

WHEELS IN MOTION

March 2024



**Paralyzed Veterans of America
Central Florida Chapter
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April Board Meeting is via **Zoom** - April 10th 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.

Paralyzed Veterans of America Central Florida

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Chapter President

Steve Kirk

As humans gradually realize we need to cut back on traditional meat consumption for the sake of the planet, eating bugs — primarily crickets and mealworms — has become a buzzy, green alternative.

Some cultures, encompassing some 2 billion people around the world, already eat bugs. Mopane worms and shea caterpillars are routinely farmed and eaten (the former in South Africa and Zimbabwe, the latter in Burkina Faso and Mali), as is the African edible bush-cricket, which is commonly consumed in Uganda, Kenya, Rwanda, Tanzania, and Madagascar. Wild insect gathering for food for either subsistence or sale is common throughout East Asia and the Pacific, from India to Indonesia to Japan to Australia. In the northwest Amazon region of South America, somewhere between 5 and 7 percent of total protein comes from insects.

But proponents of insect farming are looking to further industrialize the practice to raise more insects as feed for farmed animals as well as for human consumption — mostly in Europe and the US, where the practice is less common. In May, a European Union panel voted to approve the sale of an insect-based food for humans for the first time in the union's history. The French company Agronutris had put in the application to sell dried yellow mealworm, a maggot-like organism "said to taste a lot like peanuts" when dried; with EU regulatory approval, the company hopes to sell the mealworm as a flour-like powder.

This excitement is eminently understandable: Insects are nutritious and environmentally sound to produce, which makes them a compelling alternative to traditional factory-farmed meats. The case for eating bugs is straightforward: They're healthy, and doing so is good for the environment. A study published in May from researchers at Harvard and the University of Wisconsin-Madison summarizes both arguments well.

The authors found that if consumers in Africa and Asia added 5 grams of insect food to their daily diets, 67 million fewer people would be at risk of protein deficiency, with 166 million fewer people at risk of zinc deficiency and 251 million fewer people at risk of vitamin B12 deficiency. Anemia would also fall considerably.

The study notes that 5 grams is not that much in the grand scheme of things. Cricket protein companies often cite a serving size of 10 to 20 grams of cricket protein powder for use in smoothies or porridge and the like. A 5-gram requirement could be met by one of those meals every two to four days.

Then there's the environmental side. Factory farms are an environmental disaster. Beef farming specifically produces a huge share of the world's methane, a much more potent greenhouse gas than ordinary carbon dioxide, and drives

deforestation in the Amazon as beef companies seek more open land for grazing. But factory farms of all kinds have environmental costs, not least from manure runoff that can poison streams, hurt local ecosystems, and endanger the health of local residents.

The Food and Agriculture Organization of the United Nations (FAO) has promoted insect-based food in part because insects, which are cold-blooded, are more efficient than other animals at converting their food into meat. "On average, insects can convert 2 kg of feed into 1 kg of insect mass, whereas cattle require 8 kg of feed to produce 1 kg of body weight gain," the FAO has noted.

Insects also require less water and land than traditional livestock, and produce 10 to 100 times fewer greenhouse gas emissions per kilogram of food than pigs, per the FAO. Their climate impact looks even better next to cows, which emit more than pigs.

At a cricket farm, the animals are typically laid out in plastic bins with cardboard walls they can climb and lay eggs on, according to a report from the research group Rethink Priorities. Because crickets need humid temperatures and can easily drown in a pool of water, damp sponges are often included in the bins to both regulate humidity and provide a drinking source.

Lewis Bollard, who runs the farm animal welfare program at Open Philanthropy — the effective, altruist-inspired grantmaking group funded by billionaires Cari Tuna and Dustin Moskovitz — recently published an excellent rundown of the perils of insect meat, specifically when it comes to industrializing insect meat production.

If you've read this far and aren't a vegan or vegetarian, or even someone who thinks about animal welfare much at all, all of this may seem absurd. Insects are not creatures whose welfare we're used to considering, an indifference that even makes its way into our vernacular. "She wouldn't hurt a fly" doesn't mean "she's not a sociopath" in the same way that "she wouldn't kick a dog" does — it means "she wouldn't do a mean thing so trivial no one should care about it."

But humans are constantly expanding our circle of moral concern. And though most humans have yet to expand their moral circle to fully include farm animals, attitudes on animal welfare have certainly evolved. The number of pets in the US has more than doubled since the 1970s, while the number euthanized every year has fallen dramatically, from 20 million to 3 million. Humans have become less comfortable killing animals just for being a nuisance: A half-century ago, it wasn't so uncommon for dog owners to euthanize their pet because it was cheaper than putting them in a kennel during their 4 vacation. That's unimaginable today. Thanks to Dylan Mathews.

Steve Kirk



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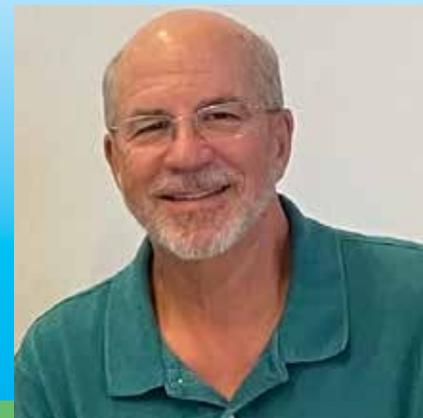




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Executive Director

John DeMauro



Post-polio syndrome (PPS, poliomyelitis sequelae) is a group of latent symptoms of poliomyelitis (polio), occurring at a greater than 80% rate among polio survivors. These symptoms are caused by the damaging effects of the viral infection on the nervous system. Symptoms typically occur 15 to 30 years or more after the original diagnosis of the disease. Symptoms include decreasing muscular function or acute weakness with pain and fatigue. The same symptoms may also occur years after a nonparalytic polio (NPP) infection. The precise mechanism that causes PPS is unknown. It shares many features with chronic fatigue syndrome, but unlike that disorder it tends to be progressive and can cause loss of muscle strength. After a period of prolonged stability, individuals who had been infected and recovered from polio begin to experience new signs and symptoms, characterized by muscular atrophy (decreased muscle mass), weakness, pain, and fatigue in limbs that were originally affected or in limbs that did not seem to have been affected at the time of the initial polio illness. Leg weakness, burning muscles and back pain are also symptoms. PPS is a very slowly progressing condition marked by periods of stability followed by new declines in the ability to carry out usual daily activities. Most patients become aware of their decreased capacity to carry out daily routines due to significant changes in mobility and decreasing upper limb function and lung capability. Fatigue is often the most disabling symptom; even slight exertion often produces disabling fatigue and can also intensify other symptoms. Problems breathing or swallowing, sleep-related breathing disorders, and decreased tolerance for cold temperatures are other notable symptoms. Increased activity during healthy years between the original infection and onset of PPS can amplify the symptoms. Thus, contracting polio at a young age can result in particularly disabling PPS symptoms. Both me and my twin brother contracted polio when we were infants. Later in life we both are experiencing the effects of Post Polio Syndrome. For me, it began with a knee replacement when I was 58 years old and has led to paralysis in my left leg. For my brother it was paralysis in his left leg and returning to braces and a walker, which he hadn't needed since he was a child. For many others, it means returning to wheelchairs and experiencing renewed paralysis. Polio survivors cheated death, conquered disability, and dealt

with years of severe physical and emotional pain only to find themselves facing Post Polio Syndrome and having to work at conquering the disease once again. Mia Farrow once said "If I could survive the limbo of illness, the loss of security and the pain of polio, I can survive anything." And "survive" we must, once again. Numerous theories have been proposed to explain post-polio syndrome. Despite this, no absolutely defined causes of PPS are known. The most widely accepted theory of the mechanism behind the disorder is "neural fatigue". A motor unit is a nerve cell (or neuron) and the muscle fibers it activates. Poliovirus attacks specific neurons in the brainstem and the anterior horn cells of the spinal cord, generally resulting in the death of a substantial fraction of the motor neurons controlling skeletal muscles. To compensate for the loss of these neurons, surviving motor neurons sprout new nerve terminals to the orphaned muscle fibers. The result is some recovery of movement and the development of enlarged motor units. The neural fatigue theory proposes that the enlargement of the motor neuron fibers places added metabolic stress on the nerve cell body to nourish the additional fibers. After years of use, this stress may be more than the neuron can handle, leading to the gradual deterioration of the sprouted fibers, and eventually, the neuron itself. This causes muscle weakness and paralysis. Restoration of nerve function may occur in some fibers a second time, but eventually, nerve terminals malfunction and permanent weakness occurs. When these neurons no longer carry-on sprouting, fatigue occurs due to the increasing metabolic demand of the nervous system. The normal aging process also may play a role. Denervation and reinnervation are going on, but the reinnervation process has an upper limit where the reinnervation cannot compensate for the ongoing denervation, and loss of motor units takes place. What disturbs the denervation-reinnervation equilibrium and causes peripheral denervation, though, is still unclear. With age, most people experience a decrease in the number of spinal motor neurons. Because polio survivors have already lost a considerable number of motor neurons, further age-related loss of neurons may contribute substantially to new muscle weakness and for some renewed paralysis.





You? You really killed an Alligator?

Actually, we harvested 2 Gators this season, one was 7'6" and the other was 8'6".

I was lucky enough to get drawn for Gator tags this year. You can apply for these tags in May, and you find out about 6-8 weeks later whether you got drawn or not. Cost for a Florida resident who has a disabled hunter license, (Read MyFWC.com to see if you qualify) is only \$22 for 2 tags. It's \$272 for regular hunters, and \$1022 for non-residents.

Myself, my son Joe and our Guide Sid put the boat in the water about 5:30pm that September afternoon. Joe and I have never gator hunted, so this whole experience was new to us.

Gator hunting is definitely a team sport, as you will see when you read on. We skimmed across Puzzle Lake looking for gators, "No, that one is too small for our needs." As we came around a bend, Sid grabs the fishing pole, with a treble hook attached, just like you see on the History Channel. The way to do it, is you 'foul hook' the gator. Sid pulled the hook along the bottom of the lake where he last saw the gator, and after a couple of casts, he felt the gator, and he yanked on the pole real hard. You aren't going to embed the hook into a gator's tough skin, but you will pierce it enough to be able to bring the boat to the gator. Yes, you do not try to pull a gator to the boat, you let him swim and get tired as you are holding on, and slowly reeling him closer.

This fight with the fishing rod took my son Joe 15-20 minutes to get the gator close. Sid handed me a Crossbow, with a line attached to it, and a barbed end. When they got the gator alongside the 12 ft boat, I'm to shoot the gator, harpoon him. I had never shot a crossbow, but it was very easy to do. I got him at his soft underbelly, and I think right into the heart, because he stopped moving pretty quickly. Sid took his bang stick and popped him behind the head at the spinal column, just to be sure the beast was killed.

Sid and Joe got the gators mouth closed (VERY VERY Important) and then they taped his mouth shut. They rolled him over the gunnels of the boat and away we went back towards the truck.

The next morning, we met back at the lake to try to

get our second gator, Joe fought the first one, and I harpooned him, so who's gator was it really? Like I said it's a team effort. We searched the lake for over four hours before we saw what we were looking for. Sid leaned back and launched that treble hook well over 100 yards over the gator, when he felt tension, he set the hook. This time Sid handed me the pole, and holy smokes was that a fight! It's similar to the Tuna fishing that I used to do in Maryland B.C. (Before Chair) It took me a good 45 minutes to get the boat to the gator, I'd gain on him, and he'd take off again.

When we finally got the gator near the boat, Sid wanted to get a second hook into it, and he tried several times dropping a treble hook down on him. All of a sudden Sid sets the hook, and the line starts screaming, but there is a problem, my line is dead still near the boat, we look over to see this big splash of a tail... a MANATEE's tail!

Somehow this gator laid down next to a manatee. Now how in the heck are we going to kill this gator, and get a hook out of a moving Manatee?? We let the line free spool, as we were taking care of the gator. We did get a second hook into him, and now its Joes turn to shoot the crossbow, which he has used numerous times before. He missed! He reset the crossbow and this time he

stuck him good. Now that we have the gator secured to the side of the boat, back to the Manatee problem. Sid started to reel in the line, and it was slack, somehow the Manatee shook the hook loose! (Thank God!) They used the bang stick, taped up his mouth, and Sid told Joe to get the chisel – it's about four inches wide, and he's to use the chisel to sever the spinal cord at the back of the head.

So, all is about to wrap up and Sid had the gator's head on the Gunnel of the boat. I noticed through the cut in the gators skin on top of its head, it was breathing still! I yelled, "Joe get over here and Chisel this thing!"

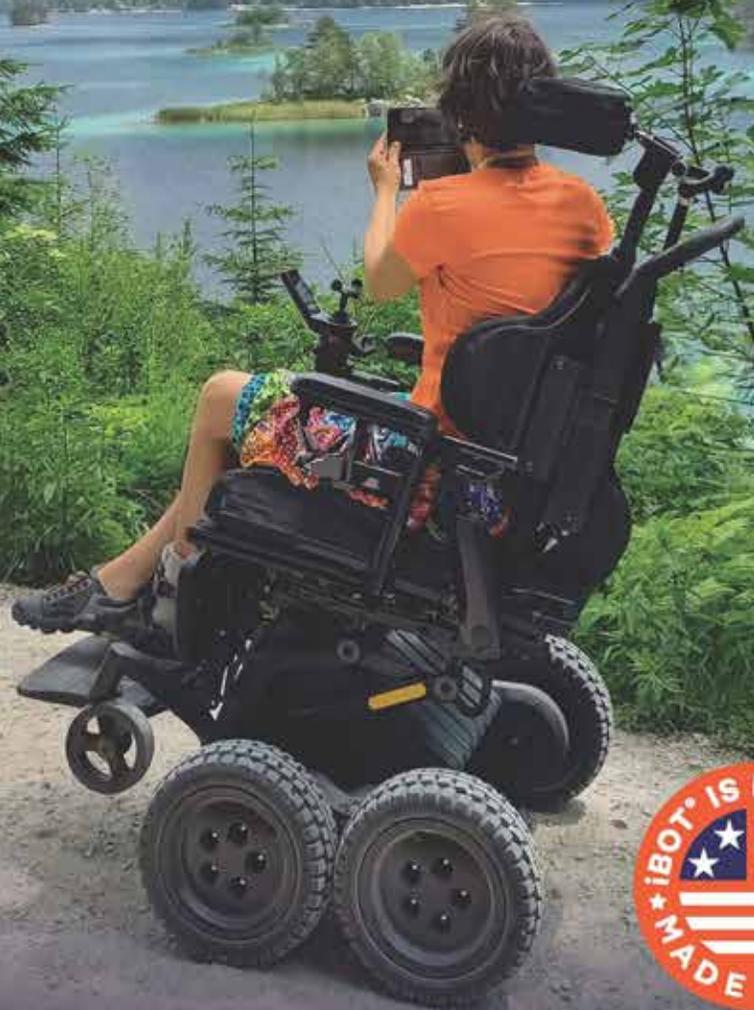
And that is the condensed version of how I killed my first Alligators.



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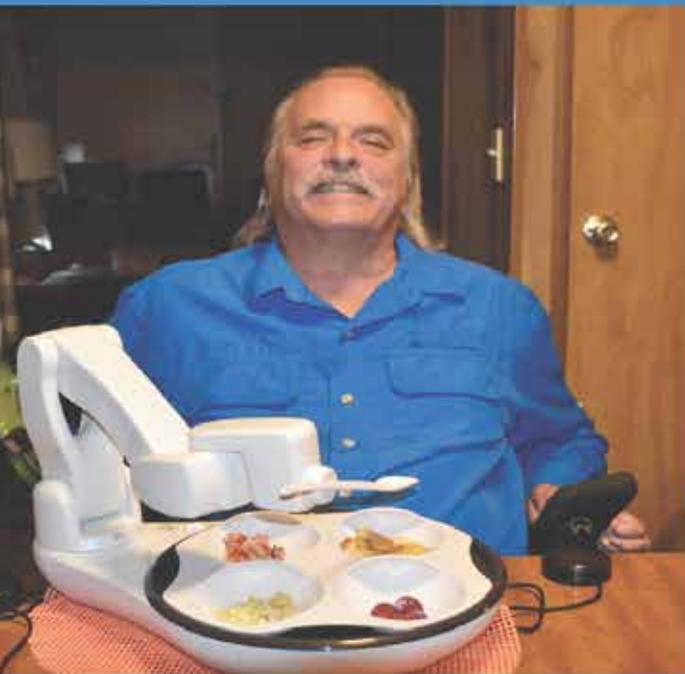
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Sports Director

Roger Sack

This year we are amping up our activities. In January, we had Zackery Schnelling from SCOPOS (Athena/Orion) bring our range to full operation, along with a full day of in person training. Jimmy Green is doing an outstanding job in getting our Central Florida PVACF Team members ready for the games since the registrations have opened for this year.

Take time to make sure you are on the conference calls for the games and updating your registration, as information is given (Ie: travel/hotel).

Eddie Hawks had the privilege to go and compete in his first sanctioned bowling competition in the Tampa area. He did a great job and plans to go to the nationals in the fall.

We had a successful Archery and Fly-Fishing event at Bass Pro on the 8th of January with 33 participants. Thank Bass Pro for allowing us the use of their training room and their trained professionals for helping us provide this for our veterans.

The Bowling league will be starting up again, but we need to know what time frames work best for our

bowlers. This may open up to having more than one league in Central Florida to expand it for our members outside Orlando.

Air Rifle SCOPOS, PVA and Move United competitions are starting. We will be competing in some of these matches, and we have been challenged by our Golden Age Games shooters to compete against them.

We will start Archery in March. Boccia and Air Rifle continue on regular schedule.

We are updating our points and working on getting them up on the PVACF website. Be patient, we are wanting to make sure we have accurate information.

Also, please continue to send in your reports for points and volunteer hours.

If you have any questions or ideas, feel free to contact me at rogers@pvacf.org or 407-792-8388.

Roger Sack



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Washington Update

NATIONWIDE SETTLEMENT GRANTS MILLIONS OF DOLLARS TO SSI BENEFICIARIES HARMED DURING PANDEMIC

On November 20, 2023, in the United States District Court for the Eastern District of New York a settlement was approved in a nationwide class action lawsuit filed by New York Legal Assistance Group, Justice in Aging, and Arnold & Porter. The lawsuit in, *Campos v. Kijakazi*, No. 21 Civ. 5143 (E. D. N. Y.), alleged that pandemic-related administrative errors and shutdowns led the Social Security Administration (SSA) to improperly charge overpayments and reduce or discontinue Supplemental Security Income (SSI) benefits for millions of people.

In March 2020, the SSA closed its field offices in response to the COVID-19 pandemic and halted its manual processes for reducing or discontinuing benefits for SSI recipients. As a result, many recipients struggled to report changes to their finances that could impact the amount of benefits they received, and others had bigger overpayments accrue due to this delay in processing.

This settlement will provide automatic remedies to nearly a quarter million SSI recipients, who will have back benefits credited to their accounts without having to take any action. For more information please go to: *Campos v. Kijakazi Settlement Fact Sheet*.

HVAC HOLDS HEARING ON RURAL VETERANS

On January 11, the House Veterans' Affairs Committee (HVAC) held a full committee hearing on rural veterans. During the hearing, committee members grilled VA about benefits and services available for rural veterans. Testifying on behalf of VA was Dr. Shereef Elnahal, Under Secretary for Health; Joshua Jacobs, Under Secretary for Benefits; and John Boerstler, Chief of the Veteran Experience Office. Joining them on the first panel was Alyssa Hundrup, Director of Health Care, Government Accountability Office.

Several members of the committee represent rural districts and it was clear in the questions presented to the witnesses that the topic of the hearing was personal for them and their constituents. In particular, several of the committee members highlighted the need to improve access to health care on tribal lands. It is often extremely difficult to access health care on these lands.

At the beginning of his questioning, HVAC Chairman Mike Bost (R-IL) asked Dr. Elnahal if the increased budget to the Office of Rural Health was showing

tangible improvements for rural veterans. Dr. Elnahal explained that the office funds research and operational initiatives that help VA extend care to rural veterans, as well as coordinate where the funding goes. It also ensures that deficiencies in care are addressed by VA, so no veteran is left behind.

Another popular topic was a recent pilot program that created women's health "mini-residencies." VA has held more than 200 events and trained more than 500 doctors as a refresher course for gender-specific care for women veterans.

Based on the hearing, it appears that the Office of Rural Health is working hard to meet veterans where they are, trying to make appointments more convenient for rural veterans, and making sure the standard of care offered throughout the VA is meeting the needs of rural veterans across the country. The VA knows, however, that there is still more work to do but they are being pragmatic about the solutions they propose. The VA wants to ensure veterans can trust their care, no matter where a veteran lives.

NEWS OF NOTE

Access Board Moves Forward with Proposed Rule on Low Transfer Height for MDE

On January 24, the U.S. Access Board voted to send its final rule on the low transfer height for medical diagnostic equipment (MDE) to the Office of Management and Budget. The final rule is expected to be published in the near future. The Access Board originally published the MDE standards in 2017. MDE includes equipment like medical examination tables, weight scales, dental chairs, x-ray machines, mammography equipment, and other imaging equipment. The 2017 Access Board standards did not include a requirement for the low transfer height of equipment.

The Access Board's standards are not enforceable under the Americans with Disabilities Act (ADA) until adopted by the Department of Justice (DOJ). On January 12, DOJ published a proposed rule concerning accessible MDE under Title II of the ADA. Title II prohibits disability discrimination in services, programs, and activities funded by state and local governments. Health care services that receive state and local government funds are covered under Title II of the ADA. Comments on DOJ's proposed rule can be submitted online through February 12.



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Government Relations

Tim Wolfe

At this month's ACGRD meeting, PVA President Robert Thomas hopped into the Zoom to greet us. He will be testifying before Congress on March 6th in an effort to stress the importance of PVA's priorities for 2024, and how it affects its membership. I will follow up with a link to his testimony as soon I receive it if you care to watch the livestream.

The rest of the meeting was a broad overview

of PVA 2024 Priorities leading up to our week in Washington D.C. this June. This year's priorities are very similar to 2023 due to the limited legislative action of the 118th Congress as a whole.

There will be a second meeting at 3pm on February 27th by PVA President Thomas addressing those going for Advocacy Week 2024.

National Director

I attended the 3rd Board of Directors (BOD) Video Conference on 1/23/2024. This was my first meeting as a National Director, I was sworn in, and the meeting began.

There was a motion and full discussion on having a centralized location consecutively for the Annual Meetings in the future. This will begin in 2026 due to 2024 and 2025 locations already being locked in. Apparently, this topic was already brought up because research was prepared and presented to have a meaningful discussion. A few things PVA looks at when choosing a location are price, unions, and accessibility.

The two locations that fit the criteria best were Omaha Nebraska, and Las Vegas Nevada. The vote was 22 yes to 1 no on proceeding to secure one of these locations for three years, 2026 through 2028, contingent on overall negotiations, including price and other accommodations the site visit team typically looks at.

There was a productive discussion and Power Point on the new member online application process by Kim Goodman.

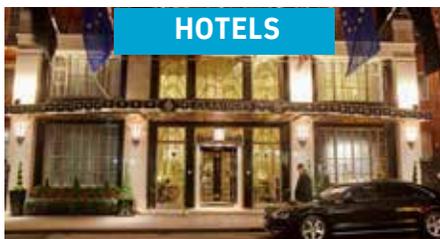
In closing, Cheryl Vines, long time PVA employee is retiring in June.

Tim Wolfe



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Origins of Old Sayings

APPLE OF MY EYE

This phrase also comes from the Bible. In Psalm 17:8 the writer asks God ‘keep me as the apple of your eye’.

BAKERS DOZEN

A baker’s dozen means thirteen. This old saying is said to come from the days when bakers were severely punished for baking underweight loaves. Some added a loaf to a batch of a dozen to be above suspicion.

ON YOUR BEAM ENDS

On a ship, the beams are horizontal timbers that stretch across the ship and support the decks. If you are on your beam-ends your ship is leaning at a dangerous angle. In other words, you are in a precarious situation.

THE BLIND LEADING THE BLIND

In Matthew 15:14 Jesus criticized the Pharisees, the religious authorities of his day, saying ‘they are blind leaders of the blind’.

CROCODILE TEARS

These are insincere displays of grief or sadness. It comes from the old belief that a crocodile wept (insincerely!) if it killed and ate a man.

CUT AND RUN

In an emergency rather than haul up an anchor the sailors would cut the anchor cable and then run with the wind.

WHAT THE DICKENS!

This old saying does not come from the writer Charles Dickens (1812-1870). It is much older than him! It has been around since at least the 16th century. Originally ‘Dickens’ was another name for the Devil.

DIFFERENT KETTLE OF FISH

In the past, a kettle was not necessarily a device to boil water to make a cup of tea. A pot for boiling food (like fish) was also called a kettle. Unfortunately, nobody knows why we say ‘a *different* kettle of fish’.

DON’T LOOK A GIFT HORSE IN THE MOUTH

This old saying means don’t examine a gift too closely! You can tell a horse’s age by looking at its teeth, which is why people ‘looked a horse in the mouth’.

AM I MY BROTHER’S KEEPER?

Like many old sayings in the English language, this one comes from the Bible. In Genesis, Cain murdered his brother Abel. God asked Cain ‘Where is your brother?’. Cain answered ‘I don’t know. Am I my brother’s keeper?’.

BITE THE BULLET

This old saying means to grin and bear a painful situation. It comes from the days before anesthetics. A soldier about to undergo an operation was given a bullet to bite.

DUTCH COURAGE

In the 17th century, England and Holland were rivals. They fought wars in 1652-54, 1665-67, and 1672-74. It was said (very unfairly) that the Dutch had to drink alcohol to build up their courage. Other insulting phrases are Dutch treat (meaning you pay for yourself) and Double Dutch meaning gibberish.

DYED IN THE WOOL

Wool that was dyed before it was woven kept its color better than wool dyed after weaving or ‘dyed in the piece’.

Attention Women Members of the PVA

We want to hear from you!

We are inviting you to an online ZOOM to discuss the issues of our women members, and asking that you become more involved with our PVA Central FL Chapter. We will also be inviting all of you to get in touch so we can organize future meet ups for all of us, and possibly even work to organize a future retreat for the women of the PVA here in Central Florida as well as the other chapters across the state.

DATE: : TUESDAY March 19, 2024

When: 4pm

**WHERE: Online, a ZOOM link will be sent to all who respond -
Please email asp7800@yahoo.com**

There are many women members of the chapter who have not provided an email address. If you wish to provide one, please reach out to the chapter office or myself at asp7800@yahoo.com.

If you have any questions you can always reach out to the chapter at <https://pvacf.org/>



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