



# WHEELS IN MOTION

September 2021



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**Paralyzed Veterans of America  
Central Florida Chapter  
2711 S. Design Ct.  
Sanford, FL 32773-8120  
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Fax: (407) 328-7139**

September Board Meeting is a **zoom** - September 16th 10:30 AM.

Website: [pvacf.org](http://pvacf.org)  
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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 healthcare and life experiences.*



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## President

Accounting firm Deloitte says 300 million electric bikes will be out on the world’s roads by 2023, which is 50 percent more than today.

One reason: lithium-ion battery costs have dropped 87 percent between 2010 and 2019, and they’re also much lighter than old e-bikes’ lead-acid batteries.

In the U.S., e-bikes are not the juggernaut they are in some parts of the world, but bike sharing and people moving to urban areas will propel increased U.S. sales of e-bikes, too, according to Deloitte’s predictions.

With an extensive number of new electric vehicles, it’s no longer up for debate whether or not the future for the automotive industry is electric. Ford, Mercedes-Benz, Mazda, and so many others—in addition to numerous startups—are bringing new EVs to market between now and 2022 (this article was written in 2019). But electric transportation is not limited only to four wheels: e-bikes are experiencing incredible growth in sales. That’s true not just in places like the Netherlands, where people have



traditionally used bikes as a main form of transportation, but also in the U.S., where 400,000 e-bikes were sold in 2018—compare that to 185,000

sold here in 2013, according to Deloitte figures.

The accounting firm Deloitte’s annual technology, media, and telecommunications report predicts that, globally, 40 million e-bikes will be sold and about 300 million will be out on the world’s roads by 2023, including both personal bikes and those used for ride-sharing.

That’s a lot of e-bikes, and they are succeeding without any kind of futuristic design; e-bikes are traditional-looking bicycles with pedals, but the rider can choose to be aided by an electric motor using lithium-ion battery technology, as in EVs. These are lighter than the lead-acid batteries that most electric bikes used until a few years ago, and lithium-ion batteries are also getting cheaper, making e-bikes more affordable, too—priced somewhere from the cheapest ones at around \$400 to the high four figures for high-end bikes. Add to that the fact that an e-bike uses very little electric power compared to a four-wheeled EV, and the popularity of this mode of transportation becomes clearer.

You are most likely wondering how this would affect our SCI population. If they can convert a normal bicycle, it’s a small step to a hand cycle. With twice the batteries you could take it to the grocery store, and any other place that is nearby. Solar powered bikes are also available.

Those numbers predictions from Bloomberg New Energy Finance (BNEF) and the International Energy Agency (IEA) predict that in 2025, there will be 10 million and 12 million

electric vehicles sold worldwide, respectively. The IEA has also said that it pictures 125 million electric vehicles on the road by 2030.

Granted, e-bikes are a fraction of the cost of a new electric vehicle, with the former costing around \$1500, and the latter often costing north of \$45,000. But Deloitte’s prediction is a testament to the changing lithium-ion battery technology, including the increases in efficiency and the lowering of prices to where the everyday consumer—not just early adopters—would consider buying one. Between 2010 and 2019, battery prices dropped by 87 percent, according to BNEF, which also predicts that prices will fall another 50 percent by 2023.

Those price deductions are inevitably have an impact on the price of electric vehicles and the potential demand for them. The demand for e-bikes could make its way to electric vehicles as more people become accustomed to the technology and what it offers.

Another big reason for the prediction of increased e-bike sales is that more and more people are moving to urban areas where they’re more useful in getting around, Jeff Loucks, executive director of Deloitte’s Technology, Media, and Telecommunications center, told The Verge.

We’re all well aware by now that automakers are betting big on an electric-vehicle future. VW has announced that it will spend \$66 billion in the next half decade on electrification and new digital technology. Ford said in 2018 that it will invest \$11 billion in electrification by 2022. And GM recently announced a \$2.3 billion investment



in a battery factory in Ohio. But they—and we—will increasingly be sharing the roads and the electricity with e-bikes.

Thanks to Colin Beresford and his article

*Steve Kirk*

# Executive Director



Wow! We are already moving into the fall of 2021 and it seems like we are still in 2020. 2021 brought more changes to the Paralyzed Veterans of America Central Florida Chapter. Many of our members were able to access and receive the Covid-19 vaccine and feel comfortable enough to reengage in their normal activities. As a chapter, we opened up our office in

the spring and then opened up our sports programs during early summer. However, only just a few weeks ago, we found it necessary to restrict them again due to the spiking Covid-19 cases in Central Florida. Please know that our first priority is the safety of all of our members. Although not all of you are active participants in our programs, we want to be sure those that are, do so safely. With the virus variants, seemingly more active in Florida than in many other places throughout the country creating more havoc, we must do all we can to protect and keep safe our members and our staff. Therefore, we are restricting those entering our office building to those who have received the Covid-19 vaccine, have their temperature checked at the door and keep a mask on while in the building unless they are eating or drinking (which is obvious because I haven't seen anyone yet who could eat and drink while wearing a mask over their mouth). I know that this may seem a little "over the top" for some people but it is important to understand that PVACF serves a very high risk for infection population. Again, with our priority being "safety first", we must lean toward being overly cautious. We will continue to monitor the numbers and the direction these variants take and make decisions about our programs and office accordingly. In the meantime, we still have PVACF masks available to anyone who wants some. If you would like a mask, contact the office via email or phone and we will get it out to you on a first come first serve basis.

We are working with Caregivers on the Homefront, a non-profit group located in Kansas City, MO on a Mental Health & Wellness Restorative Weekend, November 18-21, 2021 at the Hilton Orlando

Retreat. This four-day retreat will have some of its meetings at the chapter and others at the hotel. The retreat will involve a small group of caregivers and there is room for 12 caregivers from our membership who will be able to attend. If we have more than 12 caregivers interested in attending then we will have a random drawing to fill the 12 available spots. There will be no cost to the caregiver. The chapter will pay for all meals and rooms and reimburse and transportation costs. If you are interested in attending, please call the office and let us know.

There has been a lot of talk lately about how we can further serve our membership. The chapter leadership continuously looks for ways to engage the chapter members. This is not always easy, since we have members spread out throughout central and north Florida as well as outside of the state. We even have a member who resides outside of the country. Most of our Sports and Recreation programs are local to the chapter office (within 50-75 miles) simply because those volunteers who are managing the events live in the area. However, if you live in an area that includes three or more members and you are interested in coordinating an event, let us know and we will do what we can to help you put something together. Equally, the chapter has some programs that could involve you no matter where you live (Wheels on the Go, Scholarship Program, National Veterans Wheelchair Games, Caregiver Support, Advocacy, Bowling, Fishing). You can get more information on each of these by visiting our chapter website at [www.pvacf.org](http://www.pvacf.org) or going to our chapter Facebook page. Additionally, we have partnerships with Move United and Adaptive Sports USA where we can connect our members with those organizations, in order for you to participate in their events. Finally, we are open to any suggestions you may have to help us get you engaged with us. Contact me at [johnd@pvacf.org](mailto:johnd@pvacf.org) or call me at 407-454-2514 and we can have a discussion. Remember, no matter what we do or suggest, we can please some of the people all of the time, all of the people some of the time but never all of the people all of the time. We are doing our best to serve you all the best way we know how. With your help, we can do an even better job.



*John DeMauro*

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## Origins of Old Sayings

### Go Bananas

Meaning: Insane or extremely silly.

Origin: The word 'banana' is an inherently funny word. The expression to 'go bananas' has no conclusive origin, but it may be linked to 'go ape' which became popular in the 1950's when monkeys were being launched on rockets and were a popular subject in films and TV. The link between monkeys, bananas and crazy behavior may have been the catalyst for the popularization of the expression. Bananas have often been central to slapstick comedy in general, with somebody slipping on a banana peel a timeless classic. Early in the 20th century people used to say 'that's banana oil' when referring to a nonsense, and the expression 'banana republic' was pejoratively used to refer to a chaotic, backward little country that wasn't to be taken seriously. Bananas!

Some say the original "banana republic" was Zimbabwe (formerly Rhodesia) shortly after independence, when the President was (seriously!) Rev. Canaan Banana. A law was passed prohibiting jokes about it.

### Pleased As Punch

Meaning: Feeling great delight or pride.

Origin: A puppet show in the 17th century called 'Punch and Judy' featured a puppet named Punch, who killed people and took great joy in doing so. He would feel



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pleased with himself afterwards, from which the saying 'pleased as Punch' was born.

### Called On The Carpet

Meaning: Being severely reprimanded by someone in authority.

Origin: Like many idioms, the precise origin of this one is not entirely certain. While nowadays the expression is used to refer to a reprimand, originating from the days when a servant was called from their bare-floored quarters to get an ear-bashing from the boss in carpeted opulence, there is an alternative theory to its true origins. The word 'carpet' used to refer to a thick cloth that could be placed anywhere, often on a table. Therefore 'on the carpet' used to mean that an issue was on the table, or up for discussion.

### Show A Leg

Meaning: Get out of bed; get up.

Origin: Just before the ships were about to leave port, sailors would try to sneak in a lady and hide them in their hammock. Before leaving, officers would ask anyone in a hammock to 'show a leg.' If a hairless leg appeared, the woman was asked to leave the ship quickly.



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Steve Kirk

Glenn Fretz



Thomas Martinez



Tim Wolfe



Eddie Hawks

Tim Wolfe

Thomas Martinez



Reed Von Hold

Brenda Ciccarello



**We will pay you for where you go and what you know!**

**Paralyzed Veterans of America Central Florida is ready to pay its members to go out on the town and have fun! And as you do, we want you to tell us how wheelchair accessible your experience was. Go out to dinner, the theatre, a sporting event or any other public place where people eat or are entertained. Report back to us if the facility was accessible, if the staff is receptive to your visit and if you would recommend the establishment to others in wheelchairs.**

**Here is how this works:**

**•Go to a restaurant or a place of entertainment and enjoy!**

**•Send your receipt to us with your name and the name of your guest written on the back side.**

**•Answer the questions on our questionnaire (on line at <http://tinyurl.com/wheelsgo>) or mail the form below to 2711 S Design Court Sanford, Florida 32773**

**•Cash your reimbursement check for 100% of what you spent**

**and enjoy using it again and again (Up to \$500 per year per member/guest).\***

**This questionnaire (with answers) must be sent with the receipt in order to receive a refund**

**Where did you go (Name and address of the establishment)?**

**When did you go (Day of week and time of day)?**

**Was there adequate handicap parking and was it wheelchair friendly?**

**Was there a handicap ramp? Was it wide enough?**

**Was the entrance wheelchair friendly (was the doorway wide enough, was there an automatic door opener for the handicapped)?**

**Were you received well by the staff?**

**Was the facility accommodating (restrooms, counter tops, buffet counters, drink stations, etc.)?**

**Would you recommend the establishment to other PVACF members?**

**\*Please note: we do not pay for alcohol.**



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## Upcoming (August) Events PVACF Sports & Recreation

### 2021 National Veterans Wheelchair Games

I would like to thank this year's athletes for a very fun and successful NVWG in New York. We had 3 athletes compete face-to-face and 2 more competed virtually. It was my first year as a coach and I could not ask for a more fun group. (As of August 19<sup>th</sup>) Our PVA Central Florida team brought home **4 Gold Metals** and **3 Silver**

**Metals.** We are hoping for a few more metals once they release the results from the NVWGAtHome for Bowling and Air Rifles.

*If you would like to see the pics and videos from this year's Games, please go to [www.Facebook.com/pvacf](http://www.Facebook.com/pvacf).*

### Upcoming (September) Events PVACF Sports & Recreation

For a complete schedule, please go to [www.pvacf.org/sports](http://www.pvacf.org/sports) or contact [SeanG@pvacf.org](mailto:SeanG@pvacf.org)

#### September 3<sup>rd</sup> : ( Friday, 1pm)

PVACF Bowling & Billiards  
Airport Bowl, Sanford, FL

For more information, please go to

[www.pvacf.org/sports](http://www.pvacf.org/sports) or

Contact: [SeanG@pvacf.org](mailto:SeanG@pvacf.org)

#### September 8<sup>th</sup>: (9:30am & 1:30pm)

PVACF Air Rifle Practice  
PVA Central Florida Office

2711 S. Design Ct. Sanford

Contact: [RogerS@PVACF.org](mailto:RogerS@PVACF.org) to reserve timeslot

#### September 9<sup>th</sup>: (2pm) (After BOD Meeting)

PVACF Boccia Practice

PVA Central Florida Office

2711 S. Design Ct. Sanford

Contact: Front Office (407) 328-7041

#### September 11<sup>th</sup>: (9am)

Handcycle Practice

Seminole Wekiva trail

8515 Markham Rd., lake Mary FL 32714

Any level riders welcome. Families welcome. PVACF membership NOT required.

Contact: [SeanG@pvacf.org](mailto:SeanG@pvacf.org)

#### September 17<sup>th</sup> : (Friday, 1pm)

PVACF Bowling & Billiards  
Airport Bowl, Sanford, FL

For more information, please go to

[www.pvacf.org/sports](http://www.pvacf.org/sports) or

Contact: [SeanG@pvacf.org](mailto:SeanG@pvacf.org)

#### September 22<sup>nd</sup> : (9:30am & 1:30pm)

PVACF Air Rifle Training & Postal Match  
PVA Central Florida

2711 S. Design Ct. Sanford

Contact: [RogerS@PVACF.org](mailto:RogerS@PVACF.org) to reserve timeslot

#### September 23<sup>rd</sup>: (2pm)

PVACF Boccia Practice

PVA Central Florida Office

2711 S. Design Ct. Sanford

Contact: Front Office (407) 328-7041

#### August 25<sup>th</sup>: (9am)

Handcycle Practice

West Orange Trail

501 Crown Point Cross Rd, Winter Garden

Any level riders welcome. Families welcome. PVACF membership NOT required.

Contact: [SeanG@pvacf.org](mailto:SeanG@pvacf.org)

*Sean Gibbs*

The PVA Scholarship Committee met late July and has awarded scholarships in the amounts of \$2,500 to six (6) very deserving individuals. We encourage you to recognize and congratulate these worthy recipients by giving them the proper acknowledgement in your chapter newsletter.

#### Full-Time Student Award Winners - \$2,500 each

Matthew Barton (St. Mary's University of Minnesota)

Son of Tim Barton - Minnesota Chapter

Sophie Dean (Appalachian State University)

Daughter of Brooks Dean - Member At Large

Jakob Edwards (University of Minnesota)

Son of Jeffrey Edwards - Minnesota Chapter

Amanda Scott (Hawkeye Community College)

Daughter of John Scott - Great Plains Chapter

Leah Thomas (Halifax Community College)

Daughter of Richard Thomas - Mid-Atlantic Chapter

William Wheaton (Colorado School of Mines)

Son of James (Tom) Wheaton - Mountain States Chapter

## Did You Know



*Though the word "kamikaze" was later applied to Japanese suicide pilots during WWII, it literally means "divine wind" and is also used as a historical term to refer to two typhoons that swept through the island nation in 1274 and 1281. Both times, hordes of Mongols lead by Kublai Khan sailed from China in an attempt to conquer Japan, and both times, a massive storm swept them back. Japanese Buddhists of the time believed that the storms had been the gods' way of preserving their empire, so they referred to the typhoons as "divine wind."*

*Next time you're at the mall, stop by a mid-range department store and take a look at the belt selection. Chances are you'll see the words "genuine leather" stamped on the underside. Though, yes, that does mean the belt is 100 percent leather, it also means that it's made of the cheapest grade of leather: several low-quality layers of hide pasted together. "Top-grain leather" is what you'll find in fine leather goods and designer stores, but, of all the widely available forms, "full-grain leather" is the highest quality and longest-lasting type. Or, if you really want to splurge, go for Italian leather, which is inimitable in its quality.*

## HOUSE COMMITTEE EXAMINES VA'S HOME AND COMMUNITY-BASED SERVICES

PVA was asked to testify at a July 27 House Veterans' Affairs Subcommittee on Health hearing on veterans' access to VA's Home and Community-Based Services (HCBS). Over the past 10 years, the Veterans Health Administration has made incremental efforts to refocus funds and resources into HCBS to ensure veterans are empowered to delay, if not avoid, entry into institutional care settings, by receiving appropriate support safely at home. But the rate of this change is not matching the current needs of veterans. The demand for long-term care for veterans is growing and several panel members expressed frustration with VA's prolonged rollout of key services, including the Veteran Directed Care (VDC) program. The VDC program allows veterans to receive HCBS in a consumer-directed way and is designed for veterans who need personal care services and help with their activities of daily living. Examples of the types of assistance they can receive include help with bathing, dressing, or fixing meals. Veterans are given a budget for services that is managed by the veteran or the veteran's representative.

Several Subcommittee members expressed frustration with the fact that VDC is only available at 40 percent (69 of 171) of VA medical centers. PVA shared the same angst about the lack of availability of VDC noting that VA Medical Centers must receive additional resources to help them expand programs like VDC. For example, an

additional social worker who could get the program up and running at a facility could help expand the program's availability. Also, VA must do more to market the benefits of the VDC program to medical centers. A major benefit is that VDC is cheaper than institutional care and it also allows veterans to remain in their homes and direct their own care. VA officials told the Subcommittee that future expansions of VDC were likely, but they stopped short of providing any particulars when this might happen.

PVA also expressed concern that VA is not authorizing adequate hours to support the home care needs of veterans with spinal cord injuries and disorders (SCI/D). VA started using a different formula about three years ago that is resulting in less hours being authorized, with even less hours being approved. We questioned the rationale of having doctors who know their patients' needs best prescribe 28 hours only to have VA approve less than half of that amount. We believe that such little home care for catastrophically disabled veterans is in fact not reasonable.

In addition, we covered the challenges of finding suitable home care workers for veterans with SCI/D at a time when there is a nationwide shortage of home health aides and payment rates are low. Also, we called attention to a pair of legislative efforts that could help grow the direct care workforce through higher wages, better benefits, and sector-based job training and supports.



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