

## From the President's Desk

As the year draws to a close, I want to take a moment to thank everyone for your continued support and engagement with our Chapter. I am honored to serve as Chapter President and incredibly proud of what we have accomplished together for paralyzed veterans in New England.

Our Board of Directors provided outstanding leadership and oversight as our organization went through significant changes, and we continue to grow and thrive. I would like to personally thank Mike Moran, Debra Freed, John Melvin, Mark Sanders, Dan Shaul, Jim Wallack, and Chuck Houle for their dedication, expertise, and friendship. I am also so proud of our productive and effective team in the Chapter office. Mark Murphy, Kristen McCone Gordon, and Jerry Cole are doing incredible work on behalf of our Chapter. And most importantly our dedicated volunteers: Ms. Denise Pease, Kathy Carlson, Maureen Morrison, Holly Warshaw, Jim Clark and Denise Harvey.

This year we witnessed our Chapter emerge from the thick of the pandemic stronger than ever. Our sports program has offered an unprecedented number of opportunities in a short period of time, including paragolf, disc golf, bass fishing, bowling, wheelchair

basketball, boccia, and wheelchair football. We are also focused on maintaining and building strong partnerships throughout the region so our members are aware of all the recreational offerings available to them. We have many more sporting events in the planning stages for next year – including billiards and pickleball – so be on the lookout for more opportunities!

Our government relations program also continues to excel. For the second year in a row, Kristen McCone Gordon was awarded the Richard Fuller Outstanding Achievement in Government Relations Award. Kristen has built strong relationships on behalf of the Chapter with the New England Congressional

Delegation, which is evident by the significant number of cosponsors we have secured on PVA's priority pieces of legislation. If you are interested in joining our Chapter's advocacy team in the new year, please reach out to Kristen at [kristen@pvanewengland.org](mailto:kristen@pvanewengland.org). There are always opportunities to get involved and experience is not required.



As you know, our ability to raise money is essential to keeping our work going in support of paralyzed and disabled veterans in New England. I hope you and your loved ones may consider making a year-end contribution to support our paralyzed and disabled heroes: [Make a Donation - New England PVA \(pvanewengland.org\)](https://www.pvanewengland.org)

We are also in the process of launching several new programs next year. One, in particular, will be geared towards our members with MS. Be on the lookout via our Facebook page and our website for more information!

Our Chapter's future is bright. I wish you all a very happy new year and look forward to seeing you in 2023!

Sincerely,

Brad Carlson

### HIGHLIGHTS

Executive Director's  
Report

3

Government Relations  
Report

4

Fishin with Mikey G

8

Pistol Shooting

11



**THANKS TO ALL  
THOSE WHO MADE  
CONTRIBUTIONS  
TO THIS ISSUE**

**Content**

Lori Chase, Bass photo collection  
Mike Guillbault, Bass Trail Story  
Debra Freed, Shooting Sports article



**THANKS TO AMERICAN LEGION POST 41  
THEIR DONATION HELPED MAKE THE  
3 STATE BASS TRAIL POSSIBLE**

**NEPVA ADMINISTRATION**

**New England PVA Officers**

President, Brad Carlson  
Vice President, Wayne Ross  
Acting Secretary, Debra A. Freed  
Treasurer, Vacant

**Executive Board**

Chuck Houle  
John Melvin  
Mike Moran  
Mark Sanders  
Dan Shaul

**Staff**

Executive Director, Mark Murphy  
Govt. Relations Dir., Kristen McCone Gordon  
Admin/Accounting, Jerry Cole  
Office Volunteer, Denise Pease

**PROGRAM DIRECTORS**

Bass Trail Liaison, Jim Wallack  
Community Outreach, Mark Sanders  
Development Director, Wayne Ross  
Membership Officer, Vacant  
MS/ALS Liaison, Chuck Houle  
Peer Mentor Rep., Mark Sanders  
Scholarship Chairman, Wayne Ross  
Sports Director, Brad Carlson  
Assistant Sports Director, Debra A. Freed  
Volunteer Coordinator, Vacant  
Women Veterans' Liaison, Debra A. Freed  
National Director to PVA, Brad Carlson

**HOSPITAL LIAISONS**

Brockton, MA VAMC, Dan Shaul  
West Roxbury, MA VAMC, Wayne Ross  
Northampton, MA VAMC, Tim Kelly  
Providence, RI VAMC, Mike Guilbault  
Manchester, NH VAMC, Mike Moran  
West Haven, CT VAMC, Ed Dusick  
White River Jct, VT VAMC, Chuck Houle  
Togus, ME VAMC, Neal Williams

**CHAPTER VOLUNTEERS**

**Jim Clark**                      **Denise Pease**  
**Denise Harvey**              **Holly Warshaw**  
**Maureen Morrison**

**NEPVA ADMINISTRATIVE OFFICE**

1208 VFW Parkway, Ste 301,  
West Roxbury, MA 02132  
Telephone: (617) 942-8678, 1-(800) 660-1181  
FAX: (857) 203-9685;  
Office Hours: Monday-Friday 9:00am-4:30pm

*Cord Word* is published twelve times a year by the New England Chapter Paralyzed Veterans of America, 1208 VFW Parkway, Ste 301, West Roxbury, MA 02132 in the interest of Chapter members. Membership in NEPVA entitles you to a free subscription to Cord Word. Articles published in Cord Word do not necessarily reflect the views of the Paralyzed Veterans of America, New England Chapter. NEPVA neither endorses nor guarantees any of the products or services advertised herein.

**Executive Director's Report**

*By Mark Murphy  
Executive Director NEPVA*

**Dear Friends,**

I hope you are doing well as we progress along in this holiday season. It has been a busy month in the Chapter, with several important things happening. On Thursday, November 17<sup>th</sup> Chapter President Brad Carlson, Chapter Board Member John Melvin, their spouses, and Chapter volunteer Holly Warshaw attended the VA Boston Healthcare System SCI Unit (aka Building 8) in Brockton for their annual pre-Thanksgiving Day luncheon. It was a wonderful way to connect with our members who reside there, along with the nurses, staff, and other dedicated VA volunteers. And the meal was amazing too! The Chapter was delighted to present Visa gift cards and Texas Roadhouse meal coupons to the residents, who were very grateful to receive them. It is always an honor to support our members and all veterans living at Building 8, who are valued members of the NEPVA community. We look forward to continuing to support Building 8 residents and keeping them apprised of what is happening throughout the Chapter.

*It is always an honor to support our members and all veterans living at Building 8, who are valued members of the NEPVA community.*

We are planning now for several important initiatives and programs in the New Year. Brad Carlson, Kristen McCone Gordon, and I recently had a great call with a representative from Home Base regarding a curling event on Cape Cod that they will be supporting next Spring. It will be a fantastic event, and it is a nice way to partner with our friends over at Home Base. I also am now registered for the PVA Advocacy/Legislation Seminar in Washington D.C., which will be held in-person at the end of February/early March next year. I was fortunate to be able to attend the event in person back in 2020 just before the pandemic struck, and I remember it being a powerful experience to learn about what legislative priorities are being focused on in Congress and to meet with New England Congressional representatives and their staffs.

I very much look forward to attending once again with our Chapter delegation.

As it regards our Chapter communications, we are in the process of rebuilding our emails lists from scratch. We have access to member emails through the PVA portal, but we are trying to get all Chapter volunteers, donors, and friends emails as well.



This will help us be able to reach everyone in the NEPVA network and keeping them apprised of what is happening throughout the Chapter. Please email me directly if you are a non-member and would like to be

added to our new email distribution list: [mmurphy@pvanewengland.org](mailto:mmurphy@pvanewengland.org).

Finally, the financial success of our Chapter depends completely on generous donations. If you, a loved one, or friend would like to make a year-end, tax deductible donation to the Chapter, please mail a check to the office or make a secure online donation at [Make a Donation - New England PVA \(pvanewengland.org\)](http://Make a Donation - New England PVA (pvanewengland.org)). Thank you for considering a year-end gift to our Chapter so that we may continue our important work of serving paralyzed and disabled veterans in New England.

I hope you have a wonderful rest of the holiday season and a Happy New Year!

Sincerely,

Mark Murphy  
Executive Director

## Government Relations Report

Kristen McCone Gordon  
Government Relations Director

Dear Members,  
Happy Holidays!



As 2022 draws to a close, I'm pleased to highlight some of our many accomplishments from the past year. As the Chapter's Director of Government and Community Affairs, I'm honored to have the opportunity to continue to manage our Chapter's nationally recognized advocacy program while also working towards establishing a stronger community presence for the Chapter throughout New England.

I'm eager to continue to advance the mission of the New England Chapter of Paralyzed Veterans of America alongside our Chapter President, the Board of Directors, Executive Director, and dedicated volunteers. It's an honor to serve you.

**I wish you all a happy and healthy holiday season and look forward to a productive new year!**

Sincerely,

Kristen McCone Gordon

**We were thrilled to be awarded the Richard Fuller Outstanding Achievement in Government Relations Award for the second time in 2022.**

**OUR CHAPTER'S GOVERNMENT RELATIONS PROGRAM CONSISTS OF:**

- 1) garnering support from the New England Congressional Delegation for PVA's legislative priorities;**
- 2) establishing relationships and identifying areas of impact at the state level; and**
- 3) promoting membership engagement through the VoterVOICE platform.**

## FEDERAL EFFORTS

In March 2022, I joined PVA colleagues at the *Pushing Access Forward 2022: PVA Annual Advocacy Legislative Seminar*. We had an opportunity to hear directly from the national staff and various government officials on PVA's legislative priorities. We also heard and shared stories about how these issues directly affect the lives of PVA members nationwide.

Following the seminar, a small team from our Chapter briefed congressional offices on our priorities and requested their support as cosponsors. I was thrilled to be joined this year by former Chapter President Michael Negrete, Director Chuck Houle, and Director Debra Freed. I'm grateful for the time and attention they spent on our advocacy efforts and their skills in articulating the significant challenges facing paralyzed veterans in New England.

Our Chapter's advocacy efforts are not limited to the annual AD/LEG week. Our growing and effective advo-

cacy team lobbies congressional offices throughout the year on behalf of the Chapter. As a result of our continuous advocacy, we have seen a steady flow of New England congressional delegation members cosponsor our legislative priorities.

To date, the Air Carrier Access Amendments Act currently has 15 cosponsors from New England, with the New England congressional delegation making up half of all cosponsors in the Senate. The Veteran Families Health Services Act, another priority of our Chapter, currently has 19 cosponsors from New England. Finally, the originally filed AUTO for Veterans Act has 17 cosponsors from the New England congressional delegation.

Our Chapter is proud of the contributions we make to advance PVA's legislative priorities. We will continue to foster strong relationships with the New England congressional delegation to ensure they understand and remain responsive to the challenges facing our members.

[www.pvanewengland.org](http://www.pvanewengland.org)

## STATE LEVEL EFFORTS

In 2022, our Chapter submitted written testimony in support of three bills before the Massachusetts Joint Committee on Public Safety and Homeland Security: The Accessible MA Act (S.1629); The Accessible Workplaces Act (H.2419); and The Adaptable Housing MA Act (H.2420).

These three bills would address significant gaps in the authority of the Massachusetts Architectural Access Board (MAAB), which has been responsible for providing accessibility in the state of Massachusetts since 1968. As we told the Committee, our organization strongly supports these three pieces of legislation as they have a direct impact on the quality of our members' lives and their ability to contribute as dignified and productive members of their communities.

In addition to our work in Massachusetts, we also researched and conducted outreach to members on the status of accessible beaches in New England. We remain open to supporting legislation on this issue and will continue to serve as a resource for members experiencing accessibility-related challenges.

## MEMBERSHIP ENGAGEMENT

Our Chapter continues to promote National PVA's VoterVOICE platform. We believe VoterVOICE is an essential tool in our advocacy efforts and have spent considerable time encouraging New England members to utilize this tool. We frequently advertise VoterVOICE opportunities on Facebook, in our newsletter, and at both Chapter and community events.

## COMMUNITY AFFAIRS

As we continue to emerge from the pandemic, we seek to re-establish our Chapter as a reputable and visible veteran service organization with engaged members throughout New England. Our main goals in this space are to strengthen community partnerships and promote NEPVA membership to under-represented populations, including veterans with MS.

In the new year, we will be introducing new programs that meet the needs of our diverse membership. We also look forward to spreading more awareness about the comprehensive services our Chapter provides paralyzed veterans in the region.

## Indego® Gets Paralyzed Veterans Walking Again

NEW VA Program offers eligible veterans an Indego® exoskeleton at NO COST!



### What's the Indego exoskeleton?

It's an FDA-approved robotic device that enables spinal cord injury patients (level T3-L5) to walk again.

- ✓ Regain your independence
- ✓ Enjoy eye-level conversations
- ✓ Improve your cardio & bone density



Scan with your mobile phone to receive information or schedule a demonstration.

Contact us today to find out if you are eligible to receive an Indego exoskeleton at no cost.

Phone: 844-846-3346  
Email: [support.indego@parker.com](mailto:support.indego@parker.com)







[www.pvanewengland.org](http://www.pvanewengland.org)

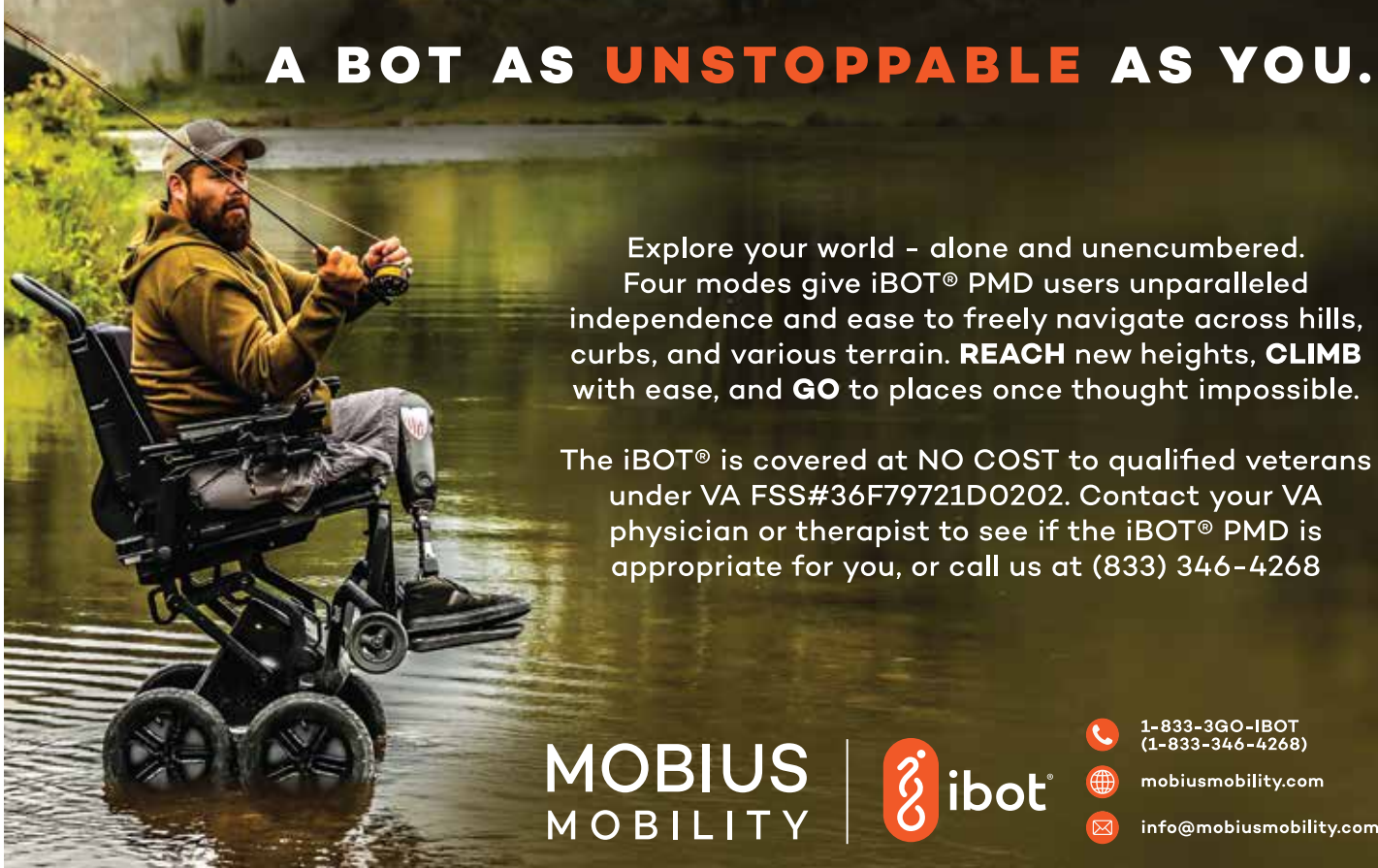
# COMPENSATION & PENSION EXAM, TOXIC EXPOSURE SCREENING, AND REGISTRY EXAMS

## WHAT'S THE DIFFERENCE?

With the new toxic exposure screening required by section 603 of the Sergeant First Class Heath Robinson Honoring our Promise to Address Comprehensive Toxics Act of 2022 (the PACT Act), Veterans may have some questions about which exams and screenings they need, when they need them, and what purposes these exams and screenings serve. This comparison chart breaks down some key differences:

EVALUATION TYPE	PURPOSE	DESCRIPTION
 <b>Compensation and Pension (C&amp;P) Exam</b>	Part of the claim decision process to help determine service connection and rate a disability for purposes of compensation.	<ul style="list-style-type: none"> <li>» Exams administered as part of the VBA claims process but performed by VHA or contracted providers.</li> <li>» Enrollment in VA care is not required to receive VA benefits, but the exams may provide a basis for eligibility to enroll in VA care.</li> </ul>
 <b>Toxic Exposure Screening</b>	Helps identify Veterans with exposure concerns and advises them how to connect with benefits, resources, and services.  Not part of the VA benefits claims process.	<ul style="list-style-type: none"> <li>» VA must offer the toxic exposure screening to all enrolled Veterans as required by section 603 of the PACT Act.</li> <li>» The screening will be repeated at least once every 5 years.</li> <li>» Screenings will take 5-10 minutes.</li> <li>» If a Veteran has exposure concerns, VA staff will provide them with <a href="#">additional information</a> and resources and advise them on next steps.</li> </ul>
 <b>Registry Evaluation</b>	Information collected is used for research and quality improvement purposes and is not for clinical care, nor to determine eligibility for health care or benefits.	<ul style="list-style-type: none"> <li>» VA has <a href="#">six registries</a>: Agent Orange, Airborne Hazards and Open Burn Pits, Depleted Uranium, Gulf War, Ionizing Radiation, and Toxic Embedded Fragments.</li> <li>» VA's health registry evaluations are free, voluntary medical assessments for Veterans who may have been exposed to certain environmental hazards during military service.</li> <li>» There is no requirement to be enrolled in VA health care or receive other VA benefits to participate in a registry.</li> <li>» Exams take approximately 60 minutes and are performed by a VA or military health provider. Veterans can contact the nearest local VA medical facility <a href="#">Environmental Health Coordinator</a> about getting a registry evaluation.</li> </ul>
 <b>Million Veteran Program (MVP)</b>	Information collected is used for research, not for clinical care or to determine eligibility for health care or benefits. No direct, in-person toxic exposure screening is involved.	<ul style="list-style-type: none"> <li>» VA will use information to learn how genes, lifestyle, and military experiences and exposures affect health.</li> <li>» Participants provide informed consent, a blood sample, and secure access to their health records with MVP.</li> <li>» There is no requirement to be enrolled in VA health care to enroll in MVP. Participation is entirely voluntary.</li> <li>» Join online at <a href="#">mvp.va.gov</a> or call 866-441-6075 to schedule an appointment.</li> </ul>

For more information visit:  
[www.publichealth.va.gov/exposures/](http://www.publichealth.va.gov/exposures/)  
[www.VA.gov/PACT](http://www.VA.gov/PACT)

**A BOT AS UNSTOPPABLE AS YOU.**

Explore your world – alone and unencumbered. Four modes give iBOT® PMD users unparalleled independence and ease to freely navigate across hills, curbs, and various terrain. **REACH** new heights, **CLIMB** with ease, and **GO** to places once thought impossible.

The iBOT® is covered at NO COST to qualified veterans under VA FSS#36F79721D0202. Contact your VA physician or therapist to see if the iBOT® PMD is appropriate for you, or call us at (833) 346-4268

**MOBIUS MOBILITY** | **ibot®**

1-833-3GO-IBOT (1-833-346-4268)  
 mobiusmobility.com  
 info@mobiusmobility.com

### PARALYZED VETERANS OF AMERICA – REGIONAL NATIONAL SERVICE OFFICERS

#### BOSTON VA REGIONAL OFFICE

Joseph E. Badzmierowski  
 Director of Field Services  
 J.F.K. Federal Building - Room - 1575 C  
 BOSTON, MA 02203  
 phone: (617) 303-1395 & 1-800-795-3607  
 fax: (617) 303-1396

#### TOGAS, VARO, I VA CENTER

Michael Snape, National Service Officer II  
 Bldg. 248, Room 112  
 Augusta, ME 04330  
 phone: (207) 621-7394 or (866) 795-1911  
 fax: (207) 621-4829  
 Serving Maine, New Hampshire, Vermont

#### MANHATTAN

Bruce Weston, National Service Officer  
 245 W. Houston St., Room 212A  
 NY, NY 10014  
 phone: (212) 807-3114  
 fax: (212) 807-4047  
 Serving New York & Connecticut

#### WEST ROXBURY/BROCKTON VAMC

Peter Demarkis, National Service Officer II  
 1400 VFW Parkway, Room AG 60  
 West Roxbury, MA 02132  
 West Roxbury phone: (857) 203-6091  
 Brockton Phone: (774) 826-2219  
 Serving Massachusetts & Rhode Island

#### BRONX SCI

Amauris Polanco, National Service Officer II  
 Paralyzed Veterans of America  
 James J. Peters VAMC  
 130 West Kingsbridge Rd., Room 1D-52A  
 Bronx, NY 10468  
 phone: (718) 584-9000 ext. 6272

#### SYRACUSE VAMC

Charlie Tocci, East-North Area Manager  
 800 Irving Ave., Room C419  
 Syracuse, NY 13210  
 phone: (315) 425-4400 ext. 53317  
 fax: (315) 425-2940  
 Serving New York & Western MA

## FISHING WITH MIKEY G

This past summer and fall was a great season for us fishermen that enjoy chasing the bass at the NEPVA Bass Trail Tournaments. We had nice weather, awesome venues in three New England states and actually got to do some catching and not just fishing! Somebody even caught a rainbow trout during the NH Tournament. They couldn't count it for the weigh-in, but it's the first time I've ever heard of anyone catching a trout and I have been to most every tournament since the very first at Artesani Park on the Charles River.

The season started June 4th, at the Newton Yacht Club on the Charles River with a one day Tournament. The Newton Yacht Club has been hosting us for well over 12 years now and you couldn't ask for a better venue. In 2020 when COVID pretty much cancelled every PVA activity across the country the Newton Yacht Club safely held the Bass Tournament! The volunteers cook us a great breakfast in the morning and when we return to weigh in our Bass the lunch they provide is beyond awesome, including the clam chowdah they make each year along with many other tasty treats. The Nam Knights Motorcycle Club is always there to assist

us disabled anglers on and off the boats and also socialize and share some laughs! Great brothers in arms that have also been part of our fishing family since day one!

We were able to go fish Lake Winnepesaukee in Moultonborough, NH again this September 9th to 11th. We stayed at the great

*... the new owners were very impressed with the event and witnessed the joy they made possible for so many!*

Camp Robindel once again even though there are new owners of the venue. I can say with confidence we will be returning there again as the new owners were very impressed with the event and witnessed the joy they made possible for so many! Winni

is where Greg caught the trout, a Bass Tournament first. Once again the fish cooperated and found our hooks so there were plenty caught. We had our Nam Knight brothers on hand again assisting us and providing great camaraderie.

The Bass Trail season ended September 30-October 2 with the Tournament held at Lake Damariscotta,



Left: NEPVA BOD member Jim Wallack shows off his catch at Lake Damariscotta in Maine. Right: Rod Kingsbury center shows off his catch at Lake Winnepesaukee. Rod discovered Camp Robindel and helped get them to host our NH Bass Trail event.



## NEPVA BASS TRAIL 2022 REVIEW

Camp Wavus, Jefferson, ME. We have been fishing North Pond in the Belgrade Lakes for many years so this was a new venue for us. I believe everyone is happy we made the move. The lake is much bigger and many large fish were caught, both Largemouth and Smallmouth Bass. I think the greatest benefit of making the change to Camp Wavus are the great cabins we get to stay in. They have totally accessible bathrooms and I can say this old quad sure was happy with the roll in showers and the accommodations are totally wheelchair friendly. We have a great staff who cook fantastic meals for us in the dining hall and are always offering to assist us as needed. All I can say is anyone that enjoys fishing, if you haven't yet attended a Bass Tournament on the NEPVA Bass Trail you need to check it out and come to one. In my opinion if you can't have a wonderful time with



our great Bass Trail family there's something wrong with you and you need to have your head examined, because man we have tons of fun! There are pics with miles of smiles going back many years, I'm proud to be part of such a great opportunity the Chapter has been making possible for people for 25 years!

Many thanks too Tiny, Soupy and the American Eagle Bass Anglers who's vision started the Trail way back when.



Ray Brunelle and Nam Knights help load a wheelchair angler into his boat to get out fishing!



Top left: Nam Knights President Ray "Hunter" Brunelle pushing this year's winner of the NH Tournament onto the dock to find his boat. Right: Bass Trail BOD member Tom Blanchard and captains caught some nice bass at both the Maine & Lake Winnepesaukee events.



Angler and his Captain heading out to find the Winni Bass.

## Following The Moon

By Debra A. Freed

U.S.A. Shooting recently held their Winter Air Gun (WAG) shooting event. This is an air rifle and air pistol event. For those who may not know, I, with the recommendations of some friends moved from air rifle to air pistol. And I promise, it is harder than it looks.

I learned after spending most of last Summer driving around the country to participate in several national racing, (a.k.a bike & handcycle races) that my nickname is The Turtle for a reason! While I still enjoy handcycling and will participate in rides and perhaps a couple of marathons, the racing circuit is not for me. I won't like, the other primary reason is when working towards national and international competition, one goes through a classification process. I was lucky to get a provisional classification for my first national race. However, I needed a definitive classification and it went from an H4 – Handcycle to a C5! What is C5? The classifiers suggested I try a two-wheel upright. No! Besides, not

like I was going to beat anyone no matter what classification I would have.

Moving into the end of Summer 2021, I found a certified coach for shooting that lives within an hour of my house and the club he belongs to would become the club I would belong to as well.

Manny S is a Level 1 certified U.S.A. Shooting coach. I found him via the net and we went back and forth via emails. After a couple of conversations, he agreed to take on his first ever para-athlete: ME!

When I first started, I was shooting in the low 300s. Somewhere around February 2022, I purchased my very own air pistol. Not a cheap sport, but then again, not many are if one wants to be truly dedicated and I do and I am. This past June, my sister Denise and I went to my first ever National Shooting event in Colorado Springs at the U.S. Olympic and Paralympic facility. My scores by then were now

in the low 400s. Not enough to even be considered for National Futures Para Team or the National Para Development Team, but again, this is a work in progress.

Since the Summer, my scores have gone from 442 to 484. Not great, but an improvement. Most people see pistol shooters and truly believe it is not difficult. Yes, it is! Because if it were not, more people would be doing it. There are/were at least 4 female para-pistol shooters in the U.S. I am considered the only female para-pistol shooter in the U.S.

The choices to compete were either at the Olympic/Paralympic Training Centers or at the Civilian Marksmanship Program (CMO) or better known as the Gary Anderson CMP Competition Center in Port Clinton. This is a wicked cool facility. The facility has 80 places using the Kongsberg OpticScore targets. Another feature of this system is the black and white monitors next to the shooters so they can see every shot



*Are you aware that the VA has a stipend program for athletes that includes 36 different sports?*

**The Summer Sports programs are:**

Archery  
Badminton  
Boccia  
Canoe (Kayak)  
Climbing  
Cycling  
Equestrian  
Goalball  
Powerlifting  
Rowing  
Sailing  
Shooting  
Sitting Volleyball

Soccer (Blind)  
Soccer (Power)  
Soccer (7-a-side)  
Surfing  
Swimming  
Table Tennis  
Taekwondo  
Track & Field  
Triathlon  
Wheelchair Basketball  
Wheelchair Fencing  
Wheelchair Rugby  
Wheelchair Tennis

**The Winter Sports:**

Alpine Skiing  
Biathlon  
Bobsled  
Skeleton  
Nordic Skiing

Biathlon & Cross Country  
Sled Hockey  
Snowboard  
Wheelchair Curling

after it's fired. I great way to track your shot patterns and assist in keeping your scores honest!

I opted for OH as did Manny. We would take my new accessible vehicle because it would get great gas mileage. Manny and I drove the 11+ hours from his house at 4a.m. to Port Clinton, OH. I filled my tank before we left and filled it a total of 3 times. Definitely cheaper than even a one way ticket to Denver!! It was a cold and mostly clear early, early morning.

While it was very early and still very dark, the sky was pretty clear. It was also very close to a full Moon. So the Moon kept us company until we hit mid-state New York and the sky started to lighten up behind us. We would be lucky enough to get to the CMP Center on a National Guard Base before the end of the first day's P.E.T so we could pick up our bibs.

One more thing, were you aware that the VA has a stipend program for athletes? I have been in the VA system for over 30 years and my biking buddies mentioned it. It was one reason for trying out for handcycle racing. Well, there are more sporting events sponsored under the stipend program. Shooting is one of them. So, if you like rifle shooting, great, there is a stipend for rifle as well as pistol. The stipend is not just for disabled athletes, for all veterans who want to pursue their sport and can use some financial assistance in doing so. As stated, no sport is cheap but what you put into it is what you will get out of it. I am hoping to make a National Team!!!!



Paralyzed Veterans of America  
New England Chapter  
1208 VFW Parkway, Suite 301  
West Roxbury, MA 02132

tel: 617 942-8678  
800 660-1181  
fax: 857 203-9685

Email: [info@pvanewengland.org](mailto:info@pvanewengland.org)

Office Hours: Monday-Friday 9:00am-4:30pm

NON PROFIT ORG

US Postage

PAID

Leominster MA

Permit 17



New England Chapter

**New England PVA**

Officers and Board Members would like to wish our members, their families and friends a very Merry Christmas and a happy and healthy New Year.



To all SCI/D staff and support staff throughout VISN-I, wishing you a Very Happy Holiday Season.