September / October 2019

Paralyzed Veterans of America
Iowa Chapter

Back Talk

Keith Harvey, IPVA Board Member, presents Megan Christianson with the Donald H. Gerdom Executive Director’s Service Award

Kenny Lloyd, IPVA Vice President, presents Deb and George Bunnel with the Alfred H. Blumanhourst Volunteer Award

Kenny Lloyd, Dan Alberts and Lonn Cunningham presented the Keith M. Griggs Chapter Service Award to ITC representatives Krista Tanner, Chief Business Unit Officer, ITC Holdings; Mike Dabney, Manager, Stakeholder Relations, ITC Midwest; and Dave Gross, Community Relations, ITC Midwest.
A Message From The President  
Jon R. Schneider

I wanted to bring your awareness to this very recent News Release which was posted on the US Department of Veterans Affairs website.

JRS

FOR IMMEDIATE RELEASE
October 15, 2019

VA awards millions in adaptive sports grant funding for disabled Veterans

Grants promote rehabilitation, quality of life and community reintegration

The U.S. Department of Veterans Affairs (VA) awarded $14.8 million in grants for adaptive sports programs benefitting Veterans with disabilities and disabled members of the Armed Forces at the end of September.

Of the total, $1.5 million is being used to support organizations that offer equine-assisted therapy to support mental health.

“Adaptive sports help Veterans thrive both physically and mentally as they challenge their inner strength and open pathways to community integration,” said VA Secretary Robert Wilkie. “We are honored to partner with over 120 organizations dedicated to providing adaptive sports and equine-assisted activities to help Veterans discover what’s next, not just in sports, but also in life.”

VA awarded 126 grants to national, regional and community programs, which will reach about 11,000 Veterans and service members from every state, the District of Columbia and Puerto Rico.

VA awarded the grants to Veterans Service Organizations; city and regional municipalities; and other community groups to provide a wide range of adaptive sports opportunities. The grants will also benefit national governing bodies which prepare high level athletes for Paralympic competition.

Grant recipients may use the funds for planning, developing, managing and implementing adaptive sports programs. In addition to equine therapy, the grants will support well-known adaptive sports such as cycling, kayaking and archery to less traditional sports like hiking, hunting and paragliding.

Information about the awardees and details of the program are available at www.va.gov/adoptivesports and @Sports4Vets on social media.

I wanted to bring your awareness to this very recent News Release which was posted on the US Department of Veterans Affairs website.

“IT takes a notable person to plant a seed for a tree that will one day provide shade for someone he may never meet”

This type of donation will serve as an investment in our organization that will reap our members benefits for many years to come.
I traveled to Sioux Falls, South Dakota for the Paralyzed Veterans of America North Central Chapter Trapshoot and Pheasant Hunt. The first day of the trapshoot I did not shoot as good as I was hoping for but the second day was a lot better for me. Over all, my scores were not good enough to place in singles, handicap or doubles. Hopefully my next shoot will be a lot better.

On the third day, we went pheasant hunting at Top Gun in Howard, South Dakota. They always start the day off with a big breakfast at Top Gun Lodge. I always enjoy this hunt since there are lots of pheasants to shoot. At first, they did not know if we would be able to go hunting due to all the rain they had been having. Top Gun was sure they could get us out in the field, so I was sure there would be a good chance of shooting some birds.

When we get ready to get in the field, they load us up in the back of pickups. We get out in the fields and they position us at the end of the fields to drive the birds toward us. As the birds were flying up and we were shooting at them, the guy next to me had one of his birds fall in the back of the pickup box next to him. He was bragging how no one else could do what he just did. I didn’t have the heart to tell him I have seen that happen several times and it had happened for me before too.

Now remember, I told you about pheasants getting shot and ending up in the back of the pickups box. Well, what happened next, I was not expecting. There were a lot of pheasants getting up and one was flying toward me. I shot the pheasant coming toward me and was swinging on another one when I looked out of the corner of my eye and saw the pheasant I just shot coming right at my head. As I ducked my head to keep from getting hit, I heard the pheasant hit the back window of the pickup. I turned around to see where the pheasant went and there it was lying on the floorboard of the pickup. There was glass all over the seat of the pickup where the pheasant had broken the back window out!

I know I shot my share of the pheasants that day and for the pheasant breaking out the back window of the pickup, I will remember that one for a long time. As you see in the picture below, there were seventy five birds that were shot. There is also a picture of the back window of the pickup that was broken by the pheasant.

I had a great time at the North Central Chapter Trapshoot and Pheasant Hunt.
From the Desk of Kim Gould

2019 Annual Dinner Award Winners

We held our Annual Dinner and Awards Banquet on Friday, October 4, at the Ramada Tropics Convention Center in Des Moines. This year we had three award presentations. I would like to tell you a little bit about each of these recipients.

Award #1: In September of 2018, Gretchen contacted me. She thought maybe she had received a crank call from a young lady stating her company wanted to donate $10,000 to us. I followed up. No crank. Megan Christianson works for Sammons Retirement Solutions (Part of Sammons Financial Group). Megan submitted our name to the charitable giving committee at Sammons Financial Group nominating us for this generous donation. We were selected and a check was presented to us at their office in West Des Moines. Iowa PVA board member, Keith Harvey, presented Megan with the Donald H. Gerdom Executive Director’s Service Award which reads, “Iowa PVA is grateful for your consideration and your generous contribution to our organization. This donation made it possible to continue our mission and fund continued programs for our veteran members and caregivers.”

Award #2: ITC is the largest independent electricity transmission company in the country. ITC operates in Michigan’s Lower Peninsula, and portions of Iowa, Minnesota, Illinois, Missouri, Kansas and Oklahoma. Our relationship with ITC started back in 2015 when I was contacted and told ITC wanted to donate Action Track Wheelchairs to several PVA chapters throughout the Midwest. They wanted to give the Iowa Chapter two! We received the first two chairs in December of 2015. One went to Kenny Lloyd and one to the Iowa Chapter to be used by participants of our turkey, deer and pheasant hunts. We received chair number three in November of 2017. This chair was presented to Dan Alberts at a lovely ceremony in Waterloo. Chairs four and five were received in October of 2018. One was presented to Lonn Cunningham and the chapter received another chair to utilize at our hunts. Chair number six is going to our sports director, Scott Miller. Six chairs in total so far. These chairs are VERY expensive at approximately $13,000 each. Much too cost prohibitive to be purchased by most of our members and certainly too pricey for the Iowa Chapter of PVA to be able to provide. Approximately $80,000 worth of track chairs have been provided to Iowa Chapter members so far. Employees of ITC participate and donate through an annual golf outing. Company and management kick in the balance. These chairs make hunting and outdoor sports and mobility possible. These chairs can go where no chair has gone before. Dan Alberts, Lonn Cunningham and Kenny Lloyd presented the Keith M. Griggs Chapter Service Award to ITC representatives Krista Tanner, Chief Business Unit Officer, ITC Holdings; Mike Dabney, Manager, Stakeholder Relations, ITC Midwest and Dave Gross, Community Relations, ITC Midwest. The award plaque reads, “With sincere appreciation to all of your management and employees who have graciously donated to the cause of purchasing Action Trackchairs for use by disabled veterans of the Iowa Chapter. These chairs have made it possible for these veterans to do things that would have never been possible without this gift of independence.”

Award #3: Iowa PVA has done several events this year as always, but by far our largest endeavor for 2019 was our first ever Midwest PVA Fishing Event! The Iowa, Wisconsin and Minnesota Chapters combined to host the event. 20 PVA members, 12 caregivers and 23 volunteers were in attendance at this event held at Veterans on the Lake Resort in Ely, MN, June 23-29, 2019 at a cost of almost $35,000. The chapters had pledged $25,000 toward the event. We were obviously short. That is when a group came forward to help! All Hands on Deck, a group of 25-30 volunteers raised funds for us! They organized and held a fish fry, ushered at Riverside Casino, made and sold wreaths, baked and sold bread, they beat the streets and solicited everyone they knew for donations! ALL Hands on Deck raised a total of $22,013 for the 2019 event! Lara Berkenpas also made arrangements for free fishing licenses for all of us for the week. Bonnie Jacobson at Brittons Café raised another $2,785 and arranged to have 100 gallons of boat gas donated. This gas lasted us all week!!!!! They not only raised funds but took the week off of work to captain our boats, lead us to the fish, bait hooks, transport and load veterans, clean fish, cook at the fish fry, carry trays, etc. You name it, they did it!!!!!! They made trips to the resort to scout things out and helped assign cabins. This trip would not have been possible without this group!

We presented Andy and Lara Berkenpas, Jeff Stiff, Carrie Olerich and Bonnie Jacobson award plaques at the event in Ely. We took the opportunity to recognize them at the Annual Dinner and Awards Banquet. Andy and Lara Berkenpas are the leaders of this group. They were instrumental in the planning and execution of virtually every aspect of the event. Jeff Stiff and Carrie Olerich spearheaded the fish fry fundraiser for the 2019 event and Bonnie Jacobson was our boots on the ground in Ely. Bonnie not only raised funds through her café, but she rallied the entire town of Ely, MN behind our veterans and this event PLUS cooked all of our meals!

The night of the Annual Dinner, we presented an award to two more members of All Hands on Deck, George and Deb

“Continued on Page 5”
Bunnell. George and Deb have joined this effort with a vengeance. George not only accompanied us to Ely, but he and Deb have assisted in raising funds for both the 2019 and now the 2020 event! Kenny Lloyd presented them with the Alfred H. Blumanhourst Volunteer Award which reads the same as all of the previous awards to those members of All Hands on Deck, “In recognition of your support of the Midwest PVA Fishing Event. Events such as this are vital to the rehabilitation and quality of life of the participants. This event would not be possible without dedicated volunteers and donors such as yourself. Thank you for your generosity of time, energy and resources in support of these disable veteran heroes.”

The 2020 Midwest PVA Fishing Event will be even bigger and better. The 2020 event will be sponsored by the Iowa and Minnesota Chapters. We will head for Ely August 23 - August 29, 2020. Later in the evening, All Hands on Deck presented the Board of Directors for Iowa PVA with a check for $21,885.00 which they have raised so far for the 2020 event!!!!!

Thank you to all of our very deserving award winners for 2019. These individuals, companies and groups made the 2019 year a huge success and their continued support of our organization is greatly appreciated.

Photos from the Annual Dinner and Awards Banquet are found on the front page of this newsletter. Photos from the Fish Fry and the check presented by All Hands on Deck at the Annual Dinner are found on page 15.

All proceeds go to Paralyzed Veterans of America

Soup Luncheon Fundraiser

Everyone is welcome.

There will be a silent auction.

December 7th

12:00 P.M. – 4:00 P.M.

Cost: Free Will Donation

Located At

VFW Hall

116 North 3rd Street

Winterset, IA 50273

EAT & GREET

THURSDAY, NOVEMBER 7TH, 2019

6 – 9 PM

It’s our Annual Social Event where we take the opportunity to have a meal together, do some fun activities, and spend time getting to know each other. This is when we’re able to make new friendships, and strengthen others, with people who share the same experiences from having a spinal cord injury or disorder. Come join us!

Des Moines Area Community College

2006 Ankeny Blvd, Building 5 - Room 1240A

Ankeny, IA 50023

FREE Event!

Food & Beverage Provided.

Please bring family or friends, they are welcome too!

RSVP by November 1st

Email: admin@unitedspinaliowa.org

Text or Call: 515.554.9759

*Please provide your name and the total number of people attending with you.*

United Spinal Association

Iowa Chapter
The last weekend of September, I and several other veterans attended the “Music Therapy of the Rockies” music therapy retreat held at Camp Okoboji in Okoboji, Iowa. The music therapy retreats are the creation of Mack Bailey, a long time musician, Certified Music Therapist and resident of Aspen, CO. Mack started the program after becoming concerned about the high number of veterans suffering from PTSD and the ever increasing number of veteran suicides. Mack hopes that by teaching veterans to use guitar accompanied mindfulness and relaxation techniques, group discussions, guitar therapy and songwriting, the veterans will be able to express themselves and their life/military experiences more openly rather than keeping them inside, causing more damage to the individual and the people around them.

The Retreat started on Friday evening at the camp lodge with a “meet and greet” dinner where we met Mack, our fellow veterans, the volunteer professional songwriters/musicians, some of the Camp Okoboji staff, and the spouses and caregivers of people.

Saturday morning started with breakfast and by 8:30 we were learning breathing and mindfulness exercises, how to use music to help change our moods by both listening and playing, and asked to start thinking of an incident in our life that might make an interesting song. After lunch we were given guitars to use and taught how to read TAB notes to several songs, fretboard fingering and string picking. Mack has a “laid back” way of teaching, making it all very easy to pick up on. We were then assigned to one of the volunteer professional songwriters who, through a series of questions and answers, helped us formulate a song about the subject we had picked, suggesting words or phrases and appropriate music.

Sunday morning was similar to Saturday but with a little more emphasis on music therapy and guitar playing. Sunday afternoon was spent with the songwriters, polishing up our songs and music. Sunday, early evening, we held a concert, attended by the other veterans, their spouses/caregivers, and the camp staff. We were given the choice of having the professional sing and play our song, performing a duet with the professional or performing the song solo. Since I had never performed on stage, much less in front of a live audience, (read: “high anxiety”), I opted for a duet with my professional. It was a lot of fun and when the song ended and I actually heard applause I felt a real sense of accomplishment (and relief)!

Other than your transportation to and from the location of the Music Therapy of the Rockies the Retreat is free to attend and includes all meals and lodging. No prior ability to play a musical instrument or to read/write music is needed to attend, only a willingness to learn something new. For more information, to donate to, or to see when and where another retreat will be held, go to www.musictherapyoftherockies.org.
2019-2020 Educational Scholarship Award Winners

Paralyzed Veterans of America's (PVA) primary goal has been to assist its members and their families in improving the quality of their lives. This goal has been addressed through a wide variety of activities, including support of programs designed to provide education and training.

PVA established an Educational Scholarship Program to assist PVA members and their immediate families in gaining a post-secondary education.

Full-Time Student Award Winners - $1,000 each

Leah Berscheit (Saint Cloud State University)
Daughter of David Berscheit – Minnesota Chapter

Steven Bryant (Jacksonville State University)
PVA Member – Southeastern Chapter

Austin Ellwein (Savannah University of Art & Design)
Son of Frederick Ellwein – North Central Chapter

Myeisha Gage (George Mason University)
Daughter of Medger Gage – Mid-Atlantic Chapter

Wyatt Harris (Ohio University)
Son of Patrick Harris – Buckeye Chapter

Faith Mink (Lincoln Christian University)
Daughter of Michael Mink – Vaughan Chapter

Eliza Poggi (Yale University)
Daughter of Matthew Poggi – Member At Large

Analise Schleifer (Bethel University)
Daughter of Gregory Schleifer – Minnesota Chapter

Nicole Severn (Michigan State University)
Daughter of Scot Severn – Michigan Chapter

Emily Tinseth (Abilene Christian University)
Daughter of Warren Tinseth – Texas Chapter

Thank You Veterans

Veterans Day - November 11
### November

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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<tbody>
<tr>
<td>Rex E Ball</td>
<td>Nov 1</td>
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<td>John E Francis</td>
<td>Nov 2</td>
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<td>David L Moyland</td>
<td>Nov 7</td>
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<td>Bob J Stephens</td>
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<td>Ronald F Alberhasky</td>
<td>Nov 10</td>
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<td>Kevin L. Wille</td>
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<td>Wayne A Admire</td>
<td>Nov 13</td>
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<td>Jerry L Sandvig</td>
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<td>Daniel L Sawyer</td>
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<td>Dennis A Timp</td>
<td>Nov 20</td>
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<td>Lisa E Neitenbach</td>
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### December

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Kurtis R Yeoman</td>
<td>Dec 1</td>
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<td>Loren P Strong</td>
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<td>Teresa E Hout</td>
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<td>Robert G Matje</td>
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<td>Kenneth E Whittaker</td>
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<td>John S Sykes</td>
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<td>Steven L King</td>
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<td>Michael L Brady</td>
<td>Dec 17</td>
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<td>David S Escher</td>
<td>Dec 18</td>
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<td>Heath C Asmussen</td>
<td>Dec 20</td>
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<td>Herbert L Price</td>
<td>Dec 23</td>
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<td>Larry R Pint</td>
<td>Dec 24</td>
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<td>Marianne D Berche-Nelson</td>
<td>Dec 28</td>
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**CALENDAR OF UPCOMING EVENTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>11/1</td>
<td>Caregiver Coffee Meet Up @ Smokey Row</td>
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<td></td>
<td>(1910 Cottage Grove Ave, Des Moines) 2:00pm-4:00pm</td>
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<td>11/2</td>
<td>5th Annual Pheasant Hunt - Madrid, Iowa</td>
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<td>11/4</td>
<td>Caregiver Flower Give-Away - Fort Dodge CBOC 11:00a-1:00p</td>
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<tr>
<td>11/4</td>
<td>Caregiver Coffee Meet Up @ Tea Thyme (2021 6th Ave S, Fort Dodge) 2:00pm-4:00pm</td>
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<td>11/6</td>
<td>Caregiver Coffee Meet Up @ Marshalltown Iowa Veterans Home</td>
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<td></td>
<td>(Ford Conference Room) 3:00pm—5:00pm</td>
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<tr>
<td>11/9</td>
<td>IVH Pool Tournament - See Page 14</td>
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<tr>
<td>11/11</td>
<td>Office Closed - Veterans Day Holiday</td>
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<td>11/12</td>
<td>Caregiver Flower Give-Away—VA DSM Lobby 11:00a-1:00p</td>
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<td>11/12</td>
<td>Caregiver Coffee Meet Up @ Hy-Vee (2400 4th Street, SW, Mason City) 3:00pm-5:00pm</td>
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<tr>
<td>11/14</td>
<td>Caregiver Coffee Meet Up @ Knoxville CBOC (1607 N Lincoln, Knoxville) 2:00p-4:00pm</td>
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<tr>
<td>11/14</td>
<td>Bingo at the Des Moines VA CLC - 6:30 pm</td>
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<td>11/18-20</td>
<td>National PVA Fall Board of Directors Meeting - Orlando, FL</td>
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<tr>
<td>11/19</td>
<td>Caregiver Bag Give-Away-VA DSM Lobby 11:00a-1:00p</td>
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<tr>
<td>11/21</td>
<td>SCI Meeting at IPVA Office - 9:30 am</td>
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<td>11/21</td>
<td>BOD/Membership/Caregivers Support Meeting at IPVA Office - 11:00 am</td>
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<td>11/28-29</td>
<td>Office Closed - Thanksgiving Holiday</td>
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<tr>
<td>12/11</td>
<td>BOD/Membership Meeting at IPVA Office at IPVA Office - 3:00 pm</td>
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<tr>
<td>12/11</td>
<td>Annual Christmas Party at IPVA Office - 5:30 pm - See Page 24</td>
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<tr>
<td>12/12</td>
<td>Bingo at the Des Moines VA CLC - 6:30 pm</td>
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<tr>
<td>12/14-15</td>
<td>Deer Hunt - See Page 12</td>
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<tr>
<td>12/23-1/1</td>
<td>Office Closed for Christmas and New Year's Holiday</td>
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**BACK TALK**
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.

**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.**

Please see the most recent full independent audit report and IRS Form 990 under the financials tab of our web site at [www.iowapva.org](http://www.iowapva.org).

If you have any questions, please contact Kimberly Gould, executive director at 515-277-4782 any time day or night.
Highly Sophisticated Scam Targeting Veterans

Veterans beware! There is a new scam sweeping the country targeting U.S. veterans. This one involves the use of new telephonic technology, and a well-orchestrated cast of scam artists who mimic Veterans Affairs (VA) culture. Unfortunately, the scam has already ripped off thousands of veterans – don’t be the next victim.

The scam uses sophisticated telephonic technology that imitates VA operating signatures, thus, giving the impression via caller ID that the veteran is receiving a telephone call from the VA. Most veterans will see the following on their call ID system: “Department of Veterans Affairs, 1-800-827-1000.” The second part of the scam involves the scam artists pretending to be VA personnel. The scam artists are using scripted material to mimic the culture of VA personnel by implementing processes that would be used when a veteran contacts the VA. Most veterans are getting the following:

Scam artists: “Hello, Mr. Smith, this is John from the VA, I’m contacting you because the VA is reaching out to veterans to ensure the accuracy of their records with us. Do you have a minute to go over your records at the VA?

Veteran: Yes!
Scam artists: “Before I get started, thank you for your service.”
Veteran: “No problem.”
Scam artists: “Mr. Smith, can you verify what branch of the military you served?”
Veteran: “The Army.”
Scam artists: “Ok. Thank you. Can you verify your current address?”
Veteran: “555 Main St., Topeka, Kansas.”
Scam artists: “Ok. Great! Can you verify your birthday?”
Veteran: “July 10, 1947.”
Scam artists: “Please verify your last compensation payment amount.”

At this point, if the veteran provides information and gives an amount, the scam artists are using another script that eventually leads to asking the veteran to verify their social security number. If the veteran refuses to give information, the scam artists inform the veteran that he/she needs to be transferred to the Finance department. Then, the scam continues as:

Scam artists: “This is Mike in the Finance department. How are you Mr. Smith?”
Veteran: “I’m ok.”
Scam artists: “As John mentioned to you, we [VA] are reaching out to veterans to ensure the accuracy of their information on file with the VA. We want to make sure nothing happens to your current or future payments from the VA. Is that ok with you Mr. Smith?”
Veteran: “Sure.”
Scam artists: “Mr. Smith can you verify your social security number on file with the VA?”
Veteran: 123-12-1234
Scam artists: “Great! Thank you. Also, can you verify the credit card we have on file for you?”
Veteran: “I don’t have a credit card on file with the VA. Do I need to have a credit card on file?”
Scam artists: “Yes! To make sure any incidentals are covered. In 99.9% of the cases, the credit card is never used, and if the credit card is used it will never exceed $10. Public law, and VA policy makes it necessary we have a credit card on file just in case something comes up that is not covered by the VA. So, what card would you like to keep on file? We take Visa, MasterCard, American Express or Discover. Which would you like to use?”

If you get a call from the “VA” and the scenario resembles anything close to the narrative above, terminate the telephone call. It is likely you are being scammed.
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.
WANTED

DEER HUNTERS

ANNUAL SHOTGUN DEER HUNT
December 14 & December 15, 2019—Saturday and Sunday

Our Annual Deer Hunt will be held Saturday and Sunday at the Lloyd Family Farm in Union, Iowa. This event is always fun with good hunting.

Our Chapter’s track chair (donated by ITC and its employees) will also be on-site for participants to use.

Lunches will be provided by Pauline Lloyd.

The event is FREE to any IPVA member.

You must register to attend.

Please contact Kenny Lloyd at 515-570-1402 to register and obtain further details.

Deadline to register is NOVEMBER 30TH.

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
For more information, visit: pva.org/sports
MANY THANKS

to the people and/or organizations who have donated directly to
Iowa PVA from September 1 - October 31, 2019

Alberts, Dan (monthly)
Anonymous
Apsey, Andrew and Linda
Baldwin, Gretchen
Ballard, Oscar
Browning, Mary (In Memory of Robert Browning)
Collins Aerospace
Cordle, Misty
Dabney, Michael & Sheila
Delany, James (monthly)
Frideres, Duane and Beverly
Fritz, Andreas
Gould, Kim
Hartford Sportsmen Club of Hartford Iowa (monthly)
Hickman Hills Owner Association
Iowa One Gift Donation (monthly)
ITC Employees (Anonymous)
Larson, Grant
Leary, Timothy & Laura (monthly)
Logan, Jerry & Sharon
Matje, Robert
Morrison, Heidi (monthly)
O’Brien, Carol (monthly)
Personal Training (monthly)
Phillips, Larry and Mary Lou
Pins, Donald and Kim
Simons, Tish (monthly)
Tanner, Krista & Dean
Terry, Dusky & Connie
Vogt, Marlon & Norma
Whipple, Clayton & Leanna

IVH Pool Tournament

Date/Time: November 9, 2019, at 9:00 am - completion
Location: Iowa Veterans Home, Malloy Building, LRC Room

This event is FREE and open to anyone.
But, you must shoot pool from a wheelchair!
Trophies and monetary awards given!!

Please RSVP by November 1st by calling the IPVA office at
515-277-4782 or 888-909-4782. Come have fun with us!!
THANK YOU—THANK YOU

To the people and/or organizations who have donated directly to the Midwest PVA Fishing Event from September 1 - October 31, 2019

Andrew Pelzer DBA Andrew Pelzer Agency
Riverside Casino and Golf Resort

Photos 1, 2 & 4: ONLY SOME of the many items donated to be auctioned off at the Fish Fry on September 21, 2019.

Photo 3: Many people attended the 2nd Annual Midwest PVA Fishing Event Fish Fry Fundraiser. Many had to wait for their meal consisting of fried fish, french fries, coleslaw, green beans & dessert. Delicious!

Photo 5: Andy Berkenpas with All Hands on Deck along with Lara Berkenpas and Tina Clark present a check to Jon Schneider, IPVA President and Kenny Lloyd, IPVA Vice President for $21,885.00 showing the amount so far raised for the Midwest PVA Fishing Event in August 2020.
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.

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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.
Des Moines Vet Center Group Meetings
For Combat Veterans*

<table>
<thead>
<tr>
<th>Group</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gaming</td>
<td>Monday</td>
<td>9:00am-10:00am</td>
</tr>
<tr>
<td>LGBTQ</td>
<td>Monday</td>
<td>(2nd Mon month) 3:00pm-4:00pm</td>
</tr>
<tr>
<td>Concerned Person</td>
<td>Monday</td>
<td>(1st &amp; 3rd Mon month) 6:00pm-7:00pm</td>
</tr>
<tr>
<td>PTSD PEER</td>
<td>Tuesday</td>
<td>10:00am-11:30am</td>
</tr>
<tr>
<td>PTSD VN</td>
<td>Tuesday</td>
<td>11:00am-12:30pm</td>
</tr>
<tr>
<td>OIF/OEF/OND</td>
<td>Tuesday</td>
<td>(Drop in) 5:00pm-6:00pm</td>
</tr>
<tr>
<td>Grief / Loss</td>
<td>Wednesday</td>
<td>(2x month) 10:00am-11:30am</td>
</tr>
<tr>
<td>Peer Combat Vets</td>
<td>Wednesday</td>
<td>10:00am-11:30am</td>
</tr>
<tr>
<td>PTSD VN</td>
<td>Thursday</td>
<td>1:30pm-3:00pm</td>
</tr>
<tr>
<td>MST (any service era)</td>
<td>Friday</td>
<td>(1st &amp; 3rd Fri month) 7:30pm-8:30pm</td>
</tr>
<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.

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

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

Please support our mission through a direct donation to:
Paralyzed Veterans of America - Iowa Chapter
7025 Hickman Rd, Suite #1

SUPPORT THE IOWA PVA

Paralyzed Veterans of America - Iowa Chapter relies solely on private donations and receives NO government funding!

Your contribution is 100% tax deductible, as we are a 501(c)(3) corporation. Support by individual donors and businesses enable us to make our services FREE to members.

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Darl Kaldenberg, Manager
Phone: 515-962-0701
Fax: 515-962-9251
to the MANY people and organizations who made the Fish Fry Fundraiser on September 21st, 2019, an AMAZING event!! Your support improves Veteran’s lives!

9 Lilas - West Branch
Acme Tools - Cedar Rapids
AirFX Trampoline Park - Hiawatha
AJ’s Copper Garden & Metal Art Gallery
Albert Auto Service - Cedar Rapids
Alberts, Dan
All Tune & Lube Total Car Care - CR
Almost Famous Popcorn - Cedar Rapids
Andresen, Tara
Anonymous (NUMEROUS)
Antler Ridge Elk Ranch
Anything Country
Applebee Grill - Cedar Rapids
Aroma Artisan Pizza - Cedar Rapids
Auto Zone - Cedar Rapids
Ayers Engraving & Design
Baldwin, Dennis
Baldwin, Gretchen
Banks, Miranda
Barn Board Factory
Barn Town Brewing - West Des Moines
Be Inspired - Marion
Bed Beth and Beyond
Beekman, Joe & Mindy
Bell, Thomas & Teresa
Berkemps, Andy and Lara
Berkenpas, Robert and Pam
Bestland, Allen & Amanda
Blackstone
Blooms Garden Center - Marion
Bop's Pizza - Cedar Rapids
BoWood Company
Breke, Randy
Brick Arch Winery
Bringman, Colleen
Brittons Café - Bonnie Jacobson
Buffalo Wild Wings - Cedar Rapids
Bunnell, George & Deborah
Camp Creek Coatings & Fabrication
Carl & Ernies
Cedar Rapids Aerie #2272
Cedar Rapids Bowling Center
Cedar Rapids Boys and Girls Club Fishorama
Cedar Rapids Kernels
Cedar Rapids RoughRiders
Checkers Tavern & Eatery
Cheers Ink - Des Moines
Chicago Bears
Chicago Cubs
Clock House Brewing
Construction Materials, Inc
Copper Fox
Cost Cutters
Country Fixings
County Kitchen
Crazy Good Meats
Cunningham, Lonn and Phyllis
Czech Cottage
Daisy May Essentials
Daisy's Garage
Dan Clark Trucking
Day, Bryan & Shannon
Deja Vine Vineyard & Winery
DeLany, James
Della Viti Wine Bar
Denison Mustard Company
Dennis, Stephanie
Di Moda Boutique
Diesel Turbo
Direct Tools - Altoona
DKW Art Gallery & Studios
Dolter, Kathryn
Dr. Eyad Yehyawi - Cedar Rapids
Dubuque Heritage Winery
Earl May Nursery & Garden Center - CR
El Paraiso Mexican Bar & Grill - Cedar Rapids
Espeland, Steven & Susan
F&G Crafts (Faye & Greg Tucker)
Family Foods (Mike & Brad Goetz)
Farlinger, Craig & Patricia
Feathers for Freedom
Fin and Feather
First Avenue Winehouse
Gardner Golf Course - Marion
Glass Maker
Gould, Kimberly
Grandma's Spoons and Grandpa's Stuff
Great River Maple
Green Bay Packers
Grin N Goose - Cedar Rapids
HD Supply - Cedar Rapids
Heart and Soul - Des Moines
Hember, Bud
Hills Bank - Iowa City
HO HO HO
Home Grown Pets
Hughes, Lauri
Humphrey Family
HyVee - Wilson Avenue Cedar Rapids
Impressions by Ashley Beard
Interstate Battery
Iowa Creations
Iowa Popcorn Company - Marion
It's 5 O'Clock Somewhere
J & D Crafts
J & P Cycles
Jerseys Pub & Grub
Jimmy Johns - Cedar Rapids
JW's Pub and Grub - Cedar Rapids
Kahl, Sheri & Jeffrey
Kaiser, Mary
Kathy's Pies
Kleppe Family Jewelry & Loan
Kreutz, Andrea
Kula's "It's Just Sauce"
Kwik Trip/ Kwik Star - Cedar Rapids
Kyles Framing & Gallery
La Cantina - Cedar Rapids
Laing, Jason & Denise
Lamphier, Carole
Leaton, Ronald & Catherine
Leonardo's  
Lily's Country Soaps  
Mac Tools  
Marr Park  
May City Bowl  
Mexico Lindon Grill and Cantina  
Midwest Wheel  
Moe's Southwest Grill  
Monk, Kevin  
Morrison, Heidi  
Napoli's  
National Motorcycle Museum  
Nesper Signs  
O'Reilly Auto Parts  
Osteland, Carrie  
P & K Midwest  
Panera Breads - Cedar Rapids  
Panera Breads - Iowa City  
Panther Athletics Business Office  
PepperJax Grill  
Petland Iowa City  
Pets Playhouse  
Pierson's Flower Shop & Greenhouses  
Pizza Plus  
Poggenpohl, Angela  
Prayer Focus  
Ramsey's Wine Bistro  
Randolph Construction (Wanda & Victor)  
Realive Metaphysical  
Red Lion Lounge  
Rock Bar American Grill - Cedar Rapids  
RS Welding Studio  
Runt's Munchies  
Scheels - Coralville  
Schilling Construction LLC  
Schilling, Jason  
Scooters Bar & Grill  
Seaton, Ginny & Jeffrey  
Shell T Pots Studio - New Virginia  
Simmons, Timothy & Laurie  
Simply Me Boutique  
Sky Zone Trampoline Park - Cedar Rapids  
Sluts, Kevin  
Smith, Brenda and Mitchell  
Snap-on Tools - Scott Geiger  
Snapper City Bait and Tackle  
Snyder, Phyllis & Mark  
SpeeDeez Indoor Karting  
Spooktacular Pumpkins - Nancy or Susan Mitchell  
Star Nails  
Stewart, Stephanie  
Stiff, Jeffery  
Stone Cliff Winery  
Strottman, Lori  
Studio 14  
Subway  
Tericloths  
The Bakery of Cedar Rapids  
The Coin Shop  
The Grill Works - Marion  
The Groom Station  
The Iowa Children's Museum  
The Map Room - Cedar Rapids  
The Play Station  
Theatre Cedar Rapids  
Third Base Brewery - Cedar Rapids  
Thomas, Kelly & Robert  
Tire Plus - Cedar Rapids  
Tommy's West Restaurant  
Triple B Construction  
Tuffy Tire & Auto Service - Cedar Rapids  
Two Sisters Kennels  
Uncle Stans Military Surplus  
West Branch Ford  
White Star Ale House - Cedar Rapids  
White, Darcy  
Williamsburg Dental Lab  
Wilson, Terry  
WineStyles of Cedar Rapids  
Winneskiek Wildberry Winery  
Woodworking Etc.  
Wright Touch Bakery  
Zup's Fishing Resort and Canoe Outfitters

**Words can not begin to express the gratitude and overwhelming appreciation to everyone who helped make the Fish Fry Fundraiser on September 21st not only successful but ABSOLUTELY AMAZING!**

With several devoted volunteers and a dream to make a difference in some veterans lives...these loyal few rallied hundreds (maybe even thousands) of people and organizations together. As a whole, enough funds were raised to make a week-long fishing trip to Ely, Minnesota in August 2020 a reality for our veterans!

We wish with all our hearts each person could truly know what a blessing and a gift this is to our veterans and their caregivers!

(If you haven’t seen pictures of the event in June, please visit our Facebook page! Iowa- Paralyzed Veterans of America)

**PLEASE SUPPORT these businesses as they support our veterans!**

As explained many times before, **100% of all money raised/donated and directed towards the Midwest PVA Fishing Event is utilized solely for this event. No administrative costs are incurred.**

***We apologize for any errors or omissions in this list of donors. There were numerous donors who did not provide us with a name. We are still attempting to send thank you’s to each known donor. If we have made any mistakes, PLEASE contact us so we can apologize and correct! You may contact us at 515-277-4782 or iowapvagretchen1@yahoo.com.***
Where others see limitations, we see opportunities

**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.

[邴]adaptive sports IOWA

Hannah Lundeen, CTRS  |  Hannah.Lundeen@adaptivesportsiowa.org  |  888.777.8881 ext. 115
Kenny Lloyd, IPVA Vice President, received the Governor's Volunteer Award for outstanding commitment and service on October 31, 2019. Kenny was presented the award by: Kim Reynolds, Governor of Iowa and Mark Nook, President of the University of Northern Iowa. CONGRATULATIONS Kenny!!
PARALYZED VETERANS OF AMERICA SUPPORTS AXNE, GREEN DISASTER RECOVERY ACT

~ The bipartisan Reforming Disaster Recovery Act is expected to come up for vote soon ~

WASHINGTON – The Paralyzed Veterans of America released a letter of support for Axne-backed Reforming Disaster Recovery Act of 2019, calling for the House to vote for and pass this legislation. Sponsored by Financial Services Subcommittee Chairman Al Green (D-TX) and Congresswoman Ann Wagner (R-MO), the bill passed the House Financial Services Committee in July with strong bipartisan support. Rep. Cindy Axne, a member of House Financial Services Committee, co-sponsored the legislation and helped ensure its passage on Committee.

“I know too well the impacts of disasters. Iowa has suffered severe flooding damages in 2019 and many Iowans have lost their homes” Axne said. “I’ve seen firsthand the damage created by these natural disasters on our housing and infrastructure. I spoke with families forced to live in damaged or moldy houses because there was not housing available to them. That’s why I’m proud to support this legislation and make sure that funds for housing are used for those who need them – including our veterans.”

The bill will ensure that there is consistency in the disaster recovery process by directing the Department of Housing and Urban Development (HUD) to establish procedures for future disasters, sets timeframes for distributing funding for disaster recovery to those directly impacted, and works to eliminate bureaucratic delays that often slow down recovery efforts.

“Through the Reforming Disaster Recovery Act, states will be required to utilize their resources equitably between housing and infrastructure and among homeowners, renters, and people experiencing homelessness” stated the letter from Paralyzed Veterans of America, an organization founded in 1946 dedicated to serving the needs of veterans of the armed forces who have experienced spinal cord injury or dysfunction.

The bill is expected to come up for a vote before the end of 2019. Full text of PVA’s letter is available below:

October 24, 2019

On behalf of Paralyzed Veterans of America (PVA), I urge your support of the Reforming Disaster Recovery Act of 2019, H.R. 3702. PVA is the nation’s only Congressionally chartered veterans service organization solely dedicated to representing veterans with spinal cord injuries or disorders. Many PVA members have been adversely affected by recent natural disasters and this measure ensures that recovery funds would reach their communities more quickly in the event of future disasters, facilitating a faster rebuilding process.

Sponsored by Representatives Al Green (D-TX) and Ann Wagner (R-MO), H.R. 3702 was approved in July with strong bipartisan support by the House Financial Services Committee. It will permanently authorize the federal government’s principal long-term resource for recovering after a disaster, the Community Development Block Grant-Disaster Recovery (CDBG-DR) program, and create important safeguards to make sure that federal disaster recovery efforts extend to the lowest-income disaster survivors.

Through the Reforming Disaster Recovery Act, states will be required to utilize their resources equitably between housing and infrastructure and among homeowners, renters, and people experiencing homelessness. Seventy percent of the monies would have to benefit low- and moderate-income communities which are often the most devastated by disasters. The bill also includes important transparency provisions to make public information about the impact of every disaster and how resources are spent in the aftermath. It also prioritizes replacement of affordable housing that is damaged or destroyed and directs that rebuilding funds are to be used in accord with fair housing obligations.

Passage of this important legislation is necessary for housing recovery efforts that are transparent, consistently administered and help those most in need. Please vote to support the Reforming Disaster Recovery Act.

Sincerely,

Heather Ansley
Associate Executive Director
Paralyzed Veterans of America
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www.iowamobility.com

Email rods@iowamobility.com
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 515-277-4782 or 1-888-909-4782

CHRISTMAS PARTY 2019

WHEN: December 11th, 2019 (Wednesday) at 5:30 p.m.
WHERE: IPVA Office 7025 Hickman Road, Suite 1, Urbandale

Please join us for our special Holiday celebration at the IPVA office. The evening begins at 5:30 p.m. with a catered buffet style dinner being served at 6:00 p.m. Following dinner, we hope to be visited by Santa who will hand out presents for the children (twelve years old and under).

If you have children/grandchildren twelve and under, PLEASE CONTACT us so we can notify Santa to give him a gift suggestion! Please understand we would love to satisfy all requests but are budgeted up to $20.00 per gift. (Possible ideas: Barbie dolls, CD with title, Legos, etc.)

This event is FREE and open to anyone! THE MORE THE MERRIER!

This event is a wonderful evening of holiday spirit, socializing, food and gift giving.

PLEASE CALL OR EMAIL US AS SOON AS POSSIBLE:
SANTA, KIM, AND GRETCHEN NEED TO HAVE YOUR RSVP BY 11/29.
515-277-4782 / 1-888-909-4782 or iowapvakim@yahoo.com / iowapvagretchen1@yahoo.com