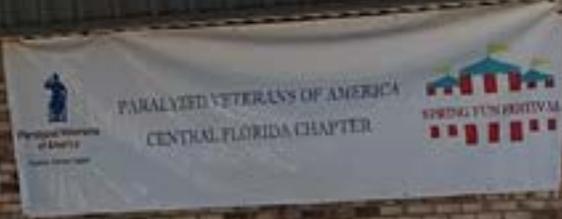


WHEELS IN MOTION

May 2022



Golf Sponsors

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Fun Festival

Pages 9-13

**Paralyzed Veterans of America
Central Florida Chapter
2711 S. Design Ct.
Sanford, FL 32773-8120
Phone (407) 328-7041
Fax: (407) 328-7139**

May Board Meeting is a **Zoom/Hybrid** - May 12th 10:30 AM.

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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

As we age time accelerates and our hair thins. Well, we are not alone, it even happens to the planets. I found this article quite interesting.

Of all the planets in our solar system, Saturn might be the prettiest. Those rings! Strand after strand of icy material with just a hint of rock, arranged in a delicate halo. Up close, the rings gleam in soft pinks, grays, and browns, shimmering in the darkness. It's hard to imagine Saturn without them.

But Saturn's rings aren't a permanent feature. In fact, they're vanishing.

The rings are losing material every year. Incoming micrometeorites and the sun's radiation disturb the small, dusty pieces of ring matter, electrifying them. The particles, suddenly transformed, become attuned to Saturn's magnetic field lines and start spiraling along those invisible paths. When the particles get too close to the top of Saturn's atmosphere, gravity pulls them in, and they vaporize in the planet's clouds.

Astronomers call this "ring rain," and over time this and other phenomena will sap the distinctive element that, to us, makes Saturn Saturn, until nothing is left. Right now? "This is us looking at Saturn's rings in their heyday," James O'Donoghue, a planetary scientist at JAXA, Japan's space agency, told me. A magnificent sight that, from our perspective, seems immutable, but, on the grand scale of things, is fleeting.

It might help to know that the process is going to take a while: O'Donoghue and other scientists estimate that the rings will disappear in about 300 million years. The residents of Earth still have plenty of time to marvel at the beauty of Saturn's rings, and to study them. Because, although astronomers understand that the rings are on the way out, they still don't know everything about these bands—including how Saturn got them in the first place.

Saturn's rings have dazzled observers for centuries, but we got truly close to them for the first time in the early 1980s, when NASA's Voyager spacecraft whizzed past during a grand tour of the outer planets. At the time, scientists suspected that the rings probably formed alongside Saturn about 4.6 billion years ago, when the solar system was young and boisterous. Back then, with rocky objects flying around everywhere, a new planet could easily have captured some, slung them around its middle, and let gravity flatten them.

But Voyager's flyby suggested a different story. The observations captured the rings in greater detail than ever before, revealing that the system didn't have as much mass as researchers had predicted, which meant that they couldn't be billions of years old. The rings had to be much younger, perhaps only 10 million to 100 million years old. "Those results were totally puzzling and bizarre," Jeff Cuzzi, a research scientist at NASA and an expert on planetary rings, told me.

Saturn's ring system had seemed as ancient as the solar system itself; now it seemed that the rings didn't exist when dinosaurs began roaming the Earth. The solar system had quieted down by then, so where would Saturn have gotten the raw material? "The probability of an event forming the rings now"—now, in astronomer-speak, meaning within the past 100 million years or so—"is very unlikely," Paul Estrada, a NASA research scientist who has studied Saturn's rings for years, told me. And yet more recent observations support this hypothesis. In 2017, a NASA spacecraft called Cassini skimmed past Saturn's rings, sending home as much information as possible before it was obliterated in the planet's atmosphere. Its final measurements backed up what the Voyager missions had observed, that the rings weren't massive enough to be ancient.

The science community hasn't come to a consensus about the origin story of Saturn's rings. But, if the rings are indeed cosmically young, scientists say that they probably formed when one of Saturn's moons, itself quite old, drew too close and was shredded to bits. The moon was likely a small one; our own moon, O'Donoghue said, could be used to fashion thousands of ring systems like Saturn's.

The story of Saturn's rings is a reminder that the worlds of our solar system, however still and static they might look from here, are dynamic places, with dramatic histories of their own. "We think that the universe out there—as opposed to this, where we live, where everything is chaotic and messy and changing all the time—is this kind of crystal and never-changing thing," Cuzzi said. From afar, Saturn's rings look so solid, like a ledge you could swing your legs over. But they are anything but. "Those particles are slowly jostling and bumping into each other," Linda Spilker, a planetary scientist at NASA's Jet Propulsion Laboratory who worked on the Cassini mission, told me. "There's wakes created by tiny moons." When Cassini dived between Saturn and the rings, "we could actually measure the amount of ring material flowing into the planet," she said. The Voyager mission, which Spilker also worked on, had spotted some evidence of ring stuff leaking into Saturn, but with Cassini, astronomers could really investigate the phenomenon, and make their best estimates yet for how long the rings would stick around.

A few hundred million years is a very long time. And yet I feel a particular twinge of sadness about the idea of Saturn losing its rings. So do some astronomers I've spoken with, and others who aren't astronomers at all, but who grew up with a very clear picture of Saturn as a ringed planet. I felt similar pangs of emotion when I learned that the moon is slowly drifting away from Earth; that a tiny Mars helicopter tried to take flight in the red planet's atmosphere; that an interstellar comet traveled for millions of years without feeling the warmth of a star. I've come to think of these reactions as "space feels." None of these events has any real bearing on our daily lives, and yet they tug at the heartstrings in a cosmic way. "It's very, very sad that the rings will disappear in the future," O'Donoghue said. But "I'm very happy that we're lucky enough to see it."

Perhaps someday, after Saturn's rings have dissipated, the universe might give the planet a new set. "Maybe through some process—another moon is broken apart, a comet comes in too close—and you start it all over again," Spilker said. "Maybe this isn't the last we'll see of rings around Saturn."

After all, the cosmos is quite the jewelry designer; Jupiter, Uranus, and Neptune all have rings. They're faint, wispy things, but they're there, and they were probably much more massive long ago, before a mysterious mechanism shrunk them down, O'Donoghue said. Cosmic forces are already at work on the solar system's next addition. Sometime between 20 million and 80 million years from now, Phobos, a small moon of Mars, will likely break apart. The shards will swirl around the red planet, settling into a new, beautiful feature. Imagine Mars with rings.

By Marina Koren



Steve Kirk



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SPRING FUN FESTIVAL



Executive Director

Our annual Spring Fun Fest (a.k.a. Spring Fling, Spring Splash) was a successful event. If you missed it, you missed great food, fun games for all ages and great fellowship with volunteers, members and their families. We had over 130 in attendance, over a dozen classic cars and motorcycles and everything from popcorn and ice cream to smoked sausages with peppers and onions, hot dogs and hamburgers. Face painting was a hit with the kids and wheelchair races, sack races and egg toss was great fun for the adults. Our new Recreation Director's David and Rosa Rountree are doing a great job putting together recreation activities for the membership, their caregivers and their families. We had a wonderful time at the Holiday Party in December, many laughs and much fun at the Karaoke night in February and the best ever spring event in April. Next up is Movie Night in June with a double feature, as well as popcorn and drinks (and perhaps some other goodies). This event will be held at the Chapter Office Building in Sanford. Later this year we are planning a Game Night. Check out our events calendar on our webpage at www.pvacf.org in order to keep up with what is happening and when.

You can also find information about sports activities available by checking out the sports calendar found on our web page. Bowling has been a popular event that takes place every Friday at Airport Bowl in Sanford, beginning at 1pm. Many of those participating meet earlier for lunch. If you would like to participate contact Sports Director Roger Sack at rogers@pvacf.org for more information. If Sanford is too far for you to travel, you can go to a bowling establishment near you, bowl and submit your scores to Roger. You can also submit your receipt to the chapter office for reimbursement. Again, contact Roger for more information on how that part of the program works.

Air Rifle has been scheduled on the second and fourth Wednesday of the month but has not been attended well by the membership. As a result, starting in May, Air Rifle (and pistol) will be available at the chapter on the fourth Thursday of the month for competition shooting. If you would

like to come to the chapter to practice, you will need to make those arrangements with either Roger via email at rogers@pvacf.org or Tim Wolfe at timw@pvacf.org. We are participants in the Move United Air Rifle Series and submit scores accordingly. The chapter has purchased the latest technology in scoring. We have six lanes set up with the Athena Electronic Scoring System. Golf is coming soon. Our 8th Annual Jerry Dugan Memorial Charity Golf Tournament will be held on May 14th at the Metro West Golf Course in Orlando. This event is our chapter's largest fund raiser and raised over \$50,000 last year. We expect to raise over \$60,000 this year. Funds are used to help support the chapter's sports and recreation programs as well as send members to the National Veteran Wheelchair Games. Some of our members participate in the tournament. If you have an interest in playing golf or would like to try playing the game, contact Roger. We have purchased two SoloRiders for members use on the golf course and have golf clubs available for those who don't have their own.

Other sporting opportunities are available such as sled hockey, boccie, and field events. Let us know what your interest is and we will do our best to provide opportunity. Equally, if you have an idea for our recreation directors, let us know. And, if you don't live in or around the Orlando area and you have an idea for recreation in your area, reach out to me at johnd@pvacf.org and we will work together on putting something together in your area. Also, don't forget that the chapter pays mileage at 40 cents a mile for up to 150 miles round trip for you to attend any event or meeting the that chapter has.

I look forward to seeing you soon! This just MAY be the time for you to get involved!



John DeMauro

Up and Coming Events



Public awareness was on display, and the public had a great interest!

Thank everyone for participating in our 2022 Annual Spring Fun Festival and Car Show. I want to send a shoutout to Skymotor Sports, I Motorsports, Ability Center, World

of Independence, Fire Station 32, Knights of Columbus, Casey Embroidery, Mt Sinai Baptist Church, Girl Scout Troop 524, and the 36 volunteers for making our festival a huge success.

A sight to see was our first Car Show at the entrance of our Chapter. There were 20 vehicles on display: a supercar, muscle cars, motorcycles, autocycles, a hotrod, a fire truck, and customized vans. The Nam Knights showcased four motorcycles, Sky Motorsports brought two cool ATVs, and IMotorsports presented a 2022 Vanderhall. A special thank you to the members who displayed their vehicles to help get paralyzed veterans' awareness to the community.



Girl Scout Troop 524, Tim Wolfe, and David Rountree

The festival was fantastic with a nice variety of games and races. The relay races were my favorite. It was something

to see able bodies in burlap sacks racing to reach their partner competing in a wheelchair.

Seeing the children's faces as they used tickets to select their special prizes was worth the work that occurred to obtain the abundance of donations. One kid used 30 tickets to spin the wheel until he could win a signed Magic Basketball for his dad.

Jay from DJ in the Mix was excellence as he mixed and played music to help celebrate our car show and the festival. It was fun to see the kids and parents dancing between playing the games.



Mike's Big Butt Hutt provided hot dogs, corn dogs, hamburgers, french fries, and dill pickles. We added candy apples, popcorns, ice cream, and flips that Pam Ricks donated. The flips were the

best by unanimous vote, a frozen juice with shredded pineapples. Simply delicious!

May 14 2022

Jerry Dugan Memorial Charity Golf Tournament will be held at MetroWest Golf Club Orlando. Shot Gun starts at 9:00 am. Volunteers are still needed.

June 2022

Date to be determine Movie at The Chapter. We are preparing to bring a double feature showing starting at 4:00 pm. The first movie will be a classic followed by a short intermission and a new movie release.

We will transform the Chapter into our local movie theater using the ceiling projector, the enormous screen, and a reverberate sound system.

We will set up the food bar with hot dogs, corndogs, french fries, and chips. We will also provide snacks, ice cream, popcorn, and candy. We're planning to have a popcorn buffet with flavors to suit everyone's palate.

We will decide on the movies based on your responses. Please contact Joanne at the Chapter to provide your choices by May 31, 2022. So, what is your favorite classic movie? Mine is the Wizard of Oz.

July 7 -12, 2022

National Wheelchair Games will be held in Tempe, Arizona.

The VA and PVA remain committed to honoring our nation's Veterans by ensuring a safe environment to deliver exceptional health care. The National Veterans Wheelchair Games will follow a COVID-19 plan which will be integrated into the operations of the in-person events for 2022.

August 2022

What about a private cooking lesson for a fun group event?

Our March Cooking with a Chef Caregiver Outing was canceled. But back by popular demand, Cooking with A Chef for our members and their caregivers is in preparation.

Cooking with a Chef is a hands-on culinary nutrition education program presented by a chef and nutrition educator team. Its goal is to boost participants' nutrition knowledge and learn about menu planning, food purchasing, food preparation, and food consumption behaviors.

It will be fully interactive with step-by-step instructions where you can ask all the questions you want.

September 2022

We are bringing Casino Night to the Chapter! What a great way to spend some time together.

David D. Rountree







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I signed up for a thermal pig hunt, inviting my Son-in-law Rob Guiher, and PVA National Vice President, Hack Albertson. The hunt was held in Volusia County, right on Rt 44 past the Volusia County Speedway. We went with West Shore Outfitters, who do give a military and cash discount. To me it was a bit pricey, \$325 (after discounts) plus the Tip per person, but none of us have ever done it before, so we said why not. We got there right before dusk, and they explained what was going on. Hack used his manual wheelchair, since it was a last minute adventure while he was in town for a PVA conference. I was in my X-8 motorized wheelchair, which I totally recommend anyone who is doing outdoor things to get one. I got mine as a recreation chair while I was in the VA Hospital in Richmond VA.

We loaded up in my Van and SLOWLY crept along following the guides. We unloaded, and they took Hack out first. Between him doing wheelies and the guys helping him through the sand, it was about 15 minutes after they left us, when we heard 4 shots ring out. The guide came back and tells me that it's my turn. He led me through some of the ruts in the dirt road, with Rob walking right behind us. I know we didn't go more than 75-100 yard, but it felt like miles! It was pitch black, no moon, so you couldn't see anything at all. The guide handed me the rifle and pointed in a specific direction. When I looked through the scope, there were 18 pigs of different sizes. I waited until one of the bigger pigs separated from the group and dropped her with just one shot. I stayed put, Rob was next. He

walked down the road a little further and after a few minutes another shot rang out. For those of you who have never looked through a thermal scope, it's very difficult to tell if you have a 20 lb pig at 10 yards or a 100 lb pig at 50 yards, unless you have another pig to use for comparison.

Within about 60-90 minutes of arriving, we had 3 hogs up at the cleaning station. Hack had killed a trophy 150+ lbs – the 'Cutters' on his boar was about 3-4 inches long. I had killed a sow of about 80 lbs, and Rob killed one about 30lbs. When everything was over and done, I produced about 60 lbs of sausage. That breaks out to about \$17 lb for Sausage LOL.



Rick Rettinger

Turkey Hunt w/ Patriot4

I have never hunted turkey before, and when our fellow chapter member and Sports Director, Roger Sack, asked me if I wanted to go turkey hunting, I jumped at the chance. It was a Monday, and I met up with Roger and we drove to Hilliard Brother's Ranch where we were going to hunt with 2 others Veterans. When we got to the camp... WOW, it was a hunting lodge, plenty of room for our chairs, full kitchen, private bedrooms and all. Later that day I met our hosts, and the 2 other Veterans who were hunting. Cuz Strickland, a pretty famous Turkey hunter with Mossy Oak and Turkey Thug, is an outdoors man. Look him up on Google. He is an author of three books, producer of over 40 DVDs and over 1,600 nationally televised hunting shows. I had no idea who this man was. Boy was I glad I met him, and his friend and partner Bubba Bruce. There was no way to keep a straight face while those two bantered back and forth. Cuz is also a Vice President of Mossy Oak, who 'Oaked us out' with Mossy Oak Camo. Keith Kelly from D-Dot Timberlands, along with his sons, Jacob and Zach, came down from Jacksonville, FL. They were my guides. Jim Handley, Exec Vice President of the Florida Cattleman's Assn was there, along with his brother Ron, brought along and cooked up some of the finest steaks I have ever eaten! As we waited around camp for the other two veterans to pull up, there was excitement building in the air.

The two Veterans showed up. Both of them were the most humble and kind men that I have ever met before. I learned the first veteran's name was Neil. He was a Marine who has spent time flying a Cobra helicopter in Vietnam, an unbelievable, and 864 Combat missions. The second Veteran, I heard folks address as 'General', he introduced himself to me as Randy. I asked him, do you prefer Randy or General West? He replied, "Randy." You see, Randy had spent 35 years in the United States Marine Corps, and retired as a 2 Star General. But, he didn't act like most Marines I've ever met. He was very humble, and down to earth. I have never been around anyone with such military history as these 2 men. If you can't tell, the Turkey hunt was secondary now, the experience with all of these men, Veteran and Civilians a like was just awe inspiring to me.

The first afternoon we went out to our blinds. Jake was the videographer, his father Keith was my guide and turkey caller. The blind they made me were from cut Palm Fronds, which came up to my knees. Keith was crouched down behind the Palmetto leaves he stuck in the ground. Me, I'm sitting upright, in full camo (thank god!). There is NO WAY a turkey is going to get near me, feeling like I was sticking out like a sore thumb. Come on, I'm out in the open. "Trust me", Keith said. I was sitting there for maybe 45 minutes when Keith told me to get my gun ready. There was a gobbler approaching from behind me. (Great! I'm facing the wrong way again!) The "Tom" kept on walking right up to the decoys - he pecked one, and realized, something isn't right about this hen. He started to walk back the way he came, then

Keith make a gobble, and he stopped, stuck his head up, for the last time as I shot. I don't understand why people say Osceola Turkeys are difficult to hunt, I thought it was pretty easy myself. I was the only one to shoot a Turkey the first day, so I got to sleep in the next morning. It seems that the Turkeys were not cooperating for the others. That evening we sat around, listening to stories from fellow hunters as to their day's experiences. Neil shared an experience or two from Vietnam. If you can't tell, I have a high regard for both of these gentleman, not because of their service to our country, but because they are genuine, humbleness, coming from their hearts. I left that night after dinner, it was over too soon, expressing my gratitude once again, and I hope they didn't get tired of me thanking them for this experience.

Thank you, to Keith, his sons Jacob and Zack from D-Dot Timberlands, Ron Handley, who feed us very well. Jim Handley and the Florida Cattleman's Association for the steak dinners, Bubba Bruce and Woodhaven Custom Calls for the T-shirt and handmade Hen Call, Cuz Strickland and Mossy Oak for all of the gear and knowledge, and also Cuz for his book that he brought for each one of us. Thank you Neil Whitehurst and General Randy West, for showing me humility in mankind. Randy, I have that very special book you gave me here by my side. I hope to see you with Patriots 4 (PatriotsFour.Org) in the very near future. Finally thank you Roger, for the invite, none of this would have happened without you, and the PVA Central Florida Chapter.

15 minutes, full moon, just skimming along the top of the lake... just eating bugs as they hit me in the face. Once you get to the area to 'fish' the main motor is turned off, and a trolling motor is hooked up, and this is how you get around in the flats. Slowly easing through the grass and shallows. It's like most fishing, all of a sudden you'll see fish everywhere, and then there are spells of not seeing anything.

I did knock the skunk out of the boat early with a small pickerel. I was like, "Heck this is easy" anyone can do it. You do realize that anyone can hit the big fish, but it takes an expert marksman to hit the little ones (COUGH) beginners luck! Little did I know, that this would be my only fish all night. I had LOTS of chances... but, it just didn't happen again. It was a blast and I can't wait until next year. Try Bowfishing, you might enjoy it like I did. It's VERY easy to do. Go onto Facebook and search for [The Fallen Outdoors SOUTHERN ALL VETERAN Community Page](#) and also [The Fallen Outdoors ALL VETERAN Community Page](#) there is a website also [TheFallenOutdoors.com](#) I've been very active with them since moving to Florida. Make sure you follow PVA Central Florida Chapter's Website www.pvacf.org for more Sporting opportunities and upcoming events.

Rick Rettinger



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Flight Wheelchair Prep

With the National Veteran's Wheelchair Games around the corner many of our Central Florida Paralyzed Veterans members will be traveling three quarters of the way across the country via the air. For many of us deciding to use the airlines for travel promotes a nauseous reaction due to the treatment of our power wheelchairs once we have made the transfer to an aisle chair. Below are some quick tips that I have learned over dozens of airline flights that might help alleviate some of that stress and anxiety induced by the current state of airline travel for people with power wheelchairs and fixed manual chairs (non-collapsible).

When booking ensure that the airline understands that you are in a power wheelchair or will need stowage of your manual chair. Most airlines have a quick form that you fill out and submit via facsimile or email.

Bring a collapsible bag with you onto the aircraft that is large enough to place any removable parts and pieces from your power wheelchair. I.e. headrest, lateral supports, footrests, and especially joystick types of controls

Every part and piece that you can remove from your power wheelchair should be removed and placed into a collapsible bag (Make sure the bag will fit in the overhead bin when full) and then placed where you will be seated.

Have your caregiver give the luggage staff a class on how to drive your wheelchair, tilt and recline your seating if

applicable, and how to use free wheel mode if they need to push the chair manually.

Use plastic wrap to secure any loose wiring or other devices not removable.

I do not use my seat cushion on flight but always remove it and place in the overhead storage compartment.



Request that your caregiver be allowed to accompany your wheelchair all the way to the belly of the plane. (Believe it or not this sometimes works and allows your chair to be in experienced hands all the way into the luggage compartment of the plane).

Most importantly, smile, be polite, be patient and remember that most of these people have no idea and very little training on what they are doing. Take this opportunity to educate. Everyone

in a wheelchair is an ambassador and an advocate and everything we do correlates to how the next person in a wheelchair is treated.

For more information and ways in which you can further advocate for disabled veterans traveling by air, go to www.pva.org and click on the Veterans & Disability Advocacy tab. Then scroll down to Air Travel Accessibility tab, click on it and sign the petition. For more tips on traveling by air, scroll down to the Tips tab. If you have problems in air travel go to the Share Your Story tab and tell you story.



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FY 2023 BUDGET SUBMISSION WOULD FUND ARRAY OF DISABILITY COMMUNITY PRIORITIES

The Administration's fiscal year (FY) 2023 budget submission proposes significant increases in funding for numerous programs affecting Americans with disabilities.

The budget requests \$37.7 billion in discretionary funding for the Department of Justice, a \$4.2 billion increase from the 2021 enacted level. Promising to reinvigorate federal civil rights enforcement, the budget offers \$367 million, an increase of \$101 million over the previous level, to support police reform, the prosecution of hate crimes, enforcement of voting rights, and efforts to provide equitable access to justice.

To protect elections and the right to vote, the budget proposes \$10 billion over ten years for the Election Assistance Commission to fund grants increasing access and security to the ballot. States would be responsible for assessing their most urgent needs and making changes under those grants. However, new voting machines are among the top priorities for those grants, which are required to be accessible under the Americans with Disabilities Act and the Help America Vote Act.

The Federal Transit Administration would receive an \$8.2 billion increase to \$21.1 billion. The funds are targeted to efforts to strengthen the nation's transit systems, reduce emissions, and improve transportation access for people with disabilities and historically disadvantaged communities.

For the Social Security Administration (SSA), the budget provides an increase of \$1.6 billion, or 14 percent over the 2021 enacted level, to improve services at SSA's field offices, state disability determination services, and teleservice centers. The budget also seeks to improve access to SSA's services by adding staff to speed disability claims processing and reduce wait times.

The Department of Labor (DOL) would see an increase of \$397 million to \$2.2 billion. The budget increases funding for DOL's Veterans' Employment and Training Services' (VETS) Homeless Veterans'

Reintegration Program to \$62.5 million, enabling the program to serve over 1,000 additional veterans experiencing homelessness. The request also provides the Employment and Training Administration \$10 million for a new program, developed in collaboration with VETS and the VA, focused on helping veterans shift to careers in clean energy. The Office of Disability Employment Policy's request is \$58 million, which includes increased funding of \$19 million to support new initiatives that address the challenges posed by the COVID-19 pandemic for people with disabilities. Overall, VETS would receive almost \$331 million, an increase of \$14.6 million, to enable VETS to serve more veterans experiencing homelessness; improve USERRA (Uniformed Services Employment and Reemployment Rights Act) enforcement capabilities, financial operations, and knowledge management; and policy and workforce coordination.

At the Department of Housing and Urban Development (HUD), the budget provides \$180 million to support 2,000 units of new permanently affordable housing specifically for the elderly and persons with disabilities. The budget also contains \$35 billion in HUD funding for state and local housing finance agencies and their partners to provide grants, revolving loan funds, and other streamlined financing tools that reduce transactional costs and increase housing supply, as well as grants to advance state and local jurisdictions' efforts to remove barriers to affordable housing development.

The budget would also provide nearly \$500 million to the Centers for Medicare and Medicaid Services Survey and Certification, an increase of 24 percent, to support health and safety inspections at nursing homes and enhance Medicare behavioral health benefits, eliminate cost sharing for vaccines, and add coverage of services from community health workers.

Finally, the budget includes a \$48 million initiative to build a more equitable National Park System. Through this initiative, the Department of the Interior would expand operations at parks that preserve and tell the story of historically underrepresented and marginalized groups, further integrate tribal viewpoints into park management, address transportation barriers to parks from underserved communities, and improve park accessibility for visitors and employees with disabilities.

Before my injury in the Army, I really didn't like to bowl. It was an awkward walk to the line, trying not to trip over my feet as I would try and throw a house bowling ball down the lane. Not having any training but enjoyed the social time with friends and family. It was not my sport... yet.

While recovering at the Hunter Holmes McGuire VA Medical Center in Richmond, Virginia. I was asked by one of my fellow PVA members there if I would like to bowl in their Up and Down bowling league. I really didn't have anything else to do, so I said, "Yes". To my amazement, I found fellow Veterans who were pretty good bowlers, some with spinal cord injuries and a

helped it as well. I really enjoyed bowling after taking a chance in doing something that I really didn't like before, but found a new sport that I was improving in.

Over the past 30 years, I have really enjoyed bowling with other bowlers, passing on tips and introducing others, as my PVA friends in Richmond did with me.

Many of us have sports or things we have tried in the past but didn't enjoy them at that time. Having a coach, participating with a team

can make major differences in your experience. But the camaraderie of friends, family and new friends make lasting memories for years to come.

PVA Central Florida Chapter is participating in an Up and Down League this spring at Airport Lanes in Sanford, Florida. If you live further out, we would be glad to help you get connected with a bowling league in

your area. Come out and enjoy time with your fellow Veterans, friends and family and join the fun. Striking Out can be Addicting.

Roger Sack



few amputees. Their wives even bowled. They taught me where to place my chair, locking it in place and how to throw without hitting my chair. To my amazement, even though I didn't knock down many pins my first few weeks, my scores improved. Not to mention the bowler handicap



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