



Paralyzed Veterans
of America

Central Florida Chapter

WHEELS IN MOTION

September 2020

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Paralyzed Veterans of America Central Florida

6th Annual

Jerry Dugan Memorial Charity Golf Tournament

Saturday September 26, 2020

MetroWest Golf Club Orlando



Registration 8:00 AM Shot Gun Start 9:00 AM

Registration: \$125.00 per golfer (Veterans \$100)

Foursomes: \$440

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Send check to: PVACF 2711 South Design Court Sanford, FL 32773 or register online at pvacf.org

For more information call 407-328-7041 or email joannep@pvacf.org



Paralyzed Veterans of America

Central Florida Chapter

2711 S. Design Ct.

Sanford, FL 32773-8120

Phone (407) 328-7041

Fax: (407) 328-7139

September Board Meeting on zoom is September 10th 10:30 AM.

Website: pvacf.org

Email: office@pvacf.org

Chapter Officers 2019-2021

President..... Steve Kirk
 Vice President..... Sean Gibbs
 Treasurer..... Brian Terwilliger
 Secretary..... Jimmy Green
 National Director..... Craig Enenbach

Executive Director John DeMauro
 Office Manager Joanne Poretti

Elected Board Members

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 Tim Wolfe..... Class of 2020
 Dan Guppenberger..... Class of 2021
 David Rountree..... Class of 2021
 Roger Sack..... Class of 2022
 Ken Weas..... Class of 2022

National Liaison Vice President: Robert Thomas
 Appointees

Editor..... Steve Kirk
 Membership/Vol Coordinator..... Brenda Ciccarello

National Service Officers:

Earnest Hill (386) 755-3016

David Ray (407)-631-1835

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Mission Statement

Paralyzed Veterans of America Central Florida, is 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.



President



Most of our members are over 60. But, at 110, Lawrence Brooks is the oldest known U.S. veteran of World War II. This is the 75th anniversary of the end of the war in Europe. Of the 16 million U.S. veterans who served, about 300,000 are still alive today, according to the U.S. Department of Veterans Affairs.

Cleaning uniforms and shining shoes for three officers. Hopping in foxholes when his trained ear could tell the approaching warplanes were not American but Japanese. Brooks is

proud of his military service, even though his memories of it are complicated. Black soldiers fighting in the war could not escape the racism, discrimination, and hostility at home. When Brooks was stationed with the U.S. Army in Australia, he was an African-American man in a time well before the Civil Rights Movement would at least codify something like equality in his home country. "I was treated so much better in Australia than I was by my own white people," Brooks says. "I wondered about that. That's what worried me so much. Why?" Rob Citino, Senior Historian at the National World War II Museum in New Orleans, says the U.S. military then had "racist characterizations" of African-American soldiers during the war. "You couldn't put a gun in their hands," he says of the then-prevalent attitude. "They could do simple menial tasks. That was the lot of the African-American soldier, sailor, airman, you name it." The jobs open to African-American troops depended on the branch of service and changed as the need for manpower increased throughout the long years of war.

I think they were fighting for the promise of America rather than the reality of America...

Dr. Rob Citino, Senior Historian, National World War II Museum Senior

"We went to war with Hitler, the world's most horrible racist, and we did so with a segregated army because, despite guarantees of equal treatment, this was still Jim Crow America," Citino says. "African Americans were still subject to all kinds of limitations and discrimination based on the color of their skin. I think they were fighting for the promise of America rather than the reality of America." Of the 16 million Americans who donned a military uniform, 1.2 million were African Americans who were "often being treated as second-class citizens at home," Citino says. To put that into perspective, Citino says, consider that German prisoners of war could have been served at restaurants while en route to or from their quarters at Camp Hearne in Texas, but the African-American soldiers who transported them would have been denied service.

Brooks says he never discussed these inequalities with his fellow African-American service members. "Every time I think about it, I'd get angry, so the best thing I'd do is just leave it go," he says.

The military was not formally desegregated until President Harry Truman forced it with a 1948 executive order. For Brooks, who served in the Army between 1940

and 1945, the order would come too late.

A reluctant soldier, it didn't sit right with him that he might be required to take another person's life.

"My mother and father always raised me to love people, and I don't care what kind of people they are," he says. "And you mean to tell me, I get up on these people and I got to go kill them? Oh, no, I don't know how that's going to work out."

Raised in Norwood, Louisiana, near Baton Rouge, Brooks came from a big family of 15 children. He drew on another lesson from his mother—cooking—in his Army job, which had him assisting a few white officers, doing their cleaning and cooking. Part of the 91st Engineers Battalion in the Pacific Theater, whose responsibility was to build military infrastructure, Brooks' unit often didn't stay anywhere long. He'd occasionally drive the officers he served to nights out on the town when they could get away for an adventure or two. But even that job didn't keep him from carrying a rifle everywhere he went. "I had to keep it with me," he says. "And I was glad I did. I didn't want to be out there shooting at people because they'd be shooting at me, and they might have got lucky and hit."

Brooks says he was treated "better" by white Americans when he returned from the war, but it would take nearly two decades before the Civil Rights Act was signed into law. "I had some good times and I had some bad times," Brooks says. "I just tried to put all the good ones and the bad ones together and tried to forget about all of them."

Brooks says his military years taught him to straighten up, so he did his best to eat right and stay healthy. He never enjoyed the taste of alcohol and the way liquor burned his throat. "I don't like hurting my body," he says. In 2005, Brooks lost his wife, Leona, to Hurricane Katrina. She died shortly after the couple was evacuated by helicopter from their home. "Hurricane Katrina took everything I owned, washed away everything," he said last year.

The father of five children, 13 grandchildren, and 22 great grandchildren, Brooks worked for many years as a forklift operator before retiring in his seventies. For years he avoided discussing his experiences in the war, sharing little of his story with his children as they grew up.

His daughter, Vanessa Brooks, who cares for him, says the first time she started hearing his stories was about five years ago when the World War II Museum began hosting annual birthday parties for him in New Orleans, where he now lives. However, he still shies away from his family's questions about his war years.

Still, Brooks is upbeat. He enjoys spending warm days on his daughter's front porch in Central City, a neighborhood at the heart of New Orleans. It's not uncommon to hear Mardi Gras Indians singing, or watch a brass band-led second-line parade go by on Sundays.

Brooks uses his walker to head out of his bedroom—bedecked in the black and gold colors of the New Orleans Saints—to chat with the children at the daycare next door. At 110, he says, his key to a good life is straightforward: "Serve God, and be nice to people."

This was written by Chelsea Brasted and with help from Wikipedia.



Steve Kirk

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Executive Director Letter to Our Members



Chapter members,

As we have reached out to you, we have found that the COVID-19 pandemic has resulted in hardship to some of our members, especially to those who already had limited financial stability. When a crisis comes our way and has the impact that this pandemic has had, many of our members become even more vulnerable in many different ways.

Those with a spinal cord injury and/or spinal related dysfunction have a greater risk to the coronavirus and can find themselves dealing with other health issues and disruptions in daily life, including the ability to access essential services and supplies.

It is for that reason that the chapter board of directors voted to distribute \$100 Amazon gift cards to each member in June of 2020. This distribution of funds, demonstrated the chapter leadership's desire to help meet the need of its membership. As this pandemic continues to severely affect the State of Florida and therefore many of our members, we are working to find additional ways to reach out to you and address your immediate needs. The Board of Directors and I care about your health and well-being and want you to know that we are doing everything possible to help lighten the hardship some of you are bearing during these unusual days.

It is also essential that decisions be made that will ensure the safety and well-being of our staff, volunteers and active members of our chapter. As a result and based upon suggestions of the CDC, the chapter office temporarily closed on March 19, 2020. At that time, all employees began working remotely from home and did so until mid-May. In mid-May, Office Manager Joanne Poretti and I began to stagger our days in the office and work remotely from home the other days. In mid-June, we both came back to the office to work (wearing masks and keeping a safe distance from each other) while keeping the office closed to members, volunteers and the public. We will continue to operate this way until we can be assured that it would be safe to do otherwise.

Additionally, we are working on a four-phase plan for reopening the Chapter and its programs. We must be cognizant of the fact that the spinal cord injury and spinal related dysfunctional population is one of the

most susceptible populations to COVID-19, inherently suffering from two of its major underlying health risks (compromised immune systems and compromised respiratory systems). 58% of our membership is 65 years old or older. On June 25, 2020 The Center for Disease Control and Prevention issued the following statement; Among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe, or they may even die. These are health factors that we must consider before making a decision to reopen our facilities and our programs.

There are also some legal considerations we must consider. In addition to protecting our members and others from viral exposure, we have a responsibility to protect our organization from any legal ramifications if we were to open too early. There have already been lawsuits brought against organizations based upon infections that incurred at places of work. It is imperative that the chapter leadership makes decisions based upon protecting the best interests of its members and the organization. Therefore, any decision made to reopen the chapter office or its programs should be made with an abundance of caution and a willingness to err on the side of caution in all aspects of re-opening.

Please know that as you review the Four Phase Plan for Re-opening the Paralyzed Veterans of America Central Florida Chapter it is our intention not to open completely until after the successful completion of Phase 4 of the re-opening plan.

Four Phase Plan for Re-opening the Paralyzed Veterans of America Central Florida Chapter

Phase #1: No Contact (Statistics indicate the amount of cases are increasing and there is no vaccine).

- In compliance with a Florida State mandated "Stay at Home Order" all programs will be canceled until further notice.
- The Office will be closed and the Executive Director and the Office Manager will work from home with a staggered work schedule, in the office, determined by the Executive Director.
- All members are encouraged to remain home unless it is absolutely necessary to leave their home.

- All Federal, State and Local Government mandates must be followed.

Phase #2: Recommended No Contact (Statistics confirm that the peak has been reached, the number of cases is declining, and there is no vaccine).

- The office will be closed to visitors. Only staff will work at the office and they will practice social distancing and wear masks when necessary.
- Those 65 and older, as well as those with underlying conditions who are most at risk of contracting COVID-19, should remain at home as much as possible.
- All others, when leaving the house, should maintain 6 feet of distance between themselves and others. They should also take care to avoid large crowds.
- Outdoor adaptive sporting events can begin again but must be limited to 10 or less participants.
- Indoor programs and events will remain canceled until further notice.
- All participants must practice 6' social distancing and wear masks whenever possible.
- All Federal, State and Local Government mandates must be followed.

Phase #3: Limited Contact (Statistics indicate that the number of cases is declining, with no significant spikes in cases and no vaccine).

- The office will be open but anyone in the office will be required to wear a mask outside of their designated work area.
- Visitors will be required to wear a mask when in the building.
- Those 65 and older, as well as those with underlying conditions who are most at risk of contracting COVID-19, should remain at home as much as possible. When not at home, they should practice social distancing and wear masks at all times.
- Outdoor events should be limited to no more than 25 people and all should wear masks when not eating or drinking and should maintain 6' of

social distancing.

- The number of people allowed per indoor gathering must be less than 25% capacity and space must allow for 6' social distancing and must wear masks.
- Indoor adaptive sports (air gun, bocce, bowling, etc.) should be limited to 10 or less participants and spectators combined. Masks must be worn at all times (except for those requiring sip and puff equipment).
- All Federal, State and Local Government mandates must be followed.

Phase #4 Full Contact (Vaccine is available to the public).

- The office will be open and anyone in the office is encouraged to wear a mask outside of his or her designated work area until vaccinated.
- Visitors will be encouraged to wear a mask when in the building until all employees and regular visitors have been vaccinated.
- Those 65 and older, as well as those with underlying conditions who are most at risk of contracting COVID-19, are encouraged to remain at home until vaccinated. When not at home, they are encouraged to practice social distancing and wear masks, unless vaccinated.
- Chapter programs will resume while all participants are encouraged to practice social distancing and wearing masks, unless vaccinated.
- All Federal, State and Local Government mandates must be followed.

Board of Director Meetings will continue to be held virtually even after Phase 4 to further adhere to social distancing and mitigate any unnecessary health risks.

The Chapter Executive Director, as mandated by the Paralyzed Veterans of America Central Florida Chapter Bylaws and the Chapter President, with the guidance of the Chapter Board of Directors, will announce when each phase of the Four Phase Plan for Re-opening the Paralyzed Veterans of America Chapter is implemented.

John DeMauro



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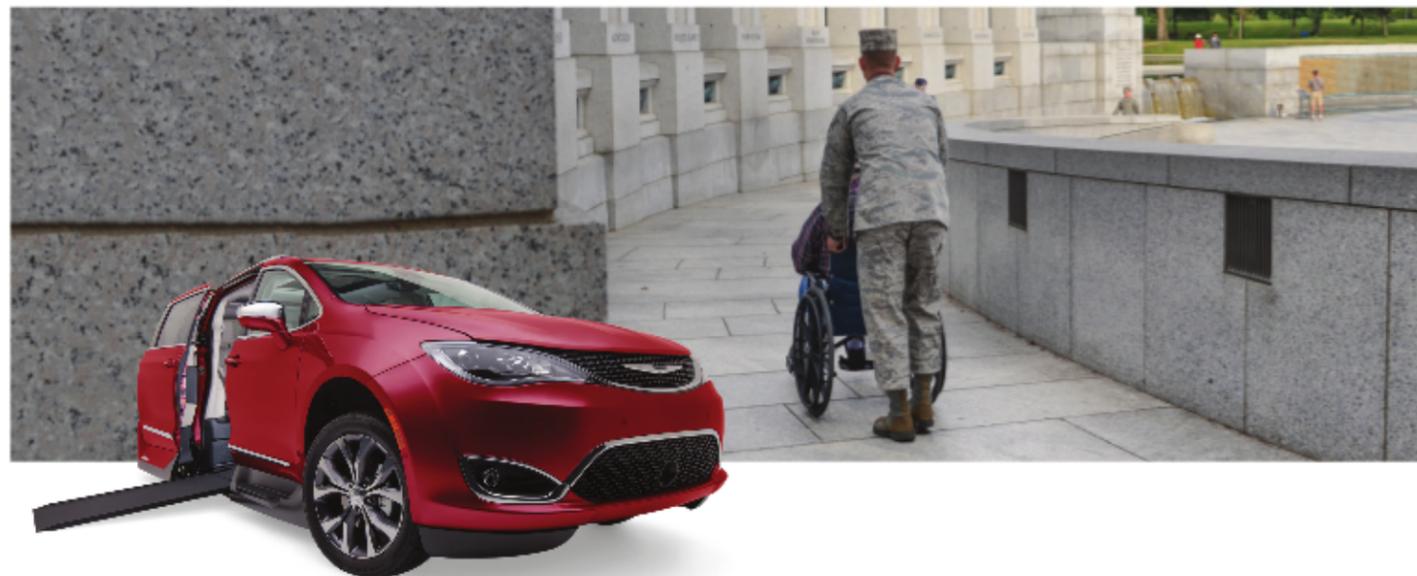
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Old Sayings

One For The Road

Meaning: A final drink before leaving a place.

Origin: During the middle ages, the condemned ones were taken through what today is known as Oxford Street to their execution. During this final trip, the cart would stop and they would be allowed to have one final drink before their death. Said mostly to be myth regarding prisoners on their way to Tyburn. However, it's origins are said to be linked to provisions for a journey. If travellers wanted to eat on their journey they had to take their food with them. Whatever provision one made for one's journey was said to be 'for the road'. It isn't about a drink being quick at all but most likely the last. Taking 'one for the road' was when people were most likely to be travelling on foot. Different from the stirrup cup which is a cup of wine or other alcoholic drink offered to a person who are on horseback and about to depart on a journey.

Honeymoon

Meaning: A holiday spent together by a newly married couple.

Origin: According to tradition, a newly wed couple would have to drink a beverage with honey for an entire month for fertility and good luck. The Honeymoon was the whole month after a wedding rather than any kind of a holiday - which really is not a very old tradition. It was when the bride's father would give the groom all the mead he wanted. Mead is a honey beer. It was called the Honey Month by the Babylonians but then (due to it being a lunar calendar) became honey moon.

White Elephant

Meaning: A possession that is useless or troublesome, especially one that is expensive to maintain or difficult to dispose of.

Origin: White elephants were considered to be sacred creatures in Thailand, yet they were also very hard to take care of. It is believed that Siamese (now Thailand) kings would gift white elephants as a subtle form of punishment, since taking care of this animal would drive the recipient into financial ruin.

And because it was a highly visible gift from the king, it was impossible to get rid of.

Break a Leg

Meaning: Good luck!

Origin: It is believed that the phrase dates to World War I Germany and a saying used by German actors "Hals- und Beinbruch" which translates to "a broken neck and a broken leg." Besides that, it still doesn't make sense why would you wish someone to break a leg? Well, as it turns out, popular folklore down through the ages encouraged people to wish others bad luck since it was believed that wishing someone good luck would tempt evil spirits. So, you guessed it, people started wishing each other to break a leg in order for them not to break one!

Break a leg is actually in reference to the leg line. Venues would often have more acts than stage time, and acts would only get paid if they performed. If they went up, they passed the leg line, so they got paid. Thus, break a leg, was to go get paid.

Give The Cold Shoulder

Meaning: Reject or be deliberately unfriendly to.

Origin: This saying, that is currently considered to describe someone rude, was actually considered an act of politeness. During medieval times in England, after everyone was done feasting, the host would give his guests a cold piece of meat from the shoulder of beef or pork as a way of showing that it was time for everyone to leave.

Riding Shotgun

Meaning: Used to claim the right to sit in the front passenger seat of a vehicle on a particular journey.

Origin: This expression refers to the passenger of an old fashioned stagecoach, who sat next to the driver with a shotgun to protect from attackers and robbers along the way. There is no evidence to suggest the expression was actually used in times of the 'Wild West,' but most likely came about much later on, when media and films began to romanticize the period.



THE PVACF COVID-19 EMERGENCY GRANT

Overview

The purpose of this program is to support our membership during their time of need as they live their lives through the 2020 COVID-19 Pandemic.

Grant Detail

This grant will be provided to individual chapter members negatively affected by the COVID-19 Pandemic for up to \$500. The grant may be applied to those chapter members needing assistance financially in the areas of food, housing, health care and basic living expenses. Chapter members are only encourage to apply for this grant if they can demonstrate a need.

Eligibility

All chapter members in good standing and not having previously received this grant are eligible. Eligible chapter members should consider applying for this grant if they clearly and without question need financial assistance. Doing so will ensure that the available funds will be available for those chapter members with the greatest hardships during the COVID-19 Pandemic.

Grant Requirements

Proof of chapter membership (this will be confirmed by office staff via the PVA Portal)
Proof of membership in good standing (which for the purposes of this grant will be based upon the member not being on membership probation or having any outstanding debt to the chapter.
The chapter must have current contact

information on the member. Address, phone number, email address.

Proof of need (past due notice for utility bill, past due notice for rent or mortgage payment, statement of need for food or health care).

Description of how you and/or your family have been negatively affected by the COVID-19 Pandemic.

Distribution Process

Funds will be distributed directly to vendor. For food, gift cards will be provided from the vendor of the chapter member's choice.

Grant Oversight

A COVID-19 Emergency Grant Funding Committee, made up of the Chapter President, Treasurer and Executive Director, will review all grant requests and will with sole discretion and authority approve, deny or modify any grant request, in whole or in part, for any reason they deem necessary. All decisions made by the committee will be final and will not be subject to appeal.

Disbursement of Funds

Upon approval, the Executive Director will notify the member of the committee's decision via phone and will verify method of payment of the grant. Under no circumstances will any funds be distributed or released in advance of or without the COVID-19 Emergency Grant Funding Committee's approval.



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Did You Know

Putting hydrogen peroxide on a wound does more harm than good. Though it does kill bacteria, it also kills healthy cells – and that slows down the healing process.



Beat The Pro

The Fund-raising Event of the Play Great Pool “Beat the PRO” Challenge, held on Friday July 17, 2020 at the Racks Bar & Grill in Sanford, FL, to benefit Our PVA Chapter, was an excitedly huge success! This event was organized and performed by World renowned Billiard Professionals Mark Wilson and Nick Varner. Mark Wilson, who has been both a Winning Mosconi Cup Champion and 3-Year Mosconi Cup Coach, is also a Coach to many Billiards Professionals. Additionally, Mark has been a 8 year Collegiate Billiard Team Coach and renowned & famed Professional Billiards Commentator! Mark is also the Author of the book, “Play Great Pool”. Nick Varner is the only 8-Time World Professional Billiards Champion, 3- Time Mosconi Cup Champion, and 7 Time (5-2) Mosconi Cup Coach! His is known throughout the World of Billiards as the “Professional’s Professional”. Both of these Billiard Professionals, have not only dedicated their time and efforts to promote, train and educate others in their sport, each of these Ambassadors have offered to help give back by generously offering their

talents and fame to specifically benefit Organizations that Honor and Serve Military Veterans. Subsequently, over the past week, both the National Navy SEAL Museum and Memorial, and the PVA Central Florida Chapter were selected to be the benefactors of two “Beat the Pro” Challenges. Subsequently, \$1000.00 was raised during this fund-raising event designated for the PVACF Chapter. I would like to address and recognize that several contributors who significantly played vital roles in helping to support the endeavor that I feel are deserving of a Thank-you letter from Our Chapter. These include Mark Wilson, Nick Varner, Wayne & Sheryl Catledge – (Semi Professional- Offered their home to make this event financially feasible & significantly contributed as well), Pedro Botta – (Owner and donated his facility for Our Chapter Fund-raising event) Rack’s Billiards Sports Bar & Grill 312 N Entrance Road Sanford, FL 32771

Amir Phisdad Jr.



40th Annual National Veterans Wheelchair Games will be held in New York City this year and registration will open in early January 2021. So, there’s no better time than NOW to get started with planning. Here’s how you get there...

PVA Central Florida will pay for flight, hotel and meals for the Games, but there are requirements.

PVA Central Florida Funding Requirements:

Athlete must volunteer at least 25 hours between August 2020 – June 1st, 2021.

Athlete must be an active member of PVA Central Florida

Athlete must log 1,000 volunteer points before June 1st, 2021 (see below for how to earn points)

Athlete must register (and be accepted) at www.wheelchairgames.org.

Athlete must compete in at least 3 events at NVWG

Athlete must notify chapter Sports Director or chapter Executive Director BEFORE JANUARY 15TH of intent to participate.

Medically approved “attendants” for athletes may receive financial assistance for flight, meals and hotel. The attendant hotel cost will be ½ the cost of the room.

Ways to earn volunteer points and hours include (but are not limited to):

Attend a Board of Directors meeting (50 pts)

Work on a chapter committee (50 pts)

Volunteer Hours (100 pts for every 25 hours served)

Find a sponsor for sports or fundraising (1 point per \$1 value)

Write an article on www.PVACF.org or Wheels In Motion (100 pts)

Time spent completing these tasks counts as volunteer hours.

Other ways to earn points can be found on www.PVACF.org. Click “About Us” then click “Policies and Procedures”, then click “Sports and Recreation.pdf”. Volunteer hours and points must be submitted to the chapter every month.



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