



Paralyzed Veterans of America

Northwest Chapter

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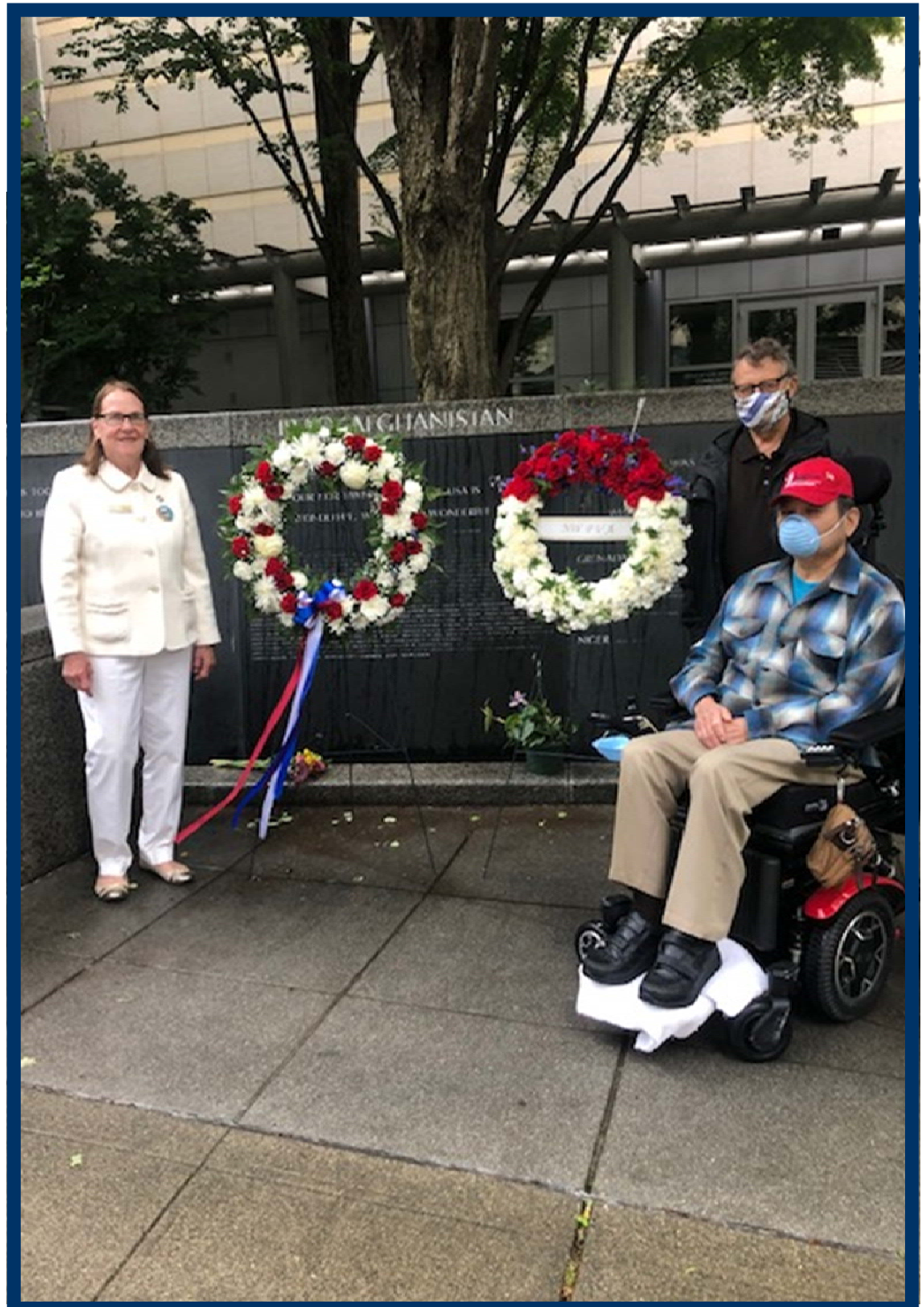
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From Left: Gold Star Mother Myra Rintamaki, Dave Barber & Major (R) Weldon Lee.



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Our Mission

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Secretary-Weldon Lee
Treasurer-Aaron Hastings
National Director-Michael Partridge

NWPVA Board of Directors

Russ Norris, Joe Sapienza,
Terry Chenoweth,
Michael Partridge, Andrew Bechtle,
Robert Clinton, Fred Margiotta,
Thomas Bungert, & George Vermef

NWPVA Appointees

Sports Director-Russ Norris
Membership & Advocacy Director-
Thomas Bungert
Parliamentarian-Skip Dreps
Legislative & Government Relations
Director-Mike Partridge
Veterans Home Liaison & VAAC-
Matthew Mickunas
Volunteer Coordinator-Robert Clinton
Outpost Editor-Lisa Lawrence

Staff

Executive Director-Brent King
Office Manager-Lisa Lawrence

The Paralyzed Veterans of America, a congressionally chartered veterans service organization founded in 1946, has developed a unique expertise on a wide variety of issues involving the special needs of our members-veterans of the armed forces who have experienced spinal cord injury or dysfunction.

PVA will use that expertise to be the leading advocate for:

- *Quality health care for our members,*
- *Research and education addressing spinal cord injury and dysfunction,*
- *Benefits available as a result of our members' military service,*
- *Civil rights and opportunities which maximize the independence of our members.*

To enable PVA to continue to honor this commitment, we must recruit and retain members who have the experience, energy, dedication, and passion necessary to manage the organization and ensure adequate resources to sustain the programs essential for PVA to achieve its mission.

The Northwest Chapter Paralyzed Veterans of America (NWPVA) a member chapter of Paralyzed Veterans of America accomplishes it's mission by coordinated efforts through programs that:

- *Provide opportunities for health promotion, recreation, employment, sports and recreation, service and camaraderie for paralyzed veterans;*
- *Elevate society's information level about the attitudinal, physical and legal barriers that confront persons with disabilities in order to influence the removal of those barriers;*
- *Advocate for and monitor the delivery of high quality and appropriate health care benefits and service;*
- *Cooperate with and seek the support of other groups and individuals that share NWPVA's objective;*
- *Educate the public with the current and ongoing needs and current and past contributions of America's veterans.*

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Matthew Mickunas Moving Along



After a couple months of stay at home orders, we are eventually and hopefully coming to an understanding of just where we stand. Your chapter has still been ever so busy throughout this period by maintaining virtual Board meetings, advocating for our members, and providing funds under our service program. Those funds include Memorial Wreath's on the "Garden of Remembrance," at each of the five Veterans Memorial's on the State Capital, and each State and Federal Veterans cemetery. Funds were provided for WIFI at the Orting Soldiers Home for the 90+ Veteran Residents, as a celebration of adaptive communications for the "30th Year Anniversary of ADA."

The next couple of months there is some important chapter business to attend to, one being voting on the National approved updated Chapter By Laws, and nominations for chapter Officers and Board of Direc-

tors. As you may have seen or heard, elective surgeries and standard appointments are within reach within the Puget Sound Health Care System. Please watch closely on www.nwpva.org weekly COVID-19 VA Updates.

Registration for the National Veterans Wheelchair Games at Home is now open! If you previously registered for the now canceled 2020 Portland Wheelchair Games you are eligible to participate in the "GAMES." Events include: air guns, a disc golf challenge, e-sports video gaming, a cycling challenge and more! Learn more and register today: <https://www.signupgenius.com/.../805084aa9a82fa0fa7-nvwgathome> The Annual PVA Conference has wrapped up for the year in its first ever virtual meeting platform that took many more hours to prepare for; you will notice they re-elected all the incumbent Leadership during the elections, new or updated resolutions, and the approved yearly budget. If at any time you need to reach the chapter, go to www.nwpva.org.

Celebrating 30th ADA Anniversary

Northwest PVA(NWPVA) has funded and planned to connect WIFI throughout the Washington State Orting's Soldiers Home, Nursing Care (NC) Building. NWPVA has a great opportunity & honor to fund the Soldiers Home with Comcast Business WIFI, this will enable all 90+ NC residents to have WIFI in their rooms. Due to COVID-19 and circumstances of social distancing that has been very prevenient in the facility, this service will ensure all residents have the adaptive communications with their family and loved one's. NWPVA conducted a scope of work on the capabilities and the needs of NC, and find this out to be NWPVA mission essential, showing our organization's pride in successfully providing adaptive communications in "Celebrating 30 Years of the ADA."



Matthew Mickunas & Robert Pence, Superintendent of Orting Soldiers Home.

Brent King Turkey Hunting in Washington



This year it was an interesting turkey hunting season in Washington State with the COVID19 pandemic happening. The season usually opens on April 15th. Fish and Wildlife postponed the opening until May 5th. There's also a pre-season youth hunt the weekend prior to Spring turkey hunting that was canceled.

After my injury I was forced to get out and hunt again by my Dad, brother and cousins. It was one of the best things they could have done for me. Finding a new way of doing some of the activities you enjoyed prior to your accident helps you move forward with the healing process and experimenting with your new "normal!"

Some may wonder what could bring a paraplegic to want to set up in the woods and hunt a wild turkey? I love to the challenge of luring the big male "Toms" in using various calls. I can get them to respond with a loud male gobble call to locate them and then pull them in with hen calls that make purring and clucking sounds. If you're terrible with your calling they won't come in. I'm sure I've annoyed my family and neighbors practicing my calling?

I wear full camouflage and then set up a camouflage pop-up blind to conceal myself and my wheelchair. Set up is usually best with a helper, but I have done it on my own when necessary. Using a few Tom and hen decoys will help bring the birds in even closer. I had three Toms come in close fighting over a \$10 plastic hen decoy on this hunt.

The two bigger Toms had no idea I was 30 yards away in the blind. They cleared the decoy and had their heads close together. It's a waiting game that could last minutes or hours to get a shot off that is worth taking. I want an ethical shot that puts these birds down fast. I can't and won't chase a wounded bird as they are way too fast. The last thing that went through their minds of these two birds was a FIOCCHI # 5 nickel plated shot pellet from my Remington Versa-Max 12-gauge shotgun. This year I filled both of my tags with one shot near Newport, WA.

Brent with his turkeys

Handcycling Montana By: Brent King

One of our members donated a green Top End RX handcycle to go to a disabled civilian. NWPVA member, Mike Brickert notified me that there was a paraplegic/amputee that was an avid rider that lived near him. He had recently broken his handcycle frame. So, Jay Conway is now riding a Top End RX several days a week with Mike Brickert. The chapter paid the shipping costs to Montana. Enjoy the Montana outdoors Jay! A big thanks to Mike Brickert for assembling and delivering the handcycle to its new owner!



Mike Brickert & Jay Conway

Back to the Future

The pandemic has taken a daily toll that we can count every day. The numbers of new cases and deaths continue to rise and we can see the tragedy unfolding every where we look. But what we can't see yet is the effect it will have on our veterans programs.

Already the pandemic has put the Washington Department of Veterans Affairs (WDVA) in a \$3.8 million deficit ... and growing. The federal government has no plans to bail them out, and with the state tax revenue going south the solution is program reductions. These reductions, if we are lucky, will last at least three years.

What does this mean? WDVA will face tough choices. Will they eliminate the PTSD program, Veteran

Conservation Corps, veterans benefits outreach through the service organizations, closure of nursing homes, and more. And maybe all of the above.

The idea that Washington State had on tax deferrals may no longer be a reality. Washington State has tried twice to tax VA issues automobile adaptive equipment and the third time may be a necessary charm. And don't be surprised if all this happens before the next scheduled session. There is movement to call an emergency session and start to roll back the progress the State has made for the last three years in almost every program.

More and more NWPVA will be called to help the VA and WDVA survive this new reality and become more self-resilient to advocate for a better future.

Passing of Dave Fried

We lost a great volunteer and longtime NWPVA member on May 21st, 2020.

Dave Fried was a Navy Veteran and an avid lover of everything outdoors. He lived to hunt and fish.

I met Dave at an NWPVA invitational trap shoot at the Spokane Gun Club 15 plus years ago. He and I were the only two wheelchair shooters. We had a lot of fun and hit it off well. Dave was old enough to be my dad, but he was enthusiastic and young at heart.

Dave became a paraplegic due to a botched surgery. He stated his medical insurance circumstances weren't the best, so I let him know he'd most likely be eligible to get his care at the VA. He rolled up to me at the Spokane VA one day and said thanks for the advice, the VA has been taking great care of me! He couldn't hear well and pretty much yelled everything while talking.

I saw Dave many times a year at many different Veterans events. I visited him on a few of his stays in

the Seattle and Spokane VA hospitals. He was always anxious to get better and back out participating in life!

Dave was in the first graduating class of Shadle Park High School in Spokane, WA. He told me of his days as a golf caddie. He'd sling his clubs over his bicycle handlebars and ride to the nearby Downriver Golf Course. He'd caddie two rounds, down a hot dog and a coke and play a free round of golf himself.

Dave volunteered delivering the mail at the Spokane VAMC for many years. Many from the VA were saddened to hear of his passing and stated he was a great man and dedicated volunteer. He was 78 years old. Rest In Peace Dave, you will be missed!



Dave Fried

Chapter Elections By: Skip Dreps, Elections Chairman

I was honored by Acting President Mickunas to be appointed as Chapter Elections Chairman for the 2020-2021 and Sean Halstead and Don Waddell have volunteered to complete the committee. The election process began with a motion at the May Board and General Membership (Zoom) meeting to open the election process and I opened up the floor for nominations.

The election process this year is altered because of the pandemic. We will use the newsletter/ website, email, and snail mail (by request) to provide accountability. The open ballot is submitted to the membership for nominations that must be submitted to me (skipdreps@msn.com or 2760 SW 116th Street, Burien, WA 98146 no later than June 20, 2020 to be included in the final ballot.

The final ballot will be assembled by the committee and presented to the Board at the next meeting in June for approval. It will then be published in the August newsletter/website for members to vote and send their ballots to me. The committee will then independently count the ballots and present the election results to the Board for approval at the September Board meeting.

We have requested that the By Law changes approved by PVA be also included on the ballot for general membership approval.

The Past President and National Director positions are not on the ballot. The Past President is a voting Board member and the National Director's elected term does not expire for two more years.

The Board moved the following nominees to the ballot and every position will have a write-in provision:

- President..... Matt Mickunas**
- Vice President..... Robert Clinton**
- Secretary..... Weldon Lee**
- Treasurer..... Aaron Hastings**

Members can vote for 9 Board of Directors nominees. If more than 9 votes are recorded, the ballot will be voided. Write in nominees will be included in the ballot as an election choice.

Nominated Board of Directors

(Continued from page 6)

Andrew Bechtle
Thomas Bungert
Terry Chenoweth
Fred Margiotta
David "Russ" Norris
Michael Partridge
Joe Sapienza
George Vermeff

A limit of a 100 word bio will be printed in the next newsletter for each nominee if they submit one no later than June 15th.

Also on the ballot will be this issue: Approve or Disapprove By Law changes.

Chapter By Law Changes Summary

The summary below has been approved for your consideration by PVA's Executive Committee. The Chapter By Laws with changes are located on our website.

If you desire a printed copy for review prior to the election, please contact the Chapter Elections Chairman.

- Change the number of Board of Directors from 6 to 9;
- Change the discretionary spending limit of the President;
- Create an appointed Presidential Paralegal;
- Create a recorder to assist the Secretary;
- Change renter's agreements and permit an indoor shooter's range for National Veterans Wheelchair Games practice.

Finally, the Acting President has authorized ten (10) \$50 gift cards to be chosen by lottery for an member who submits a valid ballot. Winners will be announced with the election results at the September Board and General Membership meeting. If I can help answer any questions you may have regarding this process, please send me an email or call me at 206-605-3935 and leave a message and I will return your call within 24 hours.

My best to all and stay safe.

Pandemic News By: Skip Dreps

Good news:

VAPSHCS is scheduled to resume elective procedures as soon as they can demonstrate they meet Washington State Phase 2 qualifications. They have not announced they are ready, but we hope that they will meet State standards on or about June 15. They may make Phase 3 standards by July 1 and resume outpatient care if the rate of new COVID-19 infections slows down to a manageable level.

Bad news:

Doubt has been cast about VA COVID-19 research especially into treatment regarding 'Hydroxy'. The VA observational study was labeled 'phony' by the President. After review of the study's summary I found it was valid and complied with current VA research protocols and I have reviewed hundreds of VA studies as the Veterans Representative on Seattle VA's Institutional Review Board. Do not waste the VA's resources by requesting a drug that could

possibly do more harm than good.

The VA's third mission, research and education, is negatively impacted when it is unjustly trashed. VA research is depended upon its integrity in attracting private sponsors and research subject volunteers. Education is vital to dispelling myths like injecting bleach to combat a virus.

Wear a Mask Outside By: Skip Dreps

The latest look back COVID-19 study identified a person was in December in America. The person did not travel and did not come into a positive person. She was infected through the community that includes the air.

We know a good sneeze can travel 9 feet and linger for three hours. If the sneeze occurs where there is a breeze, the virus can travel with the wind.

This recent discovery would cause me to advise the Allied Mobile Force (AMF) to mask. Medical units would be converted to reverse air flow. Command would be isolated in a secure area to avoid infection. All contact areas would be sprayed

with a bio-spray disinfectant used to clean hospital rooms. A biological warfare protocol would be activated until the virus clears through an airborne detection device or all troops become vaccinated.

As a former Army nuclear, biological, and chemical (NBC) warfare subject matter expert for the AMF, 8th Army, and 509th Airborne Battalion Combat Team I recommend everyone everywhere wear a face mask until a vaccine is developed. Consider the virus everywhere and take the same precautions as if COVID-19 was a deadly alien created by a population that has invaded the animal world. And now the animal world is fighting back and culling the human herd like a swarm of locust clearing a field of wheat.

Our primary defense is to mask now, to contain the enemy before we can hunt the infected down and isolate and treat them until they are safe enough to return to the fight. This enemy is not going away. It is here to stay. Are we?



Red Flag Warning By: Skip Dreps

During times of emergency Neighborhood Block Watch Captains remind their elderly and disabled neighbors to signal for help if they need assistance by placing a red flag in their front window or door.

Red towels or signs that read HELP in red are also our clear neighbor sign that someone needs help. Even if that help is talking at a safe distance to another live body that they can trust to share their concerns.

When we held our National Night

Out every August we identified neighbors who may need to be evacuated if there was a large earthquake. Today that earthquake disaster is a viral pandemic.

As my neighbors take a walk with their masks on and stay a safe distance from others they look for those red flag warnings, broken home windows, abandoned cars, mail theft, and are vigilant. They also know how to call for assistance.

They know neighbors like me who are old and disabled that a red flag in my window may be a cry for

assistance to help move my garbage cans to the street or pick up some groceries for me when they go to the store. They know I am self quarantined as I am at risk for becoming a casualty of this disaster here in King County Washington and will be for some more daily walks in the near future.

Do you have a red flag and would your neighbors know what it means? Be prepared. The disaster is now.

Giant Hornet By: Weldon Lee

A few facts to keep in mind to heed for everyone- ESPECIALLY the disabled who are physically and mentally challenged! An insect who is:

- Up to 2" in length, very temperamental, and can sting a prey many times.
- The large 1/2" stinger is heavily barbed with lancets where the venom is injected into the victim. It can penetrate beekeeper's suit or coveralls.
- The venom is extremely toxic that will require medical intervention and treatment.
- The warning for all to be concerned with is that the Asian Giant Hornet is **NOT** to be treated lightly.

- They are easily agitated and have a highly developed alert system. One Giant Hornet can bring a swarm of others within seconds that prove fatal within seconds.
- **DO NOT** agitate or disturb one if you see or encounter one. In some countries, the Giant Hornet is the most formidable insect in the world and are known as "yak-killers"!
- **DO NOT** attempt to outrun it. It is known to be able to fly at speeds 19-25 miles per hour. They are strong fliers and have the capacity of long ranges.

If stung, immediate first aid is: Monitor swelling and remove any constrictions in the swollen area(s); If possible, take an antihistamine immediately; apply ice or cold compress; monitor any severe reactions to the sting; CALL 911 or seek medi-

cal help immediately if experiencing respiratory distress or anaphylactic shock; and wash the sting site with soap and water.

Other reactions to the sting are; airway closure or cardiac arrest, necrosis (death of tissue), destruction of red blood cells, kidney failure, other organ failures, and death.

IF YOU SEE ONE, Call 1-800-443-6684 or 360-778-5800 immediately. Contact emails: arg.wa.gov/hornets or PestProgram@agrwa.gov

For more information on the Asian Giant Hornet, see: whatcom@wsu.edu



Memorial Day-2020 By: Skip Dreps

The Northwest Chapter remembered Memorial Day this year by donating a wreath to be placed in four of our State Capitol Campus memorials and one in each of our Washington State Veterans Cemeteries. Washington Department of Veterans Affairs personnel will place the wreaths on Monday, May 25th, as the public is still restricted from attending group gatherings due to the pandemic.

We also remembered Memorial Day at the Garden of Remembrance that is Washington State's Garden Memorial to over 9,000 sons and daughters killed in war during military service since 1941. This is the first year since 2003 a name of the Fallen has not been added to the Memorial Walls in the Garden located in downtown Seattle at Benaroya Hall on 2nd Avenue. It is the only reason to smile this Memorial Day.

Unlike all others in my lifetime this Memorial Day more than 1,000 Washingtonians have died due to the pandemic. Tens of thousands

of more Washingtonians will remember this day as different from all the rest. Many more will feel the loss of their loved ones than any other day for more than the last 100 years.

Many of the survivors will feel like their loved ones died alone. They did not. Neither did those who died in war memorialized on the Walls. When we designed the Memorial we made sure the families and friends of the Fallen would know a fundamental truth about dying in war. It is etched in granite near the Vietnam Wall in the Garden along with other "Voices from the Walls". Like the other voices, the words were chosen by the Steering Committee from letters written home from the wars since 1941.

From the thousands of letters we reviewed this one was selected to comfort those survives on Memorial Day who may grieve that their loved one died alone. This "Voice" is from part of a letter home from the war by the medical team who was the last to say 'thank you':

'I WAS ABLE
TO CARE

FOR MIKE
AND HE FOUGHT HARD
TO OVERCOME
HIS WOUNDS.
YOUR SON
DID NOT DIE ALONE.
I CARED,
WE ALL CARED,
WE SHARE
YOUR SORROW."

LETTER TO A MOTHER

Those of us who helped design the Garden prayed that these chosen words would bring comfort to the families and those who knew a 'Mike' as a battle buddy, or friend, or were part of a medical team that became family of the Fallen.

May we all find peace this Memorial Day and remember those we lost and those we love.

Skip Dreps
Steering Committee Member
Garden of Remembrance



Garden of Remembrance

Garden of Remembrance By: Weldon Lee

There was a slight chill in the air and the telling signs that the grayish-looking overhead clouds seemed to say that rain was imminent. I thought that it might put a damper on today's event – spending time honoring and remembering some people who gave of themselves unselfishly. Even the covid virus could not keep us away. I knew that there would be a few others present to pay homage to the same group of people. But these were not just “people”, but rather

the fallen heroes of previous wars. These folks were all Pacific NW Washingtonians.

The place is Benaroya Hall's *Garden of Remembrance* located in downtown Seattle. Pictured from left to right are Weldon Lee, Dave Barber and Gold Star Mother Myra Rintamaki. Ms. Rintamaki and Mr. Barber currently serve as the *Garden's* Advisory Board's leadership. Their leadership and love have brought so much comfort and solace to the countless families and loved ones of those fallen heroes on the wall. There many in

attendance, bringing beautiful bouquets of flowers to put by their loved one's name.

The wreaths were provided by Benaroya Hall and the NWPVA. Whether you are visiting Seattle or just passing through, please take the opportunity to stop and visit the *Garden*. Take the time for rest and enjoy the peace that radiates from the silence of honoring the veterans at this coveted site. God bless you all and we hope to see you on Memorial Day 2021.



From left: Weldon Lee, Dave Barber and Gold Star Mother Myra Rintamaki.

Darkness and Eternal Light By: Skip Dreps

Darkness descended upon Seattle slowly. We watched it coming from west to east in an area that would encompass all of us in the Great Northwest in opposition to the global jet stream as fast as a passenger on a modern airliner, and slow as a large ocean cruise ship. A new virus was closing down the life we knew and it was going to be a long night. The darkness brought panic in synchopated time as we began to self-quarantine to help protect one another.

Deep into the blackness of this pandemic we could see an eternal light. It was not hope that fueled the light, but goodness. In a flash of time we all became equal and we could see the good in each other. Neighbors began to help neighbors in different neighborhoods. Strangers began to say hello as they passed each other and shared stories waiting

in long lines. The panic was reduced to calculated anxiety reducing cortisol levels that lower the body's immune response to an attack.

Out of a late Thursday night came a cry for help. Our local VA was constructing an 18 bed quarantine isolation medical treatment unit, and needed help in funding TVs in every unit. Televisions are not essential medical treatment items necessary to fight the virus, but vital to diminish an adverse psychological impact of loneliness to those fighting to stay alive.

Friday our Chapter leadership responded when we received the final estimate of the needed donation, \$15,000.00, and initiated an electronic (e-mail) emergency board meeting to approve the request. Each donated TV was installed with a donation plaque in memory of our eternal members, our late leaders' who have lights that have always

guided us.

By Saturday, following discussion, the votes started to be cast. By the end of the day there was a sufficient quorum and a majority of votes to approve. On Sunday final touches were made to enable a check to be delivered Monday morning for a unit that was opened on Monday, March 16th.

By the beginning of April, and PVA Awareness month, the eternal light of our organization and the goodness that we strive to provide, will enable a lasting legacy to remember. The next time darkness tries to extinguish the eternal light, the goodness within us all will be remembered.

I also can clearly hear another eternal light through the lifting darkness, my late Mother's voice and her picture in my mind's eye when I was a child, reminding me to: WASH MY HANDS!



Instillation of new TV's at the VA Puget Sound Health Care System

Dad's Day By: Skip Dreps

I have a treasure chest of memories about my Dad. This was his Day, but out of the 40+ years we celebrated his Day, only one Day stands above the rest and it for just for an hour.

The year was 1968. We had a picnic and Dad cooked a huge BBQ for the whole neighborhood to celebrate. After we ate, played baseball, sang old songs that most folks danced to in World War II. I gave Dad his carefully wrapped present of some new neckerchiefs that he wore to work twice a day as a sweatband he put his arm around my shoulder and he turned us away from the crowd and we walked away until we were all alone.

Before he opened the gift that contained 4 colored cloth scarfs to wrap around his head, red, white, blue, green and yellow, he sat me down and talked about his father, Grossfadder. My Dad had immigrated from Prussia in 1910 as his family was fleeing war in his region of Westphalia. Dad talked about his Dad's sadness of having to leave his native land to save his family that had lived there forever.

Grossfadder's Dad was in the military and his Dad, uncles and cousins, and it seemed like my whole family tree were once warriors defended their homeland and family. I was a young man who had registered for the draft but up until that day would have had a difficult decision to make to go to war in Vietnam. I was against the war and so was my Dad.

One of my brothers had just finished his Air Force enlistment with honor as an Air Policeman and had the privilege of meeting President Kennedy in Omaha, Nebraska one day as it was the Headquarters of the Strategic Air Command (SAC) and this was at the height of the Cold War. My other brother was deployed at an airbase in Vietnam. It had been hit hard just a few months before during the first Tet Offensive and the family was praying for his safety.

We sat quietly for a long time as all that knowledge sank into my soul and all I could think to say was "Happy Father's Day Dad," and handed him the color package with ribbons and bows. He took the package, kissed me on the cheek, and said, "The best gift you can give me is doing your duty", and he turned and walked back to his Dad's Day feast leaving me sitting alone with myself.

As he was almost out of yelling range I heard him say, "I like the green one best".

When my draft notice came to report for induction I was told I had a choice: enlist in the Marines (redline) for three years of service, Air Force (blue line) for three years of service, Coast Guard (white line) for three years of service, Refuse Induction (yellow line) and one year in jail, or be conscripted in the Army (green line) for two years.

I said I like the green one the best and was inducted and ended up re-enlisting several times before my body was no longer fit for combat and jumping out of airplanes.

We had many Dad's Days after I finally came home and I always gave him a green handkerchief for him to carry to remind him that I was his Father's son, and everyday was Dad's Day. It was both my duty and my honor to be a good son.

Thanks Dad for the best present I ever got on a Father's Day. You helped make me Army strong.

Member Spotlight



Mike Partridge has had his level set to "go" since at least the age of eighteen. He joined the U.S. Marine Corps in June of 1968, six days after he graduated from high school. By December of that year, he was in the middle of the Vietnam War.

After his two year enlistment was over, Mike returned home and attended the University of Washington, earning a degree in city planning. He worked in city positions and then for the State of Washington for thirty years. During that time, he was diagnosed with multiple sclerosis (MS).

After he retired, he found PVA. While serving on a committee lobbying for veterans issues, Mike met PVA member David Zurfluh (now National President). The more he learned about PVA, the more impressed he was, and Mike became a member. Today he serves as Director of Government Relations for the Northwest chapter, and is proud to have just become a new grandfather.

"Out of all the organizations I belong to, PVA did the most for me to help improve my quality of life," he says.

Mike got involved with sports and began working with the legislature, testifying on veterans issues. He values the unique position PVA is in to improve the VA system of care and advocate for veterans with disabilities.

"The assistance that you can get from being part of PVA is second to none. I've never seen so much support for the family, or for the member - from helping get benefits, to medical care. We're one of the few organizations that actually has a first row seat with the VA health care system. I think that's really helped to improve the assistance that we get from them from the medical side."

ADA/Accessibility Stories

July 26th will mark the historic 30th anniversary of the Americans with Disabilities Act (ADA). PVA was instrumental in the passage of this legislation that prohibits discrimination against qualified individuals with disabilities in employment, public services, and public accommodations.

Despite the many accomplishments to be celebrated, there is still work to be done to ensure America is equally accessible for everyone. The 30th anniversary is a great occasion to revisit the ADA and shine a light on the challenges those with disabilities face on a daily basis.

We'd like to ask for your help in two ways:

(1) If you haven't already, we ask you to take two minutes of your time and complete our survey at: <https://www.surveymonkey.com/r/PVAAccessibilitySurvey>. This will give us a good idea of the problems still before us as we fight against efforts to weaken the ADA.

(2) We want to hear your stories - both good and bad - about accessibility. Visit our website at: <https://www.pva.org/ad> and tell us how the ADA has personally impacted your life, what challenges you still face, or how you are actively fighting for a barrier free world. Your experiences will strengthen our advocacy for the civil rights of all people with disabilities.

Your involvement is crucial to our continuing success because together, we are stronger. The foundation of the ADA is to break down barriers encountered by veterans and all people with disabilities - and this is the heart of PVA's mission.

We hope you will share your insight and wisdom with us.

PVA Statement

PVA is an organization founded on the brother and sisterhood of service, with a single-minded mission-to empower our brave men and women to regain what they fought for: their freedom and independence. We continue this mission today and fight for the civil rights of paralyzed veterans and all people with disabilities.

Racism, exclusion, and marginalization in any form have no place in our society. For this reason, we stand with our black members, colleagues and supporters-and all affected by senseless violence, oppression and injustice. We are an organization of catastrophically disabled veterans, founded after WWII, who have fought and continue to fight for the founding promises of our country. The broader societal changes that are needed begin with each and every one of us-and they begin by breaking the silence and speaking out. This fight is a duty that belongs to all of us. We owe it to our country.

June

14th Flag Day

20th Summer Begins

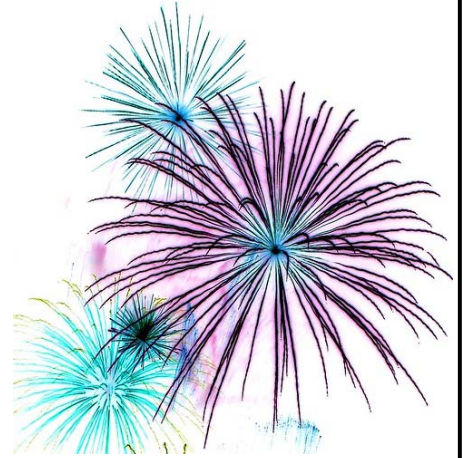


19th "Juneteenth"

21st Father's Day

July

4th Independence Day



Passing of Joe Fox, PVA Past President

All,

It is with a heavy heart that I must inform you of the passing of PVA Past President Joseph L. Fox, Sr.

Joe passed away (late yesterday June 2) at home with his wife Hilda and children at his bedside.

Joe was someone I befriended when in Chapter leadership and when competing in PVA shooting events.

Joe served on the PVA Executive Committee for a total of 19 years: 4 years as PVA's National President (2000-2004) and again recently as National Vice President (July 2014-2018).

Joe was rarely without the love of his life, Hilda, who combined made Team Fox. Joe received the prestigious PVA Speedy Award (member) in 2008. Hilda received the PVA Speedy Award (non-member) in 2007. Together they served a lifetime helping PVA and its membership at the chapter and national level.

I talked with Joe weekly, and recently daily, till he passed. (Hilda and Marilou texted often till Joe's passing as well.)

I estimate Joe and Hilda drove at least 100,000 plus miles doing PVA chapter visits and sporting events and flew 10 times that on airlines. My fondest memories are meeting Joe and Hilda on a trap range where Joe and I would

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The National Flag Day Foundation holds an annual observance for Flag Day on the second Sunday in June (June 14, 2020). The virtual program includes a ceremonial raising of the national flag, the recitation of the Pledge of Allegiance and the singing of the national anthem.



- ARE YOU LOOKING TO GET MORE ACTIVE?
- WOULD YOU LIKE TO HANG OUT WITH OTHERS WHO HAVE THE SAME INTERESTS AS YOURSELF?
- DO YOU HAVE AN INTEREST IN GIVING BACK TO YOUR COMMUNITY?

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battle and always finish within a few shots of each other. When I saw Joe and Hilda volunteering at a trapshoot, I knew it would be run fairly and right!

Joe's second stint on the EC was instrumental on shaping the skillset and minds of the EC members to collaborate with Joe and use his vast knowledge to become better leaders and make more knowledgeable decisions.

Without a doubt, knowing Joe has made me a better person and the values he taught me and the conversations we had, I will cherish till I die!

Please pray and keep Hilda and their children in your thoughts.

David L. Zurfluh
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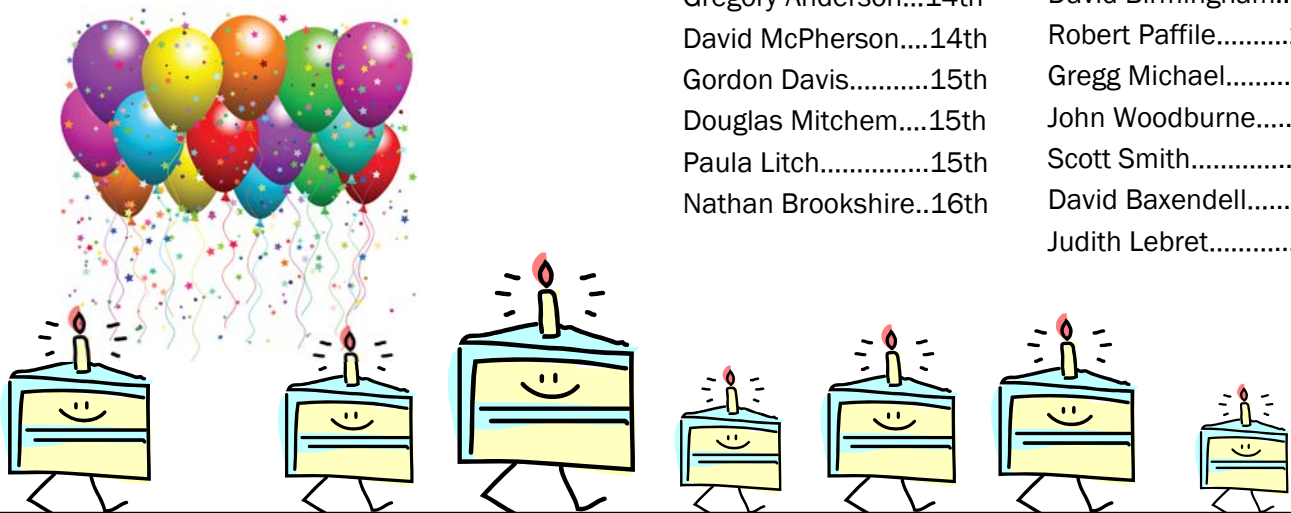
Happy Birthday!

June

Nicolas Woodard.....1st	Stanley Caban.....17th
Fahad Lawati.....3rd	Mike Hazzard.....19th
James Unruh.....4th	David Stebbins.....19th
Richard Gates, III.....5th	Miguel Davilla.....19th
Matthew Mickunas.....5th	George Gillen.....20th
Ricky Gilliland.....6th	William Stanton.....22nd
Walter Voll, Jr.....8th	George Vermef.....25th
Darren Hughes.....8th	William Jones.....25th
Gary McCann.....12th	Frederick Swoopes.....25th
David Carpenter.....14th	David McCoy.....26th
Brent Reese.....14th	Anthony Marx.....28th
L. Hendrickson.....15th	Timothy Hogan.....28th
Tony Nicholas.....15th	Mark Harris.....30th

July

George Strampher.....1st	Jack Carrick.....17th
Jesse DeCoursey.....1st	Stephen Arnold.....17th
Kenney Hickey.....3rd	JR McCorkindale.....17th
Mark Godfrey.....3rd	Preston Nelson.....19th
Tamarah Baldwin.....4th	Kenneth Comley.....20th
Gary Pearson.....5th	Nicholas Aldridge.....21st
Michael Metcalf.....6th	Darol Kubacz.....22nd
Thomas Grieb.....8th	Gregg Morris.....23rd
Paul Kuntz.....9th	Thomas Tilden.....23rd
Merwyn Pettyjohn.....10th	Judy Rogers.....24th
K. Schoenlein.....10th	James Steinauer.....24th
Chili Perez.....12th	Lynn Mathers.....25th
John Jacobson.....13th	Jason Morse.....26th
Gregory Anderson.....14th	David Birmingham.....28th
David McPherson.....14th	Robert Paffile.....29th
Gordon Davis.....15th	Gregg Michael.....29th
Douglas Mitchem.....15th	John Woodburne.....30th
Paula Litch.....15th	Scott Smith.....30th
Nathan Brookshire.....16th	David Baxendell.....31st
	Judith Lebret.....31st



Paralyzed Veterans of America

PARALYZED VETERANS OF AMERICA VEHICLE DONATION PROGRAM

Paralyzed Veterans of America has been on a mission to change lives and build brighter futures for our seriously injured heroes—to empower these brave men and women build brighter futures for our seriously injured heroes—to empower these brave men and women with what they need to achieve the things they fought for: freedom and independence. They returned to a grateful nation, but also to a world with few solutions to challenges they faced. They made a decision not just to live, but to live with dignity as contributors to society. They created Paralyzed Veterans of America, an organization dedicated to veterans service, medical research and civil rights for people with disabilities.

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