Paralyzed Veterans of America Central Florida Chapter
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Mission Statement
Paralyzed Veterans of America Central Florida, a congressionally chartered veteran’s service organization that provides a platform of advocacy, education and research, communication, adaptive sports and recreation for veterans paralyzed as a result of spinal cord injury or dysfunction, in an effort to afford them with the highest quality of health care and life experiences.
Eleanor Roosevelt was born on October 11, 1884— and died November 7, 1962, making her this month’s topic for my article. Roosevelt became First Lady of the United States when Franklin was inaugurated on March 4, 1933. She served as the First Lady of the United States from March 4, 1933 to April 12, 1945 during her husband President Franklin D. Roosevelt’s four terms in office, making her the longest serving First Lady of the United States.

Having known all of the twentieth century’s previous First Ladies, she was seriously depressed at having to assume the role, which had traditionally been restricted to domesticity and hostessing.

Eleanor was a controversial First Lady at the time for her outspokenness, particularly on civil rights for African-Americans. Roosevelt set out to redefine the position. According to her biographer Blanche Wiesen Cook, she became “the most controversial First Lady in United States history” in the process. With her husband’s strong support, she continued with the active business and speaking agenda she had begun before assuming the role of First Lady, in an era when few married women had careers. She was the first presidential spouse to hold regular press conferences and in 1940 became the first to speak at a national party convention. She also wrote a daily and widely syndicated newspaper column, “My Day”, another first for a presidential spouse. She was also the first First Lady to write a monthly magazine column and to host a weekly radio show.

In the first year of her husband’s administration, Eleanor was determined to match his presidential salary, and she earned $75,000 from her lectures and writing, most of which she gave to charity. By 1941, she was receiving lecture fees of $1,000, and was made an honorary member of Phi Beta Kappa at one of her lectures to celebrate her achievements.

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Eleanor maintained a heavy travel schedule in her twelve years in the White House, frequently making personal appearances at labor meetings to assure Depression-era workers that the White House was mindful of their plight. In one famous cartoon of the time from The New Yorker magazine (June 3, 1933), satirizing a visit she had made to a mine, an astonished coal miner, peering down a dark tunnel, says to a co-worker, “For gosh sakes, here comes Mrs. Roosevelt!”

In early 1933, the “Bonus Army”, a protest group of World War I veterans, marched on Washington for the second time in two years, calling for their veteran bonus certificates to be awarded early. The previous year, President Hoover had ordered them dispersed, and the US Army cavalry charged and bombarded the veterans with tear gas. This time, Eleanor visited the veterans at their muddy campsite, listening to their concerns and singing army songs with them. The meeting defused the tension between the veterans and the administration, and one of the marchers later commented, “Hoover sent the Army. [President] Roosevelt sent his wife.”

Also in 1933 after she became First Lady, a rose was discovered and named after Roosevelt, with the name Mrs. Franklin D. Roosevelt (Rosa x hybrida “Mrs. Franklin D. Roosevelt”). It is a hybrid tea rose. However, though this is true, there is no evidence to support the story that Eleanor later quipped, “I once had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: no good in a bed, but fine up against a wall.”

On a few occasions, she publicly disagreed with her husband’s policies. She launched an experimental community at Arthurdale, West Virginia, for the families of unemployed miners, later widely regarded as a failure. She advocated for expanded roles for women in the workplace, the civil rights of African Americans and Asian Americans, and the rights of World War II refugees. Following her husband’s death in 1945, Eleanor remained active in politics for the remaining 17 years of her life. She pressed the United States to join and support the United Nations and became its first delegate. She served as the first chair of the UN Commission on Human Rights and oversaw the drafting of the Universal Declaration of Human Rights.

Later, she chaired the John F. Kennedy administration’s Presidential Commission on the Status of Women. By the time of her death, Roosevelt was regarded as “one of the most esteemed women in the world”; The New York Times called her “the object of almost universal respect” in an obituary.

In 1999, she was ranked ninth in the top ten of Gallup’s List of Most Widely Admired People of the 20th Century. President Harry S. Truman later called her the “First Lady of the World” in tribute to her human rights achievements.

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The matter of war and the need for the military are subjects that have been debated throughout the history of the United States. War is defined as “a state of armed conflict between different nations or states or different groups within a nation or state. To use military force or the threat of military force to achieve something of all of us; The Revolutionary War, The War of 1812, The Spanish/American War, The Mexican/American War, The Civil War, World War I, World War II, The Korean War, The Vietnam War, The Iraq War, The War in Afghanistan, The Gulf War.

However, perhaps you never heard about the Bleeding Kansas, Bloody national importance. “In the 243 years of the history of the United States, it has been at war in all but 26 of those years. That’s 217 years of armed conflicts, combat operations, military engagements, policing actions, airstrikes, raids, border disputes, covert activities and shows of force. Military action is as much a part of America as baseball and apple pie. There are wars in which the United States has been involved in that are fairly familiar to Kansas or the Border War. This was a series of violent civil confrontations in the United States between 1854 and 1861, which emerged from a political and ideological debate over the legality of slavery in the proposed state of Kansas.

Or how about the Banana Wars which were occupations, police actions, and interventions on the part of the United States in Central America and the Caribbean between the end of the Spanish–American War in 1898 and the inception of the Good Neighbor Policy in 1934. “I spent 33 years and four months in active military service,” an American veteran once wrote, “and during that period, I spent most of my time as a high-class muscle man for Big Business, for Wall Street and the bankers.” This veteran had fought in the so-called Banana Wars of the early 20th century, when the American military sent their troops south into Central America to keep US business interests there intact.

Ever heard of the Utah War, also known as the Utah Expedition, Utah Campaign, Buchanan’s Blunder, the Mormon War, or the Mormon Rebellion. It was an armed confrontation between Mormon settlers in the Utah Territory and the armed forces of the United States government. The confrontation lasted from May 1857 to July 1858. And there was the Creek War, also known as the Red Stick War and the Creek Civil War. It was a regional war between opposing Creek factions, European empires and the United States, taking place largely in today’s Alabama and along the Gulf Coast.

Did you know that the United States invaded Haiti? The United States occupation of Haiti began on July 28, 1915, when 330 US Marines landed at Port-au-Prince, Haiti, on the authority of US President Woodrow Wilson. The first invasion forces had disembarked from USS Montana on January 27, 1914.

There were also The Seminole Wars, also known as the Florida Wars. Three conflicts in Florida between the Seminole, a Native American tribe that formed in Florida in the early 18th century, and the United States Army.


The most costly wars of our history were: World War II $4.69 trillion. The duration of the war was 3 years, 9 months. With 405,399 U.S. military deaths. World War I cost $382 billion dollars and 116,516 lives. The Korean War cost $390 billion dollars and 36,574 lives. The Vietnam War. The war cost $844 billion dollars, lasted nearly 18 years and 58,220 U.S. military lives were lost. However, the costliest war in United States history was the Civil War. Although it only cost $68 billion dollars, 750,000 American lives were lost in 4 years of fighting. And the longest war in U.S. history is the war our nation is currently involved in, The Afghanistan War which is in its 18th year and has so far cost over $900 billion dollars and 2,300 American lives.

It seems that the best times for our country are the worse times. The United States had its longest time of peace during the Great Depression from 1929-1939. John Lennon wrote “All we are saying is give peace a chance”. And, certainly we should but it will take everyone agreeing to do so and that is nearly impossible!
We now have two gaming stations available for use by you our members. At present we have $5,000 dollars of donated software from I-Racing that has some spectacular graphics. As I understand it, you can race (virtually) on any NASCAR track and a number of road race tracks around the world. You can race for time, or someone else at the next station, or against any racer out there. It’s mind boggling to me, but very addicting and a lot of fun. Feel free to come to the Chapter because we plan to add plenty more games and apps.

Thanks for Your Support
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The Champions Ride for Charities on October 20, 2019 is a phenomenal opportunity to ride alongside fellow cyclists and support worthy local charities in Seminole County.

This is a ride, not a race, which means all levels of cyclists from occasional riders to seasoned cyclists are welcome to participate.

Four routes are available to accommodate our champions: 10-miles, 36-miles, 66-miles, and 103-miles.

The ride begins and ends on the beautiful campus of AAA National Office in Heathrow, FL.

PVACF Racing and our chapter will be participating in the Champions Ride for Charities. We have 10 riding slots open for hand cyclists. If you are interested in one of these riding slots or would like to sign up for the hand cycling clinic, please contact Roger Sack ASAP for registration at rogers@pvacf.org or 407-792-8388.

If you don’t want to ride, but would like to help, please contact us at 407-328-7041 to let us know that you are coming. We will have a booth that will be there all day and hand cycles that you can try out. Come and join us in the fun.

We will be holding a hand cycle training at the event. This will begin at 1pm at the PVACF Booth. Come out and try out various hand cycles and learn from our PVACF Hand cycling Team/Coach Sean Gibbs.

If you don’t want to ride, but would like to help, please contact us at 407-328-7041 to let us know that you are coming. We will have a booth that will be there all day and hand cycles that you can try out. Come and join us in the fun.

**Equine Therapy** Freedom Ride
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1905 Lee Road
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407-293-0411
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**Paddle Sports Team River Runner**
Coach “JJ” Jeffery Johnson
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coach.jj@teamriverrunner.org

**Yoga, Tai Chi, Qi Gong and Pain School**
Joanne Anderson
VA Whole Health Program Manager
407-631-4734
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**Rowing** South Orlando Rowing Association
(erg and water)
Lori Varro
12901 Moss Park Rd
Orlando, FL 32823
612-386-5817
ward.lori3@gmail.com

**Sled Hockey** Space Coast Blast Sled Hockey
Dr. Thomas Reinarts

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**Air Shooting, Archery, Bowling**
Paralyzed Veterans of America Central FL Chapter
2711 South Design Court
Sanford, FL
Roger Sack – Director of Sports and Recreation / Advocacy
(O) 407-328-7041

**Cycling** Ride to Recovery – Project Hero Program
Orlando – Nathan DeWalt 717-324-5679
NDeWalt@projecthero.org
Daytona – Joseph Teipen 239-297-3324
jsteipem@aol.com
Tampa – Karla Malone 703-357-6184
Malone.karla@gmail.com
Hand cycling – Scott Porter 352-735-9742
fun@handcycle.club

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**Sled Hockey** Space Coast Blast Sled Hockey
Dr. Thomas Reinarts
Thanks for your support

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MARK 9:23 – “IF THOU CANST BELIEVE, ALL THINGS ARE POSSIBLE TO HIM WHO BELIEVETH”

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GOD, Grant me the serenity to accept the things I can not change.
Courage to change the things I can and the WISDOM to know the difference.

HAPPINESS is thinking of others first, yourself last and GOD always.
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Did You Know?

On the set of Home Alone, Joe Pesci avoided Macaulay Culkin so that he’d be genuinely afraid of him. He also gave Culkin a scar on his finger while rehearsal the scene where he says he’s gonna “bite off every one of these little fingers, one at a time,” because he actually bit him and broke the skin.

The flu virus has a gel-like coating that keeps it protected in cold temperatures. The coating starts to melt around 75 degrees Fahrenheit, so warmer weather means it is more vulnerable in the open air. The closer it gets to freezing, the safer it is inside its “shell,” which melts once it’s in your body. That’s why winter is, “flu season.”
Additionally President Kirk appointed David Rountree to fill a vacant board position for the 2018-2021 term.

The following people were elected to serve three year terms (2019-2022) on the Paralyzed Veterans of America Central Florida Board of Directors:

President: Steve Kirk  Vice President: Sean Gibbs  Treasurer: Brian Terwilliger  Secretary: Jimmy Green

Ken Weas  Class of 2022  Roger Sack  Class of 2022

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All-In Construction is a locally owned and operated General Contractor that specializes in residential remodeling. We are focused on our veteran and disabled communities to help renovate their homes in a way that works best to suit their needs.

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ANNUAL Holiday Party

There will be a “Crazy Santa” gift exchange.
If you wish to participate
Please bring a $25 gift for each attending
Please RSVP by calling 407-328-7041

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Please bring a $25 gift for each attending
Please RSVP by calling 407-328-7041

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Make a positive impact on the lives of veterans in need! You can help by donating your vehicle today. All donations help provide support and opportunities to our members for FREE!

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