



WHEELS IN MOTION

December 2021



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**Paralyzed Veterans of America
Central Florida Chapter
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December Board Meeting is a **Zoom/Hybrid** - December 16th 10:30 AM.

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Chapter Officers 2021-2023

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Thanks to Karolina for the cover picture

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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.

SAVE THE DATE

DECEMBER 18, 2021 12 - 4 PM

at

THE ORLANDO MARRIOTT LAKE MARY

*Annual
Holiday
Party*

There will be a "Crazy Santa" gift exchange.

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**Paralyzed Veterans
of America**

Merry
Christmas

President

Merry
Christmas

The VA offers several equine therapy places for those with PTSD and other emotional problems. There are a few here in the Orlando area. One is not very far from our chapter office. Here is their website. <https://www.freedomride.com/veteransequineassisted/>

Growing up we had a horse called Buttons. She was a small horse that survived five kids. At 10 years of age, I had a paper route at the time and I delivered papers riding Buttons with my canvas bags, which normally went on my bicycle handlebars, hanging at her side. All of us kids learned quickly if she put her ears straight back you had better be on your best behavior. Somehow, she would give you a nip or step on your foot if you were causing her a lot of grief.

A new study revealed that a horse's large, highly mobile ears could help tell another horse where to direct its attention, which may help the observing animals locate food and evade predators.

As one of the first studies to examine communication avenues that humans lack—movable ears, for example—it is an important step in understanding how social animals interact, said study leader Jennifer Wathan, a Ph.D. student at the University of Sussex in the U.K.

Traditionally, Wathan explained, scientists studying how animals communicate with one another focused on traits that humans also have, such as body language.

However, by thinking about the world as a horse experiences it, Wathan said, scientists can gain more insight into how these animals share information.

Like humans, horses are social animals. While living in large groups of other members of your species has its downsides, the arrangement also has benefits. Animals can watch each other's backs, keeping a lookout for potential predators while others are busy eating or looking for food.

To make this system work, however, animals have to have ways of communicating information to other members of the species.

"Horses have really good vision—better than dogs or cats—but the use of facial expressions has been overlooked," Wathan said.

Therefore, Wathan hypothesized that horses could use ear direction as a cue for where to look and if they should pay attention to something in the environment.

Horse Senses

To test this idea, Wathan and her adviser Karen McComb first photographed horses in a pasture

looking at one of two buckets of food.

In one set of photographs, a mask covered the horse's ears. In a second set, the horse's eyes were covered. A third group of photos showed the horse's head as normal. Then, Wathan and McComb turned these photos into live-size pictures for a horse to look at as it chose between one of two buckets of food.

Preliminary experiments established that the horses were able to recognize that they were looking at another horse in the photo.

When horses looked at a photo from the third set, where both eyes and ears were uncovered, they picked the bucket of food the horse in the photo was looking at about 75 percent of the time.

When either the eyes or ears were covered by a mask in the photo, the observing horse selected between the two buckets of food more or less randomly. However, the horses performed slightly better when the photo showed the ears uncovered than when it showed the eyes uncovered, according to the study, published August 4 in Current Biology.

"The horses actually looked at the photographs of the [horses with masked eyes and ears] less, which indicated there was less information there, and not enough to change behavior," Wathan said.

Helpful for Horse People

The study represents the first evidence that horses can signal information about food to each other, even though they evolved in an environment where "one blade of grass is as good as any other," said Katherine Houpt, an emeritus professor of veterinary medicine at Cornell University in Ithaca, New York, and a horse expert.

Since the study provides such a unique insight into how the animals think, "these results are really important to anyone who works with horses," Houpt said.

"Experienced riders know to pay attention to a horse's ears to help figure out what it's thinking, so I'm not surprised that the ears were the most important cue," she added.

Thanks to, Carrie Arnold and her article.

Steve Kirk





Flappy Holidays!

I wish you and your loved ones a wonderful holiday this December. May we each find a way to spread goodwill and peace among all the people with whom we have contact this holiday season. My wish is that it continues into

the New Year. If you have not yet signed up to attend our Chapter Holiday Party, being held at the Orlando Marriott in Lake Mary, Florida on December 18, 2021 from Noon to 3:30 pm, I encourage you to register by just calling the office and letting Joanne know that you and

a guest are going to attend (we will also need your meal choice). I realize that some of our members cannot attend because of the distance the venue is from their homes. If that is the case, then I encourage you and your guest to go out somewhere nice to eat and send the chapter the receipt for reimbursement. Let us know where you went and how accessible the venue was. We will apply the amount towards your Wheels on the Go balance (it is the only way we can document the expense in our accounting system). What is important is that you get out of the house and experience the joy of the holidays.

John DeMauro



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There is a place where chapter members can promote legislative action. It is called: PVAAction Force. The website is <https://pva.org/research-resources/pvaction-force/>. There is a brief video tutorial showing how it works. All the "hot topic" legislative items are listed below that with descriptions.

Below, on this page, is a partial screenshot of what the site looks like. Go take a look at where there is a great opportunity to have congress hear your voice.



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PVA ACTION FORCE

HOME > RESEARCH RESOURCES > PVACTION FORCE

What is PVAAction Force?

PVAAction Force is a national grassroots advocacy network, led by PVA, that actively takes action on vital issues affecting Veterans with spinal cord injuries and disorders, and diseases, like MS and ALS, as well as people with disabilities. Free and open to all

How to use PVAAction Force





Tiff's Place is located near Orlando – the only vacation destination in America built and fully equipped to safely support those who are differently abled due to neuromuscular disease or impairment. We welcome and encourage veterans to enjoy the lodging and grounds!

To learn more or to book your stay, call us at (407) 562-1860 or email info@tiffsplace.org.



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Be kind to humankind! You can #GIVE back to PVA members by donating your gently used clothes and household goods. Your donation can help a paralyzed #veteran today. To learn more and donate: https://secure.pva.org/default.aspx?tsid=9491&donationAmount=other&mSource=WEQYYDFW2GPG&_ga=2.1705649.1607860698.1552920854-258990882.1542139382



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TOP 10 - OPEN DIVISION
ANGLER OF THE YEAR STANDINGS

1. Eddie Hawks	284 pts
2. Ken Carter	275 pts
3. Daryl Newton	194 pts
4. Jeff Koch	190 pts
5. Paul Julian	189 pts
6. Brian Smith	187 pts
7. Jason Manges	186 pts
8. Arthur Hunt	184 pts
9. Paul Austin	180 pts
10. Jim Sifers	175 pts

AS OF OCTOBER 18, 2021
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Amir Pishdad Jr and David Christopher

What's it like to ride a two-wheeled bicycle 19+ mph on downhill trail with curves and bumps/jumps surrounded both sides by trees and bushes and next to steep slopes? Well, try riding an Off-road Handcycle with 3 wheels!! I did!

Welcome to the 2021 Fall Off-Road Handcycle Expo that was held at the Pocahontas State Park in Chesterfield Virginia during the 4-day program September 30-October 3. The weather was perfect in the mid 80's without any rain in the forecast!

This Off-Road expo program led by PVA Director of Handcycling Racing, Jody Shiflett, included over 50 participants, many who attended at least a 2-day program. Attendees were Veterans, Staff and Volunteers who were all eager to introduce and partake or support in this Adaptive Sport! 2-day lodging was offered & meals were graciously provided by sponsors who stepped up to honor participants. Truly a gift of love!

Participants were outfitted with various brands and types of off-road hand-cycles, representing various Chapters of the PVA throughout the USA, including Florida, Virginia, Georgia and Tennessee; just to name a few that made up this program!

Mark Power of "Power On Cycling" from Newport Tennessee, a long time & frequent PVR Cycle-repair expert, was present to tune, repair and handle any mechanical issues! Mark's cycle knowledge and mechanical skills has been an invaluable asset of the PVR program!

This report would not be complete without mentioning the many volunteer supporters and the able-body off-road bike riders who led PVA Participants on organized rides several times throughout the day.

There are many trails throughout the Pocahontas State Park and we were fortunate to get a initial ride on a "new trail" that's currently being built. Park Staff and Rangers have openly welcomed the PVR to participate on their trails including the opportunity to have exclusive use of a multi-bay garage (pictured). This garage enables the PVR to operate and safely store nearly 2 dozen off-road handcycles; it's truly a logistical blessing!

Riding off-road requires a different set of skills than hard surface racing, it's challenging, invigorating and thrilling!

The next planned PVA Racing Off-Road Expo (Spring) at the Pocahontas State Park Chesterfield Virginia, is scheduled for April 13-16, 2022!

Contact handcycling@pva.org to reserve your slot!

Amir Pishdad Jr



David Christopher and a very good staff



David Christopher leads a FAST ride downhill



Veterans Amir Pishdad Jr & Blake Bryant with Volunteer Izzet Murat



Amir Pishdad Jr on his "Lasher Sport"- All Terrain Handcycle



Few of the Expo participants and volunteers



Amir Pishdad Jr flying down a Fast Trail



The PVA Off-Road Garage at Pocahontas State Park Chesterfield Virginia



Jody Shiflett & Staff

Thanks for your support



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those in need

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.
All a person is remembered for is what they did for others.

As mankind thinketh in their minds... so they are.

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Golf Solo Rider

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