walnut oil** is high in polyunsaturated fats and also supplies omega-3 fatty acids.

Nut oils can be added to your diet in various ways. For example, drizzle almond oil over vegetables, use hazelnut oil in baked goods, add pistachio oil to salad dressing, or use peanut oil for stir-fry dishes.

#### **Flaxseed Oil –**

- ◆ Flaxseeds are the richest plant source of omega-3 fatty acids, so flaxseed oil also contains plenty of these acids. This oil is also a good source of protein, potassium and beta-carotene. It is now being researched for its potential to reduce conditions such as stroke, certain cancers and skin ailments.

Use caution before adding any nut oils to your diet, to ensure that you are not allergic!

#### **Happy Holidays**

from your SCI Clinic Staff.



**Time** for some updates from the Tucson SCI Clinic. Yes, we are still alive and well since

the 25th National Veterans Wheelchair Games in June 2005.

Let me catch you up on some of the staff changes since then. Chris Blanco RN has moved to Fernley, Nevada near Reno with her family due to a change in her husband's job. She was sad to leave the SCI Clinic and will be missed greatly.

We have a new RN named Lori Rice, who you will meet at your clinic visits. Lori has been with the VA for 15 years and has worked in many areas including medicine/surgery, OR, ICU and hospice. She has been the chairperson for the VA Decontamination team, is on the Board of Directors for a hospice program in the Tucson active annually at Nam Jam both volunteering and providing staff for this occasion. We welcome Lori, and hope she will stay with the SCI Clinic for many years.

Candy Banker LPN, has moved back to her home state of Indiana due to family needs. She also was sad to leave Arizona, but felt she had to at this time. Anyone who knew Candy will miss her caring loving nature. Tina Diproffio LPN has been with us for the last year and is now indispensable in the Clinic. She continues to work behind the scenes thinking of all sorts of fundraising ideas Tucson Vets can do to raise money for the W/C games to be held next year in Alaska. She also volunteers at community events such as Nam Ham and the recent SAVAHCS Employee Volleyball Tournament. She is very

much like me.....quiet and shy.....Hey I heard that!!!!

Jennifer Quinlan, Social Worker has been out sick lately, but for a very good reason. She has undergone a kidney transplant about two weeks ago, which she has been waiting for almost five years. The most wonderful part of this story is that another Social Worker at the VA Hospital was a living donor for Jennifer and provided her with a healthy new kidney. Both of them are doing well. Jennifer, home from the hospital and her donor back at work. The back up Social Worker will be Shaun Rudh. He can be reached at 520-792-1450 extension 5910 for any of your pressing needs. You will need to leave a message and Shaun will call you back.

Dr. David Jaskar, SCI MD, is also out on sick leave having had surgery this month. He will probably be gone 6-8 weeks. We will have MD back up from the Geriatric doctors if needed.

Finally I am not going for any surgery, cruises, etc. Someone has to be here holding down the fort. I am in training again for the El Tour Bike Race around Tucson on November 19th and will be riding 111 miles on my bike that day. Yes, you read that right and don't make sit down the next few days after that!

Joseph Chitty, one of our SCI Vets, is now volunteering in the SCi Clinic on Thursdays as Duane Henry had done prior to moving out of State. Joe will be helping with the San Diego scheduling, including phone calls, travel arrangement, and changes. Please work with Joe, so we can accomplish your trip to the SCI Center safely and expeditiously.

Flu shots are available in the SCI Clinic, so come on in if you haven't already received one. Please, also when you call into the Clinic, Make sure you talk with Lori or Tina with you specific medical needs. They are trained to triage your concerns and help you with getting your needs met promptly. Yes, it is OK to tell them everything.

.....Until next time

# APVA TRAPSHOOT IN TUCSON

**The final** Trap Shoot of the 2005 calendar year was held at one of the finest shooting facilities in the country, the Tucson Trap & Skeet Club. October 21-23, 2005, the weather was just superb, low to mid eighties, clear skies, low humidity, and no wind. Where else can you shoot in late October and still get a suntan?

Although the turnout was light, the competition was heavy. We had teams from Arizona, Cal-Diego, and ZIA. Cal-Diego placed first and Arizona a close second. Just wait until next year! Top shooter's for the 300 regular targets were Keith Rheinhardt (from Cal-Diego) for High Over All and Keith Lewis (from Colonial) for High Wheelchair. In the special 350 target event, Chris Ewer (from ZIA) won by only one target, but that's the way with trap shooting. High Lady was won by Tucson's Helen Kisthardt and High Junior was picked up by Charlie Weir, who should have a new sibling by the time you read this.

A tremendous amount of effort, by many people and organizations goes into putting on one of these events and I'm sure I speak for all the Shoot Directors when I say the more shooters that attend, the more our sense of accomplishment. Hopefully during the next season or two we can spread out the shooting schedule so we're not so bunched up and can all attend more shoots. Trap shooting is a great sport that is offered all over the country and I hope you get the chance to participate.

I.P.P. Joe Fox Sr. mentioned at the banquet a collaboration of PVA with Ducks Unlimited (probably the country's largest conservation and hunting group) to be held in Illinois near Easter. This will be a Sporting Clays type shoot. I for one will try and attend. Further information will be forthcoming.

See you on the Shooting Trail.....

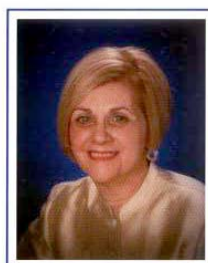
Mike Smyth



Peter Quinn, APVA President, Son Peter Quinn Jr. and Willie Dunsmore volunteered their time to help out at the Trap Shoot.

# 2005-2006 Calendar of Events

<b>When</b>	<b>What</b>	<b>Where</b>	<b>Who</b>
December 16-18 2005	APVA 7th Annual Basketball Roundup	Broadway Rec. Center 59 E Broadway Rd Mesa, AZ	Gary Venjohn 602-790-7909
December 20 2005	APVA Board of Directors Meeting & Christmas Party Open House	APVA Office 8126 N 23rd Ave Ste J Phoenix, AZ 85021	Pat Stiles 602-244-9168
January 13th- 15th, 2006	APVA Trap Shoot Competition	Ben Avery Shooting Range	Pat Stiles 602-244-9168
January 17 2006	APVA Board of Directors Meeting	Veterans Home 303 E Indian School	Pat Stiles 602-244-9168
February 8 2006	The 2006 Disability EXPO	Civic Plaza Downtown Phoenix	Susan DeNova 602-470-1802 x114
February 25 2006	Helen B. Remington Workshop	VA Hospital 7th St. & Indian School Rd	Pat Stiles 602-244-9168
March 2006	APVA Board of Directors Meeting	Clarion Hotel Airport Tucson, AZ	Pat Stiles 602-244-9168
April 2006	The Annual Spring Picnic & BBQ In Tucson, AZ	Jesse Owens Park	Pat Stiles 602-244-9168
April 2006	The Barrier Buster Award Luncheon & PVA Awareness Week	Sheraton Crescent I-17 & Dunlap Phoenix, AZ	Pat Stiles 602-244-9168
June 2006	The Annual Spring Picnic & BBQ in Prescott, AZ	VA Hospital Ramada	Pat Stiles 602-244-9168



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**Attention all Members, Associates, and Friends of the  
Arizona Chapter, Paralyzed Veterans of America.**

**This is an extremely generous way of helping  
your Chapter and helping yourself**

**CHARITY TAX CREDITS CAN SUPPORT YOUR ARIZONA  
CHAPTER, PARALYZED VETERANS OF AMERICA PROGRAMS!**

The state of Arizona offers a Charity Tax Credit program. Families can donate money to the APVA that can be specifically spent on the Chapter's programs, such as funding the APVA sports program. The Arizona Chapter sends novices to the National Veterans Wheelchair Games held once a year in different parts of the United States.

The Arizona Chapter also helps fund Wheelchair Basketball, Over the Line softball, Trap Shoots, and many more athletic endeavors for the spinal cord/injured. The Chapter has a Prosthetics Program that covers areas such as a lending closet, or we just give donated wheelchairs, shower equipment, crutches, walkers exercise equipment, bedding, blankets etc. to individuals in need. These are some of the many programs that the APVA needs funding with.

This is a win/win situation: the Arizona Chapter's programs get help with funding, and the amount donated can be used as a tax credit for you, the taxpayer. Each year Arizona taxpayers are entitled to a \$200.00 tax credit on their state taxes by sending a check to a qualifying non-profit organization.

The Arizona Chapter, Paralyzed Veterans of America is a qualifying 501(C) (3) charity. A check for \$200.00 or \$300.00 if filing jointly must be received at the Chapter office on or before December 31, 2005 to qualify for this tax break.

**Think about this for a minute**, you will be helping your Chapter and also helping yourself during the up coming tax season. **Don't delay; December 31<sup>st</sup>** will be here before you realize it.

# CLASSIFIEDS

## Support your Veterans

Order your wrist band today! Send \$4.00 to your  
**Arizona Chapter, Paralyzed Veterans of America**  
8126 N 23rd Ave Suite J.  
Phoenix, AZ 85021.  
Or Phone; 602-244-9168 or 1-800-621-9217

This wristband represents both a positive and patriotic message that has been earned by our veterans who have served during times of war and peace. All received monies stay in Arizona to help our members and others with spinal cord injuries.

Please allow 1-2 weeks for delivery.

Thank you for your support. We hope that you will proudly wear your wristband in support of those men and women who have fought to keep our country free. **Order yours while Supplies Last!!**



6875



Clarence Threatt, MBA  
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## FOR SALE

**1993 Chevy Caprice Station Wagon**

**All power**

**9 Passenger with Chair Topper**

**And hand controls**

**(chair topper alone is \$4000.00)**

**Car has 150,000 miles and is in good condition.**

**This is perfect for anyone who cannot walk.**

**You just transfer from wheelchair to car and chair topper picks up and stores the chair**

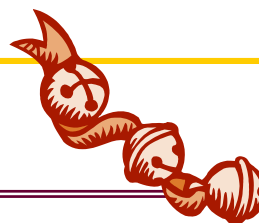
**Only \$3500.00**

**Call now**

**623-972-4763**



This year's **Thanks A Million** program begins Sept. 1, 2005 and will run through March 31, 2006. The first time you shop at Bashas' beginning Sept, 1, please ask the cashier to link you up to the **Arizona Paralyzed Veterans Of America** or our **ID number 28194** to your **Bashas' Thank You Card**. You only have to link your number once, and the link remains active until March 31. **Shop at Bashas', reactivate your Thank You Card and Bashas' will donate 1% of your total sales to the Arizona Chapter PVA!**



Are you a current  
APVA Member or Volunteer?

Be sure to look for your membership or volunteer number somewhere in this newsletter .

To collect your prize call the APVA office at 602-244-9168 or 1-800-621-9217

The prize again for this month will be an official APVA patriotic wrist band as seen on page 18

The winner will be posted in the November Newsletter

You have until the end of the month to claim your prize!!

November's winner is John Tuzzolino

## WANTED PROSTHETICS

The Arizona Chapter needs the following items:

**Manual wheelchairs in good condition**  
**Power wheelchairs**  
**Scooters (in working condition)**  
**Shower chairs/benches**  
**Walkers**  
**Crutches**

The APVA collects durable medical equipment to assist the low income, uninsured and under insured individuals with disabilities throughout the state of Arizona. YOUR donation may help a person return to school or work.

Please contact us with your donation, and make arrangements for the delivery.

# Happy Birthday December

John Mitchell  
William Mooney  
Clifton Walker  
Robert Vomocil  
Gerald Feinholtz  
Anthony Mangine  
Ralph Heiser-  
Erica Hockings  
Paul Cartter  
Kenneth Taylor  
Robert Rose  
Toby Clement  
Carlos Moleda  
Joy VanVeen  
William Harding III  
Hermeiy Shultz  
Charles Anderson  
Steven Van Note  
Christopher Romero

Charles Lindsey  
Robert Payne  
Richard Kelly  
Jack Rummell  
Mario DeAcetis  
Thomas Lopeman  
Guillermo Chacon  
Lloyd Dalbeck  
Ronald Nieman  
John Mollica  
Dennis Olp  
Joe Curtin  
Christopher Verdi  
James Mangan  
Bernard LyFord  
Daniel Mardis  
Steven O'Brien  
John Parker  
Melissa Johnson



*Happy Holidays  
From all at the APVA office*

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