April 13th, we assisted with the Spring Carnival at the Iowa Veterans Home in Marshalltown. Pictured above from left to right are: Kenny Lloyd-IPVA President, Melanie Sickels, Scott Miller-IPVA Vice President, Oscar Ballard-IPVA BOD, Becky Harvey and Keith Harvey-IPVA Secretary.

April 22nd-24th was our Annual Turkey Hunt. Pictured to the left is Kenny Lloyd-IPVA President and his first “Bearded Hen”.

See page 2 for more details about these two events.
A Message From The President
Kenneth Lloyd

Spring Carnival & Turkey Hunt

It has been three years since we have been able to have the Spring Carnival at the Iowa Veterans Home in Marshalltown, Iowa, due to the pandemic. Each year we attend the Carnival, we set up an area to play a high low card game with the residents. The residents seem to love this game as each of them never goes away empty handed. They play high low until they win and then they get two lottery tickets. Of course, they get to keep any winnings off the lottery tickets but if they do not win anything off the lottery ticket, they still win two dollars for just playing. This year there weren’t any big winners. They highest winner won five dollars. The most common winners won one dollar. Our volunteers at the Spring Carnival were Keith Harvey and his wife Becky, Oscar Ballard, Scott Miller and Melanie Sickles. I want to say a big Thank You to all of them for volunteering and giving the residents of the Iowa Veterans Home a great day.

Our Turkey hunt did not turn out as I expected. The weather was not so good for the entire weekend and possibly the reason people canceled for coming to the hunt. I got my bird on the first day. The morning was cold and raining. By being inside our blinds, this helped a lot for not getting wet. The afternoon weather was better, but I was thinking it would not be good hunting either since the wind was blowing. My volunteer, Tony Geary, always helps with our Turkey and Deer hunts every year. He must have been thinking like I was that we were not going to see anything either as when I looked over at him he was looking down at his phone. I thought I would check my emails too while we were sitting there. I just happened to look up and there was a turkey wandering around our decoys. I saw the beard and I pulled my gun up and shot. The turkey fell to the ground. Tony looked at me and told me, “You just shot a bearded hen.” That is a first for me for shooting a bearded hen. It was not a very big bird but the way the weather was I figured I was lucky to get this hen. The Iowa law says any bearded wild Turkey are legal to shoot. The length of beard was longer than some of the Jakes I have seen. After the hunt, I googled bearded hens and discovered that 3%-20% have beards depending on where you live. I would like to thank Tony Geary for volunteering his time at our Turkey Hunt. He’s been a dedicated volunteer for many years and we appreciate him giving us his time.

Pictured to the right is one of the blinds used for all of our hunts. This blind can be moved to different areas depending on where the game has been seen. There is a ramp so all wheelchair users and track chairs can enter the blind.
WE BRING THE VAN TO YOU!
SAFE. CONVENIENT. TRUSTED.

For nearly 50 years Rollx Vans has been providing Veterans Nationwide the safest most convenient way to purchase a wheelchair accessible vehicle. We take great pride in serving those who served our country.

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ENJOY YOUR FREEDOM
100% SATISFACTION GUARANTEE!

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Call 800-956-6668 or visit us at rollxvans.com
From the Desk of Executive Director
Kim Gould

Veterans In Crisis

We provided the following information one year ago as part of an article about one of our members who found himself unexpectedly in crisis. Since that time, I have been contacted by other veteran and their loved ones regarding similar experiences. These times of crisis leave everyone involved feeling lost and sometimes helpless. **IF YOU OR SOMEONE YOU KNOW IS IN NEED OF ASSISTANCE, PLEASE CONTACT YOUR MEDICAL TEAM, COUNSELOR, 911 OR ONE OF THE RESOURCES PROVIDED BELOW! YOU ARE NOT ALONE!**

1) Developing a Safety Plan
A safety plan is a document that supports and guides someone when they are experiencing thoughts of suicide. It helps them avoid a state of intense suicidal crisis. This plan is precise and designed so the veteran does not have to think and make decisions. He/she just follows the plan. This plan lists triggers, coping strategies, contacts & phone numbers etc. **Your therapist should be involved in the formulation of this plan.**

   - This would be the second phase to the Safety Plan.
   - The Wellness Recovery Action Plan can help you in the process of recovery - getting well, staying well, and assisting you in becoming who you want to be. It will also be helpful for you in adapting to any challenges you have in your life, such as chronic illness, serious disability, being on active duty, or dealing with extreme loss or grief. This has some crossovers with the Safety Plan, but also lists things to do for the veteran or have the veteran do until they get their footing.

3) Continuing to work with his healthcare professionals.

**Tools & Resources**

Veteran's Crisis Line - https://www.veteranscrisisline.net 1-800-273-8255 PRESS 1
- Available 24/7 via phone, chat, text; Also available resources for the deaf & hard of hearing
- Serves all Veterans, Service members, National Guard and Reserve, their family members and friends

Coaching Into Care - https://www.mirecc.va.gov/coaching/ 1-888-823-7458
Coaching Into Care is a national telephone service of the VA which aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran. Our goal is to help Veterans, their family members, and other loved ones find the appropriate services at their local VA facilities and/or in their community.

National Suicide Prevention Lifeline - https://suicidepreventionlifeline.org 1-800-273-8255

Save A Warrior - https://saveawarrior.org/home

VA - Mental Health - Suicide Prevention - https://www.mentalhealth.va.gov/suicide_prevention/
- Veteran's Crisis Line
- Coaching Into Care - for family & friends of Veterans
- Coping with Suicide Loss - additional resources for family & friends who have lost Veterans

REACH - https://www.reach.gov/resources/tool/

Attention

Elections for the Board of Directors and Officers of Iowa Paralyzed Veterans of America will be held in September for Fiscal Year 2022-2023.

If you are a member in good standing, would like to be considered for a position on the Board of Directors and wish to be included on the ballot, please contact Kim Gould at 309-737-3192 or Gretchen Baldwin at 515-277-4782. You can also email your request to iowapvakim@yahoo.com or iowapvagretchen1@yahoo.com by June 30, 2022.

Per Iowa Paralyzed Veterans of America Election Policy and Procedures, ballots will be sent out to all members no later than August 10, 2022, 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 a mid-September date and counted prior to the September Board of Directors meeting.
Emergency Treatment and Care outside of VA Medical Centers/Clinics
By: Gus Gonzalez, NSO

Everyone has been in the emergency room for one reason or another. We all have the same questions; should I seek treatment earlier and would the VA Medical Center cover the treatment? These are some of the questions you and your loved ones should be talking about in case of an emergency, and you need to be admitted to a Non-VA Facility. The Veteran Health Administration (VHA) defines a Medical Emergency as an injury, illness, or symptom that affects your life or health. If emergency care is needed, seek care at the nearest facility. It may not always be possible to get into a VA Medical Center or Clinic especially for those who don’t have transportation or that live in a rural area. The VHA encourages all Veterans to seek immediate care in the event of an emergency.

The VA Medical Center you attend should be contacted within 72 hours from the time of your admission. You or someone acting on your behalf, or a facility staff member of the Hospital can notify the VHA of the veteran’s admission to the Non-VA Facility. Failure to report your admission within 72 hours can impact your eligibility for the VHA to cover your medical costs. Emergency treatment will be covered until the veteran can be safely transferred to a VA Medical Center. It is the veteran’s responsibility to make sure the VHA is notified of their admission for emergency treatment. The veteran can provide the following info to the Non-VA Facility staff members or the person acting on their behalf:
https://emergencycarereporting.communitycare.va.gov/

To be eligible for Non-VA Facility treatment, you must first be enrolled in the VHA system of care. Failure to report your admission within 72 hours will not automatically result in a denial of the emergency care claim, however, it may affect your eligibility to have your claim paid by the VA. If you refuse to be transferred to a VHA facility or federal facility after your condition has been stabilized, you may be liable for the cost of care incurred by staying at that facility.

For service-connected conditions to be eligible, certain requirements must be encountered:
1. A medical emergency that services were rendered
2. VHA or another federal facility was not readily available.
3. VHA was notified within 72 hours of the admission.

For non-service-connected Veterans, the following requirement must be met:
1. Veteran must be enrolled in the VA Health Care System.
2. The Veteran must have received health care services from the VHA within the last 24 months.
3. Veteran has no other health insurance coverage.

There is a time limit to file for reimbursement for emergency care; 2 years for those who are service-connected and 90 days for those who are non-service-connected.

For further information regarding this please review the listed references or contact your local National Service Officer.
TAKE CONTROL OF YOUR HEALTH!

- Eliminate sleep deprivation
- Prevent pneumonia and other respiratory problems
- Prevent painful and life-threatening pressure injuries (bed sores)

The Freedom Bed is the most advanced patient positioning system on the market, providing:

- AUTOMATED BODY ROTATION
- PROGRAMMABLE TIMES & ANGLES
- SMOOTH AND SILENT OPERATION
- UNINTERRUPTED SLEEP

One of our representatives will be pleased to explain the features and benefits of THE FREEDOM BED, our value-added programs and services offered.

VA FSS CONTRACT: #36F7972BD0184

CALL TOLL FREE: 800.816.8243
EMAIL: INFO@PRO-BED.COM
WEB: WWW.PRO-BED.COM
ANNUAL AIR RIFLE & AIR PISTOL PROGRAM
Cal-Diego Air Rifle and Pistol Tournament
December 3, 2021
Camp Pendleton
Camp Pendleton, CA

Wisconsin Air Rifle and Pistol Tournament
March 11-12, 2022
Milwaukee Tech Area College
Milwaukee, WI

Buckeye Air Rifle and Pistol Tournament *
May 9-19, 2022
*Virtual Buckeye Wheelchair Games

PVA BOATING/FISHING TOUR
Mid-America Bass Tournament
September 10-12, 2021
Lake Eufaula
Eufaula, OK

Vaughan Bass Tournament
October 8-10, 2021
The Lakes of Egypt
Marion, IL

Southeastern Bass Tournament
October 15-17, 2021
Thurmord/Clarks Hill Lake
Evans, GA

Florida Gulf Coast Bass Tournament
April 1-3, 2022
Lake Toho
Kissimmee, FL

Kentucky-Indiana Bass Tournament
April 22-24, 2022
Lake Barkley
Kuttawa, KY

Mid-Atlantic Bass Tournament
June 10-12, 2022
James & Appomattox Rivers
Hopewell, VA

Capital Clash Bass Tournament
June 17-19, 2022
Potomac River
Waldorf, MD

ANNUAL PVA/NWPA BILLIARDS TOURNAMENT SERIES
Buckeye Billiards Tournament
July 17-18, 2021
8 Ball Sports Bar & Billiards
Columbus, OH

Mid-South Billiards Tournament
October 15-16, 2021
Clicks Billiards
Memphis, TN

Mid-Atlantic Billiards Tournament
March 18-20, 2022
Diamond Billiards
Midlothian, VA

ANNUAL PVA/AWBA BOWLING TOURNEY SERIES
Great Plains Bowling Tournament
July 29-August 1, 2021
Thunderbowl
Council Bluffs, IA

Mid-Atlantic Bowling Tournament
September 24-26, 2021
Bowl America
Midlothian, VA

Florida Gulf Coast Bowling Tournament
February 23-25, 2022
Pin Chasers
Tampa, FL

Vaughan Bowling Tournament
April 29-May 1, 2022
Bowlino
Romoville, IL

PVA NATIONAL SHOOTING SPORTS CIRCUIT
North Central Trapshoot
September 11-12, 2021
Crooks Gun Club
Sioux Falls, SD

Cal-Diego Trapshoot
March 25-27, 2022
Redlands Shooting Park
Redlands, CA

Nevada Trapshoot
April 1-3, 2022
Clark County Shooting Park
Las Vegas, NV

Florida Gulf Coast Trapshoot
May 13-15, 2022
Silver Dollar Trap Club
Odessa, FL

Vaughan Trapshoot
June 3-5, 2022
St. Charles Sportsmen’s Club
Elburn, IL

Wisconsin Trapshoot
June 10-12, 2022
Brown County Sportsman Club
Green Bay, WI

Iowa Shooting Trapshoot *
June 17-19, 2022
Otter Creek Sportsman Club
Cedar Rapids, IA
*Year-End Tournament

BOCCIA
KY-IN Boccia Tournament
July 17-18, 2021
Indianapolis, IN

KY-IN Boccia Tournament
September 25-26, 2021
Bowling Green, KY

Bayou Boccia Tournament
February 18-19, 2022
Gulfport, MS

Buckeye Boccia Tournament *
May 9-19, 2022
*Virtual Buckeye Wheelchair Games

Mid-Atlantic Boccia Tournament
May 2022 (Dates TBD)
Richmond, VA

VAUGHAN Boccia Tournament
June 11-12, 2022
Glen Ellyn, IL

HANDCYCLING
Echelon Racing League ToAD Virtual Criterium Races
November 2021 -February 2022

PVAR High Performance Camp
January 29 – February 3, 2022
Brooksville, FL

For more information: pva.org/sports

Updated 02/08/22
MANY THANKS to the people and/or organizations who have donated to IPVA from March 9, 2022 - April 25, 2022

Alberts, Dan and Becky (monthly)
AmzaonSmile Foundation
Anonymous (multiple)
Baldwin, Gretchen (monthly)
Ballard, Oscar
Booth, MaryRuth (In Honor of Joshua Baldwin)
Bunnell, George and Deb
Cordle, Misty
Daniels, Leanna (monthly)
DeLany, James (monthly)
Finch, Carrol and Clarence
Friderees, Duane and Beverly (monthly)
Hartford Sportsmen Club of Hartford Iowa (monthly)
Iowa One Gift Donation (monthly)
Leary, Timothy & Laura (monthly)
Loffredo, Marcia (In Memory of Mary Luann Browning)
Morrison, Heidi (monthly)
Neuzil, Jerome
Nichols, Dan & Gina
Norman, Joni & Stephen (In Remembrance of Jon Schneider)
O’Brien, Carol (monthly)
Personal Training (monthly)
Phillips, Larry and Mary Lou
Sankey, Tom and Debra
Scholtes, Dan & Patricia
Simons, Tish (monthly)
Spectro, Shelley
Swietlik, Steven and Sandra
Vaughn, Kris

THANK YOU to our Yearly Advertisers!!

Pro - Bed (Page 6)
ReWalk Robotics, Inc (Page 21)
Rollx (Page 3)
Siebert Mobility (Page 10)
THANK YOU - THANK YOU

To the people and/or organizations who have donated directly to the Midwest PVA Fishing Event from **March 8, 2022 - April 25, 2022**

All Hands on Deck
Riverside Casino & Golf Resort

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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.

---

Welcome!
Our New Iowa PVA Members are...
George Peterman
Zachary Wagner

---

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

ken2000L@heartofiowa.net
iowapvakim@yahoo.com,
or iowapvagretchen1@yahoo.com
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★★ $1000 Veteran Discount Available ★★

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- Many Makes, Models & Conversions to Choose From
- Hundreds of Vans Available
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- 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
The 2022 PVA scholarship application period is now open! Please visit www.pva.org/scholarship for additional information and to access the online application.

WE WANT TO INVEST IN YOU!
Supporting Education for our Members and their Families

SCHOLARSHIP PROGRAM NOW ACCEPTING APPLICANTS

Paralyzed Veterans Educational Scholarship Program assists members and their immediate family members by providing scholarship funds to help with a post-secondary education. We will award scholarships in the amount of $2,500 to full-time students and $1,000 to part-time students for an academic year.

QUALIFIED APPLICANTS ARE:

- A Paralyzed Veterans’ member, spouse of a member, or an unmarried child (under 24 years of age) who is dependent (as defined by the IRS) upon the member for principal support
- A United States citizen
- Accepted and enrolled as a full- or part-time student in an accredited U.S. college or university

Apply Now:
bit.ly/pva-scholarships

For More Information, Contact:
Christi Hillman
202.416.7776
ChristiH@pva.org

Application Deadline May 15, 2022.

Previous award recipients may apply.
*May only receive the award twice in a lifetime.
Feeling stretched caring for a military member or veteran?

Powerful Tools for Caregivers is a class designed to provide you—the caregiver—with skills to take care of yourself. The series of six classes, held once each week, offers tools and support to help you reduce stress, solve problems, and communicate confidently when faced with tough decisions.

Everyone benefits when you take care of yourself...

Dates
Six Thursdays starting May 19, 2022

Time
7:00-8:30 PM Central

Location
Virtual via Zoom

Cost
$40 Call or email for a scholarship

Registration
https://go.iastate.edu/RE58OT

Questions?
Contact Malisa Rader at mrader@iastate.edu or 515-708-0622.

This educational offering is specific to caregivers of military members & veterans.

www.extension.iastate.edu/human sciences/ptc

The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext. HS 136 December 2021
BJL FUNDRAISING
1586 170th Ave
Donnellson, IA 52625
bjlfundraisers@gmail.com
(319) 376-8387 Brandon Wilson
(815) 517-3676 Jesse Forquer
(319) 759-7825 Larry Poggemiller

Sponsorship/Donation Form for 2022 PVA/ Stead Family Children’s Hospital Poker Run.

Date: June 18, 2022
Location: Lee County Fair Grounds
Event Type: Poker Run, Raffle, 50/50, Live Auction, Live Entertainment

Our Mission:
BJL Fundraising is a non profit organization which exhibits great respect, pride, and integrity for our military veterans and our community. We provide assistance to local veterans and families with children who are otherwise without resources.
TO REGISTER FOR THIS EVENT
PLEASE GO TO:
https://www.eventbrite.com/e/iowa-shooting-sports-tournament-tickets-241801413537

IOWA PVA SHOOTING SPORTS TOURNAMENT
Hosted by Iowa Chapter Paralyzed Veterans of America • June 17 - 19, 2022
Otter Creek Sportsman’s Club, Cedar Rapids, Iowa • Marriott Cedar Rapids

Competition open to all shooters, able-bodied or with a disability

FRIDAY, JUNE 17, 2022
10 a.m. Transportation to range Registration and practice (See club for practice fees)
5 p.m. Welcome Reception (range)

SATURDAY, JUNE 18, 2022
7:30 a.m. Transportation (range)
8 a.m. Breakfast & registration (range)
9 a.m. 100 Singles
Noon Lunch followed by 50 pair Doubles

SUNDAY JUNE 19, 2022
7:30 a.m. Transportation (range)
8 a.m. Breakfast (range)
9 a.m. 100 Handicap
Following Awards Banquet at Otter Creek Sportsman’s Club

EVENT AWARDS
• High overall on 300 targets
• Keith Griggs Memorial Award (given to the top shooter with SCI/D) on 300 targets

Class Awards:
• First and second place in Short, Mid, and Long yardage
• First and second place in Singles, AA-D classes
• First and second place in Doubles, AA-D classes

Chapter Team Awards:
A chapter team must consist of at least three shooters having SCI/D, and a minimum of two teams must be competing for awards to be considered.

• Top Team and Runner-Up teams award based on all 300 targets/shooter

NOTE: The Iowa Chapter Paralyzed Veterans of America may hold special events on both Saturday and Sunday, as well as other shooting options for the weekend and fun shoots. There will be information on any special events taking place during the shoot in the club house and the registration tables. Please see the registration staff for any questions pertaining to special events.
TRAVEL AND ACCOMMODATIONS:

OTTER CREEK SPORTSMAN’S CLUB
9001 MILBURN ROAD
CEDAR RAPIDS, IA 52402
319.393.5814

From the host hotel, and other hotels located on Collins Parkway: From Collins Road Westbound, turn right onto Edgewood Rd. NE. At the “T” intersection, turn left onto Blairs Ferry Road NE. Go approximately 1.1 miles. Turn right onto Milburn Rd. NE. Go approximately 2 miles. Entrance to Otter Creek is on the left.

MARRIOT CEDAR RAPIDS
1200 COLLINS ROAD NE
CEDAR RAPIDS, IA 52402

RESERVATIONS: Call Amanda Cushing at 309.261.0455 by MAY 26, 2022. Reference Paralyzed Veterans of America to get the group rate of $105 for a standard guest room and $115 for a King Suite handicap accessible room per night (plus tax and fees).

DIRECTIONS FROM AIRPORT TO HOTEL:
Turn right onto Wright Brothers Blvd. SW. Turn left and take ramp onto I-380 N toward Waterloo. Take exit #24A toward Collins Road. Turn Right. Merge onto Collins Rd. NE.

ALTERNATIVE AREA HOTELS:

Hampton Inn & Suites Cedar Rapids North
1130 Park Place NE
Cedar Rapids, IA 52402

Homewood Suites
1140 Park Place NE
Cedar Rapids, IA 52402

Call Mathew at 319.832.1130 Ext. 2 by May 26, 2022. Reference Paralyzed veterans of America for group rate of $99 per night (plus tax and fees).

TRANSPORTATION:

Transportation will be provided between the airport and the hotel and between the hotel and range. If requiring transportation from the airport, please contact Kim Gould at iowapvakim@yahoo.com or at 309-737-3192 no later than May 19, 2022. Please include your airline, flight number and arrival date and time. Requests for transportation after May 19, will not be guaranteed.

MORE EVENT DETAILS:

EQUIPMENT:

Equipment may be provided on request and will be on a first-come, first-served basis. Please indicate on your entry form whether a shotgun and/or pouch will be needed.

AMMUNITION POLICY:

All ammunition utilized must be Factory ammunition. Reloaded ammunition may not be utilized for competition and refunds will not apply. Please see Paralyzed Veterans’ shooting sports rules for more information at www.pva.org/shooting.sports.

EMERGENCY PROCEDURES:

In the event of emergency, the tournament director will be notified immediately. The nearest medical treatment center is St. Lukes Hospital and Medical Center located at 1026 A Ave. NE, Cedar Rapids, IA 52402; 319.369.8204

The nearest VA Hospital is the Iowa City VA at 601 Highway 6W, Iowa City, IA 52246; 319.338.0581

POSTAL MATCH OPTION (VIRTUAL)

Due to COVID 19 travel restrictions, we are adding the option for PVA Members and Associate Members to participate in trap shoots under a Postal Match format. Those participating from their home range must register with the host Chapter TWO WEEKS PRIOR to the scheduled event, including teams. Participants shooting on their home ranges must do so within the week prior to the actual shoot. All results must be emailed to Kim Gould at iowapvakim@yahoo.com AND John Arbino at johnar@pva.org no later than 5:00 p.m. Central Time on Saturday, June 18, 2022. If shooting as a team, then the team captain can send those results. The score sheet must be signed by the submitting shooter, the scorer, the shooter in the first position and an officer of the trap club for award consideration.

RAFFLES AND AUCTIONS:

The Iowa Chapter of Paralyzed Veterans of America will be holding raffles and/or silent auctions throughout the weekend. Please plan accordingly for any shipping as the Iowa Chapter nor the National Office will be shipping any items.
REGISTRATION & PAYMENT FOR TRAPSHOOT

IOWA CHAPTER PARALYZED VETERANS OF AMERICA TRAPSHOOT
The entry fee for this event is $210 which includes 300 targets, 12 boxes of ammunition for competition, breakfast and lunch on Saturday, breakfast on Sunday and the Sunday awards lunch. Please send your registration and payment to:

Iowa Paralyzed Veterans of America
7025 Hickman Road, Suite 1
Urbandale, IA 50322

NOTE: Please make checks payable to Iowa PVA; in the memo: "Trapshoot." Please DO NOT send cash. Onsite registration will be accepted with check or cash payment. No credit or debit cards.

Name: ___________________________ Phone: (____) _______ Email: ___________________________

Street: ___________________________ City: ___________ State: _______ Zip: _______

Branch of Service: USA USMC USAF USN USCG N/A

Voting member of Paralyzed Veterans? Yes No

PVA Associate Member? Yes No

Paralyzed Veterans Chapter: ___________________________

Have you ever competed in a Paralyzed Veterans shooting event? Yes No

Please indicate any equipment you might need:

Shotgun Pouch Earplugs Safety Glasses

I will be competing virtually: Yes No

Will you require transportation?* Yes No

*Transportation requests must go to Kim Gould at iowapvakim@yahoo.com no later than May 28, 2021.

In case of emergency, please contact:

Name: ___________________________ Phone: (____) _______

Relationship: ________________________

ATA/PITA/Handicap YDG: _________ ATA#: _______

If a member of ATA or PITA, please bring your card with you!

Singles Average: ___________ Doubles Average: ___________

We will be re-squadding for handicap events. We will honor requests for squadding for the singles and doubles events that you report here.

Squad Members:

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________

Will you be attending the awards lunch? Yes No

<table>
<thead>
<tr>
<th>TRAPSHOOT OPTIONS</th>
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<tbody>
<tr>
<td>Postal Match/ Virtual Fee: $50</td>
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</tr>
<tr>
<td>In-Person Fee: $210 (includes ammo, targets, and all meals)</td>
<td>$_____</td>
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| A LA CARTE OPTIONS: |
|---------------------|---|
| All include ammunition and targets, no meals. |

<table>
<thead>
<tr>
<th>Options</th>
<th>Price</th>
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<td>Singles Only: $65</td>
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<tr>
<td>Doubles Only: $65</td>
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<td>Handicap Only: $65</td>
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<th>ADDITIONAL OPTIONS</th>
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<td>Extra Lunch Ticket: $10</td>
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<tr>
<td>Extra Breakfast Ticket: $5</td>
<td>$_____</td>
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<tr>
<td>Extra Awards Lunch Ticket: $30</td>
<td>$_____</td>
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<tr>
<td>Tax-deductible donation to Iowa Paralyzed Veterans Chapter</td>
<td>$_____</td>
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TOTAL $____
2nd Annual Midwest PVA Fishing Event
Fish Fry Fundraiser
Saturday: June 18th, 2022

WHERE: Tipton VFW 410 Lemon St. Tipton, IA

COST: FREE WILL DONATION (ALL YOU CAN EAT)

FOOD SERVED: 5:00 P.M. - 7:00 P.M.
(Fried fish, French fries, Coleslaw, Green Beans & Dessert)
To Go Containers Are Available

LIVE & SILENT AUCTION/RAFFLES & 50/50 DRAWINGS

The Midwest PVA Fishing Event is a week long event held for Paralyzed Veterans and their caregivers at Veterans on the Lake Resort in Ely, MN. 100% of donations collected will go to Paralyzed Veterans of America - Iowa Chapter and will be utilized for funding the Midwest PVA Fishing Event. All funds collected for this event will be placed in a designated account and will be used solely for that purpose. NO administrative costs will be incurred.

All Hands On

Questions?
Call

Toby Grosvenor
319-330-0741

or

George Bunnell
319-573-2420
If you would like to support IPVA & have the possibility of winning one of these guns, please contact us by telephone or email!!  Drawing will happen at our Trapshoot.

Iowa PVA, 7025 Hickman Rd., Suite #1, Urbandale, IA  50322
515-277-4782 or 1-888-909-4782

ken2000L@heartofiowa.net
iowapvakim@yahoo.com,
or iowapvagretchen1@yahoo.com
4th Annual Women Veterans Empowerment Retreat
JW Marriott Resort • San Antonio, Texas
September 24 – 27, 2022

DEADLINE FOR REGISTRATION—AUGUST 1, 2022

Join us for Paralyzed Veterans of America’s 4th Annual Women Veteran Empowerment Retreat. Come enjoy three days in beautiful San Antonio with other women members of PVA. This event is limited to 40 attendees so be sure to register ASAP!

Participants will enjoy time an inclusive, supportive environment with other women Veterans with sessions that focus on:
- VA Benefits & Services
- Self-Advocacy
- Leadership Skills
- Resilience
- Empowerment

A few things you can expect if you attend the Women Veteran Empowerment Retreat:
- Three days of education, opportunities, and camaraderie
- Interact and learn from experts
- Meeting other women members

PVA and our sponsors are proud to cover all expenses related to travel, hotel accommodation, meals, and programming. Additionally, we will have several fun activities that will be no cost to any of our attendees.

Caregivers welcome!

"Because of this retreat, I finally learned how to let go of things and people in a healthy way! That was so powerful to me, and I will never forget it. Learning different ways to deal with life stressors made me so excited to come home and apply what I learned... and I have!"

– 2021 WVER attendee

REGISTER NOW!
Deadline for Registration: August 1, 2022
Registration Link: https://cvent.me/mM9BMX
For additional information contact: WVER@PVA.org
May
Curt D Barnes May 3
Joni K Lawai May 9
Tina Marie Carter May 21
Michael J Moroney May 22
Gerald R Santos May 22
Daniel S Nichols May 23

June
James D. Fidler June 1
Robert L Marchant June 1
John R. McPherson June 9
William E Ballensky June 10
Kenneth E Lloyd June 14
Robert J Abel June 15
Eric T DeKraai June 20
Carol L Lilienthal June 24
Victor R Nava June 27
Bobbie D. Souer June 27
Zachary J Wagner June 27
Robert V Juarez June 29
Roger W. Rupp June 29
Bruce C Culver June 30

CALENDAR OF UPCOMING EVENTS

5/3 Project Healing Waters—7:00 pm at IPVA office
5/12 Bingo at the Des Moines VA CLC—6:30 pm
5/17 - 5/21 PVA National Convention—Atlanta, GA
5/17 Project Healing Waters—7:00 pm at IPVA office
5/26 SCI Bi-Annual Meeting at IPVA office and on Zoom—12:00 pm
5/26 Caregiver Support Meeting at IPVA Office—1:00 pm
5/26 BOD/Membership Meeting at IPVA Office and on Zoom—1:00 pm
5/30 Memorial Day Holiday—IPVA Office Closed

6/9 Bingo at the Des Moines VA CLC—6:30 pm
6/17 Annual Pistol Shoot—Cedar Rapids, Iowa (see page 15)
6/17-19 Annual Trapshoot—Cedar Rapids, Iowa (see page 11-13)
6/18 Poker Run, Raffle, 50/50, Live Auction, Live Entertainment (see page 13)
6/18 All Hands On Deck MWPVA Fishing Event Fish Fry Fundraiser—Tipton, IA (see page 17)
6/23 Caregiver Support Meeting at IPVA Office—1:00 pm
6/23 BOD/Membership Meeting at IPVA Office and on Zoom—1:00 pm
6/25 Tama American Legion Poker Run Fundraiser (see page 24)

7/7 Project Healing Waters—7:00 pm at IPVA office
7/7-12 National Veterans Wheelchair Games, Tempe, Arizona
7/14 Bingo at the Des Moines VA CLC—6:30 pm
7/18-23 National Veterans Golden Age Games, Sioux Falls, South Dakota
7/21 Project Healing Waters—7:00 pm at IPVA office
7/28 Caregiver Support Meeting at IPVA Office—1:00 pm
7/28 BOD/Membership Meeting at IPVA Office and on Zoom—1:00 pm

8/21—8/27 Midwest PVA Fishing Event—Veterans on the Lake Resort in Ely, MN (see page 22)
Want To Improve Your Bowel Function?

Recently published research reveals between 50 and 80% of participants reported improvements in bowel function and/or management after walking in an exoskeleton*

Did you know Paralyzed US Veterans May be Eligible for a ReWalk Personal Exoskeleton?

Contact ReWalk for more Information: rewalk.com/contact or 508.251.1154 option 2
The Iowa and Minnesota Chapters of Paralyzed Veterans of America are pleased to be sponsoring the 2022 Midwest PVA Fishing Event, which will be held August 21-27, 2022.

The 2022 Midwest PVA (Paralyzed Veterans of America) Fishing Event will be a wonderful recreation event. It will provide an entire week of fishing, boating and social activities to approximately 30 paralyzed veteran heroes and their caregivers at Veterans on the lake Resort in Ely, MN. Veterans on the Lake Resort was started for the sole purpose of creating a recreational facility for disabled veterans to enjoy and continues to be a non-profit facility. It is nestled in the Superior National Forest adjacent to Fall Lake and has over 2,700 feet of shoreline. The resort offers fishing from boats, pontoons and off the dock. (www.veteransonthelakersort.org) Veterans on the Lake Resort has approximately 25 handicapped accessible cabins which will house our attendees. There are v-bottom boats for use by more mobile anglers and pontoon boats for use by all of our participants. Other fun activities include: Fish-fry, campfires, and access to the local attractions on your own time. This week provides participants with not only vital rehabilitation but gives them a sense of their identity before the injury or illness that changed their lives. It gives the veterans the opportunity to network with other individuals with similar challenges and share vital information and hints on "how to get by" in many cases.

Also in attendance at the event will be 20-25 volunteers to assist with fishing, transport to and from the dock areas, guide and boat captain services, and any recreational assistance that the veterans or caregivers might need.

Fishing gear will be available for those participants who do not have equipment. All participants are encouraged to bring their own tackle and fishing gear, including wet-weather clothing. Boats and life jackets will be provided. If participants have their own boat or life jacket and want to bring it, we would encourage them to do so. Gas for personal boats would be covered for fishing activities. Participants will be responsible to get their boat to and from the resort.

The Iowa and Minnesota Chapters will make all the arrangements at the resort for lodging and meals. PVA Members need to be aware the event is held at a resort and veterans and caregivers will room together. The Iowa and Minnesota Chapters will make every effort to provide a safe and comfortable experience for everyone.

Participation in the Midwest PVA Fishing Event is open to all PVA members in good standing. Participation acceptance will be on a first come, first served basis. This event is offered to PVA Members and 1 adult caregiver/family member. No additional family members can be accepted due to space. Fishing licenses are still a work in progress and we are working on attaining one week licenses for all attendees.

All veterans in attendance will be members of Paralyzed Veterans of America. 2 PVA Chapters, the Iowa and Minnesota Chapters, will be attempting to fund this August 2022 rehabilitation event. The total bill for this event is estimated at $40,000. This would be all inclusive of lodging, meals, boat rental / gas, bait, ice, etc. A small fee will be charged per person ($50) to ensure attendance.

WATCH YOUR MAILBOX FOR YOUR APPLICATION. WE WILL BE MAILING THESE OUT SHORTLY WITH A REQUIRED RETURN DEADLINE OF JULY 1. THIS IS A FIRST COME FIRST SERVED EVENT WITH LIMITED WHEELCHAIR ACCOMODATIONS SO PLEASE GET YOUR APPLICATION IN ASAP.
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.
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