2019 Pistol & Trap Shoot - Cedar Rapids, IA
June 14-16

The First Team Ever To Represent The Iowa Chapter!
From left to right: Scott Miller—Member and Sports Director, Melanie Sickels-Associate Member, Kim Gould-Executive Director and Associate Member, Tammy Jones—National PVAVice President Liaison, Oscar Ballard-Member and Kenny Lloyd-Member, Vice President and National Director.

Kim Gould, Kenny Lloyd, Scott Miller, Unknown Volunteer Scorer, Melanie Sickels, and Oscar Ballard.
A Message From The President
Jon R. Schneider

I thought some of our members would be interested and would qualify for this. The lingering and continuing effects of Agent Orange on our nation’s veterans keeps extending to new branches of the service. Please review the following news release and if you feel you qualify or fall into this category of veterans, please contact your local National Service Officer at 515-323-7544.

JRS

---

Iowa PVA
Elected Officers

President
Jon R. Schneider

Vice President
Kenneth E. Lloyd

Secretary
Steven A. Brinkmeyer

Treasurer
Duane J. Frideres

Board of Directors
Oscar Ballard
Robert Barnard
Michael L. Brady
Lonn J. Cunningham
David R. Graham
Keith Harvey
Larry M. Phillips

National Director
Kenneth E. Lloyd

Sports Director
Scott Miller

Chapter Recorder
Gretchen Baldwin

Office Staff
Executive Director
Kimberly J. Gould
Office Manager
Gretchen Baldwin

National Service Office
Gus Gonzalez
Judy Keeling
515-323-7544
800-795-3602

Newsletter Editor
Gretchen Baldwin

---

News Release
Office of Public Affairs
Washington, DC 20420
(202) 461-7200
www.va.gov

FOR IMMEDIATE RELEASE
July 3, 2019

VA extends Agent Orange presumption to ‘Blue Water Navy’ Veterans

Elevate Veterans may now be entitled to disability compensation benefits

WASHINGTON — The U.S. Department of Veterans Affairs (VA) is preparing to process Agent Orange exposure claims for “Blue Water Navy” Veterans, who served offshore the Republic of Vietnam between Jan. 9, 1962, and May 7, 1975.

These Veterans may be eligible for presumption of herbicide exposure through Public Law 116-33, Blue Water Navy Veterans Act of 2019, which was signed into law June 25, 2019, and goes into effect Jan. 1, 2020. They may also qualify for a presumption of service connection if they have a disease that is recognized as being associated with herbicide exposure.

The bipartisan Blue Water Navy Vietnam Veterans Act gives VA until Jan. 1, 2020, to begin deciding Blue Water Navy-related claims. By staying claims decisions until that date, VA is complying with the law that Congress wrote and passed.

“VA is dedicated to ensuring that all Veterans receive the benefits they have earned,” said VA Secretary Robert Wilkie. “We are working to ensure that we have the proper resources in place to meet the needs of our Blue Water Veteran community and minimize the impact on all Veterans filing for disability compensation.”

Blue Water Navy Veterans are encouraged to submit disability compensation claims for conditions presumed to be related to Agent Orange exposure. Veterans over age 55 or with life-threatening illnesses will have priority in claims processing.

Veterans who previously were denied for an Agent Orange related presumption claim can file a new claim based on the change in law. Eligible survivors of deceased Blue Water Navy Veterans also may benefit from the new law and may file claims for benefits based on the Veterans’ service.

The new law affects Veterans who served on a vessel operating not more than 12 nautical miles seaward from the demarcation line of the waters of Vietnam and Cambodia, as defined in Public Law 116-33. An estimated 420,000 to 360,000 Vietnam-era Veterans may be considered Blue Water Navy Veterans.

To qualify, under the new law, these Veterans must have a disease associated with herbicide exposure, as listed in 38 Code of Federal Regulations section 3.309(e).

Agent Orange presumptions are:

- All, amyloidosis
- Chronic B-cell leukemia
- Diabetes mellitus Type 2
- Hodgkin lymphoma, formerly known as Hodgkin’s disease
- Lymphocytic heart disease
- Multiple myeloma
- Non-Hodgkin lymphoma, formerly known as Non-Hodgkin’s lymphoma
- Parkinson’s disease
- Peripheral neuropathy, early-onset
- Porphyria cutanea tarda
- Prostate cancer
- Respiratory cancers (lung, bronchus, larynx or trachea)
- Soft-tissue sarcoma (other than osteosarcoma, chondrosarcoma, Kaposi’s sarcoma, or mesothelioma).

For more information about Agent Orange exposure in Vietnam waters (Blue Water Navy Veterans), visit https://www.va.gov/disability/eligibility/hazardous-material-exposure/agent-orange/navy-coast-guard-diox-vietnam/.

Veterans seeking more information should contact their Veterans Service Officer, call VA’s toll-free number at 800-827-1000 or visit the VA Blue Water Navy Agent Orange website.

###
This year’s 2019 National Convention was held in Aurora, Colorado. The weather was good but we never seem to get enough time to spend outside anyhow. As usual, we heard the reports from the Executive Committee, other committees and National staff. We were all given time to ask questions at the time of the reports. These are the resolutions passed by the Board of Directors this year: Chapter National Director Missing a Meeting or Vote, Removal of Bowel and Bladder from PVA Medical Requirements, Authority to Change Budgeted Program Expenditures, CHL invited to Spoke Visits, Revised Categories for the John M. Price Most Outstanding Award, BOD Voting Requirement for Deficit Budget, Chapter Email Marketing Usage, PVA Chapter Library Requirements, Staff Changes to PVA Program Policy Manual, Major Funding of New Grants within PVA Research Foundation, VA’s Bowel and Bladder Program, Women Veterans Health Committee as a Standing Committee, PVA Membership Documentation.

The elections were held at convention for our Executive Committee. Here are the results: President is David Zurfluh; Senior Vice President is Charles Brown; Vice President’s are Hack Albertson, Tammy Jones, Robert Thomas, Ken Ness; Treasurer is Tom Wheaton and Secretary is Marcus Murray.

On Friday night after Convention, the awards banquet was held. The highest award, which is the Speedy Award, was given to Jim Russell. Jim is the National Director from the Cal-Diego Chapter. Jim could not be present at this Convention because of some health problems but we wish Jim well and hope he has a speedy recovery.
From the Desk of Kim Gould

New PVA Chapter Administrative Manual Changes To The Hospital Liaison Program

Chapter Hospital Liaison Guidelines

PVA requires that each Chapter maintain a Chapter Hospital Liaison (CHL) Program that maintains a relationship with VA Medical Centers or other institutions where members receive healthcare. The following guidelines have been developed and shall be included in all liaison programs:
1. The CHL program is one of PVA’s eight mandated programs intended for volunteers to participate in advocacy for fellow members. PVA’s key objective requires that the specific elements of the CHL program be accomplished through cooperative and coordinated efforts with the PVA organization through its programs in order to assist with advocacy and oversight of the delivery of high quality and appropriate health care benefits and services.
2. It is PVA’s position for numerous reasons that Chapter Presidents and Executive Directors should not be a CHL. The Chapter President should identify a willing member to become a CHL. The Chapter President and Executive Director can serve in the position temporarily until a competent replacement can be found.

Working With the Local NSO

PVA’s National Service Officers (NSO) are expected to provide priority services to PVA members, other veterans with spinal cord dysfunction and the dependents and survivors of these veterans to include monitoring the delivery of VA health care services, benefits and addressing areas of concern when needed. NSO’s also serve as PVA’s designated Veterans Integrated Service Network (VISN) points of contact (POC). Chapters, through the required liaison program have a responsibility to help carry on that mission and work in cooperation with the NSO/POCs. These NSO/POC’s have the requisite training and skills and are authorized under Title 38 of the United States Code (USC) to officially intervene and represent the interests on behalf of PVA members and clients, including proprietary access to information and materials protected by HIPAA and the Privacy Act. NSO’s with Advanced Medical Advocacy Training, along with the expert level PVA Medical Monitors, will mentor and provide guidance to the Chapter Hospital Liaison. Medical Services and/or VBD may occasionally develop updated training curricula that will require Chapter Hospital Liaison attendance or participation.

Identify Issues

When local issues remain unaddressed by local VA facilities and personnel after PVA has identified the issue, the local Chapter should bring the issue to the immediate attention of the Congressional delegation through the District Officer. Such efforts should be coordinated with the PVA National Office through the National Legislative Program, National Medical Services Program and the Veterans Benefits Department. The CHL shall advise the National Staff, primarily through the local NSO/POC of member concerns regarding the local VISN and local VA Medical Center (VAMC) or delivery of medical care and ancillary benefits as well as accessibility, maintenance and physical state of the medical facilities. The CHL should also advise national staff, primarily through the local NSO/POC of any structural or procedural changes in healthcare operations at the VAMC or within the VISN that could impact our members.

Chapter Role

The President of the Chapter is responsible for appointing a Chapter Member as a Chapter Hospital Liaison. The Chapter will provide the CHL access to a computer for the purposes of providing a monthly report and reviewing the Chapter Hospital Liaison training materials as well as communicating with PVA National Staff. Chapters may have multiple CHLs in cases where facilities fall within the Chapter’s jurisdiction, but there must be a lead CHL appointed. All CHLs must report their activities and any updates to the lead CHL.

CHL Training

Local training will be provided by the local NSO. In the event a local NSO is not assigned to the CHL’s medical facility and if no NSO is on station, training will be provided by a Veterans Benefits Department (VBD) designee. Access to the online curriculum and materials will be available year round.

Communication

The Chapter Hospital Liaison will report all issues of concern regarding health and welfare or the physical plant to the local NSO. Chapter Hospital Liaisons at SCI Centers are responsible for providing a monthly report to the local NSO, Chapter President and FAC POC using the CHL issue form. CHLs at spoke facilities are required to submit quarterly reports. The reports should be submitted no later than the 15th for the previous reporting month (ie June 15th is the suspense date for May’s reporting month). The FAC Chairman will compile all of the received chapter monthly/quarterly reports and forward them to the Associate Executive Director of Veterans Benefits and the Director of Medical Services. Due to patient confidentiality requirements, these reports should not contain any patient specific identifying information (i.e. names, birthdates, SSN, address, phone number, etc.) The continued failure to submit timely reports may result in a CHL’s removal and subsequent replacement. The Chapter President should discuss the CHL monthly/quarterly reports with the NSO and/or PVA Medical Monitor who are responsible for the VA facility or facilities addressed in the report. The CHL must maintain the confidentiality of information received regarding patient care and physical status and be familiar with the provisions of the Privacy Act of 1974 (PL 93-579) and the Administrative Simplification provisions of the Health Insurance Portability and Accountability Act of 1996 (HIPAA), which guarantees security and privacy of personal health information and enforces standards for securing and protecting health information. The HIPAA Privacy Rule provides greater protection of patient records and greater patient rights over their medical information. While Chapters and CHLs are not recognized as “covered entities” for HIPAA purposes, great care should be taken to respect the privacy and integrity of member’s health information with deference given to the accredited representative who hold the legal authority to access information.
Memorial and Burial Benefits
By Gustavo Gonzalez NSO

Preparing for the death of a loved one can be difficult and eventually inevitable. Many people tend to approach this in many different ways. It is best to be prepared ahead of time and know what type of assistances the Department of Veterans Affair can provide with memorial and burial benefits.

Most Veterans are eligible for the memorial and burial benefits through the Department of Veterans Affairs (VA). If eligible, the VA may assist with rites, flag, headstone, marker, funeral expense, or plot allowance, and transportation to a cemetery. The spouse or dependents are eligible for a government headstone or marker, only if they are buried in a national or state cemetery.

Once the funeral has been paid in full, the individual who inquired the funeral expenses can submit a request for reimbursement by submitting VA Form 21P-530. There is a 2 year time limit in which the family needs to file for burial reimbursement. If the application is not submitted correctly, the VA will notify the requestor to correct and resubmit within 1 year.

Through the Department of Defense, the family can request military honors, consisting of folding and presentation of the United States flag, and the playing of the Taps.

Here is the list of additional forms to assist in the planning with burial benefits:

- VA 40-130 Claim for Standard Government Headstone or Marker.
- VA 40-1330M Claim for Government Medallion for Placement in Private Cemetery.
- VA 10-2065 Funeral Arrangements.
- VA 40-0247 Presidential Memorial Certificates.

If any questions arise regarding burial or memorial benefits, please contact Gus Gonzalez, NSO @ 515-323-7544, or @GustavoG@PVA.gov.

Hi! My name is Anne Bates and I am a professional ballroom dance instructor and a physical therapist in Des Moines. I am looking at starting a ballroom dance class for persons in wheelchairs. The class would pair people in wheelchairs with able body persons. I am looking for a man and a woman to work with to learn how best to dance with people in chairs. For the first trials, I would need people who can propel themselves in manual chairs. There would be no charge for these volunteers as I would be learning as well.

If you are interested in helping me start this program, please contact me.

Anne Bates
515-402-5594
Article by Michael Brady, Member of IPVA —5/4/19

This weekend I had the chance to watch some low point quad rugby. I never knew there was a difference but there certainly is!

Low point quad rugby is played the same as regular quad rugby with the following exceptions: games are played slower as the chairs have a little bit more extended fronts and there is not the heavy impact contact that you’d normally have in regular quad ruby.

Otherwise, it’s pretty similar to watch.

Just thought there might be folks out there that did not know this like me. Hopefully, this will enlighten others!

-Michael Brady
If you have any questions or would like to donate please contact Kim Gould at 515-669-8474 or IowaParalyzed@yahoocom.

If you have any questions or would like to donate please contact Kim Gould at 515-669-8474.

Endorsed donation to assist our Paralyzed Veterans Heroes. I am unable to play golf or attend, but I wish to provide the assistance. Please make checks payable to Iowa PVA.

Don't have a team? We will pair you up!
Entry fee for 4-person team: $300.00

4-Person Team

Entry fee: $300.00 4-Person Team

If you have any questions or would like to donate please contact Kim Gould at 515-669-8474.

12:30 PM - Awards, Prizes, Great Food
8:30 AM - Shot Gun Start
7:15 AM - 8:15 AM - Check-in
4-Person Best Ball Format
Saturday, September 21, 2019

Golf outing
Stars and Stripes
Iowa Chapter - Iowa Chapter of America - Iowa Chapter of America - Iowa Chapter
CALENDAR OF UPCOMING EVENTS

July

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Wolfgang D Gaumer</td>
<td>July 1</td>
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<tr>
<td>Dennis M. Keefe</td>
<td>July 4</td>
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<td>Daniel J Alberts</td>
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<td>David A Wendling</td>
<td>July 5</td>
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<td>Jay A Meek</td>
<td>July 6</td>
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<td>Dominic E Vargas</td>
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<td>Randy L Upton, Jr</td>
<td>July 6</td>
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<td>James T Story</td>
<td>July 7</td>
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<td>Michael W Foster</td>
<td>July 10</td>
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<td>David R Graham</td>
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<td>Duane J Frideres</td>
<td>July 11</td>
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<td>Stephen C Lee</td>
<td>July 12</td>
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<td>Jerry L Meek</td>
<td>July 15</td>
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<td>Loren F Beasley</td>
<td>July 18</td>
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<td>Eve H Iversen</td>
<td>July 19</td>
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<td>Steven L Svietlik</td>
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<td>Clifford T Taylor</td>
<td>July 25</td>
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<td>Robert L Madden</td>
<td>July 29</td>
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<td>Stuart D Juarez</td>
<td>July 29</td>
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August

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Leonard E Chmelicek</td>
<td>Aug 3</td>
</tr>
<tr>
<td>William D Gibbs</td>
<td>Aug 6</td>
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<td>Lonn J Cunningham</td>
<td>Aug 9</td>
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<td>Rickey C Wyatt</td>
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<td>Larry M Phillips</td>
<td>Aug 13</td>
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<td>Bruce W Hamilton</td>
<td>Aug 14</td>
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<td>Randy R Fratzke</td>
<td>Aug 15</td>
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<td>Thomas J Maule</td>
<td>Aug 15</td>
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<td>Robert M Barnard</td>
<td>Aug 16</td>
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<tr>
<td>Edward S Hanson</td>
<td>Aug 23</td>
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<tr>
<td>Jerome W Fitzsimons</td>
<td>Aug 30</td>
</tr>
</tbody>
</table>

7/4 Office Closed—Happy 4th of July
7/11 Bingo at the Des Moines VA CLC - 6:30 pm
7/11-16 National Veterans Wheelchair Games, Louisville, KY
7/19 Last day to reserve your Iowa State Fair Tickets –See page 22 for details
7/25 BOD/Membership/Caregivers Support Meeting at IPVA Office—11:00 am

8/8 Bingo at the Des Moines VA CLC - 6:30 pm
8/9-11 7th Annual QC Adult Wheelchair Tennis Tournament - See page 12 for details
8/12 Iowa State Fair Veterans Day Parade - See page 22 for details
8/22 BOD/Membership/Caregivers Support Meeting at IPVA Office - 11:00 am

9/7 Sweet Rides for Charity - See page 21 for details
9/21 Iowa PVA Golf Outing - Warrior Run in Norwalk - See Page 7 and 24 for details
9/21 Midwest PVA Fishing Event Fish Fry - Cedar Rapids
9/26 Iowa PVA Annual Election-see page 17 for details
9/28 15th Annual Adapted Living & Recreation Expo - See page 3 for details
10/4 Annual Dinner and Awards Banquet - Ramada Tropics, Des Moines, IA
The Mission Statement of Paralyzed Veterans of America

The Paralyzed Veterans of America, a congressionally chartered veterans service organization founded in 1946, has developed a unique expertise on a wide variety of issues involving the special needs of our members—veterans of the armed forces who have experienced spinal cord injury or dysfunction.

PVA will use that expertise to be the leading advocate for:

- Quality health care for our members,
- Research and education addressing spinal cord injury and dysfunction,
- Benefits available as a result of our members’ military service,
- Civil rights and opportunities which maximize the independence of our members.

To enable PVA to continue to honor this commitment, we must recruit and retain members who have the experience, energy, dedication, and passion necessary to manage the organization and ensure adequate resources to sustain the programs essential for PVA to achieve its mission.
The Iowa Able Foundation empowers Iowans with disabilities, their families, and the aging to achieve and maintain independence through lending, educating, and advancing.

130 S. Sheldon Ave. Suite 201
Ames, Iowa 50014
515-292-2982

Introducing Flexible Vehicle Modification Loans from the Iowa Able Foundation

$  ⬇️  ⬇️  ⬇️
Apply online at www.iowaable.org

With an Iowa Able Foundation vehicle loan, you can buy an accessible vehicle — or modify an existing vehicle with adaptive equipment.

Loans are designed for customers with special vehicle needs. Whether you’re buying or refinancing, we want to help you afford that new or used accessible car, van or light-duty truck—or modify an existing vehicle with adaptive equipment. Terms up to 84 months are available, so you have the flexibility to obtain financing that fits into your specific budget.

Apply online at www.iowaable.org
ATTENTION

Please check out our webpage! [www.iowapva.org] Many items of interest will be posted frequently. This will bring you news about the chapter between newsletters. It is a work in progress, but you will find it very interesting and informative. You can also check us out on Facebook!

Please provide us with your email address. We would like to provide you your newsletter and other information electronically. This will make it easier for you and less expensive for us.
Presents...

7th ANNUAL QUAD CITIES

ADULT WHEELCHAIR TENNIS TOURNAMENT

Sponsored by: Bi-state Tennis Association, USTA Missouri Valley, Life Fitness Center, Bettendorf

When: Aug 9th, 10th, 11th, 2019
Where: Bettendorf Middle School, 2030 Middle Rd, Bettendorf, IA 52722

Format Play: Divisions A, B, C & Novice (Singles & Doubles)

Cost: $40 for Novice/$55 Division players must be USTA members and pay through USTA website. Prizes/Money prizes for each category

Bob Juarez: fire0890@q.com / 563-326-0267 OR
Abel Vazquez: abelvazquez5@yahoo.com / 563-579-8130

Please feel free to contact us by mail, telephone or email...
Iowa PVA, 7025 Hickman Rd., Suite #1, Urbandale, IA 50322
515-277-4782 or 1-888-909-4782
iowapval@yahoo.com, iowapvakim@yahoo.com, or iowapvagretchen1@yahoo.com
The 2019 Pistol and Trap Shoot was a HUGE success! 48 total shooters! Great weather. Terrific scoring! Fun for all!

Winner of the Gun Raffle was Garrett Abell of Madrid, Iowa. Congrats Garrett!

Stephanie Dennis (Minnesota Chapter) and Dave David (Wisconsin Chapter) are showing off their hats which we all shot in celebration of Stephanie hitting 25 targets in a row during her last singles competition and Dave David hitting 100 in a row in singles. Side note: He went on to hit 99 out of 100 in the doubles competition!!!!
THANK YOU—THANK YOU

To the people and/or organizations who have donated directly to
the Midwest PVA Fishing Event from May 1—July 4, 2019

Anonymous (NUMEROUS)
A K Campbell
Frana Cherico
Lonn and Phyllis Cunningham
Scott Dawley
Jeffery and Mary Diemert
Robert Fencl
Duane and Beverly Frideres
Kim Gould
Bonnie Jacobson
Bob and Nancy Juarez
Kenneth and Mary Klein
Kenny and Pauline Lloyd
Scott Miller
Rosemarie Mobilia Vejtasa
Stacy and Karl Olson
Richard Pint
Eric Poehler
Jim and Dianna Russo
Tom and Debra Sankey
Seth Thomas
Tammy Tremain
Veterans on the Lake Resort

 Keith Harvey,
Board of Director of
the Iowa Chapter,
participated in the
Iowa Games at Jester
Park on June 15th.

Keith received the
GOLD medal in air
rifles. This was his
very first attempt in
this event!

Congratulations
Keith!!
MANY THANKS

to the people and/or organizations who have donated directly to
Iowa PVA from May 1, 2019—July 4, 2019

Alberts, Dan (monthly)
Anonymous (numerous)
Baldwin, Gretchen
Ballard, Oscar
Belich, Ruth
Burghorn, John and Amelia
Cedar Rapids Kennedy
Cedar Rapids Tourism Office
Cordle, Misty
Cory, Patrick
Crowl, Kathryn
Delany, James (monthly)
Dunne, Mary
Fairfax State Savings Bank
Fisher, Susan
Frideres, Duane and Bev
General Mills
Gould, Kim
Hartford Sportsmen Club of Hartford Iowa (monthly)
Harvey, Keith and Becky
Heft, Richard and Vickie
Hegna, Bill
Iowa One Gift Donation (monthly)
Leary, Timothy & Laura (monthly)
Lloyd, Kenny and Pauline
Midwest Shooting Supply
Miller, Scott
Morrison, Heidi (monthly)
O’Brien, Carol
Personal Training (monthly)
Phillips, Larry and Mary Lou
Sankey, Tom and Deb
Sickels, Melanie
Sietbert Mobility (Rod Siebert)
Simons, Tish (monthly)
Spencer, Andrew
Stalker, Mary
Strottman, Lori
Swietlik, Steven and Sandra

THANK YOU FOR YOUR SUPPORT!!
Rollx Vans is the only van manufacturer that delivers minivans and full-sized vans directly to your doorstep. Our mission is to listen to you to serve your needs and give you the freedom and mobility that you deserve.

- Certified Conversion Process
- 24 Hour Nationwide Service
- At-Home Delivery
- Industry-Leading Customer Satisfaction
- Competitive Financing Options
- Customized Just for You

We take great pride in serving those who served our country.

It's why we work with the Veterans Administration to make the process as simple as possible for you. This includes bringing the vehicle to the VA for inspection, taking care of all VA paperwork, and delivering the vehicle to your home once it's ready.

Veterans get $1,000 off the purchase of your first Rollx van today!

Call 800-956-6668 or visit us at rollxvans.com.
Attention

Elections for the Board of Directors and Officers of Iowa Paralyzed Veterans of America will be held in September for Fiscal Year 2019-2020.

Per Iowa Paralyzed Veterans of America Election Policy and Procedures, ballots will be sent out to all members no later than August 13, 2019, along with a biography of all of the candidates and optional campaign letters. (Campaign letters will be limited to one page subject to appropriate editing by the Newsletter Editor and/or Election Committee Chair).

Ballots must be returned by September 20th and counted prior to the September Board of Directors Meeting.

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**Des Moines Vet Center Group Meetings**

*For Combat Veterans*

<table>
<thead>
<tr>
<th>Program</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Gaming</td>
<td>Monday</td>
<td>9:00am-10:00am</td>
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<tr>
<td>LGBTQ</td>
<td>Monday</td>
<td>3:00pm-4:00pm</td>
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<tr>
<td>Concerned Person</td>
<td>Monday</td>
<td>6:00pm-7:00pm</td>
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<tr>
<td>PTSD PEER</td>
<td>Tuesday</td>
<td>10:00am-11:30am</td>
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<tr>
<td>PTSD VN</td>
<td>Tuesday</td>
<td>11:00am-12:30pm</td>
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<tr>
<td>OIF/OEF/OND</td>
<td>Tuesday</td>
<td>5:00pm-6:00pm</td>
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<tr>
<td>Grief / Loss</td>
<td>Wednesday</td>
<td>6:00pm-7:00pm</td>
</tr>
<tr>
<td>Peer Combat Vets</td>
<td>Wednesday</td>
<td>10:00am-11:30am</td>
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<tr>
<td>PTSD VN</td>
<td>Thursday</td>
<td>1:30pm-3:00pm</td>
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<tr>
<td>MST (any service era)</td>
<td>Friday</td>
<td>7:30am-8:30am</td>
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<tr>
<td>PTSD Focus</td>
<td>Friday</td>
<td>11:00am-12:30pm</td>
</tr>
</tbody>
</table>

*Free and Confidential Individual counseling sessions are also available.*

(515) 284-4929
Des Moines Vet Center
1821 22nd St. #115
West Des Moines, IA 50266

Please call to be scheduled for an appt or to be added to a group.

"Keeping the Promise"
ANNUAL AIR RIFLE & AIR PISTOL PROGRAM

Camp Pendleton Air Gun Tournament
December 4-5, 2018
Oceanside, CA

Cal-Diego Air Rifle and Pistol Tournament
January 28-29, 2019
San Diego, CA

Mid-Atlantic Air Rifle and Pistol Tournament
March 6-7, 2019
Richmond, VA

Wisconsin Air rifle and Pistol Tournament
March 30-31, 2019
Milwaukee, WI

New England Combined Air Rifle and Bocce Tournament* April 26-28, 2019
Boston, MA

Buckeye Air Rifle and Pistol Tournament
April 26-27, 2019
Geneva, OH

*Indicates combined events

PARALYZED VETERANS NATIONAL SHOOTING SPORTS CIRCUIT

North Central Trapshoot
September 8-9, 2018
Sioux Falls, SD

Mid-Atlantic Shooting Sports Tournament and Handgun Shoot
November 9-11, 2018
Charles City, VA

Cal-Diego Shooting Sports Tournament & Pistol Tournament
March 29-31, 2019
Redlands, CA

Pistol Shoot - March 29, 2019
Lytle Creek, CA

Wisconsin Shooting Sports Tournament & Pistol Tournament
May 17-19, 2019
Green Bay, WI

Uaughan Shooting Sports Tournament
May 21-22, 2019
Elburn, IL

Iowa Shooting Sports Tournament & Pistol Tournament
June 14-16, 2019
Cedar Rapids, IA

Lone Star Shooting Sports Tournament
June 21-23, 2019
Waxahachie, TX

PARALYZED VETERANS BOATING/FISHING TOUR

Mid-America Bass Tournament
September 21-23, 2018
Eufaula, OK

Uaughan Bass Tournament
October 5-7, 2018
Whittington, IL

Florida Gulf Coast Bass Tournament
March 29-31, 2019
Tavares, FL

Kentucky-Indiana Bass Tournament
May 5-7, 2019
Kuttawa, KY

Mid-Atlantic Bass Tournament
June 7-9, 2019
Henrico, VA

ANNUAL PVA/NWBA BILLIARDS TOURNAMENT SERIES

Mid-South Billiards Tournament
October 12-13, 2018
Memphis, TN

Mid-Atlantic Billiards Tournament at Battle at the Beach
November 16-18, 2018
Virginia Beach, VA

Mid-America Billiards Tournament
April 5-7, 2019
Oklahoma City, OK

Mid-Atlantic Billiards Tournament Chuck Willis Memorial
April 26-28, 2019
Kildeer, IL

Buckeye Billiards Tournament
June 14-15, 2019
Wickliffe, OH

Mountain States Billiards Tournament
June 21-22, 2019
Tucson, CA

Boccia

Gateway Bocce Tournament
October 13-20, 2018
St. Louis, MO

Bayou Bocce Tournament
February 1-2, 2019
Gulfport, MS

Cal-Diego Bocce Tournament
February 19-20, 2019
San Diego, CA

New England Combined Air Rifle and Bocce Tournament
April 26-28, 2019
Brookton, MA

Mid-Atlantic Bocce Tournament
May 3-4, 2019
Hampton, VA

ANNUAL PVA/AWBA BOWLING TOURNAMENT SERIES

Great Plains Bowling Tournament
July 1-2, 2018
Durango, CO

Mountain States Bowling Tournament
August 15-18, 2018
Colorado Springs, CO

Mid-Atlantic Bowling Tournament
September 28-30, 2018
Glen Allen, VA

Nevada Bowling Tournament
November 29-December 1, 2018
Las Vegas, NV

Florida Gulf Coast Bowling Tournament
February 23-24, 2019
Tampa, FL

Mid-America Bowling Tournament
April 2-14, 2019
Shawnee, OK

Vaughan Bowling Tournament
May 23-26, 2019
Romang, IL

HANDCYCLING RACING

Off-road Spring Expo
April 19-21, 2019
Chesterfield, VA

PVA Learn to Race Camp
April 23-26, 2019
Gettysburg, PA

Blue and Gray Half Marathon and Criterium
April 27-28, 2019
Gettysburg, PA

Pittsburgh Marathon
May 5, 2019
Pittsburgh, PA

Wichita Omnium
June 14-15, 2019
Wichita, KS

PVA Triathlon Camp
June 20, 2019
Colorado Springs, CO

PVA Racing Mini-Camp
June 19-20, 2019
Debbie Hill, WI

Tour of America’s Dairylands
June 20-23, 2019
Milwaukee, WI

NATIONAL VETERANS WHEELCHAIR GAMES

For more information, visit:
pva.org/sports
NOTICE REGARDING DONATIONS MADE DIRECTLY TO THE PARALYZED VETERANS OF AMERICA – IOWA CHAPTER

- 88% OF EVERY DONATION MADE DIRECTLY TO THE PARALYZED VETERANS OF AMERICA – IOWA CHAPTER GOES DIRECTLY TO THE EIGHT DESIGNATED PROGRAMS SUPPORTED BY THE PARALYZED VETERANS OF AMERICA - IOWA CHAPTER.

- THE PARALYZED VETERANS OF AMERICA - IOWA CHAPTER RELIES SOLELY ON DONATIONS AND GRANTS AND RECEIVES NO GOVERNMENTAL FUNDING. ADDITIONALLY, THE IOWA CHAPTER DOES NOT UTILIZE TELEMARKETING OR DIRECT MAIL SOLICITATION OF DONATED FUNDS.

- ALL DONATIONS MADE DIRECTLY TO THE PARALYZED VETERANS OF AMERICA - IOWA CHAPTER SUPPORTS LOCAL VETERANS AND IOWA CHAPTER MEMBERS.

- YOUR DONATIONS SUPPORT BOTH SERVICE CONNECTED AND NON-SERVICE CONNECTED DISABLED VETERANS.


IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT KIMBERLY GOULD, EXECUTIVE DIRECTOR AT 515-277-4782 ANY TIME DAY OR NIGHT.

Are you wondering why this newsletter is all in black and white???

It costs .36 cents for a color page in our newsletter. This gets very expensive when we mail over 350 newsletters every other month.

Due to budget constraints, we are electing to save money on color pages (administrative costs) by sending out a black and white newsletter. We WILL continue with all of our programs (sporting events, family time, legislation advocacy, etc) which directly impacts our benefits of membership.

If you desire a full color newsletter, simply provide us with your email address and we will email to you instead of mailing. This will be a substantial savings to our organization. THANK YOU!

515-277-4782 or 1-888-909-4782

iowapvakim@yahoo.com or iowapvagretchen1@yahoo.com
**WHO CAN PARTICIPATE?**
Common disabilities served include spinal cord injury, amputation, cerebral palsy, spina bifida, visual impairment, multiple sclerosis, acquired brain injury, and other neuromuscular/orthopedic conditions.

For more information on who can participate, visit [www.adaptivesportsiowa.org](http://www.adaptivesportsiowa.org).

**MISSION** To provide statewide leadership in the planning, promotion, education, and organization of sport and recreation opportunities for Iowans with physical and visual disabilities.

**VISION** Improve the quality of life for all Iowans with physical and visual disabilities through access to consistent recreational opportunities.

**WHAT WE OFFER**
We offer free programming to all participants through the assistance of our generous sponsors and donors.

**OUR PROGRAMS INCLUDE:**
- Wheelchair Basketball
- Track & Field - equipment loans
- Youth Sled Hockey
- Cycling Team
- Airgun
- Beep Baseball
- Goalball
- Downhill Skiing

Equipment is provided during all of our programs.

**VETERANS WITH DISABILITIES**
The Veteran Outreach branch of Adaptive Sports Iowa was launched to better serve our veterans with physical and visual disabilities. Veterans will have the opportunity to gain instruction, participation, and competition in adaptive sports.

**HOW TO GET INVOLVED**
Are you or someone you know interested in participating?

Interested in sponsorship, donating, or volunteering?

Find more information at our website [www.adaptivesportsiowa.org](http://www.adaptivesportsiowa.org) or contact us.

**adaptive sports IOWA**
Hannah Lundeen, CTRS  |  Hannah.Lundeen@adaptivesportsiowa.org  |  888.777.8881 ext. 115
Saturday, September 7, 2019
Vets Memorial Stadium
Parking Lot

Registration: 8:00 am—11:00 am
Judging: 11:00 am—1:30 pm
Awards Ceremony: 2 pm
Rain or Shine!

2 ways to register
Pre-registration by mail (form available on Facebook)
or register the day of event.
Registration Fee: $15 (non-refundable)
Free t-shirt and goodie bag for the first 200 entries.

Food
50/50 Raffle

LIVE AUCTION
Prize Raffles

1st – 3rd Place Trophies Awarded in Automotive Classes

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Special Trophies

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<th>Best In Show</th>
<th>Best Engine</th>
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<th>Best Paint</th>
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Make checks payable to: Sweet Rides for Charity
Mailing address: PO Box 8864, Cedar Rapids, IA 52408
For additional information, contact:
Missy Hinrichsen
Patricia Cash
Missy.Hinrichsen@adm.com
319-398-0795
Patricia.Cash@adm.com
319-398-0649

Check us out on Facebook! https://www.facebook.com/sweetridescharity/
The Iowa Paralyzed Veterans of America invites you to attend the Iowa State Fair on us. We are again offering **FOUR FREE tickets** per family for our Family Time August event.

We do ask, if possible, to please participate in the **Veterans Day Parade** on Monday, August 12th. **FREE parking passes will be issued prior to the parade.** The Iowa Military Band will play and there will be other specific events honoring our nation’s veterans. **Please know that by being in the parade, you will have free admission for that day AND you can use your four FREE tickets another time! Plus, those who participate in the parade will be the only ones eligible for any extra unclaimed tickets.**

The **Veterans Day Parade** is our chance to be recognized by thousands. We are historically the only group in the parade to receive a standing ovation which is a very touching tribute to those participating.

All ticket orders must be received by **Friday, July 19**. For those participating in the parade, you may call the office and order any remaining tickets after August 9th. We will give you those extra tickets when you arrive to be in the parade. There will be NO reorder, so once the tickets are all spoken for, we will be done issuing tickets.

As we have done in previous years, we will mail your tickets and specifics to you as soon as we receive them in our office.

*PLEASE CALL BY JULY 19th AND TELL US YOU WILL PARTICIPATE!!!*

515-277-4782 or 888-909-4782, to order your Iowa State Fair Tickets!!!
Veteran Owned and Operated

Iowa’s Leader in Mobility Vans

★★ $1000 Veteran Discount Available ★★

- ConvenientLocationsServing
  Iowa, Nebraska & Illinois
- Top Dollar for Your Trade-In
- New & Used Wheelchair Vans
- Many Makes, Models &
  Conversions to Choose From
- Hundreds of Vans Available
- Sales & Service
- Wheelchair Lifts & Driving
  Controls
- VA Funding & Financing Available
- Buy-Back Program
- Stairlifts & Other Equipment
- 24 Hour Emergency Service

Phone: 319-351-3159 / 877-543-8826

www.iowamobility.com

Email rods@iowamobility.com
Paralyzed Veterans of America - Iowa Chapter
Stars and Stripes Golf Outing
Golf Event Fundraiser for Paralyzed Veterans of America - Iowa Chapter

SATURDAY, SEPTEMBER 21, 2019
4-PERSON BEST BALL FORMAT
SHOT GUN START 8:30 A.M.
WARRIOR RUN GOLF COURSE - NORWALK, IA

7:15 A.M.- 8:15 A.M. - CHECK-IN
8:30 A.M. - SHOT GUN START
12:30 P.M. - AWARDS, PRIZES, GREAT FOOD

ENTRY FEE: $300.00 PER 4-PERSON TEAM
*INCLUDES 18 HOLES OF GOLF, CART, GREAT PRIZES & MEAL*
**LIMITED TO THE FIRST 18 TEAMS PAID - REGISTER ASAP**

WARRIOR RUN GOLF COURSE
3089 NORTH AVENUE
NORWALK, IA 50211
515-981-0266
www.warriorrungolf.com

The Paralyzed Veterans of America - Iowa Chapter is a non-profit 501(c)3 Veterans Service Organization. Our mission is to improve the quality of life for those veterans who have experienced a spinal cord injury or have been diagnosed with a disease affecting the spinal cord. Providing sporting opportunities to these veterans is essential to accomplishing our mission. All funds raised through this event will be used to sponsor our paralyzed veterans participation in wheelchair sporting events. Please support these veteran heroes.

SEE THE REGISTRATION ON PAGE 7 OF THIS NEWSLETTER!
COME AND JOIN US FOR A DAY OF FUN AND LAUGHTER!!!!!!

ARE YOU MOVING???
Don’t forget to notify the office of your new address. If you are a PVA member, we will let National PVA and PN PARAPLEGIA NEWS know where you are moving to, so you won’t miss a single issue.
Call us at 888-909-4782.